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Vol. 42, Issue 32

August 17, 2018

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Discipleship Training - 5pm
Evening Worship - 6pm

WEDNESDAY
Kid's Drama - 6 pm
Adult/Youth Bible Study, RAs, GAs & Mission Friends - 6:30 pm
Nursery available for all services.

Weather

Friday Sunny with PM Thunderstorms High 90°F Low 71°F	Saturday Sunny with PM Thunderstorms High 89°F Low 72°F
Sunday Sunny with PM Thunderstorms High 89°F Low 70°F	Monday Sunny with PM Thunderstorms High 89°F Low 69°F

Forecast provided by the 14th OSS Weather Flight

News Briefs

Alpha Warrior visit
Alpha Warriors will be coming to Columbus AFB Aug. 23-24 to celebrate the grand opening of the new Battle Rig obstacle course.

ALS Class 18-6 Graduation
Airman Leadership School Class 18-6 graduates 11:30 a.m., Aug. 23 at the Columbus Club.

SUPT Class 18-14 Assignment Night
Specialized Undergraduate Pilot Training Class 18-14 will have assignment night at 5:30 p.m. Aug. 24 at the Columbus Club.



U.S. Air Force photo by Airman 1st Class Keith Holcomb
Staff Sgt. Jonathan Gallardo Reyes, 14th Security Forces Squadron Military Working Dog handler, and MWD Ooleg, prepare to begin their patrol shift Aug. 13, 2018, on Columbus Air Force Base, Mississippi. A single MWD and their handler are ready at every moment to respond to potential threats toward the 14th Flying Training Wing.

14th SFS patrol with one of their greatest assets

Airman 1st Class Keith Holcomb
11th Flying Training Wing Public Affairs

The entry control Airman reads orders for a random vehicle search, the car moves forward and to the right, stopping when the 14th Security Forces Squadron Military Working Dog handler gives the signal. Every door of the car is opened and the handler walks the dog around the vehicle. The MWD sniffs intently for narcotics, bombs or other materials that could cause harm to individuals on the installation. A single MWD and their handler are ready at any moment to respond to threats toward the 14th Flying Training Wing. "I develop and implement different training plans to meet

See 14TH SFS, Page 3

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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)	-15.96 days	-8.99 days	Aug. 13	48th (18-14)	3.39 days	5.76 days	Sept. 7	49th (18-KBC)	-3.14 days	-1.34 days	Aug. 21	T-6	1,518	1,315	24,338
41st (19-08)	-7.52 days	-10.06 days	Sept. 27	50th (18-14)	16.18 days	-0.37 days	Sept. 7					T-1	518	400	8,066
												T-38	550	482	9,132
												IFF	222	181	3,834

* Mission numbers provided by 14 FTW Wing Scheduling.
Col. Samantha Weeks, 14th Flying Training Wing Commander, is the guest speaker for Specialized Undergraduate Pilot Training Class 18-13's graduation at 10 a.m. Aug. 17, 2018, in the Kaye Auditorium.



14TH FLYING TRAINING WING DEPLOYED

As of press time, 27 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.

Stay Vigilant: Rattlesnake found along Perimeter Road



This Canebrake Rattlesnake was killed along Perimeter Road Aug. 16, 2018, on Columbus Air Force Base, Mississippi. Caution is advised for anyone who runs along the grassy areas of Columbus AFB. If you encounter any type of snake or wildlife, do not attempt to touch or approach. Instead, contact Entomology at (662) 434-7392.

Follow us on Twitter! www.twitter.com/Columbus_AFB

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
20	21 Eric Sherman visit Pilot Partner Welcome, 6 p.m. @ Lost Pizza	22 HQ AETC Continuum of Learning Team Visit	23 Alpha Warrior Meet and Greet Tour ALS Graduation, 11:30 a.m. @ Club	24 MWD Cherry Retirement, 9 a.m. @ Club SUPT Class 18-14 Assignment Night, 5:30 p.m. @ Club	25/26	Sept. 3: Labor Day Sept. 7: SUPT Class 18-14 Graduation Sept. 11: Patriot Day Sept. 14: SUPT Class 18-15 Assignment Night Sept. 18: Air Force Birthday Sept. 21: POW/MIA Recognition Day Sept. 22: AF Birthday Ball Sept. 25: Wing Newcomers Sept. 28: SUPT Class 18-15 Graduation Sept. 28: Enlisted Promotions
27	28 HQ AETC Command Chaplain Visit Wing Newcomers, 8 a.m. @ Club	29	30 Enlisted Promotions, 3 p.m. @ Club	31 AETC Family Day (most base offices closed)	1/2	

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.

NEWS AROUND TOWN

Hitching Lot Farmers' Market

The Hitching Lot Farmers' Market is open April through October (Mondays from 4-6 p.m.; Thursdays from 7-10 a.m.; Saturdays from 7-10 a.m.). For more information, contact Columbus Main Street at (662) 328-6305.

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.

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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

Miscellaneous

For Sale: 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 \$29, one buyer only.

For Sale: Large capacity washer and dryer for sale. \$175 each or both for \$300. Call 662-574-8549

For Sale: Antique Spanish dining room set (table/6 chairs, buffet and china cabinet) purchased in Madrid, Spain in 1983. Excellent condition, must see \$1200 or best offer. Call (662) 574-9414.

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The ART of training the total force

Tech. Sgt. Darnell T. Cannady
480th ISRW/PA

JOINT BASE ANDREWS, Md. — Intelligence analysts sit in front of computer monitors, closely watching images of an ongoing mission, but they are feeling stressed. The reason for this stress could vary, from work to personal issues. Whatever the reason, the analysts may not be performing to their maximum capability, until they are suddenly interrupted with a simple question, “How are you doing today?”

The question was posed by an Airmen Resiliency Team member whose job it is to identify the stressors analysts experience, teach them the techniques to strengthen their resiliency and provide them, and their families, with physical, mental and spiritual support.

In July, the 480th Intelligence, Surveillance and Reconnaissance Wing's ART held a Total Force Integration Conference at Joint Base Andrews, Maryland, allowing ART members from throughout the geographically separated Wing to connect for three days with over 160 peers from other services and nations, increase their knowledge of the challenges analysts are facing, and to hone team member's skills.

