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“Produce Pilots, Advance Airmen, Feed the Fight”

Columbus Air Force Base, Miss.

May 4, 2018

Vol. 42, Issue 17

Weather

Friday  Sunny High 83°F Low 66°F	Saturday  Isolated Thunderstorms High 71°F Low 59°F
Sunday  AM Isolated Rain Showers High 81°F Low 57°F	Monday  Partly Cloudy High 81°F Low 57°F

Forecast provided by the 14th OSS Weather Flight

News Briefs

Wing Newcomers Orientation

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

Community College of the Air Force Graduation

A Community College of the Air Force graduation ceremony is scheduled for May 10 at the Columbus Club.

48th Flying Training Squadron Change of Command

The 48th Flying Training Squadron is hosting a Change of Command ceremony 8:48 a.m. May 11 at the Fire Station.

Inside



Feature 8

The 14th MDG is highlighted in this week's feature.



U.S. Air Force photo by Airman 1st Class Keith Holcomb
Retired Col. Cesar Rodriguez, a former F-15 Eagle pilot, greets a student pilot April 27, 2018, on Columbus Air Force Base, Mississippi, before speaking at the Specialized Undergraduate Pilot Training Class 18-08 graduation. Rodriguez served 25 years in the U.S. Air Force, recorded more than 3,100 fighter flight hours, 350 of which were combat hours during Desert Storm and Allied Force.

Retired Col. Rodriguez brings passion to SUPT Class 18-08 graduation

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

Retired Col. Cesar Rodriguez, a former F-15 Eagle pilot, spoke to Specialized Undergraduate Pilot Training Class 18-08 during their graduation April 27, 2018, on Columbus Air Force

Base, Mississippi.
He thanked everyone in the crowd for supporting this newest class of graduates as they progress into the next stage of their military aviation careers and acknowledged his thanks es-

See RODRIGUEZ, Page 3

COLUMBUS AFB TRAINING TIMELINE

PHASE II				PHASE III				IFF				WING SORTIE BOARD			
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required	Flown	Annual
37th (19-02)	-6.85 days	-4.26 days	May 15	48th (18-09)	0.50 days	5.43 days	May 18	49th (18-HBC)	-1.73 days	-0.30 days	May 30	T-6	272	279	15,636
41st (19-03)	-3.74 days	-11.00 days	June 6	50th (18-09)	-1.21 days	3.37 days	May 18					T-1	92	96	5,156
												T-38	100	110	6,998
												IFF	42	36	2,584

* Mission numbers provided by 14 FTW Wing Scheduling.

Lt. Gen. Giovanni K. Tuck, 18th Air Force commander, Scott Air Force Base, Illinois, is the guest speaker for Specialized Undergraduate Pilot Training Class 18-09's graduation at 10 a.m. May 18 in the Kaye Auditorium.

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Discipleship Training - 5pm
Evening Worship - 6pm

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14TH FLYING TRAINING WING DEPLOYED

As of press time, 26 TEAM BLAZE members are deployed worldwide. Remember to support the Airmen and their families while they are away.

Deployment numbers provided by the Installation Personnel Readiness Office.

Trees planted at enlisted dorms for Arbor Day



U.S. Air Force photo by Elizabeth Owens

Airman 1st Class Mufasa Coley, 14th Civil Engineer Squadron fire fighter, plants a tree April 26, 2018, at the enlisted dormitories on Columbus Air Force Base, Mississippi. Co-lumbus AFB is the only state-recognized arboretum in the Air Force.

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
7	8 Wing New-comers, 8 a.m. @ Club	9	10 Aberdeen JROTC Visit CCAF Gradu-ation, 3 p.m. @ Club	11 Military Spous-es Apprecia-tion Day 48th FTS Change of Command, 8:48 a.m. @ Fire Station	12/13 13th: Mother's Day 13th: Mother's Day Brunch, 10:30 a.m. @ Club	May 24: Wing Memorial Day Ceremony May 24: SUPT Class 18-10 Assignment Night May 25: Base Pool Opens May 25-28: Memorial Day Weekend and Family Days May 29: Wing Newcom-ers May 30: 14th CS Change of Command May 31: Enlisted Promo-tions June 1: 14th MDOS Change of Command June 8: SUPT Class 18-10 Graduation
14	15	16	17 Daedalian's Meeting	18 SUPT Class 18-09 Gradu-ation	19/20	

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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COURSES

(Continued from page 13)

fighters and leaders," said Chief Master Sgt. of the Air Force Kaleth O. Wright. "As we work to evolve our EPME, we have to remain flexible, ensuring we have content and delivery models that work for everyone."

The decision was based on feedback from the 2017 Enlisted Professional Military Education Triennial Review Committee, EPME working groups, and EPME students and instructors.

The 2018 National Defense Strategy calls on

SERGEANT

(Continued from page 13)

he realized how much he needed his family's help to recover. With the loss of hearing, there were changes that he had to make in his daily life and things he had to become more aware of.

"From where I sit at a table to which side I walk on, whether I'm too close or too far back from someone, I had to take those things into consideration," he said.

Now, more than ten years after the diagnosis, VanDyck is a first sergeant for the 707th Force Support Squadron, and his experiences are giving him an avenue to help Airmen during their time of need.

"Since becoming a first sergeant I have expanded my knowledge on various tools and resources, and how those rely on the Air Force Instructions, and what rules we have to take care of people," said VanDyck.

Now, he can use his knowledge and personal experience to help others identify issues and find solutions.

"One of the most difficult hurdles to overcome is to admit something was wrong," VanDyck said. "To Airmen facing personal challenges, the advice I have is, recognize when you are struggling and face the situation head-on. You can't just ignore a problem. You're going to have to face it, but you don't have to do it alone."

all services to evolve their PME, emphasizing intellectual leadership and military professionalism in the art and science of warfighting, deepening our knowledge of history while embracing new technology and techniques to counter competitors.

"We are working with our teammates at Air Education and Training Command and Air University to enhance our EPME and ensure it meets the intent of our most senior leaders," Wright said. "We need to ensure that our EPME can evolve over time as technology changes, so to that end we're working to ensure our content and delivery evolves, too."

If Airmen choose to remain enrolled and complete the course, completion will be reflected in their personnel records along with the appropriate Community College of the Air Force credits awarded.

Additionally, the enlisted promotion policy remains the same and is not affected by this revision.

For more information, visit myPers. Individuals who do not have a myPers account can request one by following the instructions on the Air Force Retirees Services website.



U.S. Air Force photo by Tech. Sgt. Veronica Pierce

Master Sgt. Geoffrey VanDyck, 707th Force Support Squadron first sergeant, views an image of the tumor found on his auditory nerve. In May 2005, VanDyck was diagnosed with acoustic neuroma, a noncancerous, normally slow growing tumor that develops on the main vestibular nerve that leads from the inner ear to the brain.

