

Return Service:
The Commercial
Dispatch
P.O. Box 511
Columbus, MS
39703

SILVER WINGS

“Produce Pilots, Advance Airmen, Feed the Fight”

Columbus Air Force Base, Miss.

STANDARD MAIL
U.S. POSTAGE
PAID
MAILED FROM
ZIP CODE 39705
PERMIT NO. 98
RETURN SERVICE
REQUESTED

Vol. 42, Issue 14

April 13, 2018

LION HILLS

EAST MISSISSIPPI COMMUNITY COLLEGE
2331 Military Rd. • Columbus, MS • 328-4837

Lunch Buffet Tuesday-Friday, 11am-2pm
Sunday Brunch 11am-2pm
Friday Dinners
First Friday Night of Each Month, 6-9pm
10% Discount
on Lunch/Sunday Brunch/Friday Night Dinner
***Uniformed Services ID or CAC card required*

Membership

All memberships include 1/2 cart
Active/Retired Military, with ID - Single, Golf Only ** \$108.34
Active/Retired Military, with ID - Family, Golf Only ** \$158.34
***Uniformed Services ID required*
Green Fees include 1/2 cart \$25 anytime
Active/Retired Military, with ID**

READY TO SERVE YOU.
CALL ME.

Hal Moore
Retired USAF
Realtor

7432 Hwy 45 N
Columbus, MS 39705

Cell: 662.574.3359
Office: 662.327.7325
Email: halrealiving@gmail.com
Website: www.realiving.com/halmoore

Bringing
hope
and
healing...

a CFC participant - provided as a public service

STUDIO LOFT
in Downtown Columbus
Newly redone, security coded
entrances, all appliances,
laundry on site.
Approx. 1,000 sqft,
12 mo lease,
\$750/mo, \$750 deposit.
662-574-7176 for more info.
Serious inquiries only, please.

New Salem Baptist Church
welcomes
you!

7086 Wolf Road
3 miles south of Caledonia, MS
(662) 356-4940
www.newsalembaptistcaledonia.com
Pastor: Bro. Mel Howton

SUNDAY
Worship Service - 8:00 & 10:30 am
Sunday School (all ages) - 9:15 am

SUNDAY EVENING
Youth Drama & AWANA - 4pm
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.

DUCKS UNLIMITED
800-45-DUCKS
A CFC participant -
provided as a public service

**13 MILLION ACRES...
AND COUNTING**

For more information,
go to www.ducks.org

We offer VA LOANS

RENASANT
MORTGAGE LENDING
Understanding You.

Jimmy McPherson
Senior Mortgage Banker
NMLS # 261277
905 Main Street
Columbus, Mississippi
jmcpherson@renasant.com
O: 662.245.5168 C: 662.574.0092

HAD AN ACCIDENT?

**NO WORRIES!
TAKE IT TO**

BOB'S
PAINT & AUTO BODY
83 E. Plymouth Rd. • Columbus • 662-327-1221

Call Us For Quality Work And Friendly Service!

WE'RE BACK!

**\$2.00 OFF
ANY ADULT MEAL
VALID THROUGH APRIL 30, 2018**

**FREE FRY
WITH ANY PURCHASE
VALID THROUGH APRIL 30, 2018**

St. Paul's Episcopal Church
318 College Street • Columbus

Holy Communion
at 8:00 & 10:30 a.m.
on Sunday
(childcare provided)

St. Paul's Episcopal Church
The Rev. Anne Harris
328-6673 • www.stpaulscolumbus.com

Weather

Friday High 76°F Low 60°F	Saturday High 75°F Low 63°F
Sunday High 62°F Low 53°F	Monday High 67°F Low 41°F

Forecast provided by the 14th OSS Weather Flight.

News Briefs

Wing Newcomers Orientation

A Wing Newcomers Orientation is scheduled from 8 a.m.-1 p.m. April 17 at the Columbus Club for newly arrived active-duty and civilian personnel.

14th Student Squadron Change of Command

The 14th Student Squadron is hosting a change of command ceremony at 9:14 a.m. April 17 at the 14th Civil Engineer Squadron Fire Station.

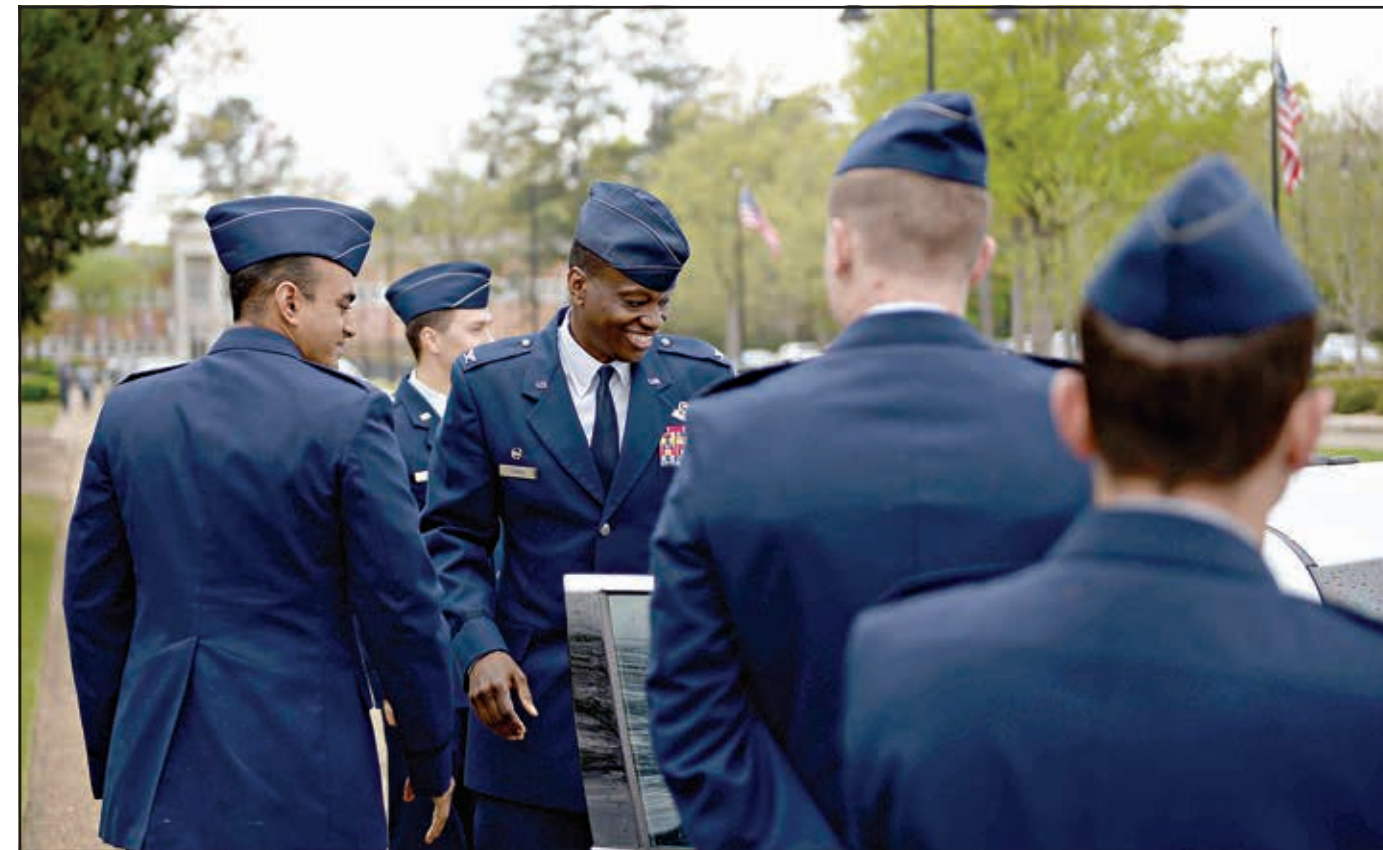
Chief Recognition Ceremony

A Chief Recognition Ceremony is scheduled for 2 p.m. April 19 at the Columbus Club. Senior Master Sgt. LaTash Luzum will be recognized for her promotion to chief master sergeant.

Inside

Feature 8

The 48th Flying Training Squadron highlighted in this week's feature.



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

Lieutenants greet Col. Brandon Parker, 7th Bomb Wing commander, before Specialized Undergraduate Pilot Training Class 18-07's graduation ceremony April 6, 2018, on Columbus Air Force Base, Mississippi. Parker spoke on many topics and acknowledged his pride for the newest graduates joining the elite military aviators in the world's greatest Air Force.

