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“Produce Pilots, Advance Airmen, Feed the Fight”

Columbus Air Force Base, Miss.

July 13, 2018

Vol. 42, Issue 27

## Weather

<b>Friday</b>  Partly Cloudy <b>High 93°F Low 72°F</b>	<b>Saturday</b>  Partly Cloudy <b>High 92°F Low 71°F</b>
<b>Sunday</b>  Isolated PM Thunderstorms <b>High 92°F Low 71°F</b>	<b>Monday</b>  Isolated PM Thunderstorms <b>High 92°F Low 72°F</b>
Forecast provided by the 14 <sup>th</sup> OSS Weather Flight	

## News Briefs

### Wing Newcomers Orientation

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

### Diversity Day

The Equal Opportunity Office will be hosting Diversity Day at 10 a.m. July 19, at the Walker Center. Diversity Day is meant to highlight the contributions to the Air Force from people from all walks of life. See the flyer on page 4 for more information.

### Education Fair

An Education Fair event will have light refreshments and door prizes from 10 a.m.-2 p.m. July 26, inside the Education Center.

## Inside



### Feature 8

The 41st Flying Training Squadron is highlighted in this week's feature.



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

Shawna Thompson, lead singer for the American country music group Thompson Square, waves an American flag during their performance July 6, 2018, on Columbus Air Force Base, Mississippi. Patriot Fest 2018 featured a concert with Thompson Square and Easton Corbin along with food vendors and children's activities.

## Columbus AFB hosts Patriot Fest 2018

### Airman 1st Class Beaux Hebert

14th Flying Training Wing Public Affairs

The 14th Flying Training Wing hosted Thompson Square and Easton Corbin, two American Country music bands, for a live performance at Patriot Fest 2018 July 6 on Columbus Air Force Base, Mississippi.

The event started slow due to rain, but ended up having a

great turn out with approximately 1,000 people enjoying the concert.

Before the show, both artists signed autographs and took photos with contest winners and volunteers.

“The military and their families do so much to serve our country and we just want to give back,” Corbin said. “To see

See PATRIOT FEST, Page 3

## COLUMBUS AFB TRAINING TIMELINE

PHASE II				PHASE III				IFF				WING SORTIE BOARD			
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required	Flown	Annual
37th (19-06)	-4.57 days	-7.05 days	Aug. 13	48th (18-12)	0.00 days	1.72 days	July 27	49th (18-JBC)	-0.76 days	-0.89 days	July 23	T-6	888	697	21,174
41st (19-05)	-8.68 days	-8.99 days	July 23	50th (18-12)	-2.91 days	-0.51 days	July 27	* Mission numbers provided by 14 FTW Wing Scheduling.				T-1	262	238	7,121
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.				T-38	285	233	8,549
July 27, 2018, in the Kaye Auditorium.												IFF	116	106	3,386

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Sunday School (all ages) - 9:15 am  
**SUNDAY EVENING**  
Youth Drama & AWANA - 4pm  
Discipleship Training - 5pm  
Evening Worship - 6pm  
**WEDNESDAY**  
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# 14TH FLYING TRAINING WING DEPLOYED

As of press time, 29 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 Operations Group Change of Command



U.S. Air Force photo by Melissa Dublin

Col. Douglas Gosney, 14th Flying Training Wing commander, hands the guidon to Col. Derek Stuart, the new 14th Operations Group commander, July 10, 2018, on Columbus Air Force Base, Mississippi. The 14th Operations Group and its six squadrons are responsible for the 53-week Specialized Undergraduate Pilot Training (SUPT) mission and introduction to fighter fundamentals (IFF) at Columbus. The group also performs quality assurance for contract aircraft maintenance.

## Silver Wings

### How to reach us

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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 purchased through The Commercial Dispatch, 328-2424.

more information please call 327-1205

**Miscellaneous**

For Sale: Collection of 14 ceramic ducks \$39. Six different Avon Collector miniature ducks from 1984, ducks \$29. For more information please call 327-1205

For Sale: Lightly used Belkin N300 WI-FI and router for \$29 OBO For more information please call please call (662) 327-1205

For Sale: Polan Pro 200 mph \$49. For

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
16	17 Club Members Breakfast, 7-9 a.m. @ Club  Wing Newcomers, 8 a.m. @ Club	18	19 Diversity Day, 10 a.m. - 2 p.m. @ Walker Center	20 Civil Air Patrol SUPT Familiarization Course  TE Lott Industry Familiarization Tour, 1:30-4 p.m.	21/22	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 Aug. 7: Wing Newcomers Aug. 8: 14th MSG Assumption of Command Aug. 11-12: Autocross Aug. 17: SUPT Class 18-13 Graduation Aug. 23-24: Alpha Warrior Meet and Greet Tour
23 Civil Air Patrol SUPT Familiarization Course  Air Force Community Partnership, 1-4 p.m. @ Club	24	25	26 Education Fair, 10 a.m.-2 p.m. @ Education Center	27 SUPT Class 18-12 Graduation, 10 a.m. @ Kaye	28/29	

### 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.

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# PTSD: The Ugly, Raw, Imperfection

**Staff Sgt. William Blankenship**  
59th Medical Wing Public Affairs

JOINT BASE SAN ANTONIO-LACKLAND, Texas — Tucked away in a circle of 1800's refurbished homes, banging and chiseling sounds pour through the cracks, spilling onto a big front porch hosting a mountain of a man who blocks out the swinging screen door behind him.

Tony Fantasia, the man with a bear paw that could crush someone's hand, operates a hand-made hobby shop that doubles as an opportunity for a different type of reform, one for reshaping invisible wounds.

"We can do about any type of artwork you can imagine in here," the former medic said. "If one of us regular guys can't do it, I guarantee we know someone who does. Honestly though, this isn't really about leather or stone or whatever, this is about help."

Shortly after the September 11th terrorist attacks on the United States., Fantasia found himself deployed to Southwest Asia to set up a medical facility.

"Things were rough out there then, not that they still aren't, but it was early sledding," he said while chuckling about posting up Temper Tents on a slab to serve as their hospital. "I saw things out there that changed me. Things that took... take...some work to get ahold of."

The Army sergeant recalled his first patient, Neshama, a small malnourished child who was guessed to be between 10 to 12 years old based on the size of his teeth and brought in for a serious skull injury.

Fantasia's team treated Neshama and gave him a fighting chance, but with a long road to recovery after coming out of his coma.

"I was with him the whole time, from pick-up to the emergency room to the operating room and through his rehab," he said with eyes that seemed to travel millions of miles away. "We put together a makeshift wheelchair and he became part of our team, part of our family."

Almost a year later, Neshama was taken back to his village, along with all of the stuffed animals he had acquired during his months with the team. The village elders dispersed the toys to the other children, causing Neshama to become upset.