News Around Town

May 4

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

May 4-5

The 23rd Annual Market Street Festival will

May 9-12

Columbus Lake will be home to the Missis-

May 12

Mississippi BASS Nation State Tournament. For more information, visit mississippibassnation.com.

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.

Strength in recovery: victim becomes advocate

Airman Michael S. Murphy
11th Wing Public Affairs

JOINT BASE ANDREWS, Md. — (*Editor's note: The following story includes references to an actual sexual assault that some readers, especially those who are sexual assault survivors themselves, may find disturbing.*)

It was not the 21st birthday she was expecting. She got off of work at midnight, and her coworker asked her if she wanted to celebrate. Tired, but still wanting to have some fun, she agreed.

He ended up bringing over a bottle of tequila rose to her place — the black and pink bottle. She took a couple of sips of a drink he made, but didn't really like the taste. The next thing Staff Sgt. Brittany K. Johnson remembered would change her life for years to come. On Sept. 22, 2010, Johnson was sexually assaulted.

She woke up to her attacker kissing her, and she was wearing only a T-shirt and underwear.

Coming out of a haze, she started questioning what he was doing and began pushing to get up. That's when she felt the first cut.

"It didn't register to me," the U.S. Air Force Honor Guard unit training manager said, turning her head to the left and displaying a scar on her neck that followed her jawline. "I didn't feel pain. I just felt the warm blood."

He continued to attack her with a switchblade to try and end her life, provoking Johnson to do everything in her power to escape. It was all out war.

She began to call out, yelling "Help, help, he is trying to kill me," she said.

After attempting to smother her with a pillow, he eventually got her in a choke hold. Starting to lose consciousness, she struggled to understand her attacker's motives.

"He was just babbling 'You don't love me. You never loved me,'" she said.

Johnson continued to fight back, but he stabbed her in the abdomen as she broke free. Johnson said she knew that she was in a bad situation, and did the only thing left she could do, play dead. After enough time passed, Johnson knew that she needed to get help. As she picked herself up, she watched as he fled.

"There was blood everywhere," she said. "I took my fingers and touched underneath my neck. My fingers went into my neck."

Johnson found her phone, and without thinking, called her supervisor, who rushed over while his wife called the police. As she waited, she began to think of her little girl, who luckily was in Georgia with her parents at the time.

"I was thinking of calling them so they could tell my daughter that I love her, but I didn't want to wake them up in the middle of the night," she said.

Her supervisor arrived and helped locate the ambulance, which was given the wrong address to pick her up. Emergen-



U.S. Air Force photo by Airman Michael S. Murphy

Staff Sgt. Brittany K. Johnson, U.S. Air Force Honor Guard unit training manager, poses for a photo at Joint Base Anacostia-Bolling, Washington D.C., April 13, 2018. Johnson survived a sexual assault in 2010 and is now studying to be a victim advocate, who is someone that provides victims resources, information, reporting options and medical needs in confidence under the Sexual Assault Prevention and Response program.

cy personnel did what they could, but she was eventually air transported to the nearest trauma center.

"I was only in the hospital for a week, but it was a long recovery after that," Johnson said.

She felt the discomfort of having to repeat details of the attack to investigators and then again at the court-martial. But after the legal battle, and her attacker being convicted, her life wasn't the same. She spent years fighting memories.

Johnson said she tries to be victims' "rock of strength that they need to get through that time." She said it means a lot to her to be able to help them, and to get them to a better, healthier place.

"You never know what will trigger you —somebody you thought looked like them, the car they drove, or you saw somebody with the last name," she said. "You just never knew when it was going to happen. I still can't sleep in the dark."

By seeing mental health professionals and processing her emotions, Johnson learned what triggered her and how to cope when the memories resurfaced. While deployed in 2013, she learned about the victim advocate program. She said she was curious about the position and started asking questions.

"I started getting involved and volunteering," she said. "It evolved to how do I become a victim advocate?"

Heather Turner, Joint Base Anacostia-Bolling and Pentagon sexual assault response coordinator, said instructors and representatives were impressed with Johnson, recognizing how resilient she was given her circumstances, and her involvement with others.

"She is going to be a fantastic advocate," Turner said. "She exudes sympathy and is very genuine."

Johnson said she tries to be victims' "rock of strength that they need to get through that time." She said it means a lot to her to be able to help them, and to get them to a better, healthier place.

However, Johnson said she has not let her traumatic experiences hold her back. She is currently working on her master's degree, has two daughters and is happily married. She said she wants to continue telling her story, so that she can help others for years to come.

"My scars tell my story," she said. "Nobody can take that away from me."

Those interested in becoming a victim advocate should contact your local sexual assault prevention and response program manager.

For mental health resources visit mentalhealth.gov and Military OneSource. The military crisis line is available 24/7 at 1-800-273-8225. For sexual assault support, survivors can call the Department of Defense Safe Helpline at 877-995-5247.

And help put an end to sexual assault by remembering Green Dot training and the four steps a bystander can take in a critical situation — recognize the warning signs; understand the barriers to intervening; intervene by directing, delegating or distracting; and strengthen the protective factors associated with sexual assault.

RODRIGUEZ

(Continued from page 1)

pecially to parents who were able to support their sons and

daughters in a way nobody else can.

"In my short time here, I can see that the vision on each corner of the base, to be the premier training wing and partner with the community to develop the world's best Airmen, is alive and well," began Rodriguez.

He took time to acknowledge the effort it takes for the Air Force to create a world class pilot and leader and explained how the graduating students are now a part of something larger than any one person.

"Our Air Force is a lethal and responsive team, you are now going to be an air power component," he said. "Your training and execution will showcase flexibility and responsiveness that is at the disposal of each combatant commander anywhere around the world. You will spend countless hours in your vaults and in the training areas, preparing to join the most technically advanced team, supporting real world operations. From fifth generation platforms to fighter, bomber, special operations, command and control, mission support, you are all one piece of the total force team."

The mission seems large, but students throughout pilot training are tested and prepared for their future roles as leaders and aviators alike.

"You are all ready to start on this journey of preparation and excellence and you will not be alone," Rodriguez said.

He then began explaining in detail a mission in which he took down three enemy fighter aircraft and his thoughts before, during and afterward.

The team of Air Force aircraft worked their way to their target, an underground ammunition bunker, and as they flew toward its location, enemy aircraft had been identified on their radar systems to the Northeast and Northwest of the pilots.

His team focused their efforts on the Northeastern aircraft because it was the largest threat to the strike package. Unbeknownst to Rodriguez and his team, the Northwest aircraft maneuvered into a favorable attack position.

"Immediately, I maneuvered my formation to find the threat and quickly found them exactly eight miles off my nose," Rodriguez said. "The next few seconds had my attention focused on identifying the contacts as friendly or foe. Too late to employ the shot, I identified the threat as a MiG-29 Fulcrum."



