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June 22, 2018

Vol. 42, Issue 24

Weather

<p>Friday</p>  <p>Thunderstorms</p> <p>High 89°F Low 72°F</p>	<p>Saturday</p>  <p>A.M. Thunderstorms</p> <p>High 90°F Low 72°F</p>
<p>Sunday</p>  <p>Partly Cloudy</p> <p>High 93°F Low 73°F</p>	<p>Monday</p>  <p>Partly Cloudy</p> <p>High 93°F Low 73°F</p>

Forecast provided by the 14th OSS Weather Flight

News Briefs

14th Medical Support Squadron Change of Command

The 14th Medical Support Squadron is hosting a change of command ceremony at 10:14 a.m. June 28 at the Columbus Club.

14th Logistics Readiness Squadron Change of Command

The 14th Logistics Readiness Squadron is hosting a change of command ceremony at 9:14 a.m. July 3 at the Vehicle Maintenance Bay, building 304.

Patriot Fest

The 14th Force Support Squadron will host Patriot Fest 4 p.m. July 6 at the BLAZE Fit Trail across from the Columbus Club. The event is free and will feature kid's activities, food vendors and a beer garden. Easton Corbin and Thompson Square will perform at 7 p.m. Open to all DoD ID card holders and their guests.

Inside



Feature 8

The 14th Force Support Squadron is highlighted in this week's feature.

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 (19-04)	-7.70 days	-4.32 days	June 29	48th (18-12)	2.44 days	-3.54 days	July 27	49th (18-IBC)	-0.03 days	0.21 days	June 26	T-6	1,971	1,727	19,588
41st (19-05)	-6.47 days	-9.07 days	July 23	50th (18-12)	2.70 days	1.59 days	July 27	* Mission numbers provided by 14 FTW Wing Scheduling.				T-1	705	583	6,607
Lt. Gen. Jay B. Silveria, Superintendent, U.S. Air Force Academy, Colorado Springs, Colorado, is the guest speaker for								Specialized Undergraduate Pilot Training Class 18-11's graduation at 10 a.m. June 29, 2018, in the Kave Auditorium.				T-38	739	563	8,329
												IFF	278	256	3,130



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.

14th CES welcomes new commander



U.S. Air Force photo by Sharon Ybarra

Col. Anthony Sansano, 14th Mission Support Group commander, passes a guidon to Maj. Peter Joo, the new 14th Civil Engineer Squadron commander, June 19, 2018, on Columbus Air Force Base, Mississippi. Joo's previous assignment was the 48th CES Operations Flight commander, at Royal Air Force Lakenheath, England.

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

1st Lt. Kara Crennan
Public Affairs Officer

Tech. Sgt. Christopher Gross
NCOIC of Public Affairs

Staff Sgt. Joshua Smoot
NCOIC of Media Operations

Airman 1st Class Beaux Hebert
Editor

Airman 1st Class Keith Holcomb
Photojournalist

Mrs. Tina Perry
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NEWS AROUND TOWN

June 26-27

PAW Patrol Live! will be coming to the Bancorp South Arena in Tupelo, Mississippi. PAW Patrol Live! provides a unique entertainment opportunity for you and your child. As a child's first theatrical performance, it marks the beginning of a lifelong journey of enjoying and learning through live performance.

June 28

The West Point Farmers Market is every Thursday in the Mossy Oak Outlet pavilion. Bell rings at 5:00 pm sharp with more fruits and vegetables coming in every week. Follow "West Point Farmers Market" on Facebook for weekly updates on what can be found at the market.

July 20-21

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

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.

BARGAIN LINE

Bargain Line advertisement

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

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

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

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

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

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(in case we need more information)

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If you would like to give any other suggestions, please e-mail us at silverwings@us.af.mil.

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
25	26	27 Starkville Boys and Girls Tour, @ Club	28 14th MDSS Change of Command, 10:14 a.m. @ Club	29 SUPT Class 18-11 Graduation, 10 a.m. @ Kaye Club Enlisted Promotions, 3 p.m. @ Kaye	30/1	July 10: 14th OG Change of Command July 13: SUPT Class 18-12 Assignment Night July 17: Wing Newcomers July 19: Diversity Day July 20-28: Civil Air Patrol SUPT Familiarization Course
2	3 14th LRS Change of Command, 9:14 a.m. @ Vehicle Maintenance Bay	4 Independence Day Holiday, most base offices closed	5 AETC Family Day, most base offices closed	6 Col. Stan Lawrie, 14th OG/CC Fini-Flight, 10 a.m. @ Base Ops Patriot Fest, 4 p.m. @ BLAZE Fit Trail	7/8	July 26: Education Fair July 27: SUPT Class 18-12 Graduation July 31: Enlisted Promotions Aug. 3: SUPT Class 18-13 Assignment Night Aug. 6: 14th FTW Change of Command

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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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.

Come join Good Shepherd North Praise and Worship!

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" 'Holy, holy, holy is the Lord God Almighty,' who was, and is, and is to come."
—Rev 4:8

JUNE 17TH & 24TH

We are now at two locations every Sunday, including Airmen's Hill at 1830, to better serve you:

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321 Forrest BLVD, Columbus

North (Airmen's Hill) Campus service time at 1830
144 MS 373, Columbus

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Officials announce 2018 Outstanding Airmen of the Year winners

Richard Salomon
Air Force's Personnel Center
Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Air Force officials announced the 12 Outstanding Airmen of the Year winners for 2018. They are (listed alphabetically):

Senior Master Sgt. Melissa A. Beam, Air Combat Command

Staff Sgt. Elizabeth G. Caulfield, Air Force District of Washington

Staff Sgt. Wilson B. J. Gardner, Air National Guard

Senior Master Sgt. Ruth C. Griffin, Air Force Global Strike Command

Tech. Sgt. Brett M. Laswell, Air Force Special Operations Command

Master Sgt. Kit C. Lui, Air Force Reserve Command

Master Sgt. Joshua A. Matias, Air Education and Training Command

Tech. Sgt. David E. Miller, U.S. Air Forces in Europe


Senior Airman Patrick O. P. Schilling, Air Force Materiel Command

Tech. Sgt. April A. Spilde, Air Force Space Command

Senior Master Sgt. Lucero Stockett, Air Mobility Command

Senior Airman Jon R. Taitano, Pacific Air Forces

An Air Force selection board at the Air Force Personnel Center considered 36 nominees who represented major commands, direct reporting units, field operating agencies and Headquarters Air Force. The board selected the final 12 Airmen based on superior leadership, job performance and personal achievements. The winners are authorized to wear the Outstanding Airman of the Year Ribbon with the bronze service star device on the ribbon. They are also authorized to wear the Outstanding Airman of the Year badge for one year from the date of formal presentation. The remaining 24 nominees are also authorized to wear the OAYR. Additional award information and responsibilities are available on myPers from a CAC-enabled, .mil computer. Select



Columbus Air Force Base photo


Master Sgt. Joshua Matias, 14th Operations Group, was recognized as one of the 12 Outstanding Airmen of the Year.