“It's a wonderful opportunity for us to cross train with our total force partners,” said Lt. Col. Alan Ogle, 480th ISRW psychologist. “This is really a new type of warfare, and we have to train our chaplains and medics to best support these remote warfighters. As a military medic, it's an honor and a responsibility that we go where they are, when they are making life and death decisions, to support them as best as we possibly can.”

The ARTs are comprised of mental health, physical health and chaplain professionals embedded directly within ISR units to provide support and care to remote warfighters.

“The ART is important because we are a member of each unit, each mission and each team,” said Master Sgt. Laquanya Mason-Coyner, superintendent of wing medical operations. “We're not only a team among ourselves, but we become a part of the unit we are helping. We further the unit's mission success by helping each member to become more resilient.”

The keynote speaker at the conference, U.S. Navy Capt. Matthew Kleiman, Joint Surgeon Office National Guard Bureau director of psychological health programs, discussed the need to work collaboratively across different lines of efforts.



U.S. Air Force photo by Tech. Sgt. Darnell T. Cannady

Lt. Col. Alan Olan, 480th Intelligence, Surveillance and Reconnaissance Wing psychologist, Chaplain (Capt.) Timothy Warf, 480th ISR Group chaplain, Chaplain (Maj.) Joel Kornegay, 432nd ISRW, head chaplain, listen while Chaplain (Maj.) Jason Knudeson, 480th ISRW chaplain, speaks during the panel discussion portion of the Total Force Integration Conference July 17, 2018, at Joint Base Andrews, Md. The three-day conference allowed Airmen Resiliency Team members from throughout the geographically separated wing to connect with over 160 peers from other services and nations, increase their knowledge of the challenges analysts are facing and hone their skills to make a greater impact on the Airmen they support.

“This conference is about our psychological health specialists, Department of Public Health, chaplains and those individuals [who] are supporting our Soldiers and Airmen,” said Kleiman. “Providing that support in an environment where we can be effective, get to someone who may be struggling on some level back into the fight, and by working in a holistic and integrated way with all of our mission support specialists, is critical to accomplishing that goal. We all have the same essential mission which is to support the readiness of the total force so I'm always happy when I see we're bringing together folks from the different services and crossing over from the active to the Reserve and guard.”

This conference was the first to include ISR and remotely piloted aircraft National Guard ART members. Chaplain

(Maj.) Jason Knudeson, 480th ISRW chaplain, said it is vital that active duty ISR component members be integrated with all their total force partners.

“To finally come together with guardsmen to do training to build resiliency teams across the enterprise is exciting to me,” said Knudeson. “They are getting insight on what it would look like to do an intra-disciplinary collaborative team, and I see some excitement and ideas popping into our teammate's minds. They are our brothers and sisters in uniform. If we can strengthen them and the Airmen that work at the guard sites, it's a win-win.”

“There is a camaraderie that is being built,” said Col. Timothy Gregory, deputy director of the Air National Guard chaplain corps. “People are gaining information and developing new knowledge. I hope they gain a better understanding of the roles that each of the professionals play in caring for Airmen, what their roles are and how to leverage and maximize the team's ability to serve Airmen.”

The conference not only provided insight to U.S. service members, but also to international partners who are building their ART capabilities.

“There is a huge depth of experience here to learn from,” said RAF Squadron Leader Andrea MacFarlane. “You've got a collection of experts in these areas; they've really done a lot of work and research, so their theories and models are backed up and credible. It's important to learn from the similarities, learn what we can take forward and hopefully this could be the start of something which would help us as the years go forward.”

Whether it was learning about the effects of sleep deprivation, healthy eating or dealing with stress, ART members collaborated at the conference with other professionals so they can be equipped with the right tools to address any issue their analysts might experience.

Tech. Sgt. Vashon Bynum, 693rd ISR Group physical health technician, spoke during the conference about how physical health, fitness and preventative health medicine approaches bolster an Airman's resiliency for mission success.

“The human aspect is the most important aspect,” said Bynum. “They haven't found a great way to replace us, so you have to invest in the actual human being. If we don't invest in making sure folks are mentally, physically and spiritually resilient, and able to thrive, then ultimately the mission fails.”

51.12 percent selection rate confirmed for 18E5 promotion cycle

Kat Bailey

Air Force's Personnel Center
Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Air Force officials have selected 15,669 senior airmen for promotion to staff sergeant out of 30,651 eligible

for a selection rate of 51.12 percent.

The 18E5/staff sergeant promotion rate is an increase from previous years because of the requirements to provide capabilities for a growing force.

The staff sergeant promotion list will be available on the Air Force's Personnel Center website Enlisted Promotions page,

the Air Force Portal and myPers Aug. 22 at 8 a.m. CDT. Airmen will also be able to access their score notices on the virtual Military Personnel Flight via the Air Force's Personnel Center secure applications page. Those selected for staff sergeant will be promoted beginning Sept. 1, according to their promotion sequence

number. Commanders will receive notice of their selects from their senior rater's agent starting Aug. 15, with the intent to notify their selects no earlier than one day before the public release. For more information about Air Force personnel programs, visit the AFPC public website.

14TH SFS

(Continued from page 1)

the requirements of what we do here as well as deployments,” said Staff Sgt. Mathew Price, 14th SFS MWD trainer, who oversees the training of all the working dogs assigned here at Columbus Air Force Base. “That includes everything from explosive detection, narcotic detection, patrol work, and training in any advance skills or tactics for responding to events such as active shooters.”

Not all 14th SFS Airmen are qualified to work with MWDs, K-9 handlers must have 18 months of security forces experience and have a letter of recommendation from the kennel chief before they can go through a Joint Force training course, qualifying them in the career field. With a strong passion and respect for dogs, a MWD handler personally trains their assigned dog in law enforcement, including how to detect drugs and explosives. Together, they are a highly trained team ready for anything.

Price acknowledged the similarities between them and the patrolmen from the 14th SFS, but said the largest difference is the MWD acts as an extra tool in a handler's arsenal.