"As was their way, one of the elders plunked him over the head as a correction for the tantrum," Fantasia said. "The blow went through his graft and killed Neshama, our little boy. It was hard to deal with what had happened before I left. He was basically like my son and he died after we spent almost a year healing him."

Emotionally wrecked, Fantasia returned to the U.S. for a little over a year before redeploying to another location to run an emergency room.

"Listen, I'm very humbled and blessed to have served my country," Fantasia said before starting to tap his head. "But, I had some things that weren't right afterward and I wasn't sure how to really deal with them. It has taken me years to get to where I don't hate people. I mean years, to get where I don't avoid them like the plague."

Shortly after separating from the Army, Fantasia needed



U.S. Air Force photo by Senior Airman Keifer Bowes  
**Former Army Sgt. Tony Fantasia poses for photo surrounded by leatherworking materials at his shop in San Antonio, Texas, June 29th, 2018. Working with leather has aided Fantasia's battle with Post Traumatic Stress Disorder that he developed after his deployments to Southwest Asia as a medic. He now runs an outreach program for veterans focusing on various artistic outlets.**

a new wallet but didn't have the cash inside his old one to buy what he wanted. His wife jokingly told him, "just go out there and make one."

So, he did.

"I went out to the store and bought a little leather wallet making kit," he said. "It saved my life. Doing leatherwork is the reason I have friends. This outlet is why I have a family still, or a job or anything."

Fantasia poured all of his time and energy, all the memories of his hands in service member's bodies, into the mundane task of crafting that wallet.

It still sits in his shop full of items that have soaked up his blood, sweat and tears while he traveled through the invisible ailments that accumulated to post-traumatic stress disorder.

"I'd never done leatherwork before," he said. "But through the process of crafting this (beating the wallet on his desk) and many of these items in this building, I came to a place of peace. I finished this ugly, raw, imperfect wallet. You know what though, it functions and that's metaphor for me."

After years of improving his craft, Fantasia began inviting others struggling with PTSD to his shop. Many are prior military, but not all of them.

"I so thoroughly enjoyed stumbling my way through that wallet, I just thought maybe this could help other people too," he said. "We've had loads of guys come through here

and sometimes they stay for a long time and sometimes they come and get what they need and then I don't hear from them again. That's fine."

Fantasia said he doesn't care what their background is, he just wants to bring together individuals who can share their talent to those who have something to work through.

The process of leatherwork, stone carving, metalwork or any other task is just a means to gather people who are struggling and provide an opportunity for them to come out of their shell in a safe place.

"For most people who struggle with PTSD, they don't need difficult," he said. "Leaving their bedroom can be difficult enough. Simple projects get their senses engaged, that's what we want to do. Let them smell the leather, feel the stone, hear the sounds of working on stuff, and all of that surrounded by people who understand if they dive under the workbench because something fell on the ground."

Fantasia said people who struggle with PTSD shouldn't feel alone and what they are going through isn't the end.

"You may have to continuously work on it just like some of our projects in here, but little by little, keep working on it," he said. "The beauty isn't in the finished product, but it's the imperfections that you work through while you try and get to a better place that gives it meaning."



U.S. Air Force photos by Airman 1st Class Beaux Hebert  
**Easton Corbin, American country music singer, plays a guitar at Patriot Fest July 6, 2018, on Columbus Air Force Base, Mississippi. Both music groups were a part of a five-base tour with Air Force Entertainment.**

## PATRIOT FEST

(Continued from page 1)

the joy on their faces, it means everything in the world to us."

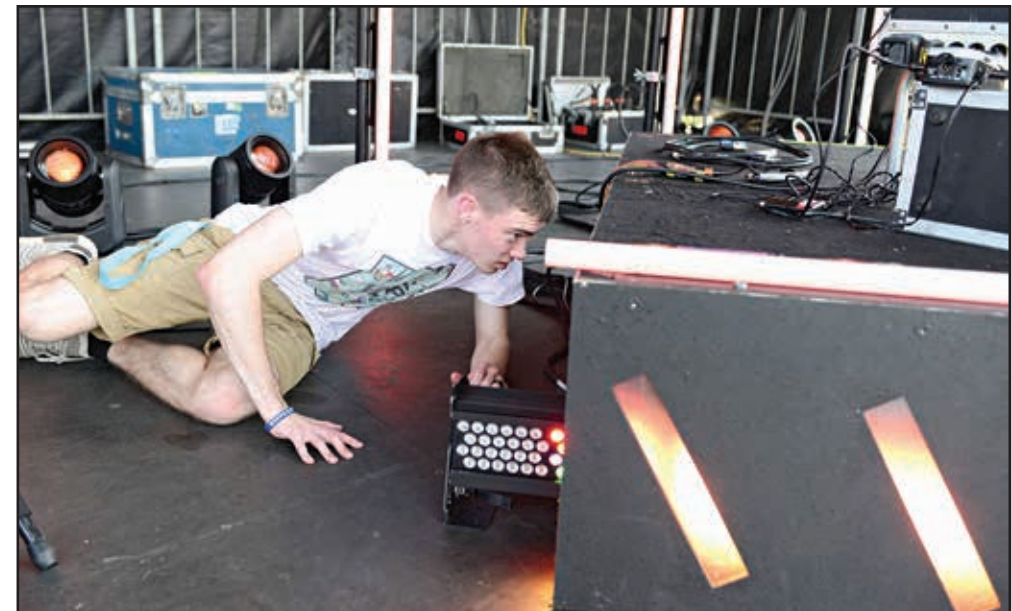
The rain stopped just as Thompson Square started to perform. The crowd gathered in front of the stage to cheer and sing along as they started performing. During one of Thompson Square's songs, going with the Independence Day theme, one of the lead singers, Shawna Thompson, waved an American flag while her husband and other lead singer sang to the crowd.

After Thompson Square performed, Easton Corbin and

his band came out and stirred up the crowd again. Airmen were singing along and dancing to the music.

The event was run by Air Force Entertainment, who put together the five-base tour, and with the help of 85 Columbus AFB volunteers filling 97 different positions. For two days, Airmen and stage crew set up the stage and took it down after the show.

To help make Patriot Fest possible, Air Force Entertainment and participating bases agreed that base personnel would provide volunteers to assist the stage crew in setting up and running the event, said Capt. Sheila Butler, head of Patriot Fest 2018 volunteers. She also mentioned that the crew



**Airman 1st Class Anthony Connors, 14th Force Support Squadron personnelist, hooks up lights on stage July 6, 2018, on Columbus Air Force Base, Mississippi. Air Force Entertainment and participating bases agreed that base personnel would provide volunteers to assist the stage crew in setting up and running the event.**

was impressed by how quickly the volunteers helped disassemble the stage so they could move to the final show at Little Rock Air Force Base, Arkansas.