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

Retired Col. Cesar Rodriguez, a former F-15 Eagle pilot, speaks at the Specialized Undergraduate Pilot Training Class 18-08 graduation April 27, 2018, on Columbus Air Force Base, Mississippi. Rodriguez spoke about the importance of family, friends and teamwork for every Airmen and leader in the Air Force.

His wingman confirmed it was an enemy and proceeded to make a defensive maneuver as his F-15 Eagle alerted him he was in the enemy's strike zone and had been locked onto by its weapon systems.

"When my wingman called Fox 1, I quickly looked over my left shoulder and saw the smoke trail of his missile leading toward the MiG's last known position," Rodriguez continued.

He maneuvered roughly 1,000 feet above the Iraq desert floor and while looking in the distance above his right wing, he saw the a U.S. AIM-7 Sparrow impact the enemy aircraft.

"This day was not over as the airborne early warning controller called out again 'Second MiG inbound from the North,'" Rodriguez recalled.

The incoming MiG's indecision in the moment and lack of confirmation of its identity for Rodriguez and his team, led Rodriguez to fly past the wing of the enemy to confirm it was a hostile aircraft.

He continued to maneuver his position so he could attempt to employ his weapon systems and neutralize the threat.

"Our Air Force is a lethal and responsive team, you are now going to be an air power component," he said.

"For the next 20 or so seconds as we descended from 8,000 feet to the desert floor at ranges from 500 knots and nine G force's, the enemy fighter pilot and I continued to perform a variety of basic fighting maneuvers for one of us to achieve a position advantage," Rodriguez said. "In the end, it was my training and advanced technology that allowed me to achieve the position of advantage leaving the MiG no other choice but to attempt a last ditch maneuver and ultimately resulted in him impacting the desert floor."

He looked back at the mission with the students and said if the entire team didn't work together to take out the enemy, it might have been a lot different of an outcome. Everyone working together had touched each aspect of the dogfight in a different way and allowed the Air Force and its coalition forces to return home safely another day.

He then spoke of three lessons he wanted to leave with the graduating class; showing the importance of Airmen in any careerfields no matter their role within the mission, the necessity of being the best you can be to contribute to the team effort and the significance of family or friends to hold Airmen up and hold them accountable as they progress through life.

"My wife, Trish, was and continues to be the stronger member of our family — Team Rodriguez," he said. "Your training and operations tempo will challenge you to find and keep a positive balance with your family, this is not unique to officers, as it will happen to all those who wear the uniform."

He reminded the students it will soon be their time to help those they lead and work beside throughout rigorous times. Rodriguez said as officers, they must recognize and put effort into keeping the families they work with in good condition, as well as their own.

"Family is like your heart, it pumps 24/7, 365 days a year, you don't get to turn it off," he said. "Every day your family will grow and it will be up to you class 18-08 to be leaders of success at home, in our communities and in our Air Force."

He left them with a final congratulations, stating his pride for the newest pilots from 18-08.

Columbus Air Force Base Airmen invited to Eighth-Annual Senior Airman Mark Forester Race

The Mark Forester Foundation is hosting an annual race/ruck walk 8 a.m. May 19, 2018 in Haleyville, Alabama, to raise money for the foundation. Anyone from Columbus Air Force Base is invited to attend. More information can be found at www.markaforester.com.

Back story:

On September 29th, 2010, Senior Airman Mark Forester was killed in Afghanistan while attempting to save a fallen comrade.

Forester was a member of the 21st Special Tactics Squadron, Pope Field (formerly Pope AFB) North Carolina. His website is dedicated to all Combat Controllers as well as U.S. servicemen, both past and present. We are eternally grateful for their service and sacrifice and for the freedoms we enjoy.

Columbus recognizes Military Spouse Appreciation Day 14th FSS offers discounts

Columbus Air Force Base and the 14th Force Support Squadron will recognize Military Spouse Appreciation Day May 11 by offering discounts across base. The following is a list of discounts.

Bowling Center – free fries & small drink, 11 a.m.-1 p.m.

Columbus Club – half-off lunch buffet

Outdoor Recreation – 20-percent-off future jumper rental

Whispering Pines Café – 20-percent-off lunch special

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



SECRETARY OF DEFENSE
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4/18/2018

MEMORANDUM FOR ALL MEMBERS OF THE DEPARTMENT OF DEFENSE

SUBJECT: Sexual Assault Awareness and Prevention

Those entrusted by our Nation with the lives of our troops and with carrying out violence must demonstrate self and unit discipline in all aspects of our performance. This requires us to do what is right at all times, regardless of the circumstances or whether anyone is watching. We are warfighters, defenders of our Nation, and exemplars of our Nation's values. Unit cohesion is what holds us together under stress and keeps us combat effective when the chips are down. Admired leadership builds the trust of all hands, trust being the coin of the realm and our bedrock in building a cohesive team, one free of denigrating behavior.

In this regard, I am highlighting our Department's commitment to assertively prevent and swiftly and appropriately respond to any sexual assault in our ranks. I expect every member of the Department to use their initiative and courage to model ethical and legal behavior in the workplace, at home, and online. My objective is that we communicate and behave in a way that reflects positively on America's military and builds trust daily in our chain of command, and I am directing a re-doubled effort from our most senior to most junior on insisting on an assault-free military.

Preventing sexual assault is our moral duty. By its nature, sexual assault is one of the most destructive factors in building a mission-focused military. Self-discipline, alert Non-Commissioned Officers (NCOs), and attuned chains of command are essential if we are to set standards that strengthen our military readiness to fight well and increase our ability to recruit and retain the finest all-volunteer force this world has ever known. Leaders in the Department also have a special obligation, an *in loco parentis* responsibility, for our young members that buttresses unit cohesion and combat effectiveness.

Due to the age at which nearly all recruits enter the military, NCOs and officers must carry this special responsibility for the care of our troops. While casualties on the battlefield are understood to be consistent with our military duties, I accept no casualties due to sexual assault within our ranks. Military leaders are to be zealous in carrying out *in loco parentis* responsibilities and ridding our ranks of such illegal, abhorrent behavior.

I know that the overwhelming majority of our military and civilian personnel represent the highest standards of decorum and maturity. However, I expect disciplined behavior from all hands without exception. I charge all officers, NCOs, and supervisors to use their authority and force of personality to prevent and eliminate sexual assault from our ranks.

John M. Mattis



AFAF Update: week five

Senior Master Sgt. Wade J. Steinback
14th Flying Training Wing Maintenance
Authority superintendent

As week five of this year's campaign comes to a close, here are our updated campaign stats:

Total Percent of active-duty members contacted: 100 percent (Goal: 100 percent)

Total Campaign Donations: \$32,521 (Goal: \$27,808)

- 14th Operations Group: \$22,968
- Wing Staff Agency: \$4,730
- 14th Medical Group: \$2,826
- 14th Mission Support Group: \$1,997
- Percent of Wing Goal Raised: 117 percent

We had a little slower week, but even with that we've now surpassed both amount raised and percentage of goal raised as compared to last year! We've done exceedingly well this year. It cannot be understated the amount of good that comes from this campaign and those who are helped by it are all around us. We should always remember that for most of us, there will come a point during our lives where we need some help, and it's because of organizations like the Air Force Assistance Fund that there are people and resources available when we need them most.