“The capabilities we bring are different than the other patrolmen,” said Staff Sgt. Jonathan Gallardo Reyes, 14th SFS MWD handler. “We all have secondary nonlethal tools, but as soon as you bring the dog out it deescalates the situation very quickly. People quickly go ‘Oh boy’ and will start to comply right away.”

The dogs are able to demonstrate their abilities in a large training area just behind the MWD kennels on base. They are always ready to showcase their capabilities to attack and incapacitate threatening or non-complying individuals for hundreds of people a year across the Columbus, Mississippi area.

“They are our best tools,” Reyes said. “There's a lot of things we can respond to with a dog that keeps everyone safer. If there's an active shooter or a bomb threat, the dogs can be

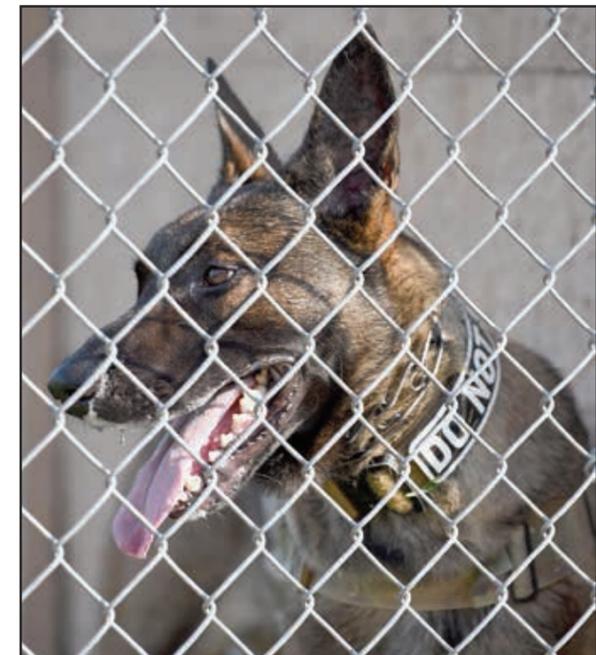
“They are our best tools,” Reyes said. “There's a lot of things we can respond to with a dog that keeps everyone safer. If there's an active shooter or a bomb threat, the dogs can be sent in first and will take the risk for us. ... It's not something we like to think about, but at the end of the day they are tools for us to keep everyone safe.”

sent in first and will take the risk for us. ... It's not something we like to think about, but at the end of the day they are tools for us to keep everyone safe.”

With everything the dogs are capable of, they must be maintained. It is the handler's duty to keep the dogs as healthy as possible so they can deploy to help the Secret Service or support conflicts overseas.

The Redstone Arsenal, Mississippi State University and Fort Benning, Georgia, veterinarian clinics all have the ability to take care of the 14th SFS's military working dogs if they are injured or in need of a check-up. A healthy K-9 has the ability to serve anywhere from four to seven years, and when they retire, they have a retirement ceremony held in honor of their loyal service before returning home with a previous handler or security forces member willing to care for them.

“Our biggest mission is to provide security, safety and deterrence of bad people trying to do bad things on Columbus Air Force Base,” Price said. “These dogs allow us to help almost anywhere at any time. ... I absolutely love working with them, it's a new experience every day in the kennels.”



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

The 14th Security Forces Squadron Military Working Dog Ooleg, stands by as Staff Sgt. Jonathan Gallardo Reyes, 14th SFS MWD handler prepares for their shift Aug. 13, 2018, on Columbus Air Force Base, Mississippi. Not all 14th SFS Airmen are qualified to work with MWDs, K-9 handlers must have 18 months of security forces experience and have a Letter of Recommendation from the kennel chief before they can go through a Joint Force training course, qualifying them in the career field. A MWD handler personally trains their assigned dog in law enforcement, including how to detect drugs and explosives.

Logging on Columbus AFB

Michael Jago and Frank Lockhart

14th Civil Engineer Squadron

After four years planning, logging of 22 acres on Columbus Air Force Base, Mississippi is underway. Frank Lockhart not only is the conservation officer, he is our forester too.

In this capacity, he manages our standing timber to produce income for the Air Force forestry fund and also protect our aircraft from incursions of birds and deer.

To pull this off, Lockhart uses the revenue from timber sales to cover the cost of mowing in the forest.

The mowing program is vital to the suppression of invasive weeds and reduces hiding places for deer.

Timber revenue will also be used to

fund the replanting the area with more commercial trees. The current stand being harvested is loblolly pine.

This species is used to make materials for construction, paper and poles. It grows fast and it a commercial favorite in the area.

In their place, Frank will have an assortment of hardwoods native to this part of Mississippi. These will grow significantly slower so it will be 35 years before we expect another harvest in this area. The hardwoods are considered more aesthetically pleasing than the pines and will be managed to reduce deer habitat by mowing the understorey.

Logging operations will be complete in 10 working days with the exact date depending on the weather.



Courtesy photo

Frank Lockhart, 14th Civil Engineer Squadron conservation officer, inspects logs on Columbus Air Force Base, Mississippi. Lockhart is also the forester on Columbus AFB; in this capacity, he manages our standing timber to produce income for the Air Force forestry fund and also protect our aircraft from incursions of birds and deer.

GTR provides alternate location for T-1 operations, tests 48th FTS

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

Columbus Air Force Base, Mississippi, has three runways, each with thousands of landings from airframes as small as a training aircraft or as large as a C-5 Super Galaxy. Currently 'Live Oak,' the outside runway used primarily for T-38 Talon training, is being resurfaced to reduce the chance of foreign debris affecting the flying training mission. This is the first resurfacing project since 2005, but the runway has been closed for short periods of time for repairs.

Construction

Capt. John Kulikowski, Air Force Civil Engineer Center Airfield Pavement Evaluation Team branch chief, from Tyndall Air Force Base, Florida, looked for cracking within the infrastructure on the runways at Columbus AFB. The APE Team completed their assessment of the airfield in October 2017.

"Our score was pretty low [on the Pavement Condition Index]," said Tech. Sgt. Andrew McAnally, 14th Civil Engineer Squadron construction manager. "The APE Team gave us the recommendation to do a mill and overlay for the airfield and at that point we got the Army Corps of Engineers to complete a design and now here we are with the contractors helping us complete this project."