“Any” from the dropdown menu and search “12 OAY.”

B-1B fleet resumes flight operations

Air Force Global Strike Command Public Affairs

BARKSDALE AIR FORCE BASE, La. — Air Force Global Strike Command will resume B-1B flight operations this week, following the directed safety stand-down June 7th. The stand-down allowed the command time to thoroughly evaluate the egress components and determine potential risks before returning to flight. “We have high confidence that the fleet’s egress systems are capable and the fleet is ready to return to normal flight operations,” said Maj. Gen. Thomas Bussiere, 8th Air Force commander, responsible for the Air Force bomber force. Gen. Robin Rand, Air Force Global Strike Command commander, previously ordered a safety stand-down of the B-1B fleet after a safety investigation showed an issue with egress system components. The investigation is still ongoing.



U.S. Air Force photo by Staff Sgt. Peter Reft

A U.S. Air Force B-1B Lancer, assigned to the 37th Expeditionary Bomb Squadron, Ellsworth Air Force Base, South Dakota, flies over the East China Sea, Jan. 9, 2018. The Lancer serves as premier platform for America's long-range bomber force, carrying the largest conventional payload of guided and unguided weapons in the Air Force inventory.

Security and policy review

Did you know that as a military member you must coordinate all information relating to speeches, presentations, academic papers, multimedia visual information materials and information proposed for release to a publicly accessible Worldwide Website, with exception of Air Force publications, through the 14th Flying Training Wing Public Affairs Office? For more information contact the 14th FTW/PA at 434-7068.



Don't text while driving

CADETS

(Continued from page 1)

June 2-20 how the 14th Flying Training Wing produces pilots.

“The purpose of ‘Ops Air Force’ is to immerse cadets in Air Force culture and the active-duty environment, the real Air Force, not the academic environment of USAFA,” stated Capt. Daniel Hill, 37th Flying Training Squadron director of training and base director for Operation Air Force.

This program helps the cadets see what type of work their preferred Air Force specialty code does operationally versus academically. The cadets visited multiple shops across Columbus AFB and got familiarization flights in all three 14th Flying Training Wing aircraft; T-6A Texan II, T-1A Jayhawk and T-38C Talon.

“The flights were really cool,” said Cadet Tech. Sgt. Michael Schmidt. “Everybody got to go up in the air and I’m sure everyone enjoyed it.”

“The purpose of ‘Ops Air Force’ is to immerse cadets in Air Force culture and the active-duty environment, the real Air Force, not the academic environment of USAFA,” stated Capt. Daniel Hill, 37th Flying Training Squadron director of training and base director for Operation Air Force.



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

Lt. Col. David Jokinen, former 14th Civil Engineer commander, talks to U.S. Air Force Academy cadets June 18, 2018, on Columbus Air Force Base, Mississippi. The cadets were participating in the U.S. Air Force Academy Operations Air Force program which allowed them to tour Columbus AFB e to get a better understanding about the wide variety of jobs available.

Hill stated that the cadets confidence was boosted by this trip and the program. The Operation Air Force program showed these six cadets

what they have forward to in their future Air Force career. The Airmen of Columbus AFB showcased their mission and dedication to service, hoping to inspire the young cadets.

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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.



Silveria to speak at SUPT Class 18-11 graduation

Lt. Gen. Jay B. Silveria is the Superintendent, U.S. Air Force Academy, Colorado Springs, Colorado, will be the guest speaker at Specialized Undergraduate Pilot Training Class 18-11's graduation at 10 a.m. June 29, at the Kaye Auditorium.

He directs a four-year regimen of military training, academics, athletic and character development programs leading to a Bachelor of Science degree and a commission as a second lieutenant.

Prior to assuming his current position, Lt. Gen. Silveria served as the Deputy Commander, U.S. Air Forces Central Command, and Deputy Commander, Combined Air Force Air Component, U.S. Central Command, Southwest Asia. As Deputy Commander, he was responsible for the command and control of air operations in a 20-nation area of responsibility covering Central and Southwest Asia, to include Operation Resolute Support in Afghanistan and Operation Inherent Resolve in Iraq and Syria. He has previously served as Commander, United States Air Force Warfare Center, Nellis Air Force Base, Nev., and Vice Commander, 14th Air Force, Air Forces Strategic at Vandenberg Air Force Base, Calif., as well as Director, Security Assistance in the Office of Security Cooperation-Iraq.

Lt. Gen. Silveria grew up in an Air Force family and is a 1985 graduate of the U.S. Air Force Academy. He completed undergraduate pilot training in 1986. He is a command pilot with more than 3,900 hours in the T-37, T-38, F-15C/E, HH-60 and F-35A aircraft. He has flown combat sorties over the Balkans and Iraq and served as Vice Commander at Bagram Air Base in Afghanistan.

EDUCATION

- 1985 Bachelor of Science degree, U.S. Air Force Academy, Colorado Springs, Colo.
- 1992 Squadron Officer School, Maxwell Air Force Base, Ala.
- 1996 Air Command and Staff College, Maxwell AFB, Ala.
- 1997 Master of Social Science degree, Syracuse University, N.Y.
- 2005 National War College, Fort Lesley J. McNair, Washington, D.C.



