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Vol. 42, Issue 25

June 29, 2018

## Weather

<b>Friday</b>  Thunderstorms High 96°F Low 72°F	<b>Saturday</b>  Thunderstorms High 96°F Low 72°F
<b>Sunday</b>  Thunderstorms High 95°F Low 73°F	<b>Monday</b>  Partly Cloudy High 95°F Low 70°F

Forecast provided by the 14<sup>th</sup> OSS Weather Flight

## News Briefs

### 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.

### Independence Day Holiday/AETC Family Day

Columbus Air Force Base will observe Independence Day, July 4, and an Air Education and Training Command Family Day, July 5. Most base offices will be closed, please refer to hours list on page 2.

### Patriot Fest

The 14th Force Support Squadron will host Patriot Fest starting at 4 p.m. July 6 at the BLAZE Fit Trail across from the Columbus Club. The event is free and will feature children'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

SUPT Class 18-11 graduates today at 10 a.m. at the Kaye Auditorium.



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

U.S. Air Force Airman 1st Class Jaiden Elmore, 14th Operations Support Squadron air traffic controller, shows Chief Master Sgt. Juliet Gudel, command chief of Air Education and Training Command, what Airmen in the Radar Approach Control do on a daily basis at Columbus Air Force Base, Mississippi, June 21, 2018. Columbus AFB has the busiest airspace in AETC, flying over 300 sorties per day.

## AETC command chief visits Columbus AFB

**Airman 1st Class Beaux Hebert**

14th Flying Training Wing Public Affairs

Chief Master Sgt. Juliet Gudel, command chief of Air Education and Training Command, visited Columbus Air Force Base, Mississippi, June 21-22 to see the 14th Flying Training Wing's daily operations and talk about what AETC has planned for the future of the command.

“If we are going to inspire and develop ‘Mach 21’ Airmen,

we first need to look at ourselves and see how we are structured,” Gudel said. “We want to promote innovative changes and promote the future.”

Gudel explained how the reorganization of Headquarters AETC has allowed for ideas and changes to be reviewed and approved in a more efficient manner. By empowering the Numbered Air Force's, AETC has given more command authority

See AETC, Page 4



Benjamin Caro Jr.,  
Chief Master Sergeant  
U.S. Air Force



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## COLUMBUS AFB TRAINING TIMELINE

PHASE II				PHASE III				IFF				WING SORTIE BOARD			
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required	Flown	Annual
37th (19-04)	-8.29 days	-5.08 days	June 29	48th (18-12)	0.95 days	-0.92 days	July 27	49th (18-JBC)	-1.31 days	-1.71 days	July 25	T-6	2,672	2,301	20,162
41st (19-05)	-7.82 days	-10.40 days	July 23	50th (18-12)	-0.14 days	-0.03 days	July 27					T-1	957	774	6,798
* Mission numbers provided by 14 FTW Wing Scheduling.												T-38	948	698	8,253
Fred Wallace Haise Jr., former NASA Astronaut, is the guest speaker for Specialized Undergraduate Pilot Training Class 18-12's graduation at 10 a.m. July 27, 2018, in the Kaye Auditorium.												IFF	377	349	3,239

# 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.





Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
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 17: Club Members Breakfast July 17: Wing Newcomers July 19: Diversity Day July 20-28: Civil Air Patrol SUPT Familiarization Course July 26: Education Fair July 27: SUPT Class 18-12 Graduation July 31: Enlisted Promotions Aug. 3: SUPT Class 18-13 Assignment Night Aug. 4: Wing Commanders' Base Farewell Aug. 6: 14th FTW Change of Command
9	10 14th OG Change of Command, @ Fire Station  19-16/19-17 Pilot Partner Welcome, 6 p.m. @ The Southern	11	12	13 SUPT Class 18-12 Assignment Night, 5:30 p.m. @ Club	14/15	

# Independence Day/ AETC Family Day Holiday hours

Airman & Family Readiness Center ..... Closed July 4-5  
Arts & Crafts ..... Closed July 4-5  
Bowling Center ..... Closed July 4-5  
Child Development Center ..... Closed July 4-5  
Columbus Club ..... Closed July 4-5  
Commissary ..... Closed July 4, normal hours July 5  
Exchange ..... Open 10 a.m.-5 p.m. July 4, normal hours July 5  
Fitness Center ..... Staffed 10 a.m.-6 p.m. July 4-5  
Independence Pool ..... Open daily 11 a.m.-6 a.m.  
Medical Group ..... Closed July 4-5  
Military Personnel and Finance ..... Closed July 4-5  
Multimedia ..... Closed July 4-5  
Outdoor Recreation ..... Closed July 4-5  
Shoppette ..... Open 9 a.m.-4 p.m. July 4, normal hours July 5  
Visitor Center ..... Closed July 4-5  
Youth Center ..... Closed July 4-5

# Silver Wings

## How to reach us

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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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# 340th FTG commander meets the Firebirds

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

The Air Force Reserve Command's 340th Flying Training Group commander, Col. Allen Duckworth, visited the 43rd Flying Training Squadron here June 25-26, spoke with the squadron's leadership and observe daily operations.

Duckworth recently took command of the 340th FTG and is visiting his squadrons in order to better understand their different cultures and contributions to the training of pilots across the Air Force.

Meeting with Col. Douglas Gosney, 14th Flying Training Wing commander, upon arrival allowed for the two commanders to speak about their priorities and build a relationship between the new Reserve leadership and current Active Duty wing commander.

"I'm going around to each squadron so they get a chance to know who I am and so I can deliver my vision and priorities to them," Duckworth said. "I also like to reach out and touch base [with] local leadership and make sure we have a shared understanding and see if there's any challenges we want to overcome. ... We want and need to have a strong relationship to achieve our mutual goals and missions."

The 43rd FTS Firebirds are one of seven training squadrons in the 340th FTG. Two-thirds of the overall group's mission is to produce pilots, so what the 43rd FTS and other flying squadrons do is critical to the Reserve and active components. What makes the Firebirds unique is its integration of flights within 14th FTW squadrons to complete the pilot training mission.