After being awarded almost \$13 million for the reconstruction, the 14th CES worked with numerous squadrons and organizations



Second Lt. Tyler Laska, 48th Flying Training Squadron student pilot, and Lt. Col. Gregory Gibson, 48th FTS instructor pilot, prepare to fly a training sortie July 23, 2018, from the Golden Triangle Regional Airport in Columbus, Mississippi.

to facilitate a quick and effective way to deliver materials and equipment to the build site, overall allowing pilots to keep production at a maximum.

"I know we are in the process of negotiating a project on the inside runway," McAnally said. "We should be working on the auxiliary airfield after the inside runway in the October timeframe, so it's going to be an almost complete airfield over-haul coming up."

Operations

As a result of the construction, T-38 training has been relocated to the center runway. Due to the increased congestion caused by the outside runway closure, rather than share a single runway, the 48th FTS has relocated



Second Lt. Kevin Pollard, 48th Flying Training Squadron student pilot, and 1st Lt. Chris Breyfogle, 48th FTS instructor pilot, inspect a T-1 Jayhawk before a training sortie July 23, 2018, from the Golden Triangle Regional Airport in Columbus, Mississippi.

half of its operations to the Golden Triangle Regional Airport (GTR) in Columbus, Mississippi.

"Compared to the T-38, our aircraft is more versatile in terms of range, takeoff and landing performance, and ability to handle adverse weather," said Capt. Josh Metzger, 48th Flying Training Squadron chief of programming. "In the past, we have operated out of GTR on a regular basis, so we were the clear choice to split our operations to alleviate traffic congestion at Columbus with the runway closure."

Each flying training squadron has had to work with the 14th Operations Group to schedule and plan around the resurfacing, but the 48th FTS was significantly impacted and has been the squadron to take the mantle of flying half of their sorties from a geographically separated location.

"Operating out of two locations requires a significant increase in coordination with our maintenance and an increased burden on our operations supervisors to ensure that when flying is complete at the end of the day, we have enough jets at each location to launch a full schedule the next day," Metzger said. "While we do have maintenance support at both locations, some malfunctions can only be repaired at Columbus, requiring the supervisor to divert jets between the two locations."

Every week, the 48th FTS and 50th FTS meet for a hotwash, a meeting held to address any issues from the previous week and coordinate the plan for T-1 and T-38 operations on the center runway for the following week. This meeting is integral in ensuring both air-

frames can effectively execute their mission, while minimizing delays caused by traffic congestion at Columbus AFB.

In order to facilitate effective transportation between Columbus AFB and GTR and have a single point of contact, the 48th FTS has created a new position called the squadron duty officer (SDO), which is currently manned by students who have completed the syllabus and are awaiting graduation and will soon be manned by students awaiting entry into Specialized Undergraduate Pilot Training. Each GTR crew coordinates with the SDO to get updates on vehicle assignments, ensuring no one is stranded at GTR at the end of the day.

"The squadron duty officer's coordination with the SUP and schedulers, and having a clear and concise plan has been key to the success of our operations," said Capt. Nate Clause, 48th FTS chief of scheduling.

Clause said having T-1's located at two different sites provides the students a unique opportunity to learn the importance of being able to quickly adapt to changes and have the forethought to devise multiple plans to execute in the event of last minute changes, which is a vital skill required in follow-on assignments. As a scheduler, he has had to develop a keen eye for identifying issues in both flying and crew transportation that arise from the constant schedule fluctuations due to diverting aircraft and aircraft repairs.

"The complicated logistics and large number of moving parts make the efforts of each scheduler, operations supervisor, instructor, and student important to mission success," Clause said.

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,

ALS Class 18-6 plays volleyball against base leadership



U.S. Air Force photo by Airman 1st Class Beaux Hebert
Chief Master Sgt. Raul Villarreal, Jr., 14th Flying Training Wing command chief, prepares to hit a volleyball during the Airman Leadership School vs. senior leadership volleyball game Aug. 14, 2018, on Columbus Air Force Base, Mississippi. Before their graduation, ALS classes participate in a volley ball game against base leadership and host a retreat ceremony. ALS Class 18-6 graduates at 11:30 a.m. Aug. 23 at the Columbus Club.

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 available on a first-come-first-serve basis.

Key Spouse Program (KSP)

The mission of KSP is to provide informa-

tion 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.

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:
3:30 p.m. - Religious Education, grades K-9 (Start in Fall)
4 p.m. - Choir Practice
4 p.m. - Mass (fellowship (or by appointment)
5 p.m. - Mass
1st and 3rd Sunday - Fellowship Meal following Mass
Tuesdays:
11:30 a.m. - Daily Mass (Phillips Auditorium)
Wednesdays:
11:30 a.m. - Adoration (Phillips Auditorium)
2nd Saturday of each month - Faith Ablaze

Protestant Community

Sundays:
9 a.m. - Adult Sunday School
10:45 a.m. - Community Worship Service (Donut Fellowship following)
3rd Sunday of Each Month - Protestant Faith Ablaze
Wednesdays:
6 p.m. - AWANA: Begins September 26th (Open to all denominations)
Thursdays:
5:30 p.m. - Student Pilot Bible Study (Open to all denominations)
****All Sunday Worship Services are held in the Kaye Auditorium until further notice****



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

A construction crew contracted by the 14th Flying Training Wing separate slabs of concrete during reconstruction of the outside runway July 26, 2018, on Columbus Air Force Base, Mississippi. Hundreds of tons of stone has been used to resurface almost the entire outside runway. The project is one of many projects the 14th Civil Engineer Squadron is managing.

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.

Bowling Center Closed for Renovations

Pardon our progress! The Bowling Center will be closed for renovations Aug. 27. The Columbus Club will offer breakfast from 6:30–10 a.m. Aug. 27. Lunch options include the Columbus Club and the Café at Whispering Pines. For more information, contact 434-3426.

Force Support Squadron Smile Program

We want to make you smile! Watch for hidden smiles for a chance to win with 14th FSS during the month of August. More details coming soon!