Comparing our stats against the other wings across Air Education and Training Command as of this report, we continue to lead the major command in total donations raised, percentage of goal raised, and participation rates! If we look across the Air Force, we are #2 in percentage of goal raised, and #3 in participation rates! As has been said before, those numbers are a testament to the efforts put forth by all involved in helping to make sure the Columbus Air Force Base AFAF campaign continues to be a success this year!

Thank you again for your continued support!



Visit us online!
www.columbus.af.mil

First Sergeant continues career after tumor, hearing loss

Tech. Sgt. Veronica Pierce
70th ISR Wing Public Affairs

FORT GEORGE G. MEADE, Md — More than ten years ago, while stationed in Hawaii, Master Sgt. Geoffrey VanDyck, had the constant feeling of water in his ear. He knew something was wrong. Nothing seemed to relieve the feeling, so his medical provider sent him to an ear, nose and throat specialist. After an MRI, the cause of his pain and discomfort was found: a golf ball-sized tumor, an acoustic neuroma.

According to the Mayo Clinic, acoustic neuroma is a noncancerous, usually slow-growing tumor that develops on the main vestibular nerve leading from the inner ear to the brain. In some cases, it can grow rapidly, pressing against the brain and interfering with vital functions.

In VanDyck's case, radiation was not an option, so surgery had to be performed.

The tumor was located close to his spinal cord, so his doctor gave him two choices: have surgery to remove the tumor and have a 1 percent chance of hearing again or let the tumor continue to grow and have a 100 percent chance of becoming a quadriplegic within a year.

"I did the quick math and said OK, let's lose the hearing," VanDyck said.

At exactly the same time, it was VanDyck's turn for a permanent change of station. The surgery was scheduled in San Antonio, while he was en route to his next duty station. The timing of the surgery would leave him separated from his family for months, providing him no support network during and after the surgery.

"When I was diagnosed, I had orders to Arizona," said VanDyck. Doctors said he could be flown to San Antonio for the surgery and fly back and forth every other week for follow-up, but VanDyck knew there had to be another option.

That was when he went to his first



U.S. Air Force photo by Tech. Sgt. Veronica Pierce
Master Sgt. Geoffrey VanDyck, 707th Force Support Squadron first sergeant, views an image of the tumor found on his auditory nerve. In May 2005, VanDyck was diagnosed with acoustic neuroma, a noncancerous, normally slow growing tumor that develops on the main vestibular nerve that leads from the inner ear to the brain.

sergeant in Hawaii for assistance.

VanDyck worked through the career field functional manager to get his orders changed to an assignment in San Antonio. There, he could have the surgery and his family would be close by to help him recover.

After surgery, VanDyck took four months of convalescent leave for recovery and physical therapy, he said. He lost hearing in his right ear permanently and had to rebalance his body.

"Even sitting up was difficult," he said. "I would get completely sick and turn pale."

VanDyck completed extensive physical therapy to learn how to walk, sit up and live life independently again.

"I didn't know how amazing the body could be," he said.

Through it all, VanDyck appreciated his first sergeant and the Air Force for allowing his family to be with him.

"I honestly don't know where I would have been if my family was

not there," he said. "For the first month I couldn't drive, walk, shower or even live independently."

"I have zero directional sound and can't determine where a sound is coming from," he said. "My wife and I play a little game where she'll hide and say my name and I have to guess where she is. What some might find misfortune we are light-hearted about. It's just another life event."

VanDyck recalled one of the first times going out in public after his surgery. His family had taken him out to dinner at a local restaurant.

"The ability to process sound is something we take for granted," he said. "I have no directionality and I also cannot filter out sound." At the busy restaurant, so much was going on around him that it became overwhelming and his brain wasn't able to filter out all the sounds. It was at that point that he broke down, felt the loss of his independence and started lashing out, he said.

One day, when his wife sat him down and confronted him about it, See SERGEANT, Page 15

AF announces changes to Courses 14 and 15

Secretary of the Air Force Public Affairs

WASHINGTON — Effective immediately, Air Force officials have removed the requirement to complete Courses 14 and 15 for all Airmen serving in the active component. Air National Guard and Air Force Reserve Airmen will have the option to complete their enlisted professional military education through distance learning or in-residence attendance.

Airmen will no longer be required to complete distance learning prior to in-residence attendance at the noncommissioned officer and senior NCO academy. Active component Airmen will complete EPME in-residence, while Guard and Reserve Airmen can complete through DL or in-residence.

"Ultimately, Airmen are always encouraged to focus on their own self-improvement and life-long learning," said Lt. Gen. Gina Grosso, deputy chief of staff for Manpower, Personnel and Services. "However, because our enlisted members have a 100 percent opportunity to attend in-residence NCO and SNCOA, this change provides Airmen greater flexibility and reduces redundancy in professional military education."

All active component Airmen currently enrolled in Courses 14 or 15 may continue the course or disenroll. Guard and Reserve Airmen currently enrolled are encouraged to complete the course unless they are currently scheduled to attend in-residence.

"We want to ensure each level of EPME is meaningful to our Airmen and works to further develop them as professionals, war-

See COURSES, Page 15



Effective immediately, Air Force officials have removed the requirement to complete Courses 14 and 15 for all Airmen serving in the active component. Air National Guard and Air Force Reserve Airmen will have the option to complete their enlisted professional military education through distance learning or in-residence attendance.

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.

Lunch Buffets at the Overrun
Enjoy daily lunch buffets Tuesday-Friday at the Columbus Club. Daily buffets include: Tuesday: taco and nacho for \$9, Wednesday: chicken wings and pasta for \$10, Thursday: southern-style lunch for \$10 and Friday: fried catfish for \$10. Club Members receive a \$2 discount. For more information, contact 434-2489.

Shark Tooth Creek Trip
Sign up for a guided fossil hunt for shark's teeth with Information, Tickets and Travel from 8 a.m.-4 p.m. May 19. The cost is only \$25 per person. Sign up no later than May 1. For more information, contact 434-7861.

Free Saturday Movie Matinee at the Library
The Base Library is offering a free movie "A Dog's Purpose" at 10 a.m. May 5. For more information, contact the Base Library at 434-2934.

Mother's Day Craft
Show mom how much you love and appreciate her! Stop by the Base Library and create her a special card during normal business hours from May 7 - 12. For more information, contact 434-2934.

Mother's Day Brunch
Celebrate mom during Mother's Day Brunch from 10:30 a.m.-1:30 p.m. May 13 at the Columbus Club. The cost is \$16 for club members, \$18 for non-members, \$8 for children 5-11 and free for children four and under. The menu includes traditional breakfast items, fried chicken, mashed potatoes, vegetables, salad bar and the following stations: roast beef, waffle, omelet, dessert and beverage. Reservations preferred but walk-ins welcome. For more information, contact 434-2489.