"It means a lot to us for him to take time out of his busy schedule to see how we do business at the 43rd FTS," said Lt. Col. Thomas McElhinney, 43rd FTS commander. "The 340th FTG does a fantastic job supporting us over the phone and through email, but over the last 24 hours of him talking with indi-



U.S. Air Force photo by Melissa Doublin  
**Col. Allen Duckworth, 340th Flying Training Group commander, speaks to Airmen with the 43rd Flying Training Squadron during an all call June 26, 2018, on Columbus Air Force Base, Mississippi. Duckworth recently took command of the 340th FTG and is visiting his squadrons in order to better understand their different cultures and contributions to the training of pilots across the Air Force.**

viduals and seeing their non-verbal expressions may give him valuable feedback to take back to the group and take action on the subject."

Duckworth worked with a similar squadron at Sheppard Air Force Base, Texas, and said he knows the relatively small Reserve instructor pilot community well and understands their priorities.

He recalled being on active duty for over nine years, flying the A-10 Thunderbolt II through most of his time, then continued flying the A-10 for the next eight years in the Reserves. Duckworth said, the compelling thing of the Reserves was the balance of the mission and family life.

Later he worked with the 97th Flying Training Squadron at Sheppard AFB to get more flying time and said he felt it was extremely rewarding to be a part of the instructing cadre making energetic and motivated student pilots into full military aviators in a year.

"The 340th FTG is [Air Education and Training Command's] partner in all training aspects," Duckworth said. "In this case, the 43rd FTS being the 14th Flying Training

Wing's partner in training new pilots in the Air Force. They love to do it and they're really good at doing it too. I know that every one of them is dedicated to making sure everyone who earns a set of wings is absolutely the ready pilot the Air Force needs."

The cohesion between the Reserves, Air National Guard and active duty across the Air Force is a concept usually referred to as the Total Force.

"If you look at the overall Air Force and ask 'Why do we have the Total Force Initiative,'" Duckworth said. "It makes sense to train like that from the beginning. We are going to go to combat that way. ... If student pilots can see some instructors from the very beginning wearing 43rd FTS patches and others wearing Air Education and Training Command patches, they will recognize it is just one team. We are all just part of that greater mission."

He spoke about how the Firebirds are part of Columbus AFB to help fill instructing and leadership spaces to quickly and efficiently train pilots for the Air Force.

"Everybody has their role," Duck-



U.S. Air Force photo by Airman 1st Class Keith Holcomb  
**Col. Allen Duckworth, 340th Flying Training Group commander, meets with Col. Douglas Gosney, 14th Flying Training Wing commander, June 25, 2018, on Columbus Air Force Base, Mississippi. Duckworth has worked in active duty and Reserve units since 1996, after graduating from the Air Force Academy.**

worth said. "In our case, we bring continuity and experience. We just retired someone who had served for 33 years ... we have mission experience and experience from other jobs outside of the military and the continuity in comparison to the turnover rate of Airmen from the active side. The active-duty side brings in the newer faces, straight from pit in the instance of the first term instructor pilots. They're bringing in the new experience and a refreshing new energy from the 'regular' Air Force side."

With years of experience and more hours in the training environment them most Active Duty Airmen, the 340th FTG provides a mission that is as unique as it is important.

"Our mission [in the 340th FTG] is to provide mission-credible Airmen to the Air Force," Duckworth stated. "We achieve that through

several programs. As you already know, here at Columbus and several other AETC bases, we work side-by-side with active-duty aviators to produce top-quality instructor pilots. We also touch the lives of three out of four new enlisted members during basic military training through our Reserve military training instructors, who are embedded in every BMT squadron and accomplish every duty that their active counterparts accomplish. We have the honor of providing first views for much of the service."

Since Duckworth took command, he said he hopes to take away more information, broader awareness of the challenges his squadrons face, and hopes to have a better understanding of the relationship between the 340th FTG and the 14th FTW, making the total force mindset deeply integrated in the Air Force community.

**AETC**  
(Continued from page 1)

at the squadron level so that commanders can take intelligent risks for maximum mission effectiveness.

When it comes to the mission set of AETC, Gudgel said the command is no longer focusing on three separate factors but a more connected approach to recruiting, training and educating Airmen.

"I see AETC as moving past the traditional 'stove pipe' model," said Gudgel. "We were always recruiting, educating and training but we had separated these efforts in the past and they never seemed to connect directions."

Gudgel said that through the Continuum of Learning, it's not about one "pipe", but rather, all areas of an Airmen's life flowing together from education or certifications they achieved before joining the military to the experiences they have had over the course of their entire career.

She also talked about the pilot training agenda and new ways that could streamline pilot production. With the innovative Pilot Training Next initiative, AETC is taking a different approach to how pilots learn through the use of existing and emerging technologies that decrease the time and cost of training without sacrificing the depth of learning.

"Pilots still need traditional stick and rudder time, but what if they could train while sitting in their home?" asked Gudgel. "New ideas and proj-



U.S. Air Force photo by Airman 1st Class Beaux Hebert  
**U.S. Air Force Chief Master Sgt. Juliet Gudgel, command chief of Air Education and Training Command, speaks with Staff Sgt. Joshua Kenney, 14th Civil Engineer Squadron station captain, about the various tools used firefighters use to rescue people and protect themselves at Columbus Air Force Base, Mississippi, June 22, 2018. Gudgel toured the 14th CES fire station to see how Airmen work and keep Columbus AFB safe.**

ects like PTN and the use of virtual reality simulators have made pilot training much faster and more cost effective by allowing pilots the chance to more training at the touch of their fingertips."

Gudgel continues to visit Airmen Air Force wide in an effort to raise awareness and provide a better understanding of the Continuum of Learning and the efforts AETC is making to promote a culture of lifelong learning across the Air Force.

## Columbus AFB to celebrate Independence Day with Patriot Fest

**Staff Sgt. Joshua Smoot**  
14th Flying Training Wing Public Affairs

The 14th Flying Training Wing will be hosting Patriot Fest, a family event, featuring music performances by Thompson Square and Easton Corbin July 6 at the Blaze Fit Trail.

"Whether you are a music fanatic or not, everyone should get to experience seeing a band or artist perform live," said Gwendolyn Granderson, 14th Force Support Squadron supervisory marketing specialist. "Going to a concert with friends and hearing someone perform their music in front of a live audience is so much better than listening to them on your phone or computer."

This free event is open to all Defense Department ID cardholders and family members. Starting at 4 p.m. there will be plenty to do, including a petting zoo, face painting, jumpers and food vendors. The concert is scheduled to start at 7 p.m.