"You could tell all the hard work the base and volunteers put into setting everything up," said Emily Irving, a base spouse and winner of the Thompson Square guitar raffle. "I would definitely like to see more events like this in the future."

Both bands said they were honored to perform for the Airmen serving our country and thanked everyone for their service.

## Harrison awarded June BLAZE 5/6 Leadership Highlight

**Name:** Senior Airman Hayden Harrison  
**Hometown:** Charleston, South Carolina  
**Unit:** 14th Operations Support Squadron  
**Duty Title:** Aircrew flight equipment technician

Senior Airman Harrison is an aircrew flight equipment technician who maintains flight equipment for 437 instructor, student, and international pilots, enabling 4,200 sorties. As a floor supervisor, he led four airmen in inspecting 1,770 aspects of aircrew flight equipment, and oversaw two initial equipment fit sessions for 62 students.

He provided eight incentive flyers, and a major general distinguished visitor with outstanding customer service, where he was lauded by the joint staff vice director of strategic plans and policy. He identified a vital supply limitation factor, which through coordination with radians safety, will potentially save the Air Force \$10,000 annually on aircrew hearing protection.

During leave, he displayed heroism when he witnessed an adolescent who had been thrown from his boat. He took immediate action, and saved the individual's life by returning the individual and his boat to shore safely.

He has been here for about three and a half years, and is striving to become a firefighter for the defense department.



U.S. Air Force photo by MSgt Carmina Beedle  
**Senior Airman Hayden Harrison, 14th Operations Support Squadron, aircrew flight equipment Technician, won the June BLAZE 5/6 Leadership Highlight Award July 2, 2018, on Columbus Air Force Base, Mississippi. This award is given to Airman E-4 and below to recognize leadership, responsibility and self-development.**



# A public thank you

**Mike Jago**  
14th Civil Engineer Squadron  
Environmental Element Chief

Thank you for being considerate; and, most importantly, a heartfelt thank you for sorting your recyclables dropped off at the recycle center. This is where courtesy meets economics. Your help in presorting paper, plastic, and metal goes a long way to reduce handling time by the crew at the recycling center. Sorting also helps keep paper clean and uncontaminated so it gets a better price. Sorted bottles and cans tend to be cleaner and cause fewer vector issues--a big summer thanks for

that. The recycle center is seeing a lot more sorted material these days. Thank YOU! Recycling is not exactly a glamorous industry. It involves working outdoors in marginally cooled and heated indoor space, tons of lifting, and miles of walking. Like farming, it is physically hard work and the payoff can be marginal. The guys keep a high work tempo, good spirits, and great customer service, just to serve the best customers in the industry. Next time you see them come through the office on recycle bin day, say hello. Recycling does result in big 800-pound bales that get sold and



remanufactured to new materials. It is a commodities industry, where prices are low and bulk is the goal. Quality of the bales is determined by contamination and quality is all about getting a good price. Customer presorting helps Columbus get the good prices. Thank you! Thanks for your help and support!

# Choctaw Fair features Stick Ball Championship, open to everyone

**Mike Jago**  
14th Civil Engineer Squadron  
Environmental Element Chief

The Annual International Stick Ball Championship is July 11-14 at the Choctaw Fair in Philadelphia, Mississippi. It will feature lacrosse-type skills, spills and action. The fair starts at 10 a.m. and goes late as the games are after dark. This is one of the remnants of the Choctaw Nation available today and it is open to everyone.

## And why we might care:

The Choctaw Nation, along with the Chickasaw, once occupied the ground all of Columbus Air Force Base, Mississippi currently occupies. The local waterways were the traditional boundaries between the nations. With this comes the question of artifacts like arrowheads and tools found in gardens, along dirt paths, and in drainages all over this area. Since a good arrow head or stone tool was reusable for centuries, they could have belonged to either group (or possibly both at different times). Many of us can trace part of our family history to a Native American origin. Family stories of ancestral Indian "princesses" and chiefs may or may not have any basis in fact. DNA tests may point to a possible Native American tie, often by showing up as a positive central Asian or Polynesian ancestor. The question becomes what to do about it.

There are options. If there is a genealogist that has found a paper trail to a registered Dawes Roll individual, that can be taken to the tribal council for voting on membership eligibility. There are 505 federally recognized

tribes, and each one has their own council with their own membership requirements. Do the hard work first before approaching the tribe! Have documentation, to include birth and marriage certificates, not just a DNA profile. If there is even a weak tie, some tribes are still quite welcoming to those wanting to learn more about their ancestors.


For the curious, this is a minefield. Tribal offices get a lot of requests for help confirming family stories of a direct ancestor. None of the tribes kept written records until after the removals and then they were kept by the U.S. government and only of the people that were removed. It is a sore subject that some Native Americans blended in, and there is no record to show their tie to the tribe. At the time it was a shrewd move to blend in. Now it just leads to a dead end for those decedents, and in this area there are a lot of them.

With this bit of knowledge, how should you approach the tribal members? At a public event, go ahead and look at everything and ask questions, but be polite and respectful. The tribal members take great pride in their crafts and history; they are there to educate and share. That said, if asked, volunteer your known tribe and clan membership. If it is just family rumors, stick to the facts: "We have family rumors, but no proof." Stories about Indian "princesses" and "chiefs" will get a lot of eye rolls and end any further conversation, thus are best left out.

There will be Choctaw, Chickasaw and Cherokee at the diversity day along with other tribal members. If you missed the Choctaw Fair, it is not too late to see local traditions on display. Diversity Day is July 19 here on base.

### Columbus AFB Diversity Day

#### discovering Diversity



**Date:** 19 Jul 18  
**Time:** 1000-1400  
**Location:** CAFB/Walker Center

**Events:** Cultural Performances,  
Educational Booths, Food  
Preparation Demonstration,  
Salsa Contest, Free Food Tasting

Open to all DoD Card holders,  
Dependents, and Guest

Contact: EO Office/(662)434-1330

### Columbus Air Force Base Diversity Day

19 July 2018

#### Schedule of Events

Welcome

Opening Remarks

Col. Douglas Gosney, 14th Flying Training Wing Commander

Performances:

Choctaw Culture Performance

United Christian Praise Dance Team


Black Heritage Presentation

Hispanic Heritage Line Dance Competition

Closing Remarks

Lift every Voice and Sing

Closing



### Discovering Diversity

## Air Force Readiness Programs

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

### Pre-Separation Counseling

This counseling is a mandatory briefing for personnel separating or retiring, and is to be completed at least 90 days prior to separation. It may be completed up to 12 months prior to separation or retirement. Counseling is held daily at 8:30 a.m., and it takes approximately 60 minutes. Please contact Airman & Family Readiness Center (A&FRC) at (662) 434-2790 for more information.