Mango Languages Lunch and Learn
The Base Library is offering an informational session on Mango Languages at noon May 16. Grab lunch from Coffee House on 5th while learning more about language learning resources that helps individuals learn over 60 languages online and on-the-go. This event will be held at the BLAZE Commons in room 114. For more information, contact 434-2934.

Seasonal Pool Pass
Purchase your seasonal pool pass today! The Base Pool will open May 25 for the pool season. For more information, contact ITT at 434-7861.

Free Breakfast for Club Members
Free breakfast buffet for club members from 6:30 a.m.-9 a.m. May 29. The cost is \$8 for non-members. For more information, contact 434-2489.

Officer Skydiving Trip
The ITT office is offering an Officer Single Airman Skydiving Trip from 7 a.m.-5 p.m. June 6. The cost is only \$40 for club members and \$45 for non-members. Participant must be at least

JOIN US FOR

Mother's Day BRUNCH

at your Columbus Club

Traditional Breakfast Items

- Roast Beef Curing Station
- Fried Chicken
- Mashed Potatoes
- Variety of Vegetables
- Salad Bar
- Waffle Station
- Omelet Station
- Dessert Station
- Beverage Station

May 13

10:30a.m.-1:30p.m.

Reservations Preferred

Walk-ins Welcome

\$16 • Club Members

\$18 • Non-members

\$8 • Children 5-11

Free • Children 4 & under

For More Information 434-2489

19 years old. Sign up no later than May 30. For more information, contact 434-7861.

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

Paddleboard Yoga Instructors Needed
Outdoor Recreation is seeking volunteer paddleboard yoga instructors for classes to be offered during the summer. For more information, contact 434-2505.

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

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

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

Play Paintball
Outdoor Recreation offers paintball for groups or individuals. You must book 24 hours in advance; 17 years old and under must be accompanied by an adult. The cost is \$15 per person for 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.

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

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

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

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

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

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

Fitness on Request
The Fitness Center offers a truly comprehensive group fitness platform that is available all day and completely customizable to meet your needs with 119 different classes on the Fitness on Request system. For more information, call 434-2772.

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

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

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

SAPR month over, continues to support victims

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

Every April, the Defense Department recognizes the importance of sexual assault prevention and response and supporting those affected by sexual assault.

Columbus Air Force Base's SAPR team spends time throughout the month to spread the word by hosting events geared toward educating Team BLAZE about the resources available an individual has been harmed by sexual assault.

This year, the team hosted four events, setup educational booths around base and performed community outreach off-base with the help of the Mississippi University for Women, Mississippi State University and University of Mississippi.

"The goal is to reach out to everyone, not just victims, in order to prevent sexual assault," said Dr. Marcia Stewart, 14th Flying Training Wing SAPR program manager. "We did a lot of community outreach to educate people about what to do and how to reach us."

The month's events kicked off with the signing of the Sexual Assault Awareness Month Proclamation at Freedom Park by Col. Douglas Gosney, 14th FTW commander.



U.S. Air Force photo by Sonic Johnson

Dr. Marcia Stewart, 14th Flying Training Wing Sexual Assault Prevention and Response program manager, and Aalyiah Verner, an intern from Mississippi State University, held a moment of silence for the victims of sexual assault April 27, 2018, on Columbus Air Force Base, Mississippi. The SAPR team worked with MSU and other colleges to help educate and raise awareness about sexual assault prevention and what to do if someone has been affected.

The next event was the SAPR Teal Run where Airmen and families ran a 5K to symbolize the different stages of recovery a victim has to go through, such as grief, depression, loneliness and insecurity.

Next, the team hosted a breakfast where people gathered to enjoy a meal while learning more about what to do if they or a friend has ever been affected by sexual assault.

The final event was a candle-light vigil



where a moment of silence was held for victims of sexual assault.

Overall, the 14th FTW SAPR Team wanted to ensure their faces are known base-wide, so if anyone ever needs their help, they will know who to go to.

"Most victims of sexual assault are in a delicate state and it is our job to ensure they get the care and support they need," said Carla Neal-Bush, 14th FTW SAPR victim advocate. "This month is dedicated to teaching people about how to deal with the weight and struggles of being a victim and who to contact if affected."

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.

Commander's Action Line

434-1414

The Commander's Action Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB a better place. Although the Commander's Action Line is always available, the best way to resolve problems is through the chain-of-command.

The Commander's Action Line phone number is 434-1414. Callers should leave their name and phone number to receive an answer. All names will be kept confidential. Message may be answered in the Silver Wings without names.

Written questions may also be brought to the PA office in the Wing Headquarters building, BLDG. 724, suite 210. Questions and answers may be edited for brevity and style.

To advertise in Silver Wings, call 328-2424



Medical Corner

Rethink the drink

Societies across the world have consumed wine, spirits, beer, and other alcoholic beverages for centuries. Before the process of water purification to eliminate dangerous and harmful bacteria and other harmful substances from water to make it safe to drink, these were the only forms of safe to drink beverages. The question today still remains, is drinking alcoholic beverages like wine, particularly red wine, healthy?

Red wine has for many years been touted to be the healthiest and safest thing to drink. It is true that there have been studies that show the health benefits of drinking red wine, but you should also take into consideration the social and genetic factors that these health benefits may or may not provide as well as some of the not so healthy effects consuming large quantities of any alcoholic beverage can cause.

What Makes Red Wine So Special?

Red wines contain a phytonutrient, or antioxidant, called Resveratrol. It has long been believed that this property contained in red wines is what provides the health benefits. Phytonutrients (Phytol, referring to the Greek word for plant) are found in most plant based foods such as grapes (which wine is made from), tomatoes, carrots, peaches, oranges, pears, oats, nuts, whole grains, beans, etc., each containing different amounts of phytonutrients.³

Resveratrol is also classified as a polyphenol and is thought to provide the body with anti-aging benefits by fighting free radical damage to cells and act as an anti-inflammatory aiding to improve circulation. This is due to the skin of red grapes containing high levels of Resveratrol and when crushed, fermented and aged provide these phytonutrient properties to the cells within the body. It is these high levels of phytonutrients and free radical fighting agents and phenolics that has lead to red wine being touted as a heart healthy beverage. But just like with anything that is said to be good for you, caution and moderation is the key.