"It's difficult to envision a concert on this scale with world-class artist being provided free," Granderson said. "Air Force Entertainment provides events like this to support our hard working Airmen and their families to help balance the demands of a military lifestyle. We want everyone to join us in observing Independence Day weekend with music and entertainment for all ages."

The 14th Force Support Squadron is also offering backstage passes to meet the artists. To be entered, contestants must post a picture on social media and tag it with #patriotfest18. The contest ends July 5 at 5 p.m. and the winner will be announced July 6 at 5 p.m.

### What to avoid and what to know for the event:

- No pets
- No coolers
- No outside alcohol
- Lawn chairs are permitted and encouraged because there will be no seating provided
- No designated entrance
- Base residents are encouraged to walk, but the only off-limits parking areas will be DV parking areas at the NCC and part of the Building 926 parking lot.
- Only volunteers and contest winners will meet the bands (follow Columbus AFB living for contest!). Those meet & greets take place before the show. There will be merchandise tables near the stage after the show.
- Expect vendors to be cash only, but some have credit card capability



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## NEWS AROUND TOWN

### July 20-21

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

### July 25

Jason Aldean, Luke Combs and Lauren Alaina, three American country-music singers, will be performing at 7 p.m. at the Tuscaloosa Amphitheatre in Tuscaloosa, Alabama. Tickets are available online.

### Sept. 7

Alabama, American country-music group, will be performing at 7:30 p.m. at the Bancorp South Arena in Tupelo, Mississippi. Tickets are available online.

## BARGAIN LINE

The deadline for submitting ads is noon Monday before the desired publication date. Ads turned in after the deadline will run the following week. Ads can be mailed to or dropped off at the public affairs office in the 14th Flying Training Wing Headquarters building, e-mailed to [silverwings@us.af.mil](mailto:silverwings@us.af.mil) or faxed to 434-7009. Calling Ext. 7068 by noon Monday can extend the run date of ads already submitted. Silver Wings reserves the right to limit ads based on content, space and frequency of requests. Advertisements for private businesses or services providing a continuous source of income may not appear in the Bargain Line. They may, however, be

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### Miscellaneous

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## Hunt Housing tip of the week



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**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](http://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 and their guests. 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.

Open to all DOD ID Card Holders & Family Members  
PRESENTED BY THE AIR FORCE SERVICES ACTIVITY

COLUMBUS AFB  
BLAZE  
FIT TRAIL  
ACROSS FROM THE  
COLUMBUS CLUB

• FREE EVENT •  
4:00-6:30 P.M.  
CHILDREN'S  
ACTIVITIES  
JUMPERS  
FOOD VENDORS  
7:00 P.M.  
CONCERT

THE STAGE  
Patriot  
FEST  
THOMPSON SQUARE • EASTON CORBIN

FRIDAY, 6 JULY

FOR MORE INFORMATION,  
CALL 434-1647



**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.

# Columbus Airman named 1 of 12 Outstanding Airmen of the Year

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

More than 250,000 active-duty Airmen make up the Air Force’s enlisted force and each year only 12 Airmen are selected from this group as the best of the best; Master Sgt. Joshua Matias, 14th Operations Support Squadron air traffic control tower chief controller, was one those Airmen selected as the 2018 Outstanding Airmen of the Year.

Being read his Miranda rights in the 14th Operations Group commander’s office, surrounded by the 14th Flying Training Wing leadership and on a teleconference with Air Education and Training Command leadership, Matias was stiff at attention, he recalled everything he had done over the recent weeks wondering what he could have done wrong. “Nothing was coming to mind,” Matias said. “Lt. Col. James Winning [14th Operations Support Squadron commander], gets to the end of the Miranda rights and said ‘General we have to tell him why he’s in here’ ... somebody in the room said ‘Sergeant Matias you’re being charged with wining Outstanding Airman of the Year.’ My hands dropped to my knees and I was like, ‘We couldn’t have done this any other way?’ It didn’t become real until I received an email from the current outstanding Airmen getting words of wisdom on how to proceed forward. It’s surreal.”

Public recognition and awards have always been an afterthought, Matias said his goal has always been to do his best as an Airman while simultaneously training the Air Force’s next generation of Airmen. Molding and mentoring Airmen is one of his passions and Matias said he felt that’s what attributed to him being named one of 12 OAY, an award sponsored by the Air Force Association.

“What makes Matias extraordinary, what makes him deserving of this 12 OAY ... he is a gifted leader and he is purposefully driven toward people and organizations,” said Senior Master Sgt. Garrick Christian, 14th OSS Radar Approach Control chief controller. “It’s the people part, we are trying to mold and shape Airmen, trying to sharpen their skill sets, trying to make them into warriors.”

One of the more specific achievements Matias said he thought contributed to his successes was the 40 hours he and many others across Team BLAZE spent rewriting every annual award for the 14th Operations Group.

“It’d be wrong of me not to give credit where credit is due,” Matias said. “The operations group, the team of senior NCO’s, is where it started ... anyone we could grab to put eyes on and make sure it was readable to people outside of air traffic control. I’d be wrong if I didn’t give everyone in the process credit.”

Alongside the team effort of building the award packages from the ground up, he mentioned his last deployment where he had the opportunity of impacting the Air Force through innovation and creative problem solving in a different capacity.

“For seven months I had the honor of serving as Tower chief controller and the squadron superintendent,” Matias said. “My commander, an F-22 Raptor pilot requested we put emerging technology into the F-22 ... and over the next week



U.S. Air Force photos by Airman 1st Class Keith Holcomb  
**U.S. Air Force Master Sgt. Joshua Matias, 14th Operations Group air traffic control tower chief controller speaks with an afternoon crew June 20, 2018, on Columbus Air Force Base, Mississippi. Matias tries to visit each crew throughout the day so every Airman gets a chance to interact with him.**

of my life, 70 hours to be exact ... myself and Airmen from contracting, communications, finance, logistics, and others, worked around the clock reaching all the way to the U.S. trying to make this happen ... We enabled the F-22 to have its first ever common operating picture of what was happening on the ground.”

The project he and his team completed is now being implemented in other weapon systems around the Air Force.

“Also down range as the tower chief,” Matias said, “I was responsible for bridging the gap between our Coalition Forces, the flying community, and the one hundred Host Nation air traffic controllers.”

He said the relationships he formed on behalf of the Air Force and Coalition Forces contributed to his accomplishments.