2009 Senior Executive Fellow, Harvard University, Cambridge, Mass.

2017 The Harvard Seminar for New Presidents, Harvard Graduate School of Education, Cambridge, Mass.

ASSIGNMENTS

1. August 1985–August 1986, student, undergraduate pilot training, 82nd Student Training Squadron, Williams Air Force Base, Ariz.
2. January 1987–May 1990, T-37 instructor pilot, 96th Flying Training Squadron, Williams AFB, Ariz.
3. June 1990–March 1991, student, F-15E Replacement Training Unit, 550th Tactical Fighter Training Squadron, Luke AFB, Ariz.
4. April 1991–June 1995, F-15E instructor pilot, 334th Fighter Squadron, Seymour Johnson AFB, N.C.
5. July 1995–November 1997, F-15E Chief of Standardization and Evaluation, 48th Wing, Royal Air Force Lakenheath, England
6. December 1997–July 1999, aide-de-camp, to the Supreme Allied Commander Europe and Commander, U.S. European Command, Supreme Headquarters Allied Powers Europe, Mons, Belgium
7. August 1999–June 2000, student, Air Command and Staff College, Maxwell AFB, Ala.
8. July 2000–July 2004, Director of Operations, 48th Operations Support Squadron; Commander, 492nd Fighter Squadron; Deputy Commander, 48th Mission Support Group, RAF Lakenheath, England
9. July 2004–June 2005, student, National War College, Fort Lesley J. McNair, Washington, D.C.
10. June 2005–January 2006, Commander, 32nd Air and Space Operations Center, Ramstein Air Base, Germany
11. January 2006–July 2007, Vice Commander, 48th Fighter Wing, RAF Lakenheath, England
12. July 2007–August 2008, special assistant to the Commander, U.S. European Command, SHAPE, Mons, Belgium
13. August 2008–June 2010, Commander, 48th Fighter Wing, RAF Lakenheath, England
14. July 2010–March 2012, Inspector General, Headquarters ACC, Langley AFB, Va.
15. March 2012–March 2013, Director, Security Assistance in the Office of Security Cooperation-Iraq
16. April 2013–February 2014, Vice Commander, 14th Air Force, Air Forces Strategic, Vandenberg AFB, Calif.
17. February 2014–April 2016, Commander, U.S. Air Force Warfare Center, Nellis AFB, Nev.
18. April 2016–May 2017 Deputy Commander, U.S. Air Forces Central Command; Deputy Commander, Combined

Air Force Component, U.S. Central Command, Southwest Asia

19. August 2017–present, Superintendent, U.S. Air Force Academy, Colorado Springs, Colo.

SUMMARY OF JOINT ASSIGNMENTS

1. December 1997–July 1999, aide-de-camp, to the Supreme Allied Commander Europe and Commander, U.S. European Command, Supreme Headquarters Allied Powers Europe, Mons, Belgium, as a major
2. July 2007–August 2008, special assistant to the Commander, U.S. European Command, SHAPE, Mons, Belgium, as a colonel
3. March 2012–March 2013, Director, Security Assistance in the Office of Security Cooperation-Iraq, as a brigadier general
4. April 2016–May 2017 Deputy Commander, U.S. Air Forces Central Command; Deputy Commander, Combined Air Force Component, U.S. Central Command, Southwest Asia, as a major general

FLIGHT INFORMATION

Rating: Command pilot
Flight hours: More than 3,900
Aircraft flown: T-37, T-38, AT-38B, HH-60, F-15C/E, F-35A

MAJOR AWARDS AND DECORATIONS

Distinguished Service Medal
Defense Superior Service Medal with oak leaf cluster
Legion of Merit with three oak leaf clusters
Bronze Star Medal
Meritorious Service Medal with three oak leaf clusters
Air Medal with two oak leaf clusters
Aerial Achievement Medal with oak leaf cluster
Air Force Commendation Medal
NATO Medal (Former Republic of Yugoslavia)

EFFECTIVE DATES OF PROMOTION

Second Lieutenant May 29, 1985
First Lieutenant May 29, 1987
Captain May 29, 1989
Major Feb. 1, 1997
Lieutenant Colonel May 1, 2000
Colonel July 1, 2005
Brigadier General Sept. 2, 2010
Major General June 16, 2014
Lieutenant General Aug. 11, 2017
(Current as of September 2017)

Pacer Classic III mods give T-38 new life

Alex R. Lloyd

Ogden Air Logistics Complex

HILL AIR FORCE BASE, Utah — What do you do with airplanes that were built in the early 1960s and are planned to be flying well past their 70th birthday? You give them a structural makeover that will provide the strength and longevity to go the distance.

Designed in the 1950s, the T-38 Talon is a tandem, two-seat aircraft that became the world's first and most produced supersonic trainer with over 1,100 being built and, thus far, trained an estimated 72,000 pilots from the U.S. Air Force, foreign nations and NASA, that have affectionately nicknamed it "white rocket" due to its thrust-to-weight ratio.

Since entering flying service, each active aircraft has received structural, avionic and propulsion upgrades that have kept them up-to-date and have allowed many airframes to accumulate as many as 20,000 hours of high-G supersonic flight.

With its replacement still to be chosen and the only advanced supersonic trainer available, it has once again become necessary to extend each airframes service life and to that answer is the 575th Aircraft Maintenance Squadron, the only geographically-separated aircraft maintenance, stand-alone squadron within Air Force Materiel Command.

Located at Joint Base San Antonio-Randolph Air Force Base, Texas, the 575th AMXS T-38 Talon depot maintenance team has been providing current upgrade modifications known as Pacer Classic III since 2015 and have to date successfully completed them on 40 aircraft.

The PCIII modification package is more extensive than any previous T-38 depot overhaul, inspection and repair and are scheduled to take approximately 9,700 hours with a goal of completing each aircraft in 240 days, which is down from 600 days that each of the first two aircraft required for completion.



Jason Moore, 575th Aircraft Maintenance Squadron maintenance support flight, inspects the inside of T-38 Talon boat tail section April 17, 2018, at Joint Base San Antonio-Randolph, Texas.



U.S. Air Force photos by Alex R. Lloyd

Lt. Col Edward Stapanon III, T-38C Talon instructor pilot (front), and Maj. Brion Nielsen, Combat Systems Officer (rear), begin their take off roll for a training mission April 18, 2018, at Joint Base San Antonio-Randolph, Texas. The aircraft recently completed the Pacer Classic III modification package and still shows its distinctive tiger stripes that will be removed when the aircraft receives its next scheduled complete paint job.

"We are replacing 185 separate primary structures such as longerons, bulkheads, skins and former assemblies; inspecting and assessing the life of a 155 additional components, and repairing or replacing hundreds of other parts," said Joe Lopez, 575th AMXS director.

To maximize work efficiency, the 575th has relentlessly sought process improvements and speed through implementation of the Air Force Sustainment Center's Art of the Possible, or AoP, constraint management methodology. This



Michael Ramirez, 575th Aircraft Maintenance Squadron sheet metal technician, checks the alignment on a new left hand upper center longeron being installed on a T-38 Talon during the Pacer Classic III modification package April 17, 2018, at Joint Base San Antonio-Randolph, Texas.

ensured all operations were completed in a safe and timely manner and allowed the squadron to reach full-rate production of 18 PCIII aircraft per year in fiscal year 2017 while simultaneously closing out four smaller modification programs.

To begin the modifications, each aircraft has paint stripped from designated areas on the fuselage, which gives the aircraft what looks like tiger stripes. After the paint is stripped, the canopies and ejection seats are removed, and the wing and tail assemblies are separated from the fuselage. The wings and more than 600 removed parts are then stored in an 8,500 square foot warehouse that was once the base fitness center.

Using AoP visual monitoring metrics, the squadron was able to quickly identify a constraint in the accounting and organization of the many removed parts. This was one the largest issues impacting the production machine goal of 240 flow days. Parts that were initially removed from each aircraft were being packed in crates and stored in a manner that made it difficult to track and locate when needed.