Parker speaks about Air Force 'wings' during 18-07 graduation


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

The badge commonly referred to as wings, sits over the heart of all aircrew in the U.S. Air Force. Col. Brandon D. Parker, 7th Bomb Wing commander at Dyess Air Force Base, Texas, spoke to the Air Force's newest

pilots at Columbus Air Force Base about earning their coveted wings after completing over a year of training. "I speak on behalf of all who wear these wings, that we are proud of everything you have accomplished, but more importantly are proud of what you will accomplish in the years

See PARKER, Page 3

COLUMBUS AFB TRAINING TIMELINE											
PHASE II				PHASE III				IFF			
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Squadron	Senior Class	Squadron Overall	Graduation
37th (19-02)	-6.30 days	-3.13 days	May 15	48th (18-08)	2.80 days	3.38 days	Apr. 27	49th (18-GBC)	0.37 days	-0.04 days	May 1
41st (19-01)	-10.88 days	-6.34 days	Apr. 23	50th (18-08)	0.50 days	2.55 days	Apr. 27				
* Mission numbers provided by 14 FTW Wing Scheduling.											
Retired Col. Cesar Rodriguez is the guest speaker for Specialized Undergraduate Pilot Training Class 18-08's graduation at 10 a.m. April 27 in the Kaye Auditorium.											
WING SORTIE BOARD											
Aircraft	Required	Flown	Annual								
T-6	1,063	973	13,807								
T-1	375	305	4,681								
T-38	296	369	6,289								
IFF	167	127	2,300								




**14TH
FLYING
TRAINING
WING
DEPLOYED**

As of press time, 25 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.

Want to improve your running form?
Want to be a more efficient runner and have FEWER injuries?
Want to improve your 1.5 mile run time?

**PHYSICAL THERAPY
RUNNING
CLINIC**



- Offered monthly, time and date TBD
- Learn the biomechanics of running, proper form, and shoe selection
- Learn how to increase strength and mobility
- Be your own body mechanic; prepare your body for impact
- Location will be base track

**Please call Physical Therapy 662-434-2120
for more information or to sign up.**

Silver Wings

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

Editorial Staff

Col. Douglas Gosney
14th Flying Training Wing
Commander

Mr. Sonic Johnson
Chief of Public Affairs

2nd Lt. Kara Crennan
Quality Assurance

Tech. Sgt. Christopher Gross
NCOIC of Public Affairs

Staff Sgt. Joshua Smoot
NCIOC of Media Operations

Airman 1st Class Beaux Hebert
Editor

Airman 1st Class Keith Holcomb
Photojournalist

Mrs. Tina Perry
Layout Designer

Submission Deadline

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

Published by the Commercial Dispatch Publishing Company, Inc., a or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force. The appearance of advertising in this publication does not constitute endorsement by the DOD, the Department of the Air Force or Service Publications, Inc., of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

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

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

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

IMAGINE WHAT IT'S LIKE FOR A CHILD...



In America, a child is reported abused or neglected every 11 seconds. Without intervention, these children often grow up to be the next generation of abusive parents. This cycle must be broken.

Volunteers of America is working hard to provide abused children with safe havens and loving homes. We are breaking the cycle of abuse and violence.

Find out how you can support the programs that are working in your community.

WHEN IT'S TOO DANGEROUS TO GO HOME.

Adoption • Foster Care • Child Care



Volunteers of America®

a CFC participant

There are no limits to caring.®

1-800-899-0089
www.VolunteersofAmerica.org

Provided as a public service.



FOR SALE

2003 Thunderbird Hard & Soft Top

- Convertible, automatic
- After market wire rims
- Tires (approx. 8,000 miles)
- 38,000 true miles

Looks Good \$9,800⁰⁰ Runs Great

662.327.8596

CENTURY 21 Doris Hardy & Associates, LLC
3495 Bluecutt Road, Columbus, MS

NEWS AROUND TOWN

April 5-14
Columbus, Mississippi will be hosting the 78th Annual Spring Pilgrimage April 5-14, 2018. It's an award-winning event that has been recognized by some as one of the best and most authentic home tours in the South. There will be special events throughout Pilgrimage such as home tours, carriage rides, a half-marathon and 5k run and more

April 19
Chris Young, American country-music singer, will be performing at 7:30 p.m. at the Tuscaloosa Amphitheatre in Tuscaloosa, Alabama. Tickets are available online.

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: Lightly used Polan Pro 200MPH Hand Blower/Vacuum with new vacuum attachments in excellent condition. Asking \$59. Collection of 14 assorted ceramic ducks in excellent condition which include three small, two large planter, one candy dish, three medium and five large ducks. Asking \$49. Six different perfect condition 1984 Avon Collector miniature ducks in original boxes. Asking \$29. Lightly used Belkin N300 W1-Fi router. Great for computers, tablets and smart phone connections. Asking \$39. Please call (662) 327-1205 if interested.

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
16 Air Force Assistance Fund	17 Wing New-comers, 8 a.m. @ Club 14th STUS Change of Command, 9:14 a.m. @ Fire Station	18 Clydesdales, 5 p.m. @ Farmers Market	19 Chief Recognition Ceremony, 2 p.m. @ Club	20 454th Bomb Wing Reunion Practice air show, noon-4 p.m. Base populous invited	21/22 21st-22nd: Wings Over Columbus	Apr. 30: Enlisted Promotions/Quarterly Awards May 1-3: AETC Religious Support Team Visit May 4: SUPT Class 18-09 Assignment Night May 8: Wing Newcomers May 11: 48th FTS Change of Command May 13: Mother's Day May 13: Mother's Day Brunch May 17: Daedalian's Meeting May 18: SUPT Class 18-09 Graduation May 24: Wing Memorial Day Ceremony May 24: SUPT Class 18-10 Assignment Night
23 Air Force Assistance Fund SUPT Class 19-01 track select, 9 a.m. @ Phillips Auditorium	24	25 43rd FTS Change of Command, 4:30 p.m. @ Fire Station	26 93-08 Class Reunion Hearts Apart, 5 p.m. @ TBD Daedalian's Meeting, TBD @ TBD	27 SUPT Class 18-08 Graduation, 10 a.m. @ Kaye SAPR Closing Ceremony, 4 p.m. @ Freedom Park	28/29 28th: Magic and Illusion Show, 7 p.m. @ Kaye	

Bargain Line advertisement

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

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

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

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

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

Print advertisement _____

Name _____

Home Telephone # _____ Duty Telephone # _____
(in case we need more information)

Please let us know what you think of the Silver Wings:
Are you happy with the Silver Wings? Yes ☐ No ☐
What would you like to see more of in the newspaper? News ☐ Sports ☐ Photos ☐ Other _____
If you would like to give any other suggestions, please e-mail us at silverwings@us.af.mil.

Leaving the AOR on their own terms

Tech. Sgt. Louis Vega Jr.

386th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA — Eight wounded warriors, who have visible and invisible injuries from combat, were on a mission to find closure by returning to the place of their traumatic incident through Operation Proper Exit, April 4-8, 2018.

The combat veterans briefly visited an undisclosed location in Southwest Asia and departed on a U.S. Air Force C-130 Hercules enroute to Bagram, Afghanistan to take part in the 24th iteration of the event. The participants shared their stories of resiliency with deployed service members at multiple forward operating bases in the area of responsibility and returned to the site of their combat injury or the medical facility where they were treated.

“I’ve been given an opportunity to go back to complete my mission and walk off the battlefield with my head held high,” said Spc. Justin Lane, former U.S. Army combat engineer.

OPE, an initiative of the Troops First Foundation, is a unique therapy program designed to give wounded service members like Lane an opportunity to face their traumatic memories of war and leave the battlefield on their own terms.

Lane’s job was to make it safe for troops to travel by clearing routes of improvised explosive devices.

During a mission on July 3, 2011, he sustained multiple injuries after a 200-pound IED exploded taking both his legs and suffering a total of 26 injuries throughout his body. He was in a coma for a month and a half and hospitalized for a year after the incident. Prior to the incident, Lane’s best friend was shot and killed by a sniper, which he said left him in a dark place.

“I had a lot of anger,” added Lane. “I am happy I was able to go back to Afghanistan and leave it all behind.”

The journey not only provided closure for those who suffered obvious physical injuries and post-traumatic stress disorder, it also allowed a unique perspective from service members in support elements.

“I took care of a lot of these guys,” said U.S. Navy Cmdr. William Danchanko, Walter Reed medical facility nurse practitioner. “The health care providers who weren’t injured and who see that every single day sometimes feel left out of the fight.”

Danchanko was deployed to Kandahar, Afghanistan from 2010 to 2011 and treated wounded troops during the surge. He and one of the wounded warriors are close friends



U.S. Air Force photo by Tech. Sgt. Louis Vega Jr.

Retired Marine Sgt. Hubert Gonzalez helps retired Spc. Justin Lane onto a U.S. Air Force C-130 Hercules, April 3, 2018, during an Operation Proper Exit mission departing from an undisclosed location in Southwest Asia enroute to Bagram, Afghanistan. OPE, an initiative of the Troops First Foundation was facilitated and designed with a goal to better the quality of life for combat-wounded service members and their families.

and decided to embark in the experience together.