New Library Hours of Operation

The Base Library hours of operation are 10 a.m.–5 p.m., Monday through Friday and 8 a.m.–noon Saturday. For more information, contact 434-2934.

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.

New Base Pool Hours of Operation

Starting Aug. 13, the base pool will be open Saturday and Sunday only from 11 a.m.–6 p.m. Lap Swim will be available from 6 a.m.–7:30 a.m. and 11 a.m.–12:30 p.m. Aug. 13–31. The last day the base pool will be open is Labor Day, Sept. 3. For more information, contact 434-2505.

Alpha Warrior Air Force Tour

Are you ready for the challenge? The Alpha Warrior Air Force Tour is coming to Columbus Air Force Base Aug. 23–24 featuring celebrity competitors. For more information, contact the Fitness Center at 434-2772.

Dodgeball Tournament

The Fitness Center is offering a free Dodgeball Tournament at 5 p.m. Aug. 27. This event requires a team of six and is single elimination. Register by 12 p.m. Aug. 27. For more information, contact 434-2772.

Youth Soccer Registration

The Youth Center is offering Youth Soccer for ages three–18. Register no later than Aug. 31! Volunteer coaches needed. For more information, contact 434-2504.

Free Prezi Workshop

What is Prezi? Prezi is the interactive, cloud-based presentation platform that helps you connect more powerfully with



your audience. Learn how to use Prezi at the Base Library at 3 p.m. Sept. 19. For more information, contact 434-2934.

6th Annual Wet N' Wild Color Run

The Youth Center is offering a Color Run at 8:30 a.m. Sept. 22, at Lil Blazer Park. Free to military ID card holders. Open to all ages and all fitness levels. For more information, contact 434-2504.

Storytime Schedule

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

14th FSS Gift Cards

Make your shopping easier! Purchase or redeem your 14th 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.

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 AFB 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 twenty-four hours in advance; 17 years old and under must be accompanied by an adult. The cost is \$15 per person for party of 10 or more; \$20 per person for party 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.

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.

Alpha Warrior course to be unveiled August 24-25

Airman Hannah Bean
14th Flying Training Wing
Public Affairs

A new and exciting way for Airmen to work out is coming to Columbus Air Force Base, Mississippi August 24-25.

Alpha Warrior designs state-of-the-art workout stations called battle rigs or battle stations, similar to the well-known Ninja Warrior obstacle courses. These multi-station devices enhance functional fitness training in individuals and teams.

“The opportunity for Columbus Air Force Base and the Force Support Squadron to obtain the Alpha Warrior Battle Rig is one we could not turn down,” said Maj. Douglas Hickey, 14th Force Support Squadron commander. “This will allow us to expand our fitness offerings to the customer, whereby we will be installing this Rig outside between the tennis courts and basketball courts.”

The 14th FSS, contracting and civil engineering had been awarded the Alpha Warrior

project, but ran into complications due to a short building timeline.

“We had to come up with a place to put it and how we were going to put it there,” Alison Lewis, 14th Contracting Squadron instructor flight chief. “That’s when [we] got in touch with civil engineering to figure out how to get the rig set up before Aug 23 for the competition. We decided due to our time constraints and the competition being [so soon], the only way we would be able to get it done quickly was if we would receive our SABER contract.”

Simplified Acquisition Base Engineering Requirements (SABER) is an indefinite delivery and quantity contract the 14th CONS can use to cut orders or contracts off for one of many construction contractors to just go out and complete the construction.

“The whole project completion time is 120 days,” Lewis said. “There’s supposed to be a concrete pad, some rubberized flooring, a canopy, along with fans and water fountains out there. They finished pouring the pad last

week and should be putting on the rubber sometime soon.”

Due to time constraints the canopy will not be placed until after the Alpha Warrior event. Lewis said the total project isn’t due to

be completed until mid-October.

“It is a permanent structure so it’s not going away,” Lewis said. “Airmen can go out there and use it anytime they want [once it is stood up].”



U.S. Air Force photo by Airman Hannah Bean

Contracted construction workers begin placing turf around the Alpha Warrior concrete pad, Aug 13, 2018, on Columbus Air Force Base, Mississippi. Alpha Warrior designs state-of-the-art workout stations called battle rigs or battle stations, similar to the well-known Ninja Warrior obstacle courses.

**To advertise in Silver Wings,
call 328-2424**

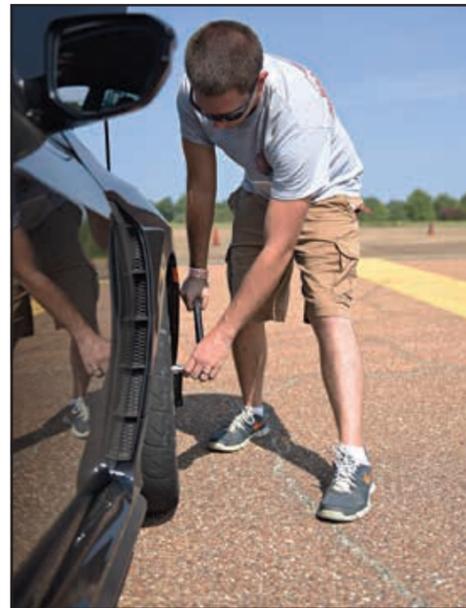
Autocross returns to Columbus AFB



Chuck Bigelow, wingman of Columbus Air Force Base, Mississippi, watches for infractions at the starting line during an autocross event Aug. 12, 2018, on Columbus AFB, Mississippi. Autocross is held on the SAC Ramp and is open to anyone with a valid driver's license or at least 14 years old with a driver's permit and accompanied by a licensed driver.



Sid Carter checks the oil level on his car during an autocross event Aug. 12, 2018, on Columbus Air Force Base, Mississippi. Carter is a technical sergeant with the Mississippi Air National Guard's 172nd Aircraft Maintenance Squadron.



Sid Carter torques lug nuts during an autocross event Aug. 12, 2018, on Columbus Air Force Base, Mississippi. Carter drives a 2017 Honda Civic Type R that has been modified for racing. Carter is a technical sergeant with the Mississippi Air National Guard's 172nd Aircraft Maintenance Squadron.