With the installation of an advanced ACTIVRAC 16 high-density mobile storage shelving system along with non-movable permanent shelves, crate retrieval that once took multiple man hours to locate and retrieve now only takes one person as little as five minutes.

Today, the squadron is in full-rate PCIII production and is managing the T-38 Talon production schedule in a manner that allows for the completion of an aircraft roughly every 23 days which is putting aircraft back in the hands of the pilots and students that rely on them for maintaining their flying training program.

Columbus Air Force Base Information and Events

Join our Facebook page at Columbus AFB Living, Twitter at @columbusafbliving, Instagram at columbus_afb_living, or visit our website at www.columbusafbliving.com to keep up to date with all the great events happening around base. Check out the calendar on the website for important Airman and Family Readiness Center events. For more information, contact 434-2337.

New Arts and Crafts Customer Service Hours

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

Lunch Buffets at the Overrun

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

Base Pool Open for Season

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

Swim Lessons

So you want to learn to swim? Sign up now at ITT! Swim lesson ages: Frog and Tadpole (ages 6 months thru 3 years), Little Nemo (ages 4 and 5 years), and Dolphin (must have completed level 1 and 2 of Little Nemo). Sessions will be held July 9-20 and July 23-Aug. 3. For more information, contact the ITT office located in the BLAZE Commons.

Patriot Fest

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

Pool Party for E-5 and E-6 Airmen

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

Free Breakfast for Club Members

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

Dog Days of Summer 5K

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



Lunch Brunch at the Club

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

Storytime Schedule

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

Game Night at the Library

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

Horse Boarding Available

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

Free Mango Languages

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

Play Paintball

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

The Overrun Open Friday Nights

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

Library Hours of Operation

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

Lawn Mower and Bicycle Repair

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

Hobby and Craft Instructors Needed

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

Referees Needed

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

RV Storage Lot

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

Instructors Needed

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

Fitness on Request

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

Space A Lodging

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

Ride in Style

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

FSS Gift Cards

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

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.

MSTI group tours Columbus AFB



U.S. Air Force photo by Elizabeth Owens
The Mississippi Summer Transportation Institute group stands by a T-1A Jayhawk June 20, 2018, on Columbus Air Force Base, Mississippi. The group visited Columbus AFB, Air Education and Training Command's busiest airspace, to tour the airfield, Radar Approach Control, tower and flew simulator sorties.

Last Look Area

Recycling is what the Last Look Area provides!
Slightly used furniture and equipment is available to all Columbus Air Force Base facilities for free. Pick-up and delivery is the customer's responsibility. There is a three-day maximum for customers who wish to reserve items.

Facility hours are from 8 a.m. – 4 p.m.
Monday through Friday.

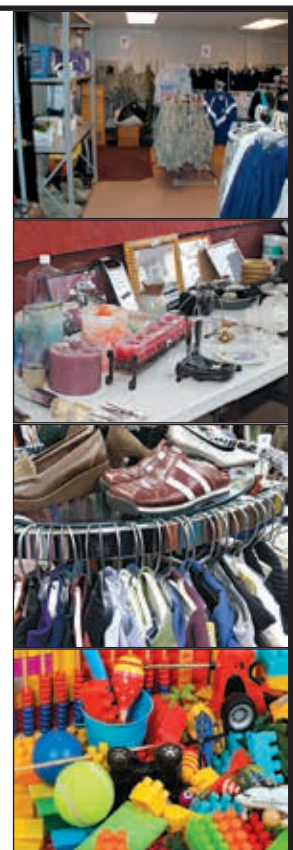
Need more information?
Contact Inspections at
434-7231 or 434-7332.
Parking is available
at the back of building 158.

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.



2017 Columbus AFB Drinking Water Quality Report

We are pleased to present this year's Annual Water Quality Report (Consumer Confidence Report) as required by the Safe Drinking Water Act (SDWA). This report is designed to provide details about where your water comes from, what it contains, and how it compares to standards set by regulatory agencies. This report is a snapshot of last year's water quality. We are committed to providing you with information because informed customers are our best allies.

Spanish (Espanol)
Este informe contiene informacion muy importante sobre la calidad de su agua potable. Por favor lea este informe o comuniquese con alguien que pueda traducir la informacion.

Is my water safe?
We continually monitor our drinking water for contaminants. Our water is safe to drink. Columbus AFB did not receive any drinking water violations from either The State of Mississippi or the Environmental Protection Agency (EPA). The Bioenvironmental Engineering Flight (BEF) is responsible for monitoring drinking water quality on Columbus Air Force Base. Since the base purchases its drinking

See WATER REPORT, Page 7

Unit Descriptions
Term, Definition
ug/L — Number of micrograms of substance in one liter of water
ppm — parts per million, or milligrams per liter (mg/L)
ppb — parts per billion, or micrograms per liter (ug/L)
pCi/L — picocuries per liter (a measure of radioactivity)
positive samples/month — Number of samples taken monthly that were found to be positive
N/A — not applicable
ND — Not detected
NR — Monitoring not required, but recommended

Important Drinking Water Definitions
Term, Definition
MCLG — Maximum Contaminant Level Goal: The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
MCL — Maximum Contaminant Level: The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
TT — Treatment Technique: A required process intended to reduce the level of a contaminant in drinking water.
AL — Action Level: The concentration of a contaminant which, if exceeded, triggers treatment or other requirements for a water system must follow.
Variances and Exemptions — State or EPA permission not to meet an MCL or a treatment technique under certain conditions.
MRDLG — Maximum Residual Disinfection Level Goal: The level of a water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.
MRDL — Maximum Residual Disinfectant Level: The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.
MNR — Monitored Not Regulated
MPL — State Assigned Maximum Permissible Level

For more information please contact:
Contact Name: Bioenvironmental Engineering
Address: 201 Independence Drive, Building 1100
Columbus AFB, MS 39710-5300
Phone: (662) 434-2284 or (662) 434-2285
Fax: (662) 434-2515

Water Quality Data Table

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of contaminants in water provided by public water systems. The table below lists all of the drinking water contaminants that were detected during the calendar year of this report. Although many more contaminants were tested, only those substances listed below were found in your water. All sources of drinking water contain some naturally occurring contaminants. At low levels, these substances are generally not harmful in our drinking water. Removing all contaminants would be extremely expensive, and in most cases, would not provide increased protection of public health. A few naturally occurring minerals may actually improve the taste of drinking water and have nutritional value at low levels. Unless otherwise noted, the data presented in this table is from testing done in the calendar year of the report. The EPA or State requires monitoring for certain contaminants less than once per year because the concentrations of these contaminants do not vary significantly from year to year, or the system is not considered vulnerable to this type of contamination. As such, some of our data, though representative, may be more than one year old. In this table, you will find terms and abbreviations that might not be familiar to you. To help you better understand these terms, we've provided the definitions next to the table.