“I would recommend this for anybody who has dealt with wounded,” said Danchanko. “For me it has brought a lot of resolve. There were days when we were saving people and you wonder how good their quality of life would be after the injuries. After you spend time with these guys you realize (their quality of life is good) you did the right thing by saving them.”

The combat veterans were escorted by Medal of Honor recipient and wounded warrior, Master Sgt. (Ret.) Leroy Petry. This event was Petry’s 24th trip escorting service members on behalf of OPE. Since the inception of OPE in 2009, more than 120 injured service members have returned to Afghanistan and Iraq as part of the unique initiative designed for wounded service members who are thriving in recovery and are capable of returning to theater.

PARKER

(Continued from page 1)

ahead,” Parker said to graduates of Specialized Undergraduate Pilot Training Class 18-07.

“To the graduates, my remarks today are very straightforward and they center on these wings,” he continued.

He held a shining set of wings in front of the class, telling them what the wings symbolized in his eyes. He said it is much more than a badge. To Parker, it embodies the soul and the heartbeat of a community of warriors who have the desire to reach higher, push further and move beyond man-made limits.

“These wings, 3 inches in width, three quarters of an inch in height, consisting of a shield with the coat of arms of the United States of America,” Parker continued. “Resting on and surrounded by a pair of sprawling, beautifully winged appendages, worn right above the heart. One can’t help but grab the symbolism.”

Parker listed devotion, loyalty, duty, honor and skill as the attributes Air Force pilots carry through their lives and heritage.

“In 1917, winged pioneers broke through German clutches leading to an allied breakthrough in Northern France. In 1942 shortly after the tragic Pearl Harbor attack, these wings struck back, ushering in U.S. presence in World War II by launching 16 B-25’s from carriers. They dealt a psychological blow to the Japanese while bolstering the resolve of a heart-broken nation,” Parker paused. “From 1948 to 1949 these wings forced the Soviets to lift the blockade of West Berlin, and at the height of the Berlin Airlift a cargo plane landed with supplies every 45 seconds. Every 45 seconds; over 1,500 sorties a day, that’s what these wings delivered.”

He continued to tell of the many missions that U.S. Air Force pilots took part in since the begging in of military aviation until the present day. He told them everything they have learned can and will be used to continue to protect and defend the nation and its values. Graduation from pilot training is the beginning of their journey as a pilot, he told the class.

“These wings will get you to the fight, support you while you fight and bring you home from the fight,” Parker said. “The people who wear these wings come from all walks of life. ... Some people call us fly-boys and fly-girls; fighter jocks and long haulers; zipper suits and bag wearers. They say we look like movie stars, rock stars and super models. They even call



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

Col. Brandon Parker, 7th Bomb Wing commander at Dyess Air Force Base, Texas, speaks during Specialized Undergraduate Pilot Training Class 18-07’s graduation ceremony April 6, 2018, on Columbus Air Force Base, Mississippi. His speech focused on the symbolism of the wings all aircrew wear. He charged the students with three tasks throughout their Air force careers: educate, innovate and motivate.

us real cool nicknames like ‘GQ.’ Beyond all that I know we come from all walks of life with different shades and hues, but deep down we bleed blue and we don’t apologize for who we are ever.”

He then spoke about the start of their careers, telling the students this graduation marks the beginning of their race to the finish. He told the class to keep in mind three things with them as they grow as leaders and pilots: educate, innovate and motivate.

Education is about questions he said. He told them to ask questions to progress their knowledge as Airmen.

Innovation pertains to the constant changing of plans and

uses of the tools at the new pilot’s disposal. He acknowledged the Doolittle Raid, telling the students of the many ways it changed how pilots think, and why innovation made Doolittle a common name throughout military aviation. Do what you must do to get the mission done he stated.

Motivation is the essence of leadership he said. When a pilot climbs into an aircraft they are so proud to fly, there are thousands of fingerprints on the sortie. It is a leader’s job to keep those hard-working individuals motivated, because the people putting the aircraft in the air and flying are the most important piece of each flight, not the metal, the nuts or bolts.

“I’m often asked what’s one of my combat stories,” Parker said. “I always relay a story that sticks in my mind as vivid as I can ever remember it.”

He begins; it was one of his first deployments as a bomber pilot, he was flying missions out of an island and into Afghanistan for Operation Enduring Freedom.

“I had the great fortune one afternoon that I wasn’t flying, a chief master sergeant invited me to go out to the bomb dump so I could see the Airmen as they sweated without any cover building those bombs,” Parker said. “What I didn’t realize is when bombs are shipped across the world they don’t come together, they come in pieces and parts. Those 18 and 19 year-old Airmen in the 120-degree heat are busting their backs all day to get these bombs loaded so we can go kill terrorists.”

What he found most fascinating about these Airmen, was after their shifts they didn’t go back to the tents. They sat at the end of the runways with binoculars to watch the bombers come back to land.

“They wanted to see if the bombs were gone. They wanted to see if you had dropped those bombs on the targets and you were returning back safely,” Parker said. “You see those Airmen, the ones that fix the aircraft and make the bombs, they might not ever wear these wings,” he paused. “But you will. You will. These wings carry all of their hard work and all their effort; their payoff. You carry that with you, it’s not a burden, it’s a privilege.”

He drove the point home looking at the new aviators, telling them from experience the team around them is now theirs to lead, and their choices and actions matter to everyone.

“This point is so important. You are officers and leaders first, pilots second and warriors always,” Parker said.

Columbus AFB to celebrate National Arbor Day

Mike Jago and Frank Lockhart
14th Civil Engineer Squadron

In 1854, J. Sterling Morton moved from Detroit to the area that is now Nebraska. He noticed a lack of trees, which were needed to act as windbreaks to stabilize the soil, give shade from the sun and provide a sustainable building resource. Morton planted many trees around his own home and encouraged others to do the same.

In 1872, he proposed a holiday and con-

vinced his neighbors to plant 1 million trees in barren, windswept Nebraska. This initial effort was a huge success and other states soon began to pass legislation and officially observe Arbor Day.

In 1907, President Teddy Roosevelt issued the first “Arbor Day Proclamation” to the school children of the United States with the intent to educate our youth on the importance of trees to our American environment and industry. By the 1920s, each state in the United States had passed public

laws observing Arbor Day, although not all are on the same day.

National Arbor Day is officially recognized as the last Friday in April. This is a time for communities across the country to come together to plant, nurture and celebrate trees and the benefits they provide. Columbus Air Force Base will observe Arbor Day April 20 to coincide with the air show festivities and a tree will be planted on April 26 at the enlisted dorms to mark the event.



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

Lowndes Young Leaders visit Columbus AFB

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

The Lowndes Young Leaders program visited Columbus Air Force Base, Mississippi, April 10, 2018 for a base tour.

Lowndes Young Leaders is a 12-month leadership program for high school sophomores that live in and attend high school or are homeschooled in Lowndes County, Mississippi. On average, 100 freshman apply for the program but only about 20 percent are selected.

“These young leaders are very bright individuals that care a lot about their future,” said Airman 1st Class Rodney Williams, 14th Operations Support Squadron aviation resource manager. “These tours are very beneficial to the relationship we have with the community. It allows people who don’t know what we do to come and see what it’s like to be an Airman.”

The first stop for the group was the chapel where Capt. Ricardo Torres, 41st Flying Training Squadron assistant chief of training, explained what the base does, highlighting Columbus AFB’s mission to Produce Pilots, Advance Airmen

“These young leaders are very bright individuals that care a lot about their future,” said Airman 1st Class Rodney Williams, 14th Operations Support Squadron aviation resource manager.
“These tours are very beneficial to the relationship we have with the community. It allows people who don’t know what we do to come and see what it’s like to be an Airman.”

and Feed the Fight.

Next, the young leaders went to the Walker Center to view the 14th Flying Training Wing’s aircraft. While walking around the aircraft, multiple pilots educated the children on what it takes to become an Air Force pilot. The teens walked

around and observed the T-6A Texan II, T-1A Jayhawk and the T-38C Talon.

After the static displays, the group was divided in half. One half went to the 14th Operations Group aircraft simulators and the other visited the dormitories and experienced how enlisted members live in addition to having their questions answered about Air Force life during an open panel of Airmen. The simulators gave the young leaders an up close look at what it’s like to fly an aircraft. After about 45 minutes, the two halves switched locations ensuring everyone got the full experience.

The tour ended with a visit to the 14th OSS air traffic control tower and the Radar Approach Control. The high school students were separated again to ease the process of viewing the active tower and RAPCON. The group watched air traffic controllers direct multiple aircraft in the air and as they taxied down the runway.

“The tour has been an amazing opportunity for these future leaders to see the various opportunities in the Air Force that they can’t get anywhere else,” said Melinda Lowe, Mississippi University for Women director of outreach.