“The Whole Airman Concept brought everything together,” Matias said. “My passion is helping underprivileged youth. ... As the Top 3 President I serve the base, and I’ve used my network on base to contribute downtown to create opportunities for our Airmen off base to volunteer. Off base, I serve on the Board of Directors for the Golden Triangle Boys and Girls Clubs. I think that’s what really rounded out the package.”

Matias said when he began his Air Force career nearly 15 years ago, he never imagined he would excel to the level he has. Growing up in the Milwaukee, Wisconsin by way of Chicago, he said the Chicago Cubs and the Chicago Bears were his choice pro teams, but enjoyed Wisconsin’s college sports teams.

“I joined the Air Force Aug. 19, 2003, at 18 years old,” Matias said. “I enlisted my junior year of high school ... I joined the Air Force initially through the advice of a friend. I always wanted to be a Navy SEAL growing up, but I come from a single parent household and having a family to me was way more important.”

He said his friend told him about the Air Force’s inclusive approach to families and how they recognize a spouse’s life



U.S. Air Force Master Sgt. Joshua Matias, 14th Operations Group tower chief air traffic controller, meets Chief Master Sgt. Juliet Gudel, command chief of Air Education and Training Command, at Columbus Air Force Base, Mississippi, June 21, 2018. Matias and 11 others were awarded the 2018 Outstanding Airman of the Year Award by the Air Force Association.

goes on after hanging up their uniform. “Air traffic was at the top of my list of jobs,” he said. “The idea was when I retired from the military, regardless if that was at the end of four or 20 years, that I would have a career that would make money on the outside and not have to work 12-hour days like my mother has worked even to this day.”

In 2003, Matias signed a four-year contract. Throughout his career he said he felt serving for 20 years and retiring would help him and his family more in the end. He never gave it much thought beyond that point until being questioned by the Chief Master Sgt. of the Air Force, Kaleth Wright.

“Chief Master Sgt. of the Air Force Kaleth Wright and I served together in [South] Korea, we saw each other when he became my command chief in Europe, again on my last deployment, and then in Orlando Florida.” Matias said. “In Orlando, Chief asked me a question that day I don’t think I was prepared for, ‘how much longer does the Air Force have you?’ I still hadn’t found out I was a senior master sergeant select so I told him I was up for senior master sergeant and if I made rank I would stay in probably past the 20 year mark.”

Matias said he went back to his room and discussed it with his wife. She advised him as long as he was happy with what he was doing she didn’t have any objections. The next week he found out he made senior master sergeant and his family decided if this momentum keeps moving forward he’s open to spending 30 years in the Air Force.

“Twenty years is no longer the goal,” Matias said. “Now the goal is to go as long as the Air Force will allow me ... as my career has gone on my goals have continuously changed to go further and further.”

Matias said his understanding of his identity in and out of the uniform, his purpose throughout his life, and his values like faith, family, honesty and work ethic all has brought him to where he is today.

He gave credit to everyone who helped him to this point, acknowledging his spot as one of 12 individuals represents the work of hundreds of other spectacular Airmen.

Visit [www.columbus.af.mil](http://www.columbus.af.mil) to learn about Columbus AFB agencies and other important information.

# IFF Class 18-IBC to graduate six

The 49th Fighter Training Squadron will graduate Introduction to Fighter Fundamentals Class 18-IBC.

Six members will graduate this phase of their training on their way to becoming fighter pilots and weapon systems officers in the Combat Air Forces of the U.S. Air Force.

The 49th FTS is responsible for active duty, Guard, Reserve, and international flying training in the T-38C IFF aircraft. The squadron provides training to fighter pilots and weapon systems officers entering Air Force major fighter weapons systems, which include the A-10C, F-15C, F-15E, F-35, F-16 and F-22.

The nine-week course begins with tactical formation flights and then introduces pilots and weapon systems

officers to basic fighter maneuvers and air-to-air employment in offensive, defensive, and high aspect fight scenarios. Wingmen bound for aircraft with an air-to-ground attack capability then move on to basic surface attack and surface attack tactics phases learning to employ ordnance against ground targets. The skills learned during IFF directly translate to the fighter aircraft these wingmen will fly in their follow-on training and employ in combat.

Congratulations to the following fighter wingmen:

Capt. Chad Aukerman  
Capt. Jonathan Harris  
1st Lt. Denis Aurelius  
1st Lt. Brett Dadiego  
1st Lt. Chris Towns  
2nd Lt. Dylan McKeever



Capt. Chad Aukerman



Capt. Jonathan Harris



1st Lt. Denis Aurelius



1st Lt. Brett Dadiego



1st Lt. Chris Towns



2nd Lt. Dylan McKeever

## Tips for preventing heat-related illness

### Centers for Disease Control and Prevention

#### Stay Cool

**Wear appropriate clothing:** Choose lightweight, light-colored, loose-fitting clothing.

**Stay cool indoors:** Stay in an air-conditioned place as much as possible. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.

**Keep in mind:** Electric fans may provide comfort, but when the temperature is in the high 90s, they will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off. Use your stove and oven less to maintain a cooler temperature in your home.

**Schedule outdoor activities carefully:** Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.

**Pace yourself:** Cut down on exercise during the heat. If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

**Wear sunscreen:** Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.

- **Tip:** Look for sunscreens that say "broad spectrum" or "UVA/UVB protection" on their labels- these products work best.
- **Do not leave children in cars:** Cars can quickly heat up to dangerous temperatures, even with a window cracked open. While anyone left in a parked car is at risk, children are especially at risk of getting a heat stroke or dying. When traveling with children, remember to do the following:
  - Never leave infants, children or pets in a parked car, even if the windows are cracked open.
  - To remind yourself that a child is in the car, keep a stuffed animal in the car seat. When the child is buckled in, place the stuffed animal in the front with the driver.
  - When leaving your car, check to be sure everyone is out of the car. Do not overlook any children who have fallen asleep in the car.

**Avoid Hot and Heavy Meals:** They add heat to your body!

**Stay Hydrated**

**Drink plenty of fluids:** Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink.

- **Warning:** If your doctor limits the amount you drink or has you on water pills, ask how much you should drink while the weather is hot.
- **Stay away from very sugary or alcoholic drinks**—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.
- **Replace salt and minerals:** Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat.
- If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions, talk with your doctor before drinking a sports beverage or taking salt tablets.
- **Keep your pets hydrated:** Provide plenty of fresh water for your pets, and leave the water in a shady area.