Contaminants	MCLG or MRDLG	MCL TT or MRDL	Your Water	Range		Sample Date	Violation	Typical Source
				Low	High			
Disinfectants & Disinfectant By-Products (There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.)								
Haloacetic Acids (HAA5) (ppb)	N/A	60	<6.0	NA	NA	2017	No	By-product of drinking water chlorination
THHMs [Total Trihalomethanes] (ppb)	N/A	80	3.88	NA	NA	2017	No	By-product of drinking water disinfection
Chlorine (as Cl2) (ppm)	4	4	1.30	0.21	1.8	2017	No	Water additive used to control microbes
Inorganic Contaminants								
Barium (ppm)	2	2	0.0089	NA		2016	No	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Antimony (ppm)	0.006	0.006	<0.0005	NA		2016	No	Discharge from petroleum refineries; fire retardants; ceramics; electronics; solder
Arsenic (ppm)	NA	0.010	<0.0005	NA		2016	No	Erosion of natural deposits; Runoff from orchards; Runoff from glass and electronics production wastes
Beryllium (ppm)	0.004	0.004	<0.0005	NA		2016	No	Discharge from metal refineries and coal-burning factories; Discharge from electrical, aerospace, and defense industries
Cyanide (ppm)	0.2	0.2	<0.015	NA		2015	No	Discharge from steel metal factories; discharge from plastic and fertilizer factories
Cadmium (ppm)	0.005	0.005	<0.0005	NA		2016	No	Corrosion of galvanized pipes; Erosion of natural deposits; Discharge from metal refineries; Runoff from waste batteries and paints
Chromium (ppm)	0.1	0.1	<0.0005	NA		2016	No	Discharge from steel and pulp mills; Erosion of natural deposits
Mercury (ppm)	0.002	0.002	<0.0005	NA		2016	No	Erosion of natural deposits; Discharge from refineries and factories; Runoff from landfills, Runoff from cropland
Fluoride (ppm)	4	4	0.625	NA		2016	No	Erosion of natural deposits; Water additive which promotes strong teeth; Discharge from fertilizer and aluminum factories
Selenium (ppm)	0.05	0.05	<0.0025	NA		2016	No	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines
Thallium (ppm)	0.002	0.002	<0.0005	NA		2016	No	Leaching from ore-processing sites; Discharge from electronics, glass, and drug factories
Nitrate [measured as Nitrogen] (ppm)	10	10	0.08	0.08	0.08	2016	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Nitrite [measured as Nitrogen] (ppm)	1	1	0.02	0.02	0.02	2016	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Microbiological Contaminants								
Total Coliform (positive samples/month)	0	0	0	NA	NA	2016	No	Naturally present in the environment
Radioactive Contaminants								
Uranium (ug/L)	0	30	0.41	NA		2009	No	Erosion of natural deposits
Radium (combines 226/228) (pCi/L)	0	5	0.504	NA		2009	No	Erosion of natural deposits
Alpha emitters (pCi/L)	0	15	1.05	NA		2009	No	Erosion of natural deposits
Inorganic Contaminants								
Contaminants	MCLG	AL	Your Water	Sample Date	# Samples Exceeding AL	Exc AL	Typical Source	
Copper - action level at consumer taps (ppm)	1.3	1.3	<1.3	2015	0	No	Corrosion of household plumbing systems; Erosion of natural deposits	
Lead - action level at consumer taps (ppb)	0	15	<15	2015	0	No	Corrosion of household plumbing systems; Erosion of natural deposits	

Air Force Readiness Programs

(Editor's note: All activities are offered at the Airman & Family Readiness Center unless otherwise specified. For more information about any of the activities listed, call 434-2790.)

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

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

Hearts Apart
The next Hearts Apart will be held from 5-7 p.m. June 28. 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 434-2790.

Transition Assistance Program GPS (Goals, Plans, Success) Workshop
The next Transition Assistance Program (TAP) workshop will be from 7:30 a.m.-4 p.m. July 9-13 and includes seminars on: Transition, Military Occupational Code Crosswalk, financial planning, health benefits, Mississippi Department of Employment Security, Department of Veterans Affairs, Disabled TAP, and Department of Labor. Preseparation counseling is required before attending, and recommended attendance is 8 - 12 months prior to separation/retirement. Spouses are encouraged to attend with their sponsor. To register or for more information, please call the TAP Manager at 434-2631/2790.

Career Technical Training Track Workshop
The next Career Technical Training Track workshop will be from 8 a.m.-3 p.m. July 16-17 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 434-2790.

Wing Newcomers Orientation
The next Wing Newcomers Orientation will be held on 8 a.m.-noon July 17. This event is mandatory for all newly arrived active duty and

F-35A Lightning II visits CAFB

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

Pilots from the 58th Fighter Squadron at Eglin Air Force Base, Florida, speak to Specialized Undergraduate Pilot Training students June 15, 2018, on Columbus Air Force Base, Mississippi. The fighter pilots let the students see the F-35A Lightning II up close and answered various questions about the aircraft.

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 434-2701/2790.

Federal USAJobs Workshop
The next Federal USAJobs workshop will be from 9-10:30 a.m. July 18,. 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 434-2790.

Smooth Move
The next Smooth Move workshop will be from 10-11 a.m. July 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.

Bundles of Joy
The next Bundles of Joy workshop will be from 1-3:30 p.m. Aug. 16 in the A&FRC. This program is designed for active duty AF 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 434-2790.

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

Entrepreneurship Track Transition Workshop
The next Entrepreneurship Track Transition workshop will be from 8 a.m.-3 p.m. Sept. 20-21. This workshop is conducted by the Small Business Administration for veterans and all base personnel interested starting up and operating their own business. To register or for more information, please call A&FRC at 434-2790.

Linked-In Workshop
The next Linked-In workshop is 2-5 p.m. Sept. 17-18. You'll learn how to establish/use a Linked-In account. To register or for more information, please call A&FRC at 434-2790.

Survivor Benefit Plan
Are you nearing military retirement? The one decision you will need to make before you retire involves participation in the Survivor Benefit Plan (SBP). As with all good decision-making, you need to know the facts before you can make a sound decision. Always get the true facts about SBP before making up your mind. Additional

details are available by calling your SBP Counselor Mary Chambers at 434-2720/2790.

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

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

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

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

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

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

IF YOU WATCH HOARDERS AND WONDER WHAT THE BIG DEAL IS...