### Pre- and Post-Deployment Tour Briefing

These briefings are mandatory for active-duty personnel who are either deploying or returning from deployment or a remote tour. The briefings are held daily at the A&FRC. Pre-deployment is at 9:30 a.m., and post-deployment is at 1:30 p.m. Please contact A&FRC at (662) 434-2794/2790 for more information.

### Survivor Benefit Plan

Are you nearing military retirement? The one decision you will need to make before you retire involves participation in the Survivor Benefit Plan (SBP). As with all good decision-making, you need to know the facts before you can make a sound decision. Always get the true facts about SBP before making up your mind. Additional details are available by calling your SBP Counselor Mary Chambers at (662) 434-2720/2790.


### Military and Family Life Counselor Program

Military and Family Life Counselors (MFLCs) provide non-medical counseling to help Airmen (single and married), spouses, and other family members cope with stressful situations created by deployments, reintegration, and life challenges such as martial issues, parenting, career stress, and anger. All counselors are licensed mental health providers, and they can meet either on or off base. There is no charge for services, and appointments can usually be made within one to two days. To contact the MFLC, please call (662) 364-0504/434-2790.

### Installation Voting Assistance Office

A&FRC houses the Voting Assistance Office (VAO) which is open Monday - Friday, 7:30 a.m. - 4:30 p.m. and closed weekends/holidays. The VAO offers voting assistance including voter registration, absentee ballot requests and voting, change of address, and provides answers for other general voting questions to uniformed service members, their family members, and civilians with access to A&FRC. Assistance includes but is not limited to aid in preparing and submitting Federal Post Card Application (FPCA) SF-76, Federal Write-in Absentee Ballot (FWAB) SF-

## Pilot Partner



Courtesy photo

**Col. Derek Stuart, (right), 14th Operations Group commander and his family stand with Mayor Robert Smith (middle right) and Barbara Bigelow, Columbus Main Street director, July 10, 2018, at The Southern, in downtown Columbus, Mississippi. Community partners are designated to help students in Specialized Undergraduate Pilot Training Classes learn about the community and integrate into Columbus.**

186, and National Mail Voter Registration Form (NVRF). For more information, please contact the Installation Voting Assistance Office at (662) 434-2701/2790 or e-mail: vote.columbus@us.af.mil.

### Personal Financial Readiness

Need help with financial matters? Want to make the most of your money? The Personal Financial Counselor (PFC) can help you and your family: manage finances, resolve financial problems and reach long-term goals such as education, buying a home, and planning for retirement. PFC services are at no cost, private, and confidential. Please contact the PFC at (662) 998-0411/434-2790 or e-mail PFC.Columbus. USAF@zeiders.com, located in the A&FRC.

### Volunteer Opportunities

If you are interested in volunteering, please contact the A&FRC. We have volunteer opportunities located across the base for one-time events, special events, or on a continual basis. Volunteers are needed on base at the Youth Center, Child Development Center, Library, Medical Clinic, Chapel, Airman's Attic, Thrift Store, the Retiree Activities Office, and many other locations. For more information, please call A&FRC at (662) 434-2790.

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

The next Transition Assistance Program (TAP) workshop will be 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 or retirement. Spouses are encouraged to attend with their sponsor. To register or for more information, please call the TAP Manager at 434-2631/2790.

### Discovery Resource Center

The Columbus A&FRC has 12 computers with internet access available for job searches, assessments, resumes, cover letters, state and federal applications, and companies' employment information. A printer and fax machine is available. A lending library of books, DVDs, and periodicals on transition and EFMP topics are available for check out. These resources are available on a first-come-first-serve basis.

### Key Spouse Program (KSP)

The mission of KSP is to provide information and resources to military spouses, supporting families in successfully navigating through the military life cycle. The KSP is a commander's program. The CC establishes and maintains the program within the unit, to include choosing team members. Once selected as a KS in writing, you will need to attend initial/refresher KS training and continuing education. For more information, please call (662) 434-3323.

### Hearts Apart

The next Hearts Apart will be from 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.

### School Liaison Officer

The School Liaison Officer (SLO) assists DoD employees and their families in making 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 .

### 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.

## 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



**Columbus Air Force Base Information and Events**  
Join our Facebook page at Columbus AFB Living, Twitter at @columbusafbiving, Instagram at columbus\_afb\_living, or visit our website at [www.columbusafbiving.com](http://www.columbusafbiving.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.

**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.

ation 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.



U.S. Air Force photos by Airman 1st Class Beaux Hebert  
**Airman 1st Class Hannah Hintay, 14th Force Support Squadron Force Management journeyman, works at her desk July 10, 2018, on Columbus Air Force Base, Mississippi. Hintay is originally from the Philippines but gained her U.S. citizenship from joining the Air Force.**



**Airman 1st Class Hannah Hintay's, 14th Force Support Squadron Force Management journeyman, Military Personnel Flight Excellence Award for the first quarter of 2018. Hintay plans to earn many more awards and stay in the Air Force for 20 years.**

# Filipino joins Air Force to become independent

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

The Air Force’s Airmen come from all walks of life and many foreign citizens join to earn citizenship, pay for college or to help them make a new life for their family.

Airman 1st Class Hannah Hintay, 14th Force Support Squadron Force Management journeyman, was born and raised in Cavite, Naic, Philippines, which has a population of about 50,000 citizens and is located in the north.

There, she was raised by her grandparents and attended school and graduated at 15. In 2013, a year later she moved in with her parents in the U.S. In the Philippines, it is not uncommon to live with ones family until they get married. At 18, Hintay joined the Air Force with the support of her family and friends.

*“I joined the Air Force to become more independent,” Hintay said. “Back home I had someone doing almost everything for me and I knew I wanted something different.”*

“I joined the Air Force to become more independent,” Hintay said. “Back home I had someone doing almost everything for me and I knew I wanted something different.” Hintay explained that she didn’t live a bad life there but

she got tired of asking her parents for money. Her uncle, who was already in the Air Force, was pushing her to join and he helped encourage her family to support her decision.

When she went to the recruiter she was not a U.S. citizen and that affected her career choices.

“Not being a [U.S.] citizen affected my security clearance,” Hintay said. “For example, my job list was one page and U.S. citizens were on average about three pages.”

She went to Joint Base San Antonio, Texas for basic military training and then to Keesler Air Force Base, Mississippi for technical school. Columbus AFB is her first duty assignment.

Hintay has excelled at her job, winning the Military Personnel Flight Excellence Award for the first quarter of 2018.

“I want to do 20 years in the Air Force because I love the lifestyle and opportunities presented to me,” Hintay said.