#### Stay Informed

**Check for updates:** Check your local news for extreme heat alerts and safety tips and to learn about any cooling shelters in your area.

**Know the signs:** Learn the signs and symptoms of heat-related illnesses(<https://www.cdc.gov/disasters/extremeheat/warning.html>) and how to treat them.

**Use a buddy system:** When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness. If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave. If you know someone in this age group, check on them at least twice a day.

**Monitor those at high risk:** Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others:

- Infants and young children
- People 65 years of age or older
- People who are overweight
- People who overexert during work or exercise
- People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation

Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching. Please visit CDC at [www.cdc.gov](http://www.cdc.gov) for additional information.

## 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.

### 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 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

## T-37 static display returns to 'good as new' look



U.S. Air Force photo by Tech. Sgt. Christopher Gross

**Columbus Air Force Base Wingman and Military Affairs Committee member Chuck Bigelow, of Columbus Mississippi, and Chuck Skelton, 14th Civil Engineer Squadron, wash the T-37 Tweet static display June 27, 2018, on loan to Lowndes County outside of Columbus Air Force Base, Mississippi. Lowndes County constructed the display in 2004 with the help of area businesses. The aircraft on display has the tail number AF58914, which was the 14th Flying Training Wing's flagship when retired Maj. Gen. Teresa Marné Peterson was the wing commander.**

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.

### Hearts Apart

The next Hearts Apart will be held on 5-7 p.m. July 26. This monthly social event is for family members whose sponsor is deployed, on a remote tour, or TDY for more than 30 days. To register or for more information, please call A&FRC at (662) 434-2790.

### 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.

### Employment Workshop

An employment workshop on local and base employment opportunities is held every Wednesday, 1-2 p.m. This program provides military families and DoD civilian members

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.

### 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 .

## 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

# Swap complete: AF protects Airmen, environment with new firefighting foam

**Shannon Carabajal**  
AFIMSC Public Affairs

The transition to an environmentally responsible firefighting foam at King Salmon Air Force Station, Alaska, June 14, 2018, marked the completion of the Air Force's move to replace legacy foam in fire vehicles and stockpiles across the service.

Replacing the legacy Aqueous Film Forming Foam is an important milestone for the Air Force as the service takes aggressive measures to reduce the risk of mission-related contamination to drinking water sources. The new foam is perfluorooctane sulfonate free, only contains trace amounts of perfluorooctanoic acid, and meets the military specifications for firefighting, according to Air Force Fire Chief Jeff Wagner.

"The health and welfare of our Airmen and our on- and off-base communities are top priorities for our Air Force Civil Engineer Center team. Completing the transition to a new AFFF formula reduces the potential risk of drinking water contamination from PFOS and PFOA, as the Air Force effort to identify and respond to past AFFF releases continue," Wagner said.

Widely used in the past — both commercially and by the Department of Defense — the legacy AFFF contained PFOS and PFOA, two perfluorinated compounds that persist in the environment and may be a potential health concern. On May 19, 2016, the Environmental Protection Agency established lifetime health advisory levels of 70 parts per trillion for PFOS and PFOA in drinking water.

The Air Force awarded ICL Performance

*"The new AFFF protects our Airmen, our aircraft and our infrastructure. The foam provides essential burn-back resistance, protection against vapor release and rapid extinguishment," said Kevin Matlock, fire emergency services program manager with AFCEC's Readiness Directorate.*

Products a \$6.2 million contract for 418,000 gallons of Phos-Chek 3 percent in August 2016. In total, 176 bases transitioned to the new firefighting foam.

"The new AFFF protects our Airmen, our aircraft and our infrastructure. The foam provides essential burn-back resistance, protection against vapor release and rapid extinguishment," said Kevin Matlock, fire emergency services program manager with AFCEC's Readiness Directorate.

To further protect the environment, the Air Force limits the use of AFFF to emergency responses, treats all releases as hazardous spills and takes immediate action to ensure containment and removal. The service began



U.S. Air Force photo

**Tech. Sgt. Brian Virden and Master Sgt. Bryan Riddell, replace legacy firefighting foam at King Salmon Air Station, Alaska, with Phos-Chek 3 percent, a C6-based Aqueous Film Forming Foam, June 14. The new AFFF protects Airmen, aircraft and infrastructure while reducing the risk of mission-related contamination to drinking water sources. Virden and Riddell are with the 611th Civil Engineer Squadron, Joint Base Elmendorf-Richardson, Alaska.**

retrofitting fire vehicles with an Eco-logic system which enable fire protection testing without AFFF discharges earlier this year. The initiative — which includes retrofitting approximately 850 fire trucks — should be finished by December 2018, Matlock said.

Additionally, the Air Force will replace AFFF contained in aircraft hangar fire protection systems in conjunction with hangar renovations. Unlike mobile fire trucks, AFFF

in hangars are contained in a stationary location — a more controlled environment. The projects are expected to be finished by the end of 2018, according to Jack Arthur, fire protection engineer with AFCEC's Operations Directorate.

For more information about the Air Force response to PFOS/PFOA, visit <http://www.afcec.af.mil/WhatWeDo/Environment/Perfluorinated-Compounds/>.

## AFROTC detachment commander, instructor vacancies available for summer 2019

**Kat Bailey**

Air Force's Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Air Force officials have announced 45 projected Air Force Reserve Officers' Training Corps detachment commander positions and 104 instructor vacancies available for summer 2019. Line of the Air Force lieutenant colonels and

majority selected for lieutenant colonel may apply for detachment commander positions. Officers eligible for instructor slots include first lieutenants, captains and majors in the Line of the Air Force competitive category. Guard and Reserve officers are eligible to apply for both opportunities under the Voluntary Limited Period of Active Duty program. The application deadlines for detachment commanders and instructors are July 31 and Aug. 1, respectively. Applicants

must meet additional eligibility criteria for these career broadening leadership opportunities. Interested officers can search for eligibility and application procedures on myPers using keyword "AFROTC." Guard and Reserve officers should use keyword "VLPAD." There are still 37 instructor vacancies remaining for this summer, which can be found on myPers under the "Hot Jobs" listing. For more news and information, visit the Air Force's Personnel Center website.

# SAC Lake: Don't eat the fish!

**Mike Jago**

14th Civil Engineer Squadron  
Environmental Chief

It is summer time again and one of the great hobbies for experienced and novice sportsmen is fishing. Fishing is allowed at the SAC Lake Recreation area. However, SAC Lake is clearly posted to reflect the base "catch and release" policy. You should not consume the fish from SAC Lake and there is a good reason for that.