The Dangers of Consuming Alcohol

When consumed in moderation (defined as 1 drink per day for women, and 2 for men according to the Dietary Guidelines for Americans²), red wine may provide some health benefits. The problem is, everyone's definition of what is a safe amount differs. This has led to a change in belief that consumption of alcohol for health benefits, even in small quantities, may not necessarily be the best option.¹



Amount of Alcohol By Volume and Percent

Beverage	Alcohol Content
12 fl oz of regular beer	About 5% alcohol
8-9 fl oz of malt liquor (shown in a 12 oz glass)	About 7% alcohol
5 fl oz of table wine	About 12% alcohol
1.5 fl oz shot of 80 proof distilled spirits (gin, rum, tequila, whiskey, etc.)	About 40% alcohol

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage. Although the "standard" drink amounts are helpful for following health guidelines, they may not reflect customary serving sizes. In addition, while the alcohol concentrations listed are "typical," there is considerable variability in alcohol content within each type of beverage (e.g., beer, wine, distilled spirits).

Make Healthier Choices


There is no such thing as a "Safe" drinking level. Any consumption of alcohol, no matter the amount, can have other lasting affects such as mouth, throat, breast cancer, strokes, liver disease, brain damage and damage to the nervous system. To reduce any serious health risks :

- Limit how much you drink
- If you are pregnant, or planning on becoming pregnant soon, avoid any and all forms of alcohol
- Drink with food
- Don't mix alcohol with caffeine or caffeine like derivatives (energy drinks, soda's containing caffeine, coffee liqueurs)

There are other ways that you can "get your buzz on" that are healthier and safer. Go for a long walk, go bike riding with friends or family, visit a museum, take part in organized sports, see a movie, play some board games or read the latest book from your favorite author.

Resources:

1. Alcohol Overdose: The dangers of Drinking Too Much : <https://pubs.niaaa.nih.gov/publications/alcoholoverdosefactsheet/overdoseFact.pdf>
2. American Dietary Guidelines Appendix 9 · Alcohol: <https://health.gov/dietaryguidelines/2015/guidelines/appendix-9/>
3. Red Wine and Resveratrol: Good For Your Heart?: <https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/red-wine/ART-20048281>



A personal message from your health promotion Health Myth Busting Team

Dear Health Myth Busters,

I heard drinking red wine will help everyone's heart and I hope it is true. I have developed a true taste for red wine and can empty a bottle every other day if not every day. It is more expensive than beer but I suppose that is the cost of good health! Is it true wine has heart health benefits for all those that drink it?

*Signed,
Wine Lover*

Dear Wine Lover,

Congratulations on being concerned with your heart health, but no it is NOT true that health benefits occur for all who drink red wine. Neither the American Heart Association nor the National Heart, Lung, and Blood Institute recommends that you start drinking alcohol just to prevent heart disease. Alcohol can be addictive and can cause or worsen other health problems. Drinking too much alcohol increases your risk of: Liver and pancreas diseases, weight gain and obesity, heart failure, high blood pressure, certain types of cancer, stroke, accidents, violence and suicide.

Avoid alcohol completely during pregnancy, if you have a personal or strong family history of alcoholism, have a liver or pancreas disease associated with alcohol consumption, have heart failure or a weak heart, take certain medications or a daily aspirin. If you have questions about the benefits and risks of alcohol, talk to your doctor about specific recommendations for you. If you already drink red wine, do so in moderation. For healthy adults, that means: Up to one drink a day for women of all ages; Up to one drink a day for men older than age 65; Up to two drinks a day for men age 65 and younger. The limit for men is higher because men generally weigh more and have more of an enzyme that metabolizes alcohol than women do.

When determining the size of your drink, remember this; a drink is defined as 12 ounces (355 milliliters, or mL) of beer, 5 ounces (148 mL) of wine, or 1.5 ounces (44 mL) of 80-proof distilled spirits. When it comes to wine, most people will just "pour away" without really knowing how much they are actually pouring and pour all the way to the top. This can be dangerous as it leads to over pouring and over drinking. When deciding on how much to pour, keep this in mind: A 750ml bottle of wine will provide approximately 5 servings at 5 ounces per serving and is the same serving size even when pouring from a box. This in no way means that you should pour all five servings and drink them by yourself. Remember, no more than one drink, or one serving per day for woman and two per day for men.

To date, the research in support of health benefits of alcohol is indirect or observational, and other explanations cannot be entirely ruled out. The Dietary Guidelines for Americans recommend that no one should begin drinking or drink more frequently in hopes of benefitting their health.

Sincerely,
Health Myth Busters

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, (662) 434-2839/434-2790 for more information.

Career Technical Training Track Workshop

The next Career Technical Training Track Workshop will be 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.

Wing Newcomers Orientation

The next Wing Newcomers Orientation will be from 8 a.m.-noon May 8, This event is mandatory for all newly arrived active-duty and civilian personnel, and spouses are encouraged to attend. The orientation is held at the Columbus Club. To register or for more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

Federal USAJobs Workshop

The next Federal USAJobs workshop will be from 9-10:30 a.m. May 9, This is a workshop on writing resumes, applications, and job search using the USAJobs website. 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. 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 (662) 434-2790.

Smooth Move

The next Smooth Move workshop will be held from 10-11 a.m. May 15 in the A&FRC.

Enlisted promotion, quarterly award ceremonies held at the Kaye Auditorium



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

Second Lt. Ethan Swanke, 14th Student Squadron, takes a photo of the enlisted promotion and quarterly award winning Airmen April 30, 2018, on Columbus Air Force Base, Mississippi.

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 will be held from 5-7 p.m. May 31. 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.

Employment Workshop

An employment workshop on local and base employment opportunities is held every Wednesday from 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.

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

The next Transition Assistance Program workshop will be from 7:30 a.m.-4 p.m. July 9-13, and includes seminars on transition, military occupational code crosswalk, financial

Heart Link

The next Heart Link will be held from 8:30 a.m.-noon May 23, in the A&FRC. This half-day program is open to all spouses of active-duty

planning, health benefits, Mississippi Department of Employment Security, Department of Veterans Affairs, Disabled TAP, and Department of Labor. Pre-separation counseling is required before attending, and recommended attendance is 8-12 months prior to separation or 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.

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 militaryinstallations.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.

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

“It” is the most precious non-renewable global resource...Reflect – Invest – Prioritize!

Col. (Dr.) Guy R. Majkowski

14th Medical Group commander

You can’t...buy it...catch it...hear it...touch it...recycle it...rewind it...return it...stop it...or sell it...yet, there are over 10,000 books available on Amazon.com on how to manage “it”.

This incredibly democratic, elusive and rigid concept governed by physics which holds everyone accountable is time. It is the great equalizer. Everyone gets the same number of minutes per day regardless of age, race, color, religion, sex, national origin, handicap, sexual orientation, or socioeconomic status: 1,440 minutes per day. Now, what you do with “it” is completely up to you.