Jeremy Mason uses a jack to lift his car during an autocross event Aug. 12, 2018, on Columbus Air Force Base, Mississippi. Mason has participated in these autocross events for eight years and is currently preparing for the Sports Car Club of America National Championship.



An autocross participant races on the SAC Ramp during an autocross event Aug. 12, 2018, on Columbus Air Force Base, Mississippi. Autocross is a base and community event where anyone can race their car on a set course here.

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

So ... What has 14th CONS done for me lately?

Maj. Stuart Perlow

14th Construction Squadron

In the last article I submitted for Silver Wings, I wrote about why the contracting career field matters to every individual at Columbus Air Force Base, and the Air Force.

Assuming that I was successful at explaining the importance of the contracting career field, I wanted to narrow it down and shed some light on what the 14th Contracting Squadron, has done for Columbus AFB, Mississippi, this fiscal year.

To date, the 14th CONS has executed over \$85 million, compared to \$69 million for all fiscal year 2017, and 249 contract actions, as well as \$2.8 million over the course of 6,000 GPC purchases.

In regard to construction on the base, this fiscal year the 14th CONS completed the

contract for the \$1 million dollar gym expansion and the workout stations on the BLAZE Fit Trail, and is currently in the process of completing the Alpha Warrior pad to expand the base's fitness options.

Over \$17 million in contract work began to improve the airfield this summer; from drainage improvements to repairing the outside runway and upgrading the approach lighting systems.

On top of that, the 14th CONS infrastructure flight has been busy partnering with the 14th Civil Engineering Squadron to prepare and award over \$10 million in additional airfield upgrades and repairs this fiscal year. Not including those projects already awarded, the 14th CONS is actively working on \$75 million in new construction requirements.

When it comes to executing service contracts, the 14th CONS keeps busy. Outside of

administering a \$300 million aircraft maintenance contract for the third busiest flight line in the Air Force, and the number one pilot producing base, the 14th CONS Base Operating, Support and Services flight is also working hard to keep the flight line safe by upgrading systems and purchased nearly \$300 thousand in equipment to keep flight operations running.

The 14th CONS has teamed with communications to execute the network support contract and keep your inbox flooded with e-mails as well as awarding a new visual information contract in support of all the events that happen at Columbus AFB. On top of that, 14th CONS awarded nearly \$100 thousand in contracts to support the 2018 Wings Over Columbus Air and Space Show and provided everything from flying acts, static displays, to ensuring spectators had a place to

use the bathroom.

In addition, over \$700 thousand in medical support contracts have been awarded this year, and at a glance, the Base Operating, Support and Services Flight is currently managing over \$22 million in existing and emerging contract requirements.

Needless to say, the 14th CONS as a part of the 14th Mission Support Group, serves as a vital and necessary tool to Columbus AFB's daily operations. It does not work alone though, as the 14th CONS doesn't create requirements its customers do.

In order to be successful, contracting must team with and work effectively with all the other organizations on the base to ensure its mission succeeds and ultimately do its part in executing the BLAZE mission of producing pilots, advancing airman, and feeding the fight.

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.

The Force Report

14th Force Support Squadron 13-17 Aug 2018

On The Horizon
We want to make you SMILE! Visit your favorite FSS activities and we'll show you our appreciation! Watch for hidden smiles for a chance to win with FSS during the month of August.

Ongoing: New Library Hours of Operation
Mon - Fri 10am - 5pm & Sat 8am - 12pm

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

17 Aug: Summer Times Blues 5K Fitness Run at Fitness Ctr

23 - 24 Aug: Alpha Warrior Air Force Tour featuring celebrity competitors at Fitness Ctr

27 Aug: Dodgeball Tournament 5pm (teams of 6; single elimination) at Fitness Ctr

31 Aug: Last day to register for Fall Youth Soccer for ages 3 - 18 at Youth Ctr

22 Sept: 5K Wet N Wild Color Run 8:30am for ages 2 - adults; register at the Youth Ctr or Fitness Ctr

Save the Date: Nashville Oktoberfest Trip Oct 13 - 14 with ITT

Food For Thought
The Overrun (Tue-Fri 11am-1:30pm)
M - Closed
T - Taco and Nacho Bar \$7 \$8
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 11am-2pm)
Buffalo Gr Chicken Sandwich, Side Salad & Drink
\$7.50 members; \$9.50 non-members
Gyros now available!
\$5.50 members; \$7.50 non-members

Strike Zone Grill
Food options available Mon - Fri 8:30am - 8pm & Sat 11am - 7pm.
Closed for renovations starting Aug 27.

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

August is Customer Appreciation Month
Smile
Find us at www.columbusafbliving.com

ALPHA WARRIOR AIR FORCE TOUR
AUGUST 23-24, 2018
NEAR TENNESSEE COURTS

BLAZE Hangar Tails: E-4B

Mission

The E-4B serves as the National Airborne Operations Center (NAOC) and is a key component of the National Military Command System for the President, the Secretary of Defense, and the Joint Chiefs of Staff (JCS). In case of national emergency or destruction of ground command and control centers, the aircraft provides a highly survivable command, control, and communications center to direct U.S. forces, execute emergency war orders, and coordinate actions by civil authorities. The conduct of E-4B operations encompasses all phases of the threat spectrum. Additionally, the E-4B provides outside the continental United States (OCO-NUS) travel support for the Secretary of Defense and his staff to ensure Title 10 command and control connectivity.

Features

The E-4B, a militarized version of the Boeing 747-200, is a four-engine, swept-wing, long-range, high-altitude airplane capable of refueling in flight. The main deck is divided into six functional areas: a command work area, conference room, briefing room, an operations team work area, and communications and rest areas. An E-4B crew may include seating for

up to 112 people, including a joint-service operations team, Air Force flight crew, maintenance and security component, communications team, and selected augmentees.

The E-4B is protected against the effects of electromagnetic pulse and has an electrical system designed to support advanced electronics and a wide variety of communications equipment. An advanced satellite communications system provides worldwide communication for senior leaders through the airborne operations center. Other improvements include nuclear and thermal effects shielding, acoustic control, an improved technical control facility and an upgraded air-conditioning system for cooling electrical components.