SAC Lake is located next to the former Strategic Air Command B-52 parking ramp. This area was used for training firemen in how to use Aqueous Fire Fighting Foam for aircraft accidents. The foam had an amazingly good stabilizer called perfluorooctanesulfonate (PFOS) that saved the Air Force millions by making the foam last for decades. What no one realized at the time was the PFOS additive bio-accumulates — it goes into an organism's body when eaten and never comes out. SAC Lake has been tested and confirmed to have elevated levels of PFOS in the water. The USAF has not conducted any tests of the creatures that live in SAC Lake but it is assumed that the fish there likely have elevated

PFOS levels. Consuming fish from PFOS impacted sources, such as SAC Lake, could increase life time PFOS accumulation in your body. Wikipedia has a long entry on health studies that are very interesting and somewhat alarming — but not conclusive. The short answer is anything in large doses that never goes away is not good for you. PFOS is not regulated by the Environmental Protection Agency, Food and Drug Administration or any other agency as a harmful substance as the studies cited do not tie health problems to low levels of exposure. Still, the EPA was concerned enough to ask for a voluntary ban on U.S. of PFOS production in 2000.

The unknowns are the problem. PFOS blood levels in the overall U.S. population on average are somewhat concerning. The typical American has PFOS at detectable levels in their blood from other sources such as having fire retardant clothing and blankets as an infant, food cooked on Teflon or other non-stick coated pans, and exposure to other fabric protectants in cars, carpets, furniture, and coats. While there is currently no U.S. production of PFOS for consumer products, China still uses it in items believed to be exported to the U.S. as the production ban is



**Frank Lockhart, 14th Civil Engineer Squadron conservation manager, holds a Copper Nose Bluegill caught at SAC Lake on Columbus Air Force Base, Mississippi.**

voluntary.

There is no official Air Force position on PFOS and fish consumption. Here is where base leadership stepped up to take a stand and put a "catch and release" policy in place at



Courtesy photo by Mike Jago

**Christopher Weyl, 14th Civil Engineer Squadron firefighter, holds a Grinnell caught at SAC Lake on Columbus Air Force Base, Mississippi.**

SAC Lake. The unknowns associated with PFOS consumption put our population at risk. Enjoy fishing at SAC Lake, just put whatever fish you catch back for the next sportsman to enjoy catching too.

## Commissary announces recipients of Scholarships for Military Children Program



U.S. Air Force photo by Elizabeth Owens

**Hunter Short and Amy Riggs, of Caledonia, Mississippi, were presented scholarships as part of the Scholarship for Military Children Program from Bobby Danzie, the Columbus Air Force Base Commissary store director, Tamra Smith, store administer, and Jerry Grubs, produce manager, June 26, 2018, on Columbus AFB, Mississippi. Taylor Ostler, of Columbus, Mississippi, was also one of the recipients. The scholarships are funded by manufacturers and suppliers that provide products and services for commissaries around the globe. Taylor Ostler, also a scholarship recipient, was not present.**



**Where:** Magnolia Housing  
**When:** Sunday, July 8<sup>th</sup>  
**Time:** 1814-1914



Columbus AFB Chapel Presents... **Backyard Bible Sortie**  
Fly by with the whole family, eat **Ice Cream** & learn that **Everything is Possible With God**



# Medical Corner

## Frozen, fresh canned or dried: Fruits & Veggies

Eating healthy can be a challenge, but the benefits of including a healthy diet as part of your daily life-style can be very rewarding. What is already commonly known is that a diet that is rich in fruits and vegetables helps in reducing the risk of diabetes, heart disease, high blood pressure, controls weight, and reduces high calories within the body.

What is not commonly known is that eating fruits and vegetables can help people lower their risk of getting cancers of the mouth, pharynx, larynx, esophagus, stomach, and lung. Studies done by the Center for Disease Control (CDC) and the National Institute of Health (NIH) Cancer Institute have even shown evidence that diets rich in plant-based foods can help in lowering any risk of cancer of the colon, pancreas, and prostate.

### The importance of eating fruits and vegetables

Fruits and vegetables are packed with necessary nutrients that our bodies need to help in maintaining optimal health. Phytochemicals or phytonutrients, commonly referred to as antioxidants, are found in many plant-based foods such as fruits, vegetables, beans, and grains. It is from plant-based foods that the body gets the highest amounts of antioxidants such as vita-min C, vitamin E, selenium, carotenoids such as beta-carotene, lycopene, lutein, and zeaxanthin.

Eating a diet that has a variety of fruits and vegetables that are colorful and plentiful can help in combating many diseases and health problems. When fruits and vegetables are added as part of the daily diet, they add vital nutrients that our bodies need to function.

Naturally red fruits and vegetables such as tomatoes, cherries, and red peppers help in maintaining memory function and heart health. Yellow and orange foods like pumpkin and carrots are known to help maintain eye health as well as heart health. Fruits and vegetables such as green grapes, kiwi, spinach, kale, broccoli, and green peppers are good for the heart and muscles. By creating a large and colorful mix, your body will be able to obtain the fuel that it needs to function and maintain optimal health and performance.



The Dietary Guidelines for Americans recommends a daily diet of 2 cups of fruit and 2 1/2-3 cups of vegetables for adult males, and 1 1/2 cups of fruit and 2 1/2 cups of vegetables for females. Studies have found that frozen fruits and vegetables provide just as many nutrients as fresh. To provide a diet of nutrient-dense fruits and vegetables, frozen fruits not packed in sugar and vegetables that have been “flash frozen” could be an alternative option as well as a time saver.

So the next time your roaming around the grocery store looking for something healthy to eat, think “frozen” and give what your taste buds and body are craving.

### Freshness and nutrient value of fruits and vegetables

We all know what happens when you put fresh fruits and vegetables in the fridge. If left for too long, all sorts of nasty growths will appear on it and becomes brown or mottled and smells bad. This happens through the process of oxidation where the food item is exposed to heat, light, and oxygen after it has ripened and been harvested. Its no wonder the landfills are filling up as we throw away up to one third of all food purchased and produced.