FRIENDLY CITY
Mini-Warehouses

662-327-4236 | friendlycitymini.com

TWO COLUMBUS LOCATIONS
308 Shoney Drive | 903 Alabama Street

- Security Cameras
- New Units
- Alabama Street Location Fenced and Gated



WATER REPORT

(Continued from page 6)

water, the city of Columbus fulfills most of the EPA mandated monitoring requirements. In addition to the monitoring that is completed by the city of Columbus, BEF personnel sample for bacteriological contaminants, disinfectant and disinfectant byproduct contaminants, lead, and copper. BEF accomplishes this additional monitoring because each of these contaminants may be affected by the characteristics of the distribution system on the installation. The contaminants monitored only by the city are affected primarily by the quality of the source water and do not change as the water moves from the city's distribution system.

Do I need to take special precautions?

Some people may be more vulnerable to contaminants in drinking water than the general population. Immune-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Water Drinking Hotline (800-426-4791).

Where does my water come from?

The base water supply is treated and distributed by Columbus Light and Water Company (CL&W). The water is drawn from eight wells supplied by the Coker Aquifer, a groundwater source, and is stored in various places on base, e.g. water towers. No further treatment is done by base personnel.

Source water assessment and its availability

The source water assessment has been completed for our public water system to determine the overall susceptibility of its drinking water supply to identify potential sources of contamination. This source water assessment can be found in the Columbus Light and Water July 2015 newsletter.

Why are there contaminants in

my drinking water?

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline (800-426-4791).

Contact Information

If you have any questions, please contact Columbus Light and Water at: 662-328-7192, Monday through Friday from 8 a.m.-5 p.m. If you want to learn more, please attend any of Columbus Light and Water's regularly scheduled meetings. Meetings are held on the third Thursday of each month at 12:30 p.m. at 420 Fourth Avenue South (CL&W Main Office). Answers to questions about Columbus AFB water can also be directed to BEF at 434-2284 or 434-2285.

Additional Information for Lead

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Columbus Air Force Base is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

Fluoridation

To comply with the "Regulation Governing Fluoridation of the Community Water Supplies", Columbus Light & Water is required to report certain results pertaining to the fluoridation of the water system. The number of months in the previous calendar year in which average fluoride sample results were within optimal range of 0.7-1.3 ppm was 12. The percentage of fluoride samples collected in the previous calendar year that was within the optimal range of 0.7-1.3 ppm was 100%.

PRESENTED BY THE AIR FORCE SERVICES ACTIVITY

FREE SHOW

**PATRIOT
FEST**

THOMPSON SQUARE • EASTON CORBIN

Help us spread the word by sharing pictures with the hashtag

#PATRIOTFEST18

for a chance to win 2 backstage passes to meet

Thompson Square and Easton Corbin

Contest ends July 5th at 5:00 p.m.

Winner will be announced on July 6th at 5:00 p.m.

July 6

BLAZE Fit Trail Across From The Columbus Club




OPEN TO ALL DOD ID CARD HOLDERS & FAMILY MEMBERS

FOR MORE INFORMATION CALL 434-2337

**Don't drink
and drive.**





Medical Corner

Your back and staying fit: Understanding how pain affects your health and fitness



“Age is nothing but a number,” so they say. And when your body is telling you that something is wrong, you definitely do not want to tell “it” to “take a number.” Your body knows when something is not right and will let you know to stop what is causing the problem in the most obvious way — through pain. We may not always listen to what our bodies are telling us, and we suffer from it. But that does not have to always be the case.

Pain is good and bad. It is our bodies way of signaling “Fight or Flight” and that something is wrong. The pain that our bodies experience is there to let us know that we need to change or stop the action that is causing the pain to occur in the first place.

In many cases, instead of stopping or decreasing the action causing the pain, we pop NSAIDs, or Non-Steroidal Anti-Inflammatory Drugs, like ibuprofen (Motrin, Advil) or naproxen (Aleve) and hope the pain eventually goes away. This may work in the short run, but over time things will build up and you may pay dearly for it.

Physical signs of pain

We feel pain internally as well as externally. When a body part or joint is injured, inflammation at the site of injury may occur. Inflammation is the body’s immune response to a traumatic event and results in heat, swelling, a redness appearance, loss of function, and of course pain.¹

You could think of inflammation as the body’s response to protect against further harm.² Any outside influencers such as walking, bending, lifting, pulling, or even touch can inflame and worsen the injury, or at least heighten the pain. Because inflammation causes the location of injury to become very hypersensitive, the pain is felt way before the tissue of the affected area is actually stressed and a response is warranted. These “danger” messages that travel up the spinal cord to the brain is the body’s way to prepare and react to protect the affected area.

Identifying back pain

One of the most common body areas that is affected day to day in most occupations is the lower back. It is estimated that 80 percent of working adults will suffer from low back pain, but only 20 to 30 percent will actually seek treatment with the most common forms of low back pain being acute

and sciatica.³ These two forms of low back pain are the most common and are sometimes referred to as “Mechanical Pain,” or back pain and is caused by placing abnormal stress or strain on the muscles and vertebral column.⁴ This is usually a result of bad habits, poor posture, poor seating, incorrect bending and lifting motions, and repetitive trauma or excessive weight bearing such as carrying heavy back packs or body armor.

Acute and Sciatica

Acute low back pain is characterized as pain that occurs posteriorly in the region between the lower rib margin and the proximal thighs and occurs over a period of less than six months. Sciatica pain is pain that radiates down to the legs and is felt behind the knees. Although both forms are not the only forms of back pain, studies have shown that between 30 and 60 percent of low back pain sufferers recover in one week with 60 to 90 percent recovering in six weeks. After 12 weeks of initial onset and treatment, 95 percent have shown to recover although recurrences are common.⁵

Tips to prevent back pain³

- Maintain a healthy diet and weight
- Remain active
- Avoid prolonged inactivity or bed rest
- Warm up or stretch before exercising or physical activities, such as gardening
- Maintain proper posture
- Wear comfortable, low-heeled shoes
- Sleep on a mattress of medium firmness to minimize any curve in your spine
- Lift with your knees, keep the object close to your body, and do not twist when lifting
- Quit smoking. Smoking impairs blood flow, resulting in oxygen and nutrient deprivation to spinal tissues
- Ensure that your computer work-station is ergonomically correct and you are using ergonomically correct seating

Addition References & Resources

1. Chronic Pain-NIH; <https://nccih.nih.gov/health/pain/chronic.htm>
2. What is Inflammation-NIH Pubmed; <https://ncbi.nlm.nih.gov/pubmedhealth/PMH0072482/>
3. Back Pain Facts and Statistics-American Chiropractic Association; <https://www.acatoday.org/Patients/Health-Wellness-Information/Back-Pain-Facts-and-Statistics>
4. What is Mechanical Back Pain and How To Best to Treat It-NIH, Pubmed; <https://www.ncbi.nlm.nih.gov/pubmed/18973732>
5. Evaluation & Treatment of Acute Low Back Pain-AAFP; <https://www.aafp.org/afp/2007/0415/p1181.html>

A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,
I am a young man, 23 years old, and relatively new to the AF, and spent most of my formative years playing video games, sitting in front of a television. My mind is now mission focused, and I need to be ready to deploy 24/7, so I know the importance of being physically active. Recently, I’ve decided to increase my activity level but have noticed that my back is flaring up and causing some minor low back pain. A fellow airman and friend of mine recommended I stop exercising all together to alleviate my back pain, but I really dislike the idea of giving up the forward progress I’ve made. When it comes to low back pain, is it recommended to stop exercising completely?