When we are young, we often take time for granted. We anxiously look forward to “growing up”, “being bigger, stronger, or taller.” We can’t wait to be 10, then 16, then 18 and then 21 yrs old. Our vitality, vigor, and invincibility blind us to the march of time as we focus on the next milestones of life. As you speed though these milestones (only to reach another decade signpost and then another), you begin to realize that it is not about the destination or milestone, so much as it is about the journey and making a difference along the way. Inspire those around you through your actions. Share your life experiences, your successes, and your lessons learned. In the end, it’s not about the items you’ve accumulated in life but rather the lives you’ve touched and people you’ve helped

The supply of time is fnite, so you must look to the demand side of the equation for the solution. One useful approach is to prioritize your demand. Categorize your list into the things you must do, need to do, and want to do. Unfortunately, this can be difficult and takes some discipline, but if you can align your time with your priorities you will begin to see results.

along the way.

Invest your time!

We are inundated by a constant flow of data every day. From smartphones to televisions to social media, we are under attack from information overload. Compound this overload with a bottomless inbox and an arm-length “To Do List” and it feels like we’re on a hamster wheel. If only I had more time.

The supply of time is finite, so you must look to the demand side of the equation for the solution. One useful approach is

to prioritize your demand. Categorize your list into the things you must do, need to do, and want to do. Unfortunately, this can be difficult and takes some discipline, but if you can align your time with your priorities you will begin to see results. Ask yourself: Am I focusing on the right priorities? Am I getting closer to my goals? Or, am I wasting precious time on non-value added or mindless tasks that don’t contribute to my health, my goals or my self-improvement? Ultimately, your time is the most precious resource that you manage. Life is too short to not prioritize!

Over 27 years ago, my Air Force Academy sponsor, Col (ret) Billy Meazell, shared an incredibly valuable lesson about the 80:20 rule in relation to time. He said, “Allocate 80% of your time ‘doing’ and the other 20% ‘thinking’ about how you could do it better.” By following this rule, you continually improve your processes and more efficiently use your time. I encourage you to block time on your schedule every week and determine if there is a better way to use your time. Schedule time for reflection.

Lastly, it is imperative that we are respectful of each other’s time. We’re all on the same 24 hour clock!

I leave you with an uplifting quote from an incredibly wise individual...Master Oogway:

“Yesterday is history, tomorrow is a mystery, but today is a gift. That is why it is called the present!”

You only get 1,440 minutes per day...Reflect-Invest-Prioritize...you can’t afford to waste “it”...tick-tock!

Base Thrift Shop

The Base Thrift Shop is open from
9 a.m. – 1 p.m. Tuesdays and Thursdays.

Consignments are welcome until noon. Donations are accepted and very much appreciated. Donations can now be dropped off on the loading dock and inside the front doors 24/7. If they are left anywhere else we do not receive them.



It is located in
building 530.

Call 434-2954.



The shop is a non-profit and all proceeds benefit Columbus Air Force Base Community.

Airman’s Attic

The Airman’s Attic is open
11 a.m. – 1 p.m. Tuesdays and Thursdays,
and 11 a.m. – 1 p.m. Saturdays.

The Attic serves junior enlisted members (E-1 through E-5) with uniforms and basic household items at no cost. Donations of uniforms, household goods, family clothing, maternity, infant care items and furniture are welcomed. Officers are now able to get uniform items from the Airman’s Attic. All ranks can partake every Saturday. Please coordinate furniture or other large donations with the staff during business hours.

The Attic is located in building 530,
across from the Thrift Shop.



BLAZE Hangar Tails: T-38 Talon

Mission

The T-38 Talon is a twin-engine, high-altitude, supersonic jet trainer used in a variety of roles because of its design, economy of operations, ease of maintenance, high performance and exceptional safety record. Air Education and Training Command is the primary user of the T-38 for joint specialized undergraduate pilot training. Air Combat Command, Air Force Materiel Command and the National Aeronautics and Space Administration also use the T-38A in various roles.

Features

The T-38 has swept wings, a streamlined fuselage and tri-cycle landing gear with a steerable nose wheel. Two independent hydraulic systems power the ailerons, rudder and other flight control surfaces. Critical aircraft components are waist high and can be easily reached by maintenance crews.

The T-38C incorporates a “glass cockpit” with integrated avionics displays, head-up display and an electronic “no drop bomb” scoring system. The AT-38B has a gun sight and practice bomb dispenser. The T-38 needs as little as 2,300 feet (695.2 meters) of runway to take off and can climb from sea level to nearly 30,000 feet (9,068 meters) in one minute. T-38s modified by the propulsion modernization program have approximately 19 percent more thrust, reducing takeoff distance by 9 percent.

Background

Air Education and Training Command uses the T-38C to

prepare pilots for front-line fighter and bomber aircraft such as the F-15E Strike Eagle, F-15C Eagle, F-16 Fighting Falcon, B-1B Lancer, A-10 Thunderbolt and F-22 Raptor.

The Talon first flew in 1959. More than 1,100 were delivered to the Air Force between 1961 and 1972 when production ended. As the T-38 fleet has aged, specific airframe, engine and system components have been modified or replaced. Pacer Classic is the name given to a sustainment program that integrates essential modifications, and includes major structural replacements into one process.

AETC began receiving T-38C models in 2001 as part of the Avionics Upgrade Program. T-38C models will also undergo a propulsion modernization program which replaces major engine components to enhance reliability and maintainability, and an engine inlet/injector modification to increase available takeoff thrust. These upgrades and modifications, with the Pacer Classic program, should extend the service life of T-38s to 2020.

Advanced JSUPT students fly the T-38C in aerobatics, formation, night, instrument and cross-country navigation training.

Test pilots and flight test engineers are trained in T-38s at the U.S. Air Force Test Pilot School at Edwards Air Force Base, Calif. Air Force Materiel Command uses the T-38 to test experimental equipment such as electrical and weapon systems.

Pilots from most North Atlantic Treaty Organization countries train in the T-38 at Sheppard AFB, Texas,

through the Euro-NATO Joint Jet Pilot Training Program.

The National Aeronautics and Space Administration uses T-38 aircraft as trainers for astronauts and as observers and chase planes on programs such as the space shuttle.

General Characteristics

Primary Function: Advanced jet pilot trainer

Builder: Northrop Corp.

Power Plant: Two General Electric J85-GE-5 turbojet engines with afterburners

Thrust: 2,050 pounds dry thrust; 2,900 with afterburners

Thrust (with PMP): 2,200 pounds dry thrust; 3,300 with afterburners

Length: 46 feet, 4 inches (14 meters)

Height: 12 feet, 10 inches (3.8 meters)

Wingspan: 25 feet, 3 inches (7.6 meters)

Speed: 812 mph (Mach 1.08 at sea level)

Ceiling: Above 55,000 feet (16,764 meters)

Maximum Takeoff Weight: 12,093 pounds (5,485 kilograms)

Range: 1,093 miles

Armament: T-38A/C: none; AT-38B: provisions for practice bomb dispenser

Unit Cost: \$756,000 (1961 constant dollars)

Crew: Two, student and instructor

Date Deployed: March 1961

Inventory: Active force, 546; ANG, 0; Reserve 0



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

Four Columbus Air Force Base T-38s fly in formation April 19, 2018, near Columbus Air Force Base, Mississippi. The T-38 Talon is a twin-engine, high-altitude, supersonic jet trainer used in a variety of roles because of its design, economy of operations, ease of maintenance, high performance and exceptional safety record.