The waste of food and loss of nutrients from not eating enough plant based foods can be corrected. Fruits and vegetables can be found in most grocery stores and other food distribution outlets as fresh, canned, and frozen. To “lock in” the nutrients and freshness of just picked, fruits and vegetables are frozen, canned or dried. Deciding on what to choose will depend on the recipe and time that is required to prep and cook it if not eating raw.


### Fresh vs frozen

It is challenging enough to include the right amount of fruits and vegetables as part of a balanced diet. Let alone to prepare or cook it.

### Additional References & Resources:

1. Health Benefits of Eating Fruits & Vegetables;; <http://articles.extension.org/pages/27730/health-benefits-of-eating-fruits-vegetables>
2. Fruits & Veggies More Matter: Fruit & Vegetable Nutrition
3. Fruits & Veggies More Matters: Dietary Guidelines for Americans 2015-2020
4. National Center for Integrative Health-NIH: Antioxidants In Depth

# A personal message from your health promotion Health Myth Busting Team



*Dear Health Myth Busters,*  
*I just got out of the dorm and am living on my own. I have been trying to increase my fruit and vegetable servings to at least five per day but they always go bad by the time I eat them. Frozen fruit and vegetables would have less food waste; is it true that frozen vegetables have as much nutrition as fresh?*

Signed,  
Waste Not, Want Not.

Dear Waste Not,

Congratulations on living on your own and joining those Airmen that are learning to manage a budget and honing their cooking skills all at one time. Based on 2017 data, 66.1 percent of Airmen do not get the recommended five servings of fruits and vegetables daily. I commend you for your efforts.

It is true frozen vegetables have as much nutrition as fresh. Fresh fruit and vegetables are often picked before they are fully ripe. Transportation and storage can take anywhere from three days and up to 12 months for some types of produce.

Certain vitamins and antioxidants begin to decline immediately after harvesting. Therefore, it's best to eat fresh fruits and vegetables as soon as possible.

Frozen fruit and vegetables are generally picked at peak ripeness. They are often washed, blanched, frozen and packaged within a few hours of being harvested.

Frozen produce is nutritionally similar to fresh produce. When nutrient decreases are reported in frozen produce, they're generally small.

Frozen produce may be equal to, or in some cases, even more nutritious than fresh varieties.

At the end of the day, frozen fruit and vegetables are a convenient and cost-effective alternative to fresh options. Also if you are going on a trip and have recently purchased fresh fruit, place them in the freezer and when you return you instantly have ingredients for a frozen smoothie!

Sincerely,  
Health Myth Busters

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

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





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# MINI STORAGE BEST PRICE GUARANTEE

# BLAZE Hangar Tails: C-17 Globemaster

## Mission

The C-17 Globemaster III is the newest, most flexible cargo aircraft to enter the airlift force. The C-17 is capable of rapid strategic delivery of troops and all types of cargo to main operating bases or directly to forward bases in the deployment area. The aircraft can perform tactical airlift and airdrop missions and can transport litters and ambulatory patients during aeromedical evacuations when required. The inherent flexibility and performance of the C-17 force improve the ability of the total airlift system to fulfill the worldwide air mobility requirements of the United States.

## General Characteristics

**Primary Function:** Cargo and troop transport  
**Prime Contractor:** Boeing Company  
**Power Plant:** Four Pratt & Whitney F117-PW-100 turbo-fan engines  
**Thrust:** 40,440 pounds, each engine  
**Wingspan:** 169 feet 10 inches (to winglet tips) (51.75 meters)  
**Length:** 174 feet (53 meters)  
**Height:** 55 feet 1 inch (16.79 meters)  
**Cargo Compartment:** length, 88 feet (26.82 meters);

width, 18 feet (5.48 meters); height, 12 feet 4 inches (3.76 meters)

**Speed:** 450 knots at 28,000 feet (8,534 meters) (Mach .74)

**Service Ceiling:** 45,000 feet at cruising speed (13,716 meters)

**Range:** Global with in-flight refueling

**Crew:** Three (two pilots and one loadmaster)

**Aeromedical Evacuation Crew:** A basic crew of five (two flight nurses and three medical technicians) is added for aeromedical evacuation missions. Medical crew may be altered as required by the needs of patients

**Maximum Peacetime Takeoff Weight:** 585,000 pounds (265,352 kilograms)

**Load:** 102 troops/paratroops; 36 litter and 54 ambulatory patients and attendants; 170,900 pounds (77,519 kilograms) of cargo (18 pallet positions)

**Unit Cost:** \$202.3 million (fiscal 1998 constant dollars)

**Date Deployed:** June 1993

**Inventory:** Active duty, 187; Air National Guard, 12; Air Force Reserve, 14

## Background

The C-17 made its maiden flight on Sept. 15, 1991, and

the first production model was delivered to Charleston Air Force Base, now known as Joint Base Charleston, South Carolina, on June 14, 1993. The first squadron of C-17s, the 17th Airlift Squadron, was declared operationally ready Jan. 17, 1995. The Air Force originally programmed to buy 120 C-17s.Current budget plans increased the total number to 223 aircraft.

The C-17 is operated by Air Mobility Command at Travis AFB, California; Dover AFB, Delaware; Joint Base Lewis-McChord, Washington; Joint Base Charleston, South Carolina, and Joint Base McGuire-Dix-Lakehurst, New Jersey.

The Air National Guard flies C-17s from the 172d Airlift Wing, Jackson, Mississippi, and the 105th Airlift Wing, Stewart ANGB, New York. Additionally, Air Force Materiel Command operates two C-17s at Edwards AFB, California, and Pacific Air Forces operates aircraft at Joint Base Elmendorf-Richardson, Alaska, and Joint Base Pearl Harbor-Hickam, Hawaii.

The Air Force Reserve Command operates aircraft at March Air Reserve Base, California, and Wright Patterson AFB, Ohio. Air Education and Training Command has 17 aircraft at Altus AFB, Oklahoma.



U.S. Air Force photo by 2nd Lt. Lauren Woods

A C-17 Globemaster III rests on the SAC Ramp July 24, 2015, on Columbus Air Force Base, Mississippi. The C-17 came to Columbus AFB to motivate and inspire student pilots to pursue flying the C-17 or a similar airframe.



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

A C-17 Globemaster III, from Altus Air Force Base, Oklahoma, takes off April 21, 2018, from Columbus AFB, Mississippi. The C-17 performed a capabilities display at the Wings Over Columbus Air and Space Show 2018 in front of 21,000 attendees.