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





# Columbus Air Force Base voting assistance information sheet

## Voting assistance information for PSCing, Separating/Retiring, and Deploying Personnel

Your Installation Voter Assistance Office is here to help you exercise the very right you protect—your right to vote! We can help you register to vote, request an absentee ballot and notify your local election officials back home of a change of address. The information below is provided for you as you get ready to transition and are thinking of what you must do before and after you make that change in assignment, deploy or separate/retire.

**Federal Post Card Application (FPCA), SF-76:** The FPCA can be used to register to vote while simultaneously requesting an absentee ballot. It can also be used to submit a change of address to your local election officials. You can now go online to <https://www.fvap.gov/fpca-privacy-notice> and use the FPCA Wizard that will help you register, request your absentee ballot and/or change your address while providing you with all of your state-specific information and requirements to vote!

**Federal Write-In Absentee Ballot (FWAB), SF-186:** The FWAB can be used as a backup in case you have already registered to vote or sent in an FPCA to both register and request your absentee ballot, but you have not yet received your absentee ballot from your state. Like the FPCA, you can go online to fill in the FWAB at <https://www.fvap.gov/fwab-privacy-notice> and use the FWAB Wizard that will help you to vote in Federal elections, even filling in your candidate choices based on your state of residence!

The FPCA and FWAB Wizards will provide you with a filled in form. All you have to do is print, sign and date it, and return it to your election official via the directions provided (some states allow you to fax or e-mail your signed form).

**National Mail Voter Registration Form (NVRF):** If you are separating or retiring, you'll need to advise your local election official (LEO) that you will no longer be considered a military voter. The NVRF (or your state voter registration form) can then be used to notify your LEO of your address change. Available online at: <http://www.fvap.gov/military-voter/transition> or get a hard copy from the Installation Voting Assistance (IVA) Office. Fill out and the IVA will submit it for you.

**Resources:**  
**Installation Voting Assistance (IVA) Office**  
The IVA Office located in the Airman and Family Readiness Center, Bldg. 1114, can help you fill in and mail your voting materials. Please contact your Voting Assistance Officers (VAOs) at: DSN 742-2701/2790, Commercial (662) 434-2701/2790, E-mail [vote.columbus@us.af.mil](mailto:vote.columbus@us.af.mil) . Website: [http://www.columbus.af.mil/Portals/39/Columbus\\_AFB\\_Voting.pdf](http://www.columbus.af.mil/Portals/39/Columbus_AFB_Voting.pdf) .

Hours of operation: Mon-Fri, 0730-1630. Closed weekends/holidays.

**Air Force Total Force Service Center (TFSC)**  
In the event you are unable to contact your IVA Office, 24-hour voting assistance is available from the AF TFSC at: DSN 665-0102, Commercial 210-565-0102 or Toll Free 1-800-525-0102.

Federal Voting Assistance Program (FVAP)

You may access many voting-related questions and answers on the FVAP website at <http://www.fvap.gov>.

### 2018 Primary Elections by State and territory

This chart lists the 2018 State primary election dates in all the States, the District of Columbia and U.S. territories; primary runoff dates (if applicable); States with U.S. Senate races; number of U.S. Representative seats up for re-election; and Gubernatorial races.

The General Election is Tuesday, November 6, 2018

State	State Primary	State Primary Runoff	General Election	
			U.S. Senate	U.S. Representative
Alabama	June 5	July 17	No	7
Alaska	August 21	—	No	1
American Samoa	—	—	—	1 Delegate
Arizona	August 28	—	Yes	9
Arkansas	May 22	June 19	No	4
California	June 5	—	Yes	53
Colorado	June 26	—	No	7
Connecticut	August 14	—	Yes	5
Delaware	September 6	—	Yes	1
District of Columbia	June 19	—	—	1 Delegate
Florida	August 28	—	Yes	27
Georgia	May 22	July 24	No	14
Guam	August 25	—	—	1 Delegate
Hawaii	August 11	—	Yes	2
Idaho	May 15	—	No	2
Illinois	March 20	—	No	18
Indiana	May 8	—	Yes	9
Iowa	June 5	—	No	4
Kansas	August 7	—	No	4
Kentucky	May 22	—	No	6
Louisiana	November 6	—	No	6
Maine	June 12	—	Yes	2
Maryland	June 26	—	Yes	8
Massachusetts	September 4	—	Yes	9
Michigan	August 7	—	Yes	14
Minnesota	August 14	—	Yes	8
Mississippi	June 5	—	Yes	4
Missouri	August 7	—	Yes	8
Montana	June 5	—	Yes	1
Nebraska	May 15	—	Yes	3
Nevada	June 12	—	Yes	4
New Hampshire	September 11	—	No	2
New Jersey	June 5	—	Yes	12
New Mexico	June 5	—	Yes	3
New York	June 26*	—	Yes	27
North Carolina	May 8	July 17**	No	13
North Dakota	June 12	—	Yes	1
Ohio	May 8	—	Yes	16
Oklahoma	June 26	August 28	No	5
Oregon	May 15	—	No	5
Pennsylvania	May 15	—	Yes	18
Puerto Rico	—	—	—	1 Resident
Rhode Island	September 12	—	Yes	2
South Carolina	June 12	June 26	No	7
South Dakota	June 5	—	No	1
Tennessee	August 2	—	Yes	9
Texas	March 6	May 22	Yes	36
Utah	June 26	—	Yes	4
Vermont	August 14	—	Yes	1
Virgin Islands	August 4	—	—	1 Delegate
Virginia	June 12	—	Yes	11
Washington	August 7	—	Yes	10
West Virginia	May 8	—	Yes	3
Wisconsin	August 14	—	Yes	8
Wyoming	August 21	—	Yes	1

\* Federal Primary  
\*\* Federal Primary Runoff  
Note: Election Information is current as of October 2017. Check your State election website or FVAP.gov for additional details and updates.

# EPA report on recycling

Mike Jago  
14th Civil Engineer Squadron  
Environmental Element Chief

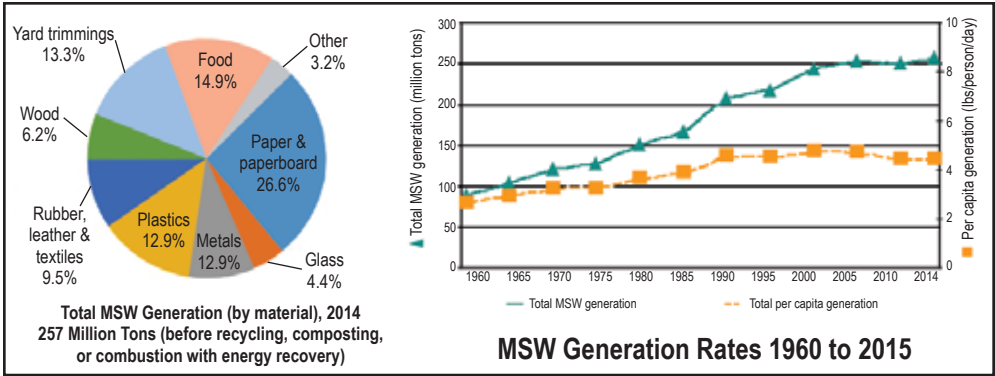
The recent Environmental Protection Agency (EPA) results published on nationwide trash production is the ultimate good news / bad news story.