To provide direct support to the President, the Secretary of Defense, and the JCS, at least one E-4B NAOC is always on 24-hour alert, 7-days a week, with a global watch team at one of many selected bases throughout the world.

Background

The E-4B evolved from the E-4A, which had been in service since late 1974. The first B model was delivered to the Air Force in January 1980, and by 1985 all aircraft were converted to B models. All E-4B are assigned to the 55th Wing,

Offutt Air Force Base, Nebraska.

General characteristics

Primary function: Airborne operations center

Builder: Boeing Aerospace Co.

Power plant: Four General Electric CF6-50E2 turbofan engines

Thrust: 52,500 pounds each engine

Length: 231 feet, 4 inches (70.5 meters)

Wingspan: 195 feet, 8 inches (59.7 meters)

Height: 63 feet, 5 inches (19.3 meters)

Maximum takeoff weight: 800,000 pounds (360,000 kilograms)

Endurance: 12 hours (unrefueled)

Ceiling: above 30,000 feet (9,091 meters)

Unit cost: \$223.2 million (fiscal 98 constant dollars)

Crew: up to 112

Date deployed: January 1980

Inventor: active force, 4; Air National Guard, 0; Reserve, 0

(Current as of September 2015)



U.S. Air Force photo by Josh Plueger

U.S. Air Force Col. Russell Mammoser, 55th Operations Group commander, addresses 55th OG Airmen after he accepted command of the group during a change of command ceremony May 24, 2012 in Dock 1 of the Bennie Davis Maintenance Facility at Offutt Air Force Base, Nebraska.



U.S. Air Force photo by Louis Briscese

An E-4B aircraft takes off from Travis Air Force Base, Calif., Sept. 11, 2017. The E-4B participated in a flyover at the California Capital Airshow.

Medical Corner To use or not to use

So your work day is over and you forgot to do your workout that morning. You go get changed and make your way to the gym. However, your back and neck have been giving you trouble and you have a prescription for pain killers to treat the pain. Do you take it or just push through it?

Many believe that taking pain killers will help them recover faster and function and perform their normal fitness routines with little or no problems. Keeping a daily exercise routine along with any pain management will help aid the bodies recovery as exercise plays an important role in improving mood which can help decrease any feelings of pain.

Good pain vs. bad pain

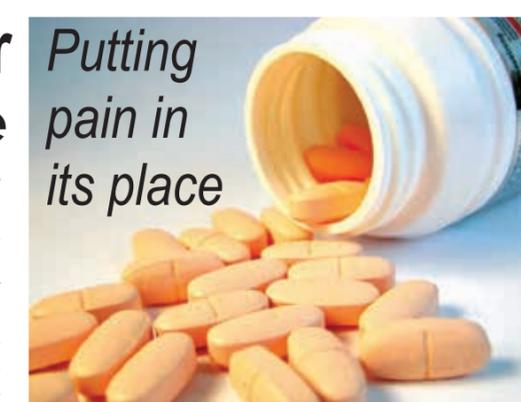
Most people when in pain will tend to just skip it and wait until they are no longer in pain to begin exercising again. But it is also important to know the difference between pain and discomfort. In order to increase muscle strength, the muscles will experience some form of stress, or a “burn” during and physical activity or strain put on them. This mild burn is what is referred to as “good pain.” It is usually short lived and subsides or decreases shortly after ending the activity. But what about bad pain?

When performing an exercise for the first time or doing more than what the body is accustomed to, the muscles, tendons, and joints in the body will experience a higher level of stress resulting in pain. This soreness is referred to as delayed onset muscle soreness and can be an indicator of real actual muscle damage. This soreness can occur within a few hours of ending the activity and peaks one to two days after. The soreness can be felt in the muscles, tendons, and joints depending on what sort of activity and intensity triggered the onset of pain. The tendons and joints will show signs of irritation and strain through swelling and inflammation of the muscle, joint or area that has been stressed. This is “bad pain.”

Pain relief and the affects on the body

There are several considerations to take into account when judging whether or not to take a pain reliever or to just rest. Pain that lasts long after ending the exercise is an indicator that there may be something more serious. Pain that affects the ability to function beyond the exercise activity such as walking, sitting, bending over, sleeping or lifting light weight objects is not normal and should seek medical attention.

If medical professional advice has been sought and have been prescribed pain medications, particularly opioids, it may be a good idea to adjust any fitness routines. Certain pain medications can cause changes to the heart, lung and bone functions that may affect a per-



Putting
pain in
its place

sons ability to be and stay active and include; changes in heart rate and rhythm, difficulty breathing, decreased endurance, changes in musculoskeletal health that can lead to osteoporosis and bone fractures, and changes in focus and equilibrium that can lead to falls and other injuries.

Non-medicated ways to relieve and alleviate workout pains

There is a danger when using opioids and other pain relievers beyond the physical – addiction. There are other methods and steps that can be taken to not be in so much pain or discomfort when performing any daily exercise routines decreasing or even eliminating the need for pain relievers. Here are a few steps and methods that can be applied to minimize the risk of further pain or injuries:

- **Replace any extreme high-intensity exercises with less exertive or intense routines.** Walk instead of run near flat-well lit areas.
- **Select activities that are lower impact.** Exercises in shallow water pools, low impact aerobics, or other activities that include stretching will loosen up any tight or strained areas.
- **Don't free it. Use exercise machines.** Stationary bikes versus riding on the street will provide better balance and can go at a slower more manageable pace. Using weight machines is better than free-weights and provides better stability during use.
- **Decrease workout times.** Cutting an hour long routine down to 30 minutes will reduce the chance of reinjuring or exacerbating any already injured areas.