Airman 1st Class Rodney Williams, 14th Operations Support Squadron aviation resource manager, greets the Lowndes Young Leaders during a base tour April 10, 2018, on Columbus Air Force Base, Mississippi. Lowndes Young Leaders is a 12-month leadership program for high school sophomores that live in and attend high school or are homeschooled in Lowndes County, Mississippi.



Lowndes Young Leaders watch 14th Operations Support Squadron air traffic controllers as they direct aircraft April 10, 2018. On average, 100 freshman apply for the program but only about 20 percent are selected.

Stop The Bleed

Senior Airman Delano Scott
11th Wing Public Affairs

JOINT BASE ANDREWS, Md. — Everybody has the capacity to help somebody. That singular concept is the launching point for the “Stop the Bleed” campaign, a joint effort between the federal agencies and civilian organizations in response to Presidential Policy Directive 8. It is designed to build national resilience by empowering bystanders to understand and implement simple methods to stop or slow life-threatening bleeding, particularly during trauma events.

Recognizing the importance of responding to a potential mass trauma event, JB Andrews became the first installation in the Defense Department to make bleeding control kits and training available installation wide on March 29, 2018.

The day was marked by two training sessions held at the base theater. During both, personnel learned hands-on lifesaving skills utilizing resources located in each bleeding control kit. Each included gloves, gauze, trauma dressing, sheers, tourniquets and easy-to-follow instructions.

“As active-duty military members, we are required to complete Self-Aid and Buddy Care training for deployment purposes where you’re more likely to be in a battlefield setting,” said Master Sgt. Nancy Turner, Air Force District of Washington SABC advisor. “On base, however, we now have to factor in our civilian population, including contractors, retirees and our dependents. By having these kits available in many of our highest-frequented locations, we can ensure that everyone has access to life-saving material.”

No matter how fast emergency responders arrive, Turner said, bystanders will always be first on the scene. According to the World Health Organization, uncontrolled bleeding is the leading cause of preventable traumatic death.

“In an active-shooter scenario on base, security forces would be the first to respond on-scene because they have to isolate or take down the shooter,” Turner said. “Until the scene is clear and safe, medical personnel cannot render care.”

If medical responders did not wait until the scene was safe, they could possibly add to the number of injured.

“Bleeding control kits could effectively fill that crucial gap and enable individuals to potentially keep victims alive while medical

“Bleeding control kits could effectively fill that crucial gap and enable individuals to potentially keep victims alive while medical responders wait to enter the scene,” said Senior Master Sgt. Alex Bueno, 11th Surgical Operations Squadron, Surgery and Anesthesia superintendent.

responders wait to enter the scene,” said Senior Master Sgt. Alex Bueno, 11th Surgical Operations Squadron, Surgery and Anesthesia superintendent. “A person who is hemorrhaging from an extremity wound can die from blood loss within a few minutes, making it critical to quickly and effectively stop the bleeding and save their life.”

The base-wide installation of the bleeding control kits will continue to be rolled out in subsequent phases. The first phase included prioritizing and installing wall-mounted kits in 29 of the most populated and trafficked locations on base. In addition, six portable kits were issued to the 11th Civil Engineer Squadron Fire Department and two to the 11th Security Forces’ Quick Response Force and Emergency Services Team. One portable kit was also issued to security personnel at the Air Force Memorial, another high-profile venue with hundreds of thousands of visitors each year. Each subsequent phase will continue to make kits more accessible to individuals no matter their location.

“We’re not done,” Bueno said. “Our plan is to build and improve on the foundation we have created here, so other bases can adopt it and run with it.”

Bueno emphasized that although these kits can help in potentially-life threatening scenarios, individuals’ willingness to respond is crucial.


“It’s important that people who can reach out and help someone who needs it, actually do so,” Bueno said. “Stop the bleed. Save a life.”




Senior Airman Dean Adamczyk, 11th Civil Engineer Squadron fire inspector, places a tourniquet onto Staff Sgt. Michael Wilson, Air Force Legal Operations Agency paralegal, during a bleeding control kit training session at the base theater on Joint Base Andrews, Maryland, March 29, 2018. During the training, personnel learned hands-on lifesaving skills utilizing resources located in each bleeding control kit. Each included gloves, gauze, trauma dressing, sheers, tourniquets and easy-to-follow instructions.



A bleeding control kit is displayed during a bleeding control kit training session at the base theater on Joint Base Andrews, Maryland, March 29, 2018. The event was a part of the “Stop the Bleed” campaign, which empowers bystanders to understand and implement simple methods to stop or slow life-threatening bleeding, particularly during trauma events.



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



Cadets learn about their Pathway to Blue

Senior Airman Travis Beihl
81st Training Wing Public Affairs

KEESLER AIR FORCE BASE, Miss. — Second Air Force held their fourth annual “Pathways to Blue” initiative with more than 280 ROTC cadets representing 15 different colleges and universities here, April 6-7.

Throughout the two-day event, ROTC cadets and enlisted personnel traveled through this diverse and inclusive event to better aim themselves to become future Air Force leaders.

“If I were to ask you to buy a new car, what would you want to do,” said Maj. Gen. Timothy Leahy, 2nd Air Force commander. “You would want to go to different dealerships, look at the cars and ask questions about them. This is similar to ROTC cadets coming to Pathways to Blue. We give them the time to talk to someone who does a job that they are interested in. This helps them pick the job they are best suited for and gives the air force the best quality future officer.”

The target audience is freshmen, sophomores and enlisted members looking to commission but are still undecided as to where they fit in the Air Force’s mission.

The event started with opening remarks

and a flight briefing by members of the 403rd Wing then moved to hands-on demonstrations of various career fields such as battlefield airmen, cyber operations, weather, remotely piloted aircraft operator, civil engineering, aerospace medicine and a mixture of other commissioning options.

Capt. Laquita Chambers, University of Southern Mississippi Air Force ROTC recruiting officer, said her cadets now have a better idea about what it takes to become an officer in the Air Force.

“Seeing the opportunities for our students to talk to the various jobs available to them is a great way for them to get an introduction to the Air Force,” said Chambers. “The mentoring isn’t just about what the job entails, but also how to get to that position, what the career path is, the type of training and education is needed. Many of the students only see pictures but to actually talk to someone to see what they did to get to that position really does help the cadets see themselves at that level.”

In addition to learning about the various career fields, cadets also stayed in base lodging, received incentive flights and participated in a speed mentoring session.

Saribel Repollet, University of Puerto Rico, Pio Piedras cadet, said her cadre, U.S.



U.S. Air Force photo by Senior Airman Travis Beihl
A U.S. Air Force ROTC cadet walks toward the back of a MC-130J Commando II for an incentive flight during Pathways to Blue at Keesler Air Force Base, Mississippi, April 6, 2018. Pathways to Blue is a diversity outreach event, hosted by 2nd Air Force with the support of the 81st Training Wing and the 403rd Wing. The event provided more than 280 cadets from 15 different colleges and universities a chance to receive hands-on demonstrations of various career fields.

Air Force Capt. Christian Torres, University of Puerto Rico, Pio Piedras recruiting officer, was the reason they even knew about the event.

“Capt. Torres worked hard for our detachment to make it here from Puerto Rico for Pathways to Blue,” said Repollet. “He used to work at Keesler Air Force Base and knew what this program had to offer.”

In addition, Repollet feels lucky to be a part of Pathways to Blue.

“This has been a tremendous experience and I’m very fortunate to be here,” said Repollet. “The incentive flights were amazing but being able to sit down next to officers and ask them questions face-to-face has been really great. I came in with an interest in intelligence but since learning about what other jobs entail, I’m now also looking into cyber space as another option. I wasn’t really sure about what they did; but after their briefing at Pathways to Blue, it really caught my attention.”

Leahy has expressed excitement with regard to seeing who will step up and become a leader in the United States Air Force.

“We are bringing together people who are excited about what they do and watching them talk to the next generation about how great a life it is to serve our nation in the USAF,” said Leahy. “It is something that you cannot help but feel excitement for. I feel that in the past two days, we have found some of those leaders. We have found some that are going to put on the blue and that are going to follow that path and be the shield and sword of our nation. I am excited for their career and I’m excited to have them here.”

Pathways to Blue came to a close with a senior enlisted panel, followed by Leahy’s final remarks to the cadets whose future is yet to be made.

“Hopefully as you talked to the mentors here, you have pulled in a lot of good information and saw some jobs you never thought of and you said ‘man I’m interested in that,’” said Leahy. “Whether you chose to enter the Air Force or not, choose what makes you happy, because you will do it well, you will be successful at it and that will make all the difference.”

Columbus AFB female pilots inspire young girls

Capt. Afton Brown
14th Flying Training Wing Safety Team

Pam Phillips, the owner of the Tri City Fixed Based Operator, said “It’s our generation’s duty to preserve, grow and share aviation.” This is why she opened up her facilities for a very special event on April 7.