The really good news is that, nationwide, the U.S. average for recycling and energy recovery on municipal waste is right at 52.7 percent. The not-so-good news is that we are throwing away more trash than ever — 136 million tons are buried in landfills compared to 56 million tons in 1960. Adjusted for population, that means grandma tossed 660 pounds per year in the trash, compared to our now whopping 1,596 pounds each. A family of three in 1960 made as much trash as each of us does now. Even adjusted for recycling, 3 percent in 1960 would cut grandma to 640 pounds, which still puts us at 766 landfill pounds each, or an19.6 percent increase over 1960, even if we recycle at the national average.

What happened? Let's take the Way Back Machine to 1960. Water was tap; soda was in

reusable glass bottles; and beer was in reusable glass bottles or steel cans. Boxes were packed with wood shavings, plain or corrugated paper, straw, or cotton, and the consumer probably never saw the box, which was unpacked at the department store. Bags were paper. Meat got wrapped in heavy butcher's paper. Eggs came in paper cartons. Nothing was wrapped in plastic. Food came either in its natural raw state or in tinned cans at the grocery. Instant and frozen weren't in use, so all that packaging didn't exist. If you wanted to eat, you cooked at home. Almost everything was made of steel and wood, and could be recycled many years later when it wore out. Most people had just one TV; it was black and white and did not have a remote controller. The trash tonnage was so low because there was less to throw out; 59.7 percent less on a daily average.

This should make several points very clear. Recycling matters. Without recycling there is 2.4 times more trash to landfill! Places with low recycling numbers, like Mississippi at 26 percent, could make a huge difference in the national numbers by just recycling metal, cardboard, and paper which is 36 percent of the trash. Population growth makes this sit-



uation increasingly dire, as the national population has doubled since 1960, resulting in more trash.

Consumer choice matters. Packaging of grocery items, fast food, consumer electronics, and everything else is expensive, which adds a hidden cost to every purchase, and the packaging is instantly discarded. It is money spent to make instant trash! Wrapping a plastic straw in a plastic cover in a plastic box makes a pile of trash after just one use--all non-biodegradable and hard to recycle. Paper is a better choice, but is any of it even necessary? Can that bag of onions be carried without being put in another plastic bag? How about reusing the bag even once? We are convenience and sanitation junkies. It is time to break the

habit or live with our growing piles of trash.

Better news: Recycle! It is free! The city of Columbus has recycling bins scattered around town free to use! Here on base, the recycle center will take off-base materials and housing materials, and we pick up in, or near most offices. Columbus AFB is on target to make 55 percent recycling again for 2018 with your help. Please take the time to drop off your recyclables. It matters.

**Sources:**  
[https://www.epa.gov/sites/production/files/2016-11/panelizersidemswimage2014\\_0.jpg](https://www.epa.gov/sites/production/files/2016-11/panelizersidemswimage2014_0.jpg)  
<https://www.mdeq.ms.gov/wp-content/uploads/2018/02/2016AnnualReport.pdf>

## VIEWPOINT SecAF, DoD, industry leaders share stage at 2018 AFITC

Phil Berube  
Air University Public Affairs

MAXWELL AIR FORCE BASE, Ala. — Secretary of the Air Force Heather Wilson and the service's new assistant secretary for acquisitions, technology and logistics, Dr. Will Roper, are two of the military keynote speakers sharing the stage with industry leaders at this year's Air Force Information Technology and Cyberpower Conference.

The 2018 AFITC Conference will be Aug. 27-29, 2018, in Alabama's capital city of Montgomery.

With a theme of "CyberVision of the Future: Mission Defense and Trusted Information," the conference will highlight the importance of the continuing need for industry partners, decision makers, academia and government professionals to collaborate on joint ventures in the IT and cyber domains.

Among the government keynote speakers joining Wilson and Roper will be Vice Admiral Nancy Norton, director, Defense Information Systems Agency and commander, Joint Force Headquarters-DoD Information Network.

"This conference ranks as one of the Air Force's most prestigious national events," said AFITC chair Marcie Rhodes, chief of the Core Financial Systems Branch at the Air Force Program Executive Office-Business Enterprise Systems here, a conference co-sponsor. "Where else can you assemble professionals from



Courtesy graphic  
**The 2018 Air Force Information Technology and Cyberpower Conference is Aug. 27-29 in Montgomery, Alabama. To register and learn more about the conference, visit [www.afitc-event.com](http://www.afitc-event.com).**

cyber, IT, operational and academia sectors with stakeholders, decision makers and end-users in one forum? Our conference offers a unique marriage between Air Force strategic goals and burgeoning IT technologies that are being discussed and implemented every day within government and industry circles."

Through an aggressive schedule of cyber and IT breakout and plenary sessions and panel discussions, attendees will gain insight to and an understanding of all aspects of DoD and Air

Force cyberspace and IT, including enterprise architecture, cyber security and governance, identity management and acquisitions and spectrum management.

AFITC started nearly three decades ago as the Air Force Small Computer Conference, bringing together Air Force communications experts and industry vendors.

The purpose of the conference then was for industry to show the Air Force the latest technologies in personal computers and networking components. This event occurred in late August to take advantage of "end of fiscal year" funds, and personnel brought their unit credit cards to make purchases on the spot, said Richard Aldridge, director, AFPEO-BES.

"Now, 30 years later, AFITC brings together Air Force cyber and IT experts with commercial partners and thought leaders in academia to understand current and innovative technologies and form future strategy," said Aldridge. "The breakout sessions regarding cyber policy, doctrine, acquisition and operations serve as information and decision making forums. Every cyber and IT issue impacting the Air Force over the next 12 months will be discussed at AFITC 2018."

To register and learn more about the conference, visit [www.afitc-event.com](http://www.afitc-event.com). More than 150 vendors have signed up for the conference, eager to demo cutting-edge IT and cyber software and hardware.



# BLAZE Hangar Tails: C-5 Super Galaxy

## Mission

The C-5 Galaxy is one of the largest aircraft in the world and the largest airlifter in the Air Force inventory. The aircraft can carry a fully equipped combat-ready military unit to any point in the world on short notice and then provide the supplies required to help sustain the fighting force.