Additional References & Resources:

1. Exercise and Opioids - What to know before you go: Mayo Clinic - <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/opioids-and-exercise/art-20396866>
2. Delayed Onset Muscle Soreness ; Treatment Strategies and Performance factors: <https://www.ncbi.nlm.nih.gov/pubmed/12617692>
3. 6 Ways to Use Your Mind To Control Pain : Harvard Medical School - <https://www.health.harvard.edu/mind-and-mood/6-ways-to-use-your-mind-to-control-pain>
4. Why Do Adults Misuse Prescription Drugs: SAMHSA - https://www.samhsa.gov/data/sites/default/files/report_3210/ShortReport-3210.html

A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,
I've exercised most of my life, and have over trained, and abused my body to reach my goals. Unfortunately, over time I've learned to live with chronic pain, although I know this is not healthy. Recently, the pain is getting worse, so I made an appointment with my provider, and he prescribed a low dose opioid for pain management. I'm hesitant to start on an opioid medication with all the press about addiction and rising death rates due to abuse of prescriptions. Is it true that if I start using that I will get hooked? Are there any exercises or other strategies I can do to help manage my pain, and possibly avoid getting hooked on pain relievers?

Sincerely,
Hot Foot

Dear Hot Foot,
I commend you on reaching out for additional information and looking into other avenues for long term pain management. The current studies show that nearly one in five adults live with chronic pain. However, uncertainties about the long-term effectiveness of opioids, along with addiction, tolerance and dependency risks, mean that other pain management strategies are an important option to consider.

Exercise is one such strategy. Exercise is recommended as an effective non-opioid strategy for non-cancer pain such as fibromyalgia and chronic low back pain. Yet most adults living with chronic pain do not exercise. Or they exercise very little. Although there are no specific exercise recommendations for adults living with chronic pain. However, following the Center for Disease Control recommendations of 150 minutes of moderate to vigorous intensity exercise each week provides health benefits to all people.

You know that exercise is of moderate intensity if you can talk but not sing. At vigorous intensity, most people can say only a few words at a time because they are breathing too hard. For individuals with chronic pain who are just beginning to exercise, low-intensity activity can also be helpful.

Overall, exercise helps people better manage chronic pain and its impact. For example, exercise reduces how intense pain feels. Exercise also reduces disability, fatigue, depression and anxiety, all of which are commonly experienced by those living with pain. Those who exercise are better able to do physical tasks and have better overall fitness levels.

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/>

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



T-1A Jayhawk

SUPT Class 18-13 earns silver wings



T-38C Talon



Maj. Stanley Cheng
Virginia Beach, Virginia
F-15C



Capt. Ryan Leigh
Park City, Utah
C-130H



1st Lt. Rachael Grant
Stamford, Vermont
C-17

Twenty-six officers have prevailed during a year of training, earning the right to become Air Force pilots.

Specialized Undergraduate Pilot Training Class 18-13 graduates at 10 a.m. today during a ceremony at the Kaye Auditorium. Col. Samantha Weeks, 14th Flying Training Wing commander, Columbus Air Force Base, Mississippi, is the graduation guest speaker.

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

Second Lt. Sean Blye, T-38C Talon, and 2nd Lt. Blaine VonBerge, T-1A Jayhawk, received the Air Education and Training Command Commander's Trophy for being the most outstanding students overall in their classes.

The Air Force Association Award was presented to 2nd Lt. Zachary Tarbox, T-38, and 2nd Lt. Duncan Richards, T-1A. The award is presented to a graduate in each flight who excelled in training and typified the tenets of the association; promoting aerospace power and a strong national defense.

Blye, VonBerge and 2nd Lt. William Lukacs, T-1A, were named the distinguished graduates of SUPT Class 18-13.

The 53-week pilot training program begins with a six-week preflight phase of academics and physiological training to prepare students for flight. The second phase, primary training, is conducted in the single-engine, turboprop T-6A Texan II at Columbus AFB, Miss. Students learn aircraft flight characteristics, emergency procedures, takeoff and landing procedures, aerobatics and formation flying. Stu-

dents also practice night, instrument and cross country navigation flying.

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

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

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

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

The airlift-tanker track uses the T-1A Jayhawk, the military version of a multi-place Beech Jet 400 business jet. Instruction centers on crew coordination and management, instrument training, cross-country flying and simulated refueling and airdrop missions. Training takes about 26 weeks and includes 185 hours of ground training, 53.6 hours in the flight simulator and 76.4 hours in the T-1A.

Each class is partnered with business or civic organizations during their year of training. This program is designed to foster closer ties between the community and Columbus AFB. Today, each student will be given a set of pilot wings with their names engraved on the back as a token of good luck from their partners. SUPT Class 18-13's pilot partner is Steel Dynamics.



2nd Lt. Tariq Al Qahtani
Riyadh, Saudi Arabia
TBD



2nd Lt. Joseph Bartol
Brewer, Maine
KC-135R



2nd Lt. Caleb Berryman
Broken Arrow, Oklahoma
T-6A



2nd Lt. Sean Blye
Raleigh, North Carolina
F-15E



2nd Lt. Austin Love
Knoxville, Tennessee
T-1A



2nd Lt. William Lukacs
Manahawkin, New Jersey
KC-10



2nd Lt. Kyle Mallard
Alexandria, Virginia
KC-10



2nd Lt. Jordan Mayfield
Chesapeake, Virginia
E-3



2nd Lt. Mason Meier
Tucson, Arizona
KC-10



2nd Lt. Kason Pifer
Spokane, Washington
B-52



2nd Lt. Duncan Richards
Moultonborough, New Hampshire
C-130J



2nd Lt. Andre Russell
Sugar Land, Texas
E-3



2nd Lt. Antony Shao
East Meadow, New York
TBD



2nd Lt. Zachary Tarbox
Gettysburg, Pennsylvania
F-16



2nd Lt. Blaine VonBerge
Burnsville, Minnesota
C-130



2nd Lt. Matthew Wilmot
Winthrop, Minnesota
C-130



1st Lt. Ryota Sato
Mie, Japan
U-125A



1st Lt. Shori Yamashiro
Okinawa, Japan
C-130H



2nd Lt. Mahamat Ahmad
Ndjamena, Chad
TBD



2nd Lt. Garrison Carter
Mount Vernon, Washington
CV-22



2nd Lt. Logan Collier
Dyersburg, Tennessee
C-130J



2nd Lt. Nicholas Collins
Peachtree City, Georgia
MC-12



2nd Lt. John Lewis Elliot
Tampa, Florida
KC-135R