The Appalachian Aviatrixes Chapter of the International Organization of Women Pilots sponsored the 2018 Girl Scout Aviation Day for the community’s Girl Scouts troops and their families. This program is designed to introduce different aspects of aviation and professional aviation careers to young women in the community at an early age. The event spotlighted several different professions which included Columbus Air Force Base’s own corps of female instructor pilots.

This year’s Girl Scout Aviation Day introduced over 40 girls, ages 3-18, and their families to a variety of aviation careers. The participants were able to interact with professional women such as flight nurses, Civil Air Patrol leaders, civilian pilots, balloon pilots, Transportation Security Administration personnel, FBO management, and 14th Flying Training Wing instructor pilots. The girls spent the morning asking lots of questions and climbing all over the aircraft in the hangar. One of the main attractions was the T-6 Texan II and T-1A Jayhawk flown in from the 14th FTW.

“I thought it was an awesome experience to be a part of! Seeing the girls’ eyes light up when they jumped on the wing of the T-6 and saw the inside of the cockpit made me feel like we were really inspiring them to fly one day!” said Captain Erin McCormick, 37th Flying Training Squadron.

This event was a truly unique experience for members of the Tri-Cities Airport, the 99’s, the community, and the 14th FTW to work together to share the love of aviation with our youth.

The Girl Scout Aviation Day program is run by the International Organization of



U.S. Air Force photo by Capt. Afton Brown
Capt Katy Boshears, 41st Flying Training Squadron instructor pilot, describes the T-6A Texan II equipment and how to use the G-suit to the local community on April 7, 2018, at Tri City Fixed Based Operator in Blountville, Tennessee.

Women Pilots who call themselves the 99’s. The organization was established in 1929, by founders such as Amelia Earhart to promote the advancement of aviation through education, scholarships, and mutual support while honoring the unique history of women aviators. Today the 99’s are represented by thousands of women in all areas of aviation throughout 44 countries. For more information about the 99’s and their mission can be found at <https://www.ninety-nines.org/>.



Courtesy Photo
Capt. Erin McCormick, Capt. Katy Boshears, 1st Lt. Carly Jones, 1st Lt. Natasha Boozel, and Capt. Afton Brown, 14th Flying Training Wing instructor pilots, show off the T-6A Texan II to local Girl Scouts during Girl Scout Aviation Day on April 7, 2018, at the Tri-City Fixed Based Operator in Blountville, Tennessee.



U.S. Air Force photo by Capt. Afton Brown
Carley Jones, 48th Flying Training Squadron instructor pilot, describes what it is like to be a T-1A Jayhawk pilot and how the aircraft works April 7, 2018, at Tri City Fixed Based Operator in Blountville, Tennessee. The children mostly asked about how the pilots learned to remember all the buttons and switches in the cockpit.



When you see this sign, stop. Help keep our children safe.

43rd FTS instructor pilot dedicates 20 plus years of training to CAFB

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

The 43rd Flying Training Squadron started over 20 years ago as a flight dedicated to the pilot training mission here; within one year, the unit grew to a squadron with more than 100 positions total, attached to each of the five active-duty flying squadrons.

Lt. Col. Brent Green, 43rd FTS assistant director of operations, was a captain and active-duty instructor pilot when he joined the 43rd FTS as one of the first T-37 Tweet instructors.

“It was just time for our family, had three young kids, it was just time,” Green said. “I enjoy the mission here. I mean I love to fly and love to teach, it was a good fit.”

He is one of the original cadre in the Firebirds. It was shortly after the squadron expanded in 1999 from teaching only in the T-38C Talon to teaching all airframes that he was hired.

Green has spent 22 years of his career in a full-time capacity learning or teaching in the T-37, T-38 and T-6A Texan II here.

“No other human being comes close to his total years flying and writing grade sheets in the jet as a full-time instructor in support of the pilot producing mission here at Columbus Air Force Base, Mississippi; 21 years,” said Lt. Col. Brent Drown, 43rd FTS commander.

Spending the first two years as a traditional reservist and simulator instructor and the next 16 years as a full-time Active Guard Re-



Lt. Col. Brent Green, 43rd Flying Training Squadron assistant director of operations, stands in front of the 43rd FTS insignia April 12, 2018, on Columbus Air Force Base, Mississippi. He is one of the original cadre in the Firebirds. It was shortly after the squadron expanded in 1999 from teaching only in the T-38 Talon to teaching all airframes that he was hired.

serve; he has served in many total force integration roles to include chief of airspace management and as the 14th Operations Support Squadron assistant director of operations.

“I mean I like teaching. I like the reward of seeing the students learn and progress,”

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

Green said. “My favorite thing to teach is formation flying. With formation flying there’s always room for improvement.”

Green, is retiring April, 13 after 28 years of service and will continue to support the Air Force and Columbus AFB in the capacities he can.

“I mean I like teaching. I like the reward of seeing the students learn and progress,” Green said. “My favorite thing to teach is formation flying. With formation flying there’s always room for improvement.”

“I wouldn’t have stayed here this long if I didn’t like it,” he said.

Many who have worked with Green said he is one of their go-to experts during unique situations or before inspections. He is qualified for everything on the Letter of X’s; a document accounting for each pilot’s qualifications.

“If you’re the guy running the flying for the day, and you need an instructor to complete a mission, you go get Green and you know he’ll do it and do it well,” Drown said. “As commander, I learned early that no matter the task I asked Brent to accomplish, I didn’t need to worry; I could walk away, and not think about it again knowing it would be done and done right.”

Green, is retiring April, 13 after 28 years of service and will continue to support the Air Force and Columbus AFB in the capacities he can.

Wings Over Columbus: Tuskegee Airmen Red Tail P-51

Lt. Col. Christopher Harris
2018 Wings Over Columbus Air
and Space Show director

The Commemorative Air Force Red Tail Squadron’s P-51C Mustang, named Tuskegee Airmen, is an authentic and fully restored operational fighter from the World War II era. This awe-inspiring aircraft sparks conversations to educate young and old alike about the often-overlooked history of the Tuskegee Airmen that flew this same model as their signature aircraft in World War II. It is quite simply a museum without walls ... and an awe inspiring one at that!

The P-51C Mustang Tuskegee Airmen honors not only the pilots of the famed all-black units, but the support personnel as well. This collective group makes up the Tuskegee Airmen, and includes pilots, bombardiers, navigators, ground crews, mechanics, cooks, ambulance drivers,

medical staff and administrative personnel. The aircraft has been painted in a scheme that honors the four fighter squadrons in the 332nd Group: The red and yellow cowl-ing represents the 302nd Fighter Squadron. The ‘A’ on the side represents the 99th Fighter Squadron. The yellow banding on the wings represents the 301st Fighter Squadron. The red fins on the wings represents the 100th Fighter Squadron. We are honored to have this amazing piece of history and look forward to honoring the Tuskegee Airmen at Wings Over Columbus 2018.

Red Tails Rise Above Exhibit

The Rise Above Traveling Exhibit is a mobile movie theater that tours the country year round to educate and inspire people of all ages with the history and lessons of the Tuskegee Airmen. These war heroes broke down barriers with their courage and determination to serve our country in World War II, and their ability to triumph over adversity

remains a compelling and inspirational example to us all.

Learn about the remarkable story of the Tuskegee Airmen in their immersive experience. Because of its dynamic 160-degree panoramic screen, the Traveling Exhibit creates the feeling of being in the cockpit soaring above the clouds in a P-51C Mustang, the signature aircraft of the Tuskegee Airmen. Housed in a climate controlled 53 foot semi-trailer with expandable sides, the exhibit is equipped with a ramp and hydraulic lift to ensure access to all, comfortably accommodating 30 visitors for each showing.

The exhibit features the original film “Rise Above” created by Emmy Award-winning filmmaker and aviation cinema specialist Adam White of Hemlock Films. This inspirational piece of cinematography highlights the courage and determination of the Tuskegee Airmen and features spectacular footage of the CAF Red Tail Squadron’s P-51C Mustang Tuskegee Airmen, taking viewers on a trip through time, then through the air.

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

Wing Newcomers Orientation

This brief is from 8 a.m.-noon April 17, at the Columbus Club. The orientation is mandatory for newly arrived active-duty and civilian personnel. Spouses are encouraged to attend. For more information, call 434-2790.

Smooth Move

The next Smooth Move workshop is from 10-11 a.m. April 24, in the A&FRC. This monthly venue provides information for relocating members and families. Here you’ll learn what to expect before you move from agencies such as Traffic Management Office (TMO), Housing, Military Pay, Lodging, Tri-Care, School Liaison Officer and A&FRC. To register or for more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

Hearts Apart

The next Hearts Apart is from 5-7 p.m. April 26, in the A&FRC. 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.

Career Technical Training Track Workshop

The next Career Technical Training Track Workshop is from 8 a.m.-3 p.m. May 7, in the A&FRC. This workshop covers the importance and how to go about obtaining skills required to make better decisions about your technical goals. To register or for more information, please call A&FRC at (662) 434-2790.