## Features

The C-5 has a greater capacity than any other airlifter. It has the ability to carry 36 standard pallets and 81 troops simultaneously. The Galaxy is also capable of carrying any of the Army's air-transportable combat equipment, including such bulky items as the 74-ton mobile scissors bridge. It can also carry outsize and oversize cargo over intercontinental ranges and can take off or land in relatively short distances. Ground crews are able to load and off-load the C-5 simultaneously at the front and rear cargo openings, reducing cargo transfer times. Other features of the C-5 are:

- Able to operate on runways 6,000 feet long (1,829 meters)
- Five sets of landing gear totaling 28 wheels to distribute weight
- Nose and aft doors that open the full width and height of the cargo compartment to permit faster and easier loading
- A "kneeling" landing gear system that permits lowering the parked aircraft to facilitate drive-on/drive-off vehicle loading and adjusts the cargo floor to standard truck-bed height
- Full-width drive-on ramps at each end for loading double rows of vehicles
- A maintenance diagnostics system that records and analyzes data from more than 800 (C-5A) and 7000 (C-5M) test points, reducing maintenance/repair time.

The C-5 has the distinctive high T-tail, 25-degree wing sweep, and four turbofan engines mounted on pylons beneath the wings.

The C-5 has 12 internal wing tanks with a total capacity of 51,150 gallons (194,370 liters) of fuel — enough to fill 6 1/2 regular-size railroad tank cars. A full fuel load weighs 332,500 pounds (150,820 kilograms). A C-5 with a cargo load of 270,000 pounds (122,472 kilograms) can fly 2,150 nautical miles, offload, and fly to a second base 500 nautical miles away from the original destination — all without aerial refueling. With aerial refueling,

the aircraft's range is limited only by crew endurance.

## Background

Lockheed-Georgia Co. delivered the first operational Galaxy to the 437th Airlift Wing, Charleston Air Force Base, now known as Joint Base Charleston, South Carolina, in June 1970. C-5s are operated by active-duty, Reserve, and Air National Guard crews. They are currently stationed at Dover AFB, Delaware; Travis AFB, California; Lackland AFB, Texas; Martinsburg ANGB, West Virginia and Westover ARB, Massachusetts

In March 1989, the last of 50 C-5Bs was added to the 76 C-5As in the Air Force's airlift force structure. The C-5B includes all C-5A improvements as well as more than 100 additional system modifications to improve reliability and maintainability.

Based on a study showing 80 percent of the C-5 airframe service life remaining, AMC began an aggressive program to modernize the C-5 in 1998. The C-5 Avionics Modernization Program included upgrading the avionics to improve communications, navigation and surveillance/air traffic management compliance. The upgrade also added new safety equipment and installed a new autopilot system.

Another part of the C-5 modernization plan is a comprehensive Reliability Enhancement and Re-engineing Program (RERP). Fifty-two C-5s (1A, 2Cs, and 49Bs) are scheduled to receive the RERP modification by fiscal 2017. The centerpiece of this program is the General Electric CF6-80C2 (F-138) commercial engine. This engine delivers a 22 percent increase in thrust, a 30 percent shorter take-off roll, has a 58 percent faster climb rate and will allow significantly more cargo to be carried over longer distances. With its new engine and other system upgrades, the RERP modified C-5A/B/Cs become C-5Ms, Super Galaxy. This modernization program will make the C-5 much quieter (FAA Stage 4 Compliant) and enhance aircraft reliability and maintainability, maintain structural and system integrity, reduce cost of ownership and increase operational capability well into the 21st century.

In fiscal 2004 and fiscal 2011, Congress authorized the retirement of 46 C-5As. In fiscal 2013 Congress authorized an additional 27 C-5A retirements, one of which has retired. The

remaining 26 aircraft will retire between fiscal 2014 and fiscal 2015. The current resulting fleet size from these events is 78, 26 C-5As and 52 C5B/C/M.

## General Characteristics

**Primary Function:** Outsize cargo transport  
**Prime Contractor:** Lockheed-Georgia Co.  
**Power Plant:** Four General Electric TF-39 engines (C-5A,B,C)/ Four F-138 General Electric engines (C-5M)  
**Thrust:** 43,000 pounds, each engine (C-5A,B,C)/ 51,250 pounds, each engine (C-5M)  
**Wingspan:** 222 feet 9 inches (67.89 meters)  
**Length:** 247 feet 1 inch (75.3 meters)  
**Height:** 65 feet 1 inch (19.84 meters)  
**Cargo Compartment:**  
- Height, 13 feet 6 inches (4.11 meters)  
- Width, 19 feet (5.79 meters)  
- Length, 143 feet, 9 inches (43.8 meters)  
**Pallet Positions:** 36  
**Maximum Cargo:** 270,000 pounds (122,472 kilograms)  
**Maximum Takeoff Weight:** 840,000 pounds (381,024 kilograms)  
**Speed:** 518 mph

**Unrefueled Range of C-5M:** About 4,800 nautical miles, e.g., Dover AFB, Delaware, to Incirlik AB, Turkey, with 120,000 lbs (wartime planned load) of cargo. About 7,000 nautical miles with no cargo on board.

**Crew:** Seven (pilot, co-pilot, two flight engineers and three loadmasters)

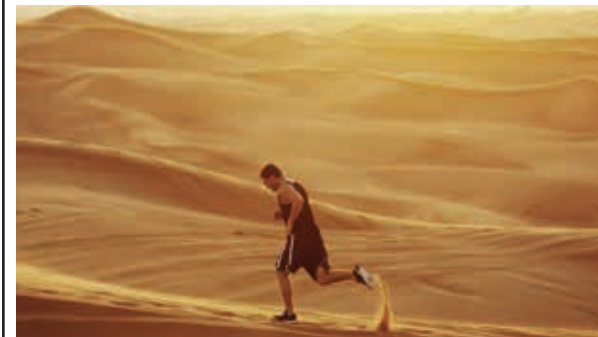
**Fly Away Unit Cost:** C-5A – 152.8 million (fiscal 1998 constant dollars); C-5B – \$179 million (fiscal 1998 constant dollars); C-5C (Space Cargo Modification) – \$88 million (fiscal 1998 constant dollars); C-5M (RERP Modification) – \$90 million (fiscal 2009 constant dollars)

**Deployed:** C-5A in 1970; C-5B in 1986; C-5C in 1988; C-5M in 2009

**Inventory:** Total C-5 fleet changes monthly based on congressional approval of C-5A retirements; 52 C-5Ms are scheduled to be in the inventory by fiscal 2017; 16 C-5Ms have been delivered through December 2013.

## Medical Corner

### Getting heat fit: Acclimating your body for maximum fitness



We all want to be noticed and get acknowledged for being great at something. Becoming a heat casualty may not be the best way to go about "getting noticed."