Sincerely
Low Back Pain

Dear Back Pain,
I’m glad you reached out with this question, it is a very common question, especially in cases like yours as a new beginner exerciser. It’s also interesting to note that low back pain is one of the top five diagnosis in medical treatment facilities for men. The back pain you’re describing is considered acute, which is pain lasting less than three months. If your pain begins to come and go, it would be considered recurrent back pain, and chronic is defined as lasting longer than three months.

Most people who have an episode of acute pain will have at least one recurrence. But not all back pain is the same, so your treatment should be tailored to your specific symptoms and condition. A few of my recommendations include staying active and do as much of your normal routine as possible, without pain. If you need to decrease the intensity, or frequency start there and see if your pain begins to subside. I do not recommend stopping all activity completely, as this could actually slow down your recovery. It is also important to apply ice two-three times per day, and if possible alternate with moist heat using 5-10 minute intervals, still applying two-three times per day.

If your pain gets worse, schedule an appointment to be seen by your provider. Your doctor can provide education of how to take better care of your back, and if needed you can obtain a referral to an exercise specialist to help with strengthening and flexibility routines. The specialist can also provide training for proper lifting, bending, sitting, doing chores and proper sleep hygiene. You may just need assistance in creating a safe and effective physical activity program to improve your overall health.

Sincerely,
Health Myth Busters

Produce Pilots, Advance Airmen, Feed the Fight

BLAZE Hangar Tails: B-52 Stratofortress

Mission

The B-52 is a long-range, heavy bomber that can perform a variety of missions. The bomber is capable of flying at high subsonic speeds at altitudes up to 50,000 feet (15,166.6 meters). It can carry nuclear or precision guided conventional ordnance with world-wide precision navigation capability.

Features

In a conventional conflict, the B-52 can perform strategic attack, close-air support, air interdiction, offensive counter-air and maritime operations. During Desert Storm, B-52s delivered 40 percent of all the weapons dropped by coalition forces. It is highly effective when used for ocean surveillance, and can assist the U.S. Navy in anti-ship and mine-laying operations. Two B-52s, in two hours, can monitor 140,000 square miles (364,000 square kilometers) of ocean surface.

All B-52s can be equipped with two electro-optical viewing sensors, a forward-looking infrared and advanced targeting pods to augment targeting, battle assessment and flight safety, thus further improving its combat ability.

Pilots wear night vision goggles to enhance their vision during night operations. Night vision goggles provide greater safety during night operations by increasing the pilot’s ability to visually clear terrain, to increase the peacetime and combat situational awareness of the aircrew and visually acquire other aircraft.

B-52s are currently upgrading from the Litening Advanced Targeting Pod to the Sniper Advanced Targeting Pod. Sniper pods provide improved long-range target detection/identification and continuous stabilized surveillance for all missions, including close air support of ground forces. The pod’s advanced targeting and image processing technology significantly increases the combat effectiveness of the B-52 during day, night and under-the-weather conditions in the attack of ground targets with a variety of standoff weapons (i.e., laser-guided bombs, conventional bombs and GPS-guided weapons).

The use of aerial refueling gives the B-52 a range limited only by crew endurance. It has an unrefueled combat range in excess of 8,800 miles (14,080 kilometers).

Background

For more than 40 years, B-52 Stratofortresses have been the backbone of the



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



U.S. Air Force photo by Tech. Sgt. Richard P. Ebersberger

ABOVE: A U.S. Air Force B-52H Stratofortress bomber, deployed from Barksdale Air Force Base, Louisiana, takes off from Andersen Air Force Base, Guam, on a routine training mission May 4, 2018. Continuous Bomber Presence (CBP) missions are intended to maintain the readiness of U.S. forces. The U.S. Pacific Command’s CBP missions, which have been routinely employed since March 2004, are in accordance with international law.

LEFT: A B-52 Stratofortress simulates a bomb run during the 2018 Wings Over Columbus Air and Space Show April 21, 2018, on Columbus Air Force Base, Mississippi. In a conventional conflict, the B-52 can perform strategic attack, close-air support, air interdiction, offensive counter-air and maritime operations.

manned strategic bomber force for the United States. The B-52 is capable of dropping or launching the widest array of weapons in the U.S. inventory. This includes gravity bombs, cluster bombs, precision guided missiles and joint direct attack munitions. Updated with modern technology, the B-52 will be capable of delivering the full complement of joint developed weapons and will continue into the 21st century as an important element of our nation’s defenses. Current engineering analyses show the B-52’s life span to extend beyond the year 2040.

The B-52A first flew in 1954, and the B model entered service in 1955. A total of 744 B-52s were built with the last, a B-52H, delivered in October 1962. The first of 102 B-52H’s was delivered to Strategic Air Command in May 1961. The H model can carry up to 20 air launched cruise missiles. In addition, it can carry the conventional cruise missile that was launched in several contingencies during the 1990s, starting with Operation Desert Storm and culminating with Operation Iraqi Freedom.

The aircraft’s flexibility was evident in Operation Desert Storm and again during Operation Allied Force. B-52s struck wide-area troop concentrations, fixed installations and bunkers, and decimated the morale of

Iraq’s Republican Guard. On Sept. 2 to 3, 1996, two B-52Hs struck Baghdad power stations and communications facilities with 13 AGM-86C conventional air launched cruise missiles, or CALCMs, as part of Operation Desert Strike. At that time, this was the longest distance flown for a combat mission involving a 34-hour, 16,000 statute mile round trip from Barksdale Air Force Base, Louisiana.

In 2001, the B-52 contributed to the success in Operation Enduring Freedom, providing the ability to loiter high above the battlefield and provide close air support through the use of precision guided munitions.

The B-52 also played a role in Operation Iraqi Freedom. On March 21, 2003, B-52Hs launched approximately 100 CALCMs during a night mission.

Only the H model is still in the Air Force inventory and is assigned to the 5th Bomb Wing at Minot AFB, North Dakota, and the 2nd Bomb Wing at Barksdale AFB, which fall under Air Force Global Strike Command. The aircraft is also assigned to the Air Force Reserve Command’s 307th Bomb Wing at Barksdale AFB.