Entrepreneurship Track Transition Workshop

This workshop is from 8 a.m.-3 p.m.

MSU recognizes military personnel before baseball game



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

Members of Columbus Air Force Base and the Air National Guard walk on Mississippi State University’s Duty Noble Field before a military appreciation game April 7, 2018, in Starkville, Mississippi. Service members stood on the 1st and 3rd baseline during the national anthem while MSU ROTC cadets displayed the American flag on the field.

May 10-11. The entrepreneurship workshop is conducted by the Small Business Administration for veterans and all base personnel interested starting up and operating their own business. To register and more information call 434-2790.

Linked-In Workshop

The Linked-In workshop is from 2-5 p.m. May 14-15. The workshop will teach you how to establish and use a Linked-In account. To register and more information, please call 434-2790.

Bundles of Joy

The next Bundles of Joy workshop is from 1-3:30 p.m. May 17, at the A&FRC. This program is designed for active duty Air Force members and/or their spouses who are pregnant or have a child 4 months old or less. Attendees will learn about finances, labor and delivery, and infant care. A \$50 gift card sponsored by the Air Force Aid Society will be provided for each qualifying child. To register or for more information, please call A&FRC at (662) 434-2790.

Employment Workshop

An employment workshop on local and base employment opportunities is held every Wednesday, 1-2 p.m. This program provides military families and DOD civilian member’s individual assessment and career counseling to assist with local employment, preparation for future endeavors via education, job search, or self-owned business objectives in the local area. For more information, please call A&FRC at (662) 434-2790.

Sponsorship Training

An electronic version of sponsorship training called eSponsorship Application & Training (eSAT) is now available. It can be found on the Military Installations homepage military-installations.dod.mil, under “Are You A Sponsor?” For additional information, please contact the A&FRC Relocation Manager at (662) 434-2701/2790.

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.

Military and Family Life Counselor Program

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

Survivor Benefit Plan

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

Installation Voting Assistance Office

The A&FRC will house the Voting Assistance Office which 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 SF-76, Federal Write-in Absentee Ballot SF-186 and National Mail Voter Registration Form. For more information, please contact the Installation Voting Assistance Officer Mr. E.J. Griffith at (662) 434-2792, or his alternate, Mr. James R. Brady, at (662) 434-2701, or e-mail: vote.columbus@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

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.



Medical Corner

Supplements are not food

We all want to make sure that we are getting the most out of our food. From the time that we are taught about basic human biology in middle and high school to adulthood, we are told to “eat your fruits and veggies if you want to be come big and strong.” But we live in an age where “fast is better,” and eating fruits and vegetables is “for them health nuts.” More and more adults, and even children, get their vitamins and nutrients not from food, but from supplements.

Since the early 1940’s American have been taking multivitamin/mineral (MVM) supplements. MVMs account for almost one-sixth of all purchases of dietary supplements and 40% of all sales of vitamin and mineral supplements. According to the National Institute of Health (NIH)¹. 2014 saw sales of all dietary supplements in the United States totaling an estimated \$36.7 billion. To complicate further this product category, many dietary supplements are not labeled as MVMs even though they contain similar types and amounts of vitamins and minerals as those products labeled as MVMs. For example, a manufacturer might label a product containing vitamins C and E, selenium, and beta-carotene as an antioxidant formula rather than an MVM even though it contains several vitamins and a mineral.

Who uses multivitamins and supplements

People use supplements for various reasons. A study done by the NIH showed that there were two primary influencers of MVM use: to increase nutrient intakes and to improve health and/or prevent chronic diseases. Although supplements and the use of supplements are heavily marketed for fitness, the study pointed to the most frequent consumers to be women, children, the elderly, those with more ed-



Making Food Your First Choice For Vitamins and Minerals

ucation, higher incomes, healthier lifestyles and diets, and lower body-mass indexes (BMI)¹. Because supplements are not regulated, their Daily Values (DV) and the Recommended Dietary Allowances (RDAs) may not be as stated by the manufacturer and may be less or even more than what is on the nutrition label.

No U.S. government health agency, to include the Department of Defense Military Health Services, promotes regular use of supplements and multivitamins or individual nutrients without considering first the quality of a person’s diet.

Know the risks

Some dietary supplements are dangerous and could have long lasting harmful effects. Like drugs, supplements can have side effects if not taken properly or abused. Unlike the pharmaceutical industry, MVM and supplement manufacturers are not required to do research and studies on people using their products to determine safe levels of use.

There are to date around twenty five dietary supplement ingredients not **banned by the Department of Defense** and the list keep growing. These banned and prohibited supplements contain pharmaceutical grade ingredients that have resulted in harmful effects, some even fatal. If you are not sure if the supplement you are taking contains any of these or other dangerous ingredients, go to **OPSS.org** or **NSF International** and see

if your supplement is safe.

Making the right choice

Supplements and MVMs are not a substitute for whole foods. Unless you have a medical condition that requires it, food should always be your first choice. Not to mention the hit it can do to your wallet when the same amount of money could be spent instead on purchasing whole foods that are much healthier for you and easier on the bank. People who are generally healthy and active do not need to take supplements or MVMs if incorporating a mix of fruits, vegetables, butts, beans, legumes, whole grains, low-fat dairy, protein and lean meats and fish into their daily diet.

If you are still not sure on what to do, the USDA MyPlate is a great resource and tool and serves as a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition
- Choose foods and beverages with less saturated fat, sodium, and added sugars
- Start with small changes to build healthier eating styles
- Support healthy eating for everyone

Resources:
1. Multivitamin/Mineral Supplements: National Institutes of Health, Office of Dietary Supplements
<https://ods.od.nih.gov/factsheets.MVMS-HealthProfessional/>



A personal message from your health promotion Health Myth Busting Team

Dear Health Myth Busters,

My daily food intake is a bit sporadic. I saw some wonderful vitamins that will improve energy and ensure great performance on the job and at play. They are quite costly...but taking vitamins is a good way to get the nutrition I am not getting from food...right?!

Sincerely,
Sporadic

Dear Sporadic,

It’s best to use caution when deciding to add supplements to your daily routine as you may be getting more than you thin, especially if you eat food that are “fortified with vitamins and minerals.” Supplements are not regulated by the Federal Drug Administration (FDA) and all vitamins not from whole foods are considered to be supplements, to include those added to food and beverages like milk and fruit juices.

The cost of buying supplements can get pretty pricey. A better way to spend your money and get your vitamins and minerals would be from food first. There are times in a person’s life that may require additional nutrients such as pregnancy, high continuous performance, and clinical deficiencies. Unless you fall into one of these categories, nutrients from food should be the first choice. This may require you to increase daily consumption of certain foods that are rich in vitamins and minerals. There are, on the other hand, cases where there is a clinical deficiency of a mineral or vitamin such as iron or Vitamin D and your provider may order supplements to be taken with your daily meals. In most cases though, changing what you eat and discovering the reason there is a deficiency in the first place can help prevent it from reoccurring.

Best advice, eating right doesn’t have to be complicated — simply begin to shift to healthier food and beverage choices. Make your calories count by selecting foods high in vitamins, minerals, fiber and other nutrients such as fruit, vegetables, whole grains and low-fat or fat-free milk and milk products. Include lean meats, poultry, fish, beans, eggs and nuts and minimize saturated fats, trans fats, salt (sodium) and added sugars.

Focus on a nutrient rich diet and pre-plan your meals so you are not selecting what to eat when you are most vulnerable...when you are hungry. If you think supplements might be costly, think about the cost to your health if you take the wrong ones. Use OPSS.org to make an informed decision on the safe use of supplements and seek professional help from a healthcare provider if you find yourself in need of supplementing your daily intake as there may be a more serious underlying issue.

Sincerely,
Health Myth Busters

Keep making first downs: Lessons from my time in squadron command

Lt. Col. Charles Gilliam
48th Flying Training Squadron commander

Football is the ultimate team sport. Eleven players working in synchronization to either advance the ball down the field or stop the opponent from advancing the ball. The team with the ball, the offense, has four downs, or chances, in which to gain 10 yards to get another opportunity, first down, to continue to advance the ball toward their opponent’s end zone. All progress in a football game is measured in yards. On any team, you will face several challenges (opponents) that get in the way of mission accomplishment. The mission of the 48th Flying Training Squadron is to “train the world’s best pilots.” In accomplishing our mission, we hope to build a cohesive team of diverse members who are family focused and enjoy accomplishing that mission together.

As a former United States Air Force Academy (Division I) football player, I’ve learned a lot of valuable leadership lessons. These skills along with my personal life journey, several mentors, and a great leadership example in the Bible, have allowed me to serve the 267 men, women, and family members of the best squadron in the Air Force: the 48th Flying Training Squadron (my opinion, of course). The Alley Cats have our challenges along the way, but we continue to “make first downs” in pursuit of mission accomplishment.