# CDC director retires after serving child development program for 24 years

## Airman 1st Class Keith Holcomb

14th Flying Training Wing Public Affairs

The 14th Force Support Squadron's Child Development Center provides care for Team BLAZE children from infancy until their first day of kindergarten.

Martha Mann, 14th FSS CDC director, is retiring after a total of 24 years in child developmental care and 22 years as director on Columbus Air Force Base, Mississippi. She has been in child development programs within the Air Force since the 1980's starting at Plattsburgh AFB, New York, helping shape the CDC's direction from trainer to director internationally.

"I qualified to become a training and curriculum specialist and was so lucky to be one of the first trainers to be hired by the Air Force in 1990," Mann said. "I fell in love with working in the Air Force."

She spent two years as a trainer for Columbus AFB before applying for the director position. After a six-person interview lasting two hours, Mann was chosen to be the new director of the CDC.

"I have had the opportunity and great pleasure to serve Air Force families since 1996," Mann said.

The CDC does many things to create a comfortable and outstanding learning environment and Mann said she remembers working to get a new building throughout the early

*"I qualified to become a training and curriculum specialist and was so lucky to be one of the first trainers to be hired by the Air Force in 1990," Mann said.*  
*"I fell in love with working in the Air Force."*

2000's. She attributes the moving of the CDC into a newly constructed building, specifically for child care, to the entire 14th FTW.

Mann said her passion is helping children at the young ages develop socially and academically. To her, the military is as good as family and she loves it.

"I've been here for almost 30 years," said Trina James, CDC desk clerk. "She came in shortly after me, and we've been working together ever since. It's really in her heart. She'll always talk with the kids and she even engages with the parents every day because at the end of the day they really are like our extended family."

Unannounced inspections and tours from leaders across the Air Force continue to prove the 14th FTW CDC is al-

ways at the top levels of performance, earning awards consistently. Mann has even received recognition from the 23rd Air Force Secretary Deborah Lee James in December 2017.

Mann recalled getting coined by James and was told the Columbus AFB CDC was one of, if not, the best child development programs in the Air Force.

One of the largest obstacles Mann recognized throughout her career was the perception of the CDC 'babysitting' children.

"We are here to offer the entire child growth and intellectual stimulation," Mann said. "We always want them to have fun, but we also want them to have learning opportunities. That's when the curriculum comes in, and a new one is coming out this September. My biggest challenge was to get parents to see this is broad developmental care, not 'babysitting' or care for only the basic needs."

From the beginning of her career in the child development fields within the Air Force, Mann has seen the industry flourish into an opportunity for creating well-educated and well socialized individuals each generation.

Tears were brought to her eyes when she spoke about leaving the CDC, but she is glad to have time to peruse more volunteer opportunities in the local Columbus, Mississippi community.

Friday, June 29, 2018, is Mann's last official duty day.



U.S. Air Force photo by Senior Airman Jacob Corbin

Col. Roger Watkins, former 14th Flying Training Wing commander (center), joins Martha Mann, Child Development Center director; Lt. Col. Mike Dilda, former 14th Mission Support Group Deputy commander; and Justin Murphy, Columbus Resident Engineer, Mobile District, U.S. Army Corps of Engineers and Ben Logan, president of Carothers Construction, in breaking ground on the new CDC June 3, 2009. The \$6.5 million, 24,400-foot facility replaced the previous undersized child care facility.



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

Martha Mann, 14th Force Support Squadron Child Development Center director, interacts with children in the CDC June 26, 2018, on Columbus Air Force Base, Mississippi. The CDC provides care for Team BLAZE children from infancy until their first day of kindergarten.



T-1A Jayhawk



T-38C Talon

# SUPT Class 18-11 earns silver wings



**1st Lt. Brandon Ward**  
Dover, Delaware  
C-130



**2nd Lt. Eric Bainer**  
Louisville, Kentucky  
C-17



**2nd Lt. Carl Berggren**  
Peachtree City, Georgia  
KC-135

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

Specialized Undergraduate Pilot Training Class 18-11 graduates at 10 a.m. today during a ceremony at the Kaye Auditorium. Gen. Jay B. Silveria, Superintendent of the U.S. Air Force Academy, Colorado Springs, Colorado, is the graduation guest speaker.

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

Second Lt. Carl Berggren, T-1A Jayhawk, received the Air Education and Training Command Commander's Trophy for being the most outstanding student overall in his class.

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

Berggren and Bainer were named the distinguished graduates of SUPT Class 18-11.

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

Primary training takes approximately 23 weeks and includes

254.4 hours of ground training, 27.3 hours in the flight simulator and 89 hours in the T-6A aircraft.

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

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

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

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

Each class is partnered with business or civic organizations during their year of training. This program is designed to foster closer ties between the community and Columbus AFB. Today, each student will be given a set of pilot wings with their names engraved on the back as a token of good luck from their partner. SUPT Class 18-11's pilot partner is Family Pharmacy and Allegro Family Clinic.



**2nd Lt. Joseph Haubenreiser**  
New Lenox, Illinois  
C-130 H3



**2nd Lt. James Herbert**  
Glendale, Arizona  
KC-135



**2nd Lt. Nickolas Johnson**  
Memphis  
C-17



**2nd Lt. Marcos Marrero-Disla**  
Tampa  
C-17



**2nd Lt. Andrew Maurer**  
Seminole, Florida  
C-130J



**2nd Lt. Tyler Moore**  
Pagosa Springs, Colorado  
C-17



**2nd Lt. Alexander Pacheco**  
Tampa  
C-130J



**2nd Lt. Nathaniel Smith**  
Tampa  
C-17



**2nd Lt. Jonathan Sollender**  
Greenwood Village, Colorado  
C-17



**2nd Lt. Christopher Studer**  
Lebanon, Ohio  
KC-135



**2nd Lt. Mitchell Wild**  
Kokomo, Indiana  
KC-135



**2nd Lt. Brian Bilbo**  
Loganville, Georgia  
C-17



**2nd Lt. John Bolton**  
Iber, Alabama  
C-130J



**2nd Lt. Samuel Coughlin**  
Columbus, Ohio  
T-6A



**2nd Lt. Matthew Kottenstette**  
Gypsum, Colorado  
KC-135



**2nd Lt. Jennifer Lucas**  
McDonough, Georgia  
C-17



**2nd Lt. Harrison Magdefrau**  
Hernando, Mississippi  
C-130J