U.S. Air Force photo Illustration by 2nd Lt. Adam McMurray and Airman 1st Class Daniel Lile

A 49th Fighter Training Squadron T-38 Talon rests on Columbus Air Force Base, Mississippi, after a day of flying. Air Education and Training Command is the primary user of the T-38 for joint specialized undergraduate pilot training.



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

Lt. Col. Hanling Joswick, 14th Medical Group dentist, poses for a photo May 2, 2018 on Columbus Air Force Base, Mississippi. The dental clinic on Columbus AFB works to keep the dental health of every beneficiary in the best condition possible.



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

Master Sgt. Latoria Mathis, 14th Medical Group noncommissioned officer in-charge of the immunization clinic, has her vitals checked May 1, 2018 on Columbus Air Force Base, Mississippi. The 14th Medical Group's goal on Columbus Air Force Base, Mississippi, is to keep every pilot, every Airman, and every family member healthy and ready for the other challenges life with throw their way.

14th Medical Group's care keeps Airmen flying high

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

COLUMBUS AIR FORCE BASE, Miss. — There are many stressors throughout a pilot's career and being unable to fly because of a stuffy nose and a sneeze can cause a student to be pushed back if left untreated.

The 14th Medical Group's goal on Columbus Air Force Base, Mississippi, is to keep every pilot, every Airman, and every family member healthy and ready for the other challenges life with throw their way.

"We provide trusted care to beneficiaries, retirees, all active-duty members and their family," said Staff Sgt. Kelly Pope, 14th Medical Operations Squadron medical technician. "We make sure individuals are taken care of to continue the pilot training mission every day."

Through patient care, Pope sees those who are in need of care or have a check-up and completes administrative work, so when the doctor sees them, they will be fully prepared to efficiently examine the patient and diagnose issues correctly to get the individual back into the fight.

"The leadership here are always working to find better ways to treat everyone that needs it," Pope said. "Recently, we've implemented some changes that allow us to see more patients and overall has increase our access to care."

Alongside patient care the dental clinic is essential for student pilots and their families to be in good health.

The lack of dental health can stop a pilot from training just as fast as an illness, so the dental flight works consistently to complete x-rays and dental check-ups or cleanings with new and high quality tools.

Large quantities of medical equipment can not show up on its own, the 14th Medical Support Squadron works to make sure each flight is equipped correctly for any situation.

"We can't have one flight without the other," Pope said. "Without sup-

plies we can't see patients. Without ancillary services, we wouldn't have the overall picture of the patient's health. They all work together to paint the bigger picture and help take care of the people at Columbus AFB."

The team effort and community in the group has an effect on everyone in the group.

"I enjoy seeing all my medical personnel within the group be ready and have everything they need to take a patient from sick and unable to perform their duty to better than before," said Staff Sgt. Justin Irvin, 14th MDOS noncommissioned officer in-charge of medical logistics warehouse. "It's rewarding for everyone to see the group working together to make someone go from feeling bad to feeling great again."

One of the biggest challenges for the 14 MDG is maximizing access to care despite the fact that multiple services are staffed by only one to two people. Additionally, due to the unique specialized training required for those careers, the group is unable to simply shift personnel from one duty section to another to cover the gap or vacancy.

"We overcome the manning challenge through effective communication, careful management and forecasting to optimize our availability during extended absences such as permanent change of stations, leave and temporary duty assignments," said Col. Guy Majkowski, 14th MDG Commander. "We leverage all the tools in the toolbox to meet our customer's needs including the use of non-enrolled medical officers, manning assist, contract gap fills, and creative scheduling."

The mission the 14th MDG will continue through any challenge, with hundreds of student pilots moving onto or out of Columbus AFB, it is no small task. This hard work has placed the 14h MDG at the top of a few major achievements in the past year.

"Over the past year, our team received Air Education and Training Command-level awards in the areas of Superior Access to Care, Patient Safety Program of the Year and Aerospace & Operational Physiology Theodore Von Karmen Team of the Year," Majkows-



U.S. Air Force photo by Elizabeth Owens

Staff Sgt. Richard Lee, 14th Operations Support Squadron Quality Assurance Non-Commissioned Officer in Charge for Aircrew Flight Equipment, receives the Columbus Air Force Base Top 3 Spotlight Jan. 24, 2018, on Columbus Air Force Base, Mississippi. He is also the lead Aircrew Continuation Training instructor for roughly 684 instructor, student, and international pilots. Staff Sgt. Lee was hand-selected by the current operations flight commander to conduct training for the Vice Chief of Staff Headquarters of the United States Air Force, for his T-6 flight.

ki said. "Additionally, the 14th MDG also received defense department recognition in the category for Advancement toward High Reliability in Healthcare Improved Access Award. The 14 MDG is blessed with incredibly talented and mission-focused staff members who are dedicated to providing safe, effective, and efficient care for our beneficiaries."

Majkowski said they will be working on bringing more state-of-the-art capabilities to our beneficiaries focused on improving health, wellness and human performance in the coming future and he is ultimately grateful for the privilege to deliver trusted care to those Airmen and families who depend on our services.

From the 14th MDG as a whole: "We are proud to be your BLAZE Medics!"



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

Maj. Eric Chase, 14th Medical Group's Aerospace and Operational Physiology flight commander shakes the hand of Chief Master Sgt. Johnathan Hover, 14th Flying Training Wing command chief, April 30, 2018, on Columbus Air Force Base, Mississippi. The 14th MDG provides aerospace medicine expertise to support pilot training. It also conducts environmental monitoring to maintain occupational and public health standards for the base.



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

Senior Airman Rolando Chavez, 14th Bioenvironmental journeyman, fits a gas mask on Senior Airman Kevin Morgan, 14th Bioenvironmental journeyman May 2, 2018, on Columbus Air Force Base, Mississippi. The 14th Medical Group promotes wellness to ensure the highest state of wartime readiness combat capability for over 58,000 sorties accomplished by the 14th Flying Training Wing.

Maj. Tom Koritz was one of 42 pilots in Undergraduate Pilot Training class 82-01 that earned their silver wings in October 1982 at Columbus AFB, Miss. and the first pilot physician that went through pilot training as a doctor first. In 2008 the Koritz Clinic was named in honor of Maj. Tom Koritz after he was shot down during the second night of combat in operation Desert Storm in 1991.



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



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

Second Lt. Edison Millan, 14th Student Squadron student pilot and augmented pharmaceutical assistant, May 1, 2018 on Columbus Air Force Base, Mississippi. The 14th Medical Group and every group on Columbus AFB has the help of lieutenants who are waiting for their training to start, they fill positions to assist Airman in day to day unclassified operations.