1) Integrity, service and excellence is the minimum standard. The Alley Cats assume all members of our service, no matter your rank or position, live by the core values as a minimum. We treat those inside and outside of our organization under this basic assumption until you prove otherwise. In the game and especially in practice, every member is expected to give their very best on every play and not let their teammates down. When we give it our all in service of others, we can look ourselves in the mirror and say “well done, thy good and faithful servant.”

2) Our service is a TEAM sport. Together Everyone Accomplishes More. In football, we do not care who scores the touchdown because we celebrate success as a team. Though an award may be an individual accomplishment, we celebrate every success as a unit. Our TEAM includes both single members in



Courtesy photo

Lt. Col. Charles Gilliam rushes through the line while playing football for the U.S. Air Force Academy where he commissioned as an Air Force officer.

the squadron as well as those with families. Our greater TEAM even includes members outside of our organization. Everyone with a direct or indirect impact on the mission is a vital part of the TEAM. It takes “non-starters” in practice to give you a “good look” in preparation for the big game. Often times, these bench players are your younger individuals. They are underrepresented and underappreciated on game day because they are not on the field. However, let the trash not get taken out during the week, let your flight physical expire, your computer get the “blue screen of death”, your permanent change of station or temporary duty assignment voucher not pay out on time every time, your PCS orders get delayed, or transportation to your aircraft nearly 2 miles away from the squadron not show ... then all of a sudden the underappreciated bench players become critical to mission accomplishment. Therefore, while accomplishing the mission, take the time to say “thank you” to all those behind the scenes, the linemen who never get to score touchdowns, the enlisted professionals, the medical or maintenance personnel who

help prep you and your aircraft for game day. These unsung heroes receive an added lift from your kind, appreciative words. There is no job, task, or mission beneath any member of our team. Take the time to celebrate those who do their job with an unyielding, quiet professionalism.

3) It takes a diverse team in order to be successful. Not everyone can be the quarterback. Not everyone has the fortitude, skills, and natural ability to play fullback. The offensive linemen need to be quick and strong but not necessarily fast in order to help the team be successful. Our squadron, our Air Force, and our country is comprised of individuals who comes from around the globe with varied backgrounds and experiences. Many of us grew up poor, giving us a unique perspective toward problems and solutions. We have a variety of educational backgrounds and ‘street smarts;’ making our solutions both academic and practical. The team’s strength is enhanced from the diversity of its members. Lt. Gen. Jay Silveria, United States Air Force Academy superintendent, said it best, “diversity as an ideal of our service is born from a

humble belief that as people, not just airmen, we should treat each other with dignity and respect. We must embrace the full spectrum of our humanity, perspectives and experiences.” In our squadron, we focus on the mission and lean on our diversity to enhance mission accomplishment as we continue to make first downs. It is our collective differences that bring out our very best.

4) Despite penalties, lost yardage or other setbacks, we must still accomplish the mission. In June 2016, an unexpected maintenance issue decimated the T-1A Jayhawk enterprise and temporarily grounded more than 25 percent of the fleet here at Columbus for an extended period of time. Even faced with this obstacle, the entire team (operations and maintenance) pulled together to make those first downs. In life and mission accomplishment, we will all experience challenges, mistakes, and lost yardage, but like the great “servant leader” proved ... NOTHING is impossible with the right spirit, attitude, and work ethic.

5) Listen to your coaches, they have your best interest at heart. Coaches are mentors, friends, coworkers, subordinates, peers, and family members who subtly offer sage advice when you need it most. Utilize their wisdom and expertise when facing a defense or situation you have not seen before. I have personally benefited from the guidance of my supervisors and other “coaches” from the legal office. As a unit, the Alley Cats have received mentorship from outside agencies, friends, and admirers. With unsurpassed humility, we listen to our coaches and become better players to help our team continue to make first downs.

There are so many more lessons from which I could draw between football, leadership, and life. This is the second time our journey has brought us to the Golden Triangle. With each visit, we are more blessed with the support of friends and family. As I near the end of my opportunity to serve as “Alley 1,” I will take this leg of the journey and continue to grow my leadership toolkit. I’m thankful for my family, and friends, and countless individuals who made this assignment a highlight of my career thus far. I pray for continued success for the Alley Cats and all of Team Blaze. I’m glad to be part of the team. Keep making first downs.

BLAZE Hangar Tails: T-1A Jayhawk

Mission

The T-1A Jayhawk is a medium-range, twin-engine jet trainer used in the advanced phase of specialized undergraduate pilot training for students selected to fly airlift or tanker aircraft. It is also used to support navigator training for the U.S. Air Force, Navy, Marine Corps and international services.

Features

The swept-wing T-1A is a military version of the Beech 400A. It has cockpit seating for an instructor and two students and is powered by twin turbofan engines capable of an operating speed of 538 mph. The T-1A differs from its commercial counterpart with structural enhancements that provide for increased bird strike resistance and an additional fuselage fuel tank.

Background

The first T-1A was delivered to Reese Air Force Base,

Texas, in January 1992, and student training began in 1993.

Starting in 1993, undergraduate pilots who have graduated from their primary aircraft have proceeded to specialized training tailored for their follow-on assignments. The T-1A is used in advanced training for students identified to go into airlift or tanker aircraft. Those selected for bombers and fighters receive their advanced in the T-38.

The T-1A is used at Columbus AFB, Mississippi, Laughlin AFB, Texas, and Vance AFB, Oklahoma. It is also used at Randolph AFB, Texas, to train instructor pilots and at Naval Air Station Pensacola, Florida, for combat systems officer training.

General Characteristics

Primary Function: Advanced trainer for airlift and tanker pilots

Builder: Raytheon Corp. (Beech)
Power Plant: Two Pratt and Whitney JT15D-5B turbofan engines
Thrust: 2,900 pounds each engine
Length: 48 feet, 5 inches (14.75 meters)
Height: 13 feet, 11 inches (4.24 meters)
Wingspan: 43 feet, 6 inches (13.25 meters)
Maximum Speed: 538 miles per hour (Mach .70)
Ceiling: 41,000 feet (12,500 meters)
Maximum Takeoff Weight: 16,100 pounds (7,303 kilograms)
Range: 2,222 nautical miles (2,900 nm flying long-range cruise)
Armament: None
Crew: Three (pilot, co-pilot, instructor pilot)
Date Deployed: February 1992
Unit Cost: \$4.1 million
Inventory: Active force, 178; ANG, 0; Reserve, 0



U.S. Air Force photo by Senior Airman Kaleb Snay

The 14th Flying Training Wing conducts a mass launch of 12 T-1A Jayhawk Aug. 24, 2015, practicing the combat capability of safely and swiftly launching a large number of aircraft. The 48th Flying Training Squadron launched six two-ship formations to conduct off-station training.



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

A T-1A Jayhawk prepares to taxi to the runway April 10, 2018 on Columbus Air Force Base, Mississippi. It has cockpit seating for an instructor and two students and is powered by twin turbofan engines capable of an operating speed of Mach .78.

Air Force Marathon MAJCOM runners needed

The Air Force Marathon will take place on Saturday, September 15, 2018 at Wright-Patterson Air Force Base, Ohio. The Major Command Challenge will again be an important part of the 2018 U.S. Air Force Marathon. A prestigious traveling trophy will be presented to the winning MAJCOM commander.

Air Education and Training Command is one of the commands Air Force Services Activity is accepting registration forms (Air Force Form 303) from this year alongside; Air Combat Command, Air Force Material Command, Air

Force Reserve Command, Air Force Global Strike Command, Air Force Special Operations Command, Air Force Space Command, Air Mobility Command, Pacific Air Forces and U.S. Air Forces in Europe-Air Forces Africa.

Three males and one female will be selected for the full marathon and four males and two females will be selected for the half marathon. Individuals will be selected based upon most recent experience and fastest times. Those selected may attend in a permissive TDY status as authorized by AFI 36-3003, Military Leave Program. Members select-

ed will receive uniforms and reimbursement for portions of travel, registration fees and lodging. Registration forms are currently being accepted with a May 1, deadline. No late registration forms will be accepted.

Attached is a flyer for local use in Wing Standup or other forums to help promote this program. Instructions will be sent to fitness center managers to pass on to unit fitness representatives. Detailed information about the marathon is located at <http://www.usafmarathon.com> to include registration forms.

Autocross comes to Columbus AFB



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

The engine of a vehicle sits idle outside of an autocross event April 8, 2018, on Columbus Air Force Base, Mississippi.



Taylor George checks the fire pressure on his vehicle April 8, 2018, on Columbus Air Force Base, Mississippi. The 2005 Honda S2000 was the winning vehicle on April 8 with just under 64.5 seconds.



Kenneth Pitts drives around the last turn of the autocross track April 8, 2018, on Columbus Air Force Base, Mississippi. The autocross event is held periodically on Columbus AFB for eight months out of the year starting in April.