General characteristics

Primary function: heavy bomber

Contractor: Boeing Military Airplane Co.
Power plant: eight Pratt & Whitney engines TF33-P-3/103 turbofan
Thrust: each engine up to 17,000 pounds
Wingspan: 185 feet (56.4 meters)
Length: 159 feet, 4 inches (48.5 meters)
Height: 40 feet, 8 inches (12.4 meters)
Weight: Approximately 185,000 pounds (83,250 kilograms)
Maximum takeoff weight: 488,000 pounds (219,600 kilograms)
Fuel capacity: 312,197 pounds (141,610 kilograms)
Payload: 70,000 pounds (31,500 kilograms)
Speed: 650 miles per hour (Mach 0.84)
Range: 8,800 miles (7,652 nautical miles)
Ceiling: 50,000 feet (15,151.5 meters)
Armament: approximately 70,000 pounds (31,500 kilograms) mixed ordnance: bombs, mines and missiles. (Modified to carry air-launched cruise missiles)
Crew: five (aircraft commander, pilot, radar navigator, navigator and electronic warfare officer)
Unit cost: \$84 million (fiscal 2012 constant dollars)
Initial operating capability: April 1952
Inventory: active force, 58; ANG, 0; Reserve, 18

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**Saturday
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Non-Member
Price

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at the Columbus Club

An evening of music by Paul Brady, food, games and fun with photographer on site

JUNE 23
5:30-9:30PM

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**THE SECRETARY OF THE AIR FORCE
CHIEF OF STAFF, UNITED STATES AIR FORCE
WASHINGTON DC**

JUN 19, 2018

Fellow Airmen:

This week President Trump directed the Department of Defense to begin planning to establish a space force as a new military service within the department.

As the President said, "When it comes to defending America, it is not enough to have an American presence in space, we must have American dominance in space." The President's statement to the National Space Council adds emphasis to the Air Force position -- space is a warfighting domain and the entire national security space enterprise must continue to enhance lethality, resilience, and agility to meet the challenge posed by potential adversaries. We look forward to working with Department of Defense leaders, Congress, and our national security partners to move forward on this planning effort.

This work directed by the President will be a thorough, deliberate, and inclusive process. As such, we should not expect any immediate moves or changes. Our focus must remain on the mission as we continue to accelerate the space warfighting capabilities required to support the National Defense Strategy.

We remain the best in the world in space and our adversaries know it. Thank you for standing the watch. We're proud to serve with you!

Heather Wilson
Heather Wilson
Secretary of the Air Force

David L. Goldfein
David L. Goldfein
General USAF
Chief of Staff

Kaleth O. Wright
Kaleth O. Wright
Chief Master Sergeant of the Air Force

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FSS holds Columbus AFB up with many pillars

Airman 1st Class Keith Holcomb

14th Flying Training Wing
Public Affairs

COLUMBUS AIR FORCE BASE, Miss. – From bowling and 5k's to a 2018 Wings Over Columbus, the 14th Force Support Squadron is responsible for the management of military and civilian employees, education services for base members, professional military education programs and family support programs.

Their impact keeps the quality-of-life for Airmen and their families high so together they can Produce Pilots, Advance Airmen and Feed the Fight.

"The 14th FSS offers a very diverse and broad spectrum of services to the wing," said Christian Graham, wing process manager. "Everything from the Fitness Center, to bowling, lodging, outdoor recreation, the

"The 14th FSS offers a very diverse and broad spectrum of services to the wing," said Christian Graham, wing process manager. "Everything from the Fitness Center, to bowling, lodging, outdoor recreation, the Airman and Family Readiness Center, Military Personnel, Civilian Personnel, and the Manpower Flight, where I work."

Airman and Family Readiness Center, Military Personnel, Civilian Personnel, and the Manpower Flight, where I work."

Graham manages the Continuous Process Improvement program and provides CPI expertise for the wing. Units like manpower, Child and Youth Services, Community Services and more are employed with

numerous civilians and Airmen ranging from their first year in, to over 50 years of experience on Columbus AFB.

"My daily work involves managing the CPI program while planning and coordinating upcoming Black Belt level CPI projects," Graham said. "I have daily interaction with CPI practitioners assisting them with current or upcoming CPI projects. CPI is one aspect of the Manpower Flight, but our flight also assists commanders manage their resources via authorization change request (ACR) to the unit manning document and other manpower requirement type of requests."

The 14th FSS manages CPI processes, but also is constantly working with the 14th Civil Engineer Squadron and the 14th Contracting Squadron to maintain, repair, and upgrade force support facilities across Columbus AFB.

With projects like the new Fit Trail and Fitness Center renovations being accomplished and many more things on the horizon, Maj. Douglas Hickey, 14th FSS commander, said it's hard work, but it's rewarding work to be supporting the Team BLAZE community.

Some of the hard work includes large involvement with events across base, such as the 2018 Wings Over Columbus Air and Space Show or the many triathlons held on base.

"All of these things come back to taking care of our customers," said Senior Airman Kyle Beath, 14th FSS force management journeyman. "Our customers are the number one priority. You go into any personnel or force support section and you'll see peo-



Airman 1st Class Ty Sawyer, 14th Civil Engineer Squadron firefighter, preforms a front flip June 20, 2018, on Columbus Air Force Base, Mississippi. The 14th FSS provides many quality-of-life facilities to help families and individuals comfortably grow professionally and personally.

ple smiling and happy to assist you in the capacity they can."

The squadron continues to serve and have many projects and events on the horizon.

Patriot Fest will be a family friendly event held July 6 with two bands provided by the Air Force Entertainment and the Air Force Services Activity. The Bowling Center Refresh Project is trying to have a July 16 start date to recreate the bowling cen-

ter look and add new equipment, flooring and furniture. In late August the 14th Force Support Squadron is scheduling an Alpha Warrior Meet and Greet and familiarization on the Battle Rig obstacle course for Team BLAZE members as well.

With a range of diversity and components, the 14th FSS sounds like a jack-of-all-trades to some, but is another hard working and essential squadron for all on Columbus AFB.



Team BLAZE members play basketball and workout in the Fitness Center June 19, 2018, on Columbus Air Force Base, Mississippi. The 14th Force Support Squadron keeps the quality-of-life for Airmen and their families high so together they can produce pilots, advance Airmen and feed the fight.



Team BLAZE families bowl June 19, 2018, on Columbus Air Force Base, Mississippi. The 14th Force Support Squadron develops policies and plans and provides services, facilities, training and resources to commanders, base personnel and family members of a base community of over 9,500 people.



Children play in the Youth Center June 19, 2018, on Columbus Air Force Base, Mississippi. While the CDC has been around since June of 1964, 1992 was the start of accreditation reviews and the CDC here has been accredited since their first review in 1993.