Todd Jardee sits on deck April 8, 2018, on Columbus Air Force Base, Mississippi. Drivers line up one after another to keep the racing process efficient.

Visit us online! www.columbus.af.mil
Follow us on Twitter! www.twitter.com/Columbus_AFB

The 48th FTS makes a 'heavy' impact on student pilots every day

Airman 1st Class Keith Holcomb

14th Flying Training Wing Public Affairs

A high pitched whirring begins as three pilots prepare for their flight inside a T-1A Jayhawk on Columbus Air Force Base, Mississippi.

The sun peaks over the horizon while the 48th Flying Training Squadron students and instructors walk to their aircraft or classrooms, beginning another day of pilot training alongside the other training squadrons.

The repetition in the squadron is not by accident. Pilot training in the 48th FTS is all about preparing the next generation of 'heavy' pilots to take on operations flying anything from a C-5 Galaxy to the KC-135 Stratotanker.

"We train pilots. We train them during phase three of training," said Lt. Col. Charles Gilliam, 48th FTS commander. "When they leave us they are winged aviators ready to go out to learn a new aircraft and fly, fight, and win."

Throughout pilot training, students will have op-

"We train pilots. We train them during phase three of training," said Lt. Col. Charles Gilliam, 48th FTS commander. "When they leave us they are winged aviators ready to go out to learn a new aircraft and fly, fight, and win."

portunities to speak to the instructors to learn about the kinds of missions they may encounter outside of training.

"I always tell the students who ask me about my career this same story," began Gilliam. "I was sitting with my aircrew on alert with our pagers. We were waiting to go when we got the call, and didn't think a whole lot of it. I thought it would be moving cargo from here to there..."

As the crew prepared for their mission, he said the feeling was a little different than normal. They got in the air and headed to their objective. When the

C-17 Globemaster III cargo aircraft landed and took on their cargo, Gilliam saw a single Marine. He was carried into the bay in stable condition, but had taken a blast from an improvised explosive device.

"What they were worried about was his eyesight in one of his eyes," Gilliam said. "You know I was expecting multiple patients to come on, maybe some cargo, but he was our only cargo. To me that spoke volumes that the U.S. would send this expensive aircraft in harm's way to save a wounded troop's eyesight."

Normal wounds are treated as soon as possible in Germany, but the pressure on the Marine's eyes would disrupt the treatment and could have cost him his vision. Instead Gilliam was to fly directly to Texas from their location in Southeast Asia.

"One mission. We got gas around England from a tanker aircraft and successfully received the thousands of pounds of gas we needed while in flight to Texas," Gilliam said. "The coolest part to me was the American air traffic controllers that cleared us a direct flight to Texas as soon as we hit U.S. airspace. It was a cool experience to realize our country cares so much about what we do, they would do whatever they could to save this man's eyesight."

Every other 48th FTS instructor who has flown a mission can bring back a story like this to the students, showing them the immense impact they can have overseas or even back home.

Any pilot graduating from the T-1 phase will be more than capable of flying any aircraft the U.S. Air Force needs them too for any mission in front of them.

"The enjoyment is seeing them barely being able to fly the T-1 aircraft and leave with wings on their chest," said Lt. Col. Carl Rotermund, 48th FTS director of operations. "They come with some flying ability, but to put the polish on and get a final product in terms of a rated pilot, to watch the wings pinned on their chests, and to see them go on to fly in their assignment, that's the biggest reward for I think any instructor in any squadron really."

Rotermund flew as a commander of his C-17 on the same deployment as Gilliam, and experienced almost



Second Lt. John Lewis Elliot, 48th Flying Training Squadron student pilot, prepares for a flight April 10, 2018, on Columbus Air Force Base, Mississippi. Students in the 48th FTS fly with a co-pilot throughout each flight, and alternate who controls the aircraft after each pattern to complete their sorties.

6 months in the Southeast Asia with a crew he still has contact with today.

"That deployment was actually thoroughly enjoyable for me because I had a dedicated crew for almost half of that deployment so we built an amazing comradery and really made the best of it," Rotermund said. "I also flew a ton of hours and that's something the students can experience after completing their training."

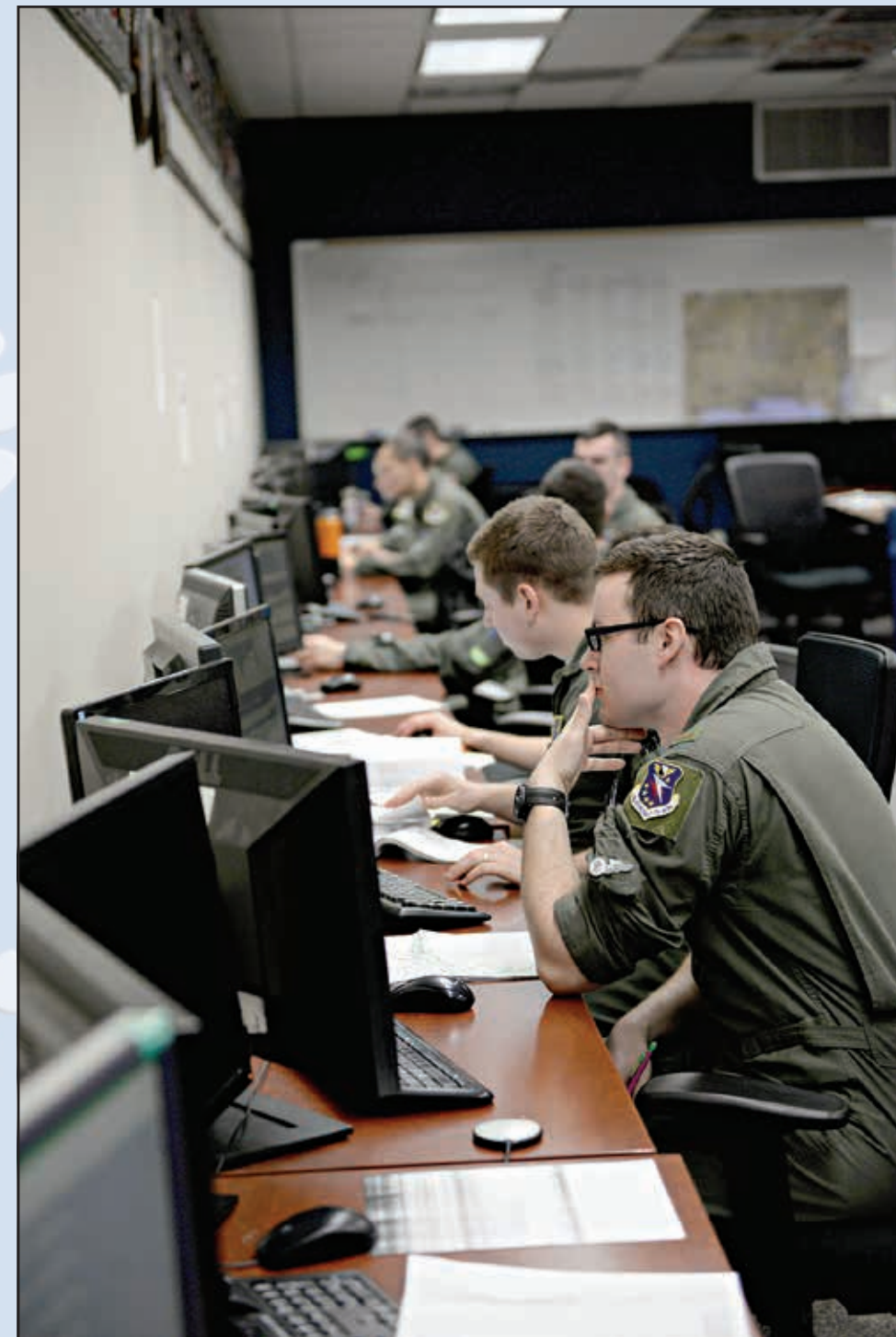
Gilliam mentioned how the comradery starts at the 48th FTS, saying the military is a large family serving side by side.

"We accomplish the mission every day, and I think we do it better than anyone else in the Air Force, but we as a squadron make it a good time," Gilliam said. "I don't know if that's unique to us, but it makes for a good work environment. It's the nature of crew airplanes and having to work with people, it permeates not only in our mission but in our day to day."

On the flightline at the end of each flight there's two future 'heavy' pilot stepping out of their T-1, preparing to directly support any unit with their team, providing aid to those in need anytime and anywhere.



Two students follow an instructor pilot to a T-1A Jayhawk, April 10, 2018, on Columbus Air Force Base, Mississippi. The T-1 is the aircraft that 'heavy' pilots will train on before learning to fly anything from the C-5 Galaxy to the KC135 Stratotanker.



Student pilots in the 48th Flying Training Squadrons study for and plan their next flight April 10, 2018, on Columbus Air Force Base, Mississippi. Students throughout pilot training study often to keep up with the demanding syllabus.

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