The summer months are in full swing, and as the temperatures rise, so do the chances of getting a heat injury or becoming a heat casualty. Over the past several years, there has been an increase in the number of heat related illnesses and injuries as temperatures rise and service members and their families relocate from regions of cooler climates to hotter climates and may not properly acclimate themselves to the heat and humidity.

#### Heat injuries and heat illnesses

Heat injuries and illnesses occur when the body is unable to dissipate heat absorbed from the surrounding environment or generated during any internal metabolic processes. Heat injuries and heat illnesses include heat stroke, heat exhaustion, heat cramps, heat rash, and sunburn with heat exhaustion and heat stroke being the most deadly.

Even with basic heat injury training conducted each summer, thousands still end up non-mission capable due to serious and sometimes life threatening heat injuries and heat illnesses. Over motivation can also be a huge contributor to heat injuries as this can lead to trying to do too much, too soon or for too long in environments that the body may not be accustomed to.

#### Importance of becoming heat-fit

Fitness plays a key role in minimizing heat injuries. It is important to allow your body to become heat-fit before adding to or increasing any fitness routines or exercises. The process of becoming heat-fit and acclimating the body to hotter environments occurs when physical exertion is repeatedly conducted to increase the body temperature thereby inducing sweat. Proper acclimation occurs usually over a two week period of daily heat exposure with proper rest-hydration cycles. However, physically fit Airmen should be able to become acclimated within a week. Implementing a rest-hydrate cycle

along with any physical activity allows the body to become acclimated to the environment to better retain fluids and electrolytes. The heat-fit process includes increasing fluid and electrolyte intake (particularly one that contains salt) to help increase blood volume and decrease excessive fluid loss through sweat and evaporation. It is important to note that once a proper heat -fit cycle has been attained and the body has been acclimated, the affects of acclimation will only last for one week. At the end of one week, the level of acclimation achieved will deteriorate at approximately 25 percent per week over a three week period once heat exposure ends.

Benefits of Becoming Heat-Fit (Heat Acclimation)	
Thermal Comfort - Improved	Exercise Performance - Improved
<ul style="list-style-type: none"><li>• Core Temperature - Reduced</li><li>• Sweating - Earlier and Greater</li><li>• Skin Blood Flow - Earlier</li><li>• Body Heat Production - Lower</li></ul>	<ul style="list-style-type: none"><li>• Heart Rate - Lowered</li><li>• Thirst - Improved</li><li>• Salt Losses (sweat and urine) - Reduced</li><li>• Organ Protection - Improved</li></ul>

#### Heat-fit strategies

- Recognize and be aware of heat-related injuries
- Prior to arriving in any hot weather environments, maximize physical fitness for heat acclimation
- Exercise and train in the coolest part of the day then acclimate during the hotter parts
- Use interval training (work/rest-hydrate cycles)
- If you find yourself in an environment with a climate that is hotter than previously accustomed to, do physical activities that are more appropriate for the first few days such as alternating walking and running
- Most importantly, consume sufficient water to replace any sweat loss

**Additional References & Resources:**  
1. <https://health.mil/News/Articles/2017/07/20/Exertional-Heat-Injuries-Pose-Annual-Threat-to-US-Service-Members>  
2. <https://www.militarytimes.com/off-duty/military-fitness/2017/07/19/heat-illness-remains-significant-threat-to-troops-despite-warnings-and-guidance/>  
3. Warning Signs and Symptoms of Heat-Related Illness: <https://www.cdc.gov/disasters/extreme-heat/warning.html>  
4. Heat Injury Prevention Video: <https://www.hprc-online.org/videos/heat-injury-prevention-ii-video>

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



Dear Health Myth Busters,

*I've always believed that running in the heat can be done smartly and safely if you educate yourself on the safety warnings and are well prepared. However, my fellow Airmen believe that I am putting myself at risk by running in hot environments with temperatures of 90 degrees and above and should limit myself to SK's or less. I've always believed that as long as I do not run too far or for too long I should be safe. Is it true that running shorter distances in hot environments will prevent heat stroke or heat related injuries?*

Sincerely,  
Hot Foot

Dear Hot Foot,

Thank you for the questions related to hazards of exercising in the heat. This is an especially timely topic, as the months of hot summer sun are upon us. To answer your question, heatstroke can be caused by fast, hard, or short runs (5K-10K) just as easily as longer runs, especially if you have not prepared yourself to run in hot weathered environments.

The most important point I can impress upon you is to always play it smart when running or exercising in the heat. As the temperatures begin to approach the 90's, always give yourself at least 2 weeks to acclimatize to the hot weather. The best way to acclimate yourself is by gradually increasing the length and intensity of your training. It will take your body that much time to learn to decrease your heart rate, decrease your internal temperature, and increase your sweat rate. Try to run during the coolest part of the day, either morning or just after sunrise. When possible, run in the shade, either on trails or tree lined roads. This will help to avoid heat gain from solar radiation.

Sometimes runners think they should be able to match their run times in hot weather to their run time in cooler weather. Don't expect to match times achieved in better weather conditions; it's not possible in the heat. Run slower than you would in cooler weather. Hydrate appropriately before, during, and after your run. Be careful; overhydrating can be just as harmful. Wear clothing that is light and wicks the moisture from your skin. And most importantly, run with friends or let someone know where you're running and when you'll return.

Lastly, I recommend avoiding hot-weather running all together, especially if you're experiencing any of the following conditions or situations as they put you at risk for heatstroke: Sleep loss, unusual fatigue, the sense you're 'coming down' with something, an extensive exposure to heat (mowing the lawn, a sports game in the heat), reduced sweating, fever or illness.

Sincerely,  
Health Myth Busters



U.S. Air National Guard photo by Airman 1st Class Tiffany A. Emery

**A C-5 Super Galaxy with the 436th Airlift Wing at Dover Air Force Base, Delaware flies over northern Ohio May 24, 2018. The C-5 just finished aerial refueling by a KC-135 Stratotanker with the 121st Air Refueling Wing, Ohio.**



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

**A C-5 Super Galaxy from the 436th Airlift Wing acts as an entrance to the Wings Over Columbus Air and Space Show April 21, 2018, on Columbus Air Force Base, Mississippi. The C-5 is one of the largest aircraft in the world and the largest airlifter in the Air Force inventory.**



# The 41st FTS takes students and molds pilots

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

“Unwavering professionals forging American combat airpower,” is the single mission of the 41st Flying Training Squadron at Columbus Air Force Base, Mississippi.

The 41st FTS student pilots cannot fly across Southeast Asia on a combat mission in a C-17 Globemaster III or an F-22 Raptor without passing numerous flights in the T-6 Texan II to graduate pilot training.

“We work with some of the most excited and motivated people you’re ever going to work with,” said 1st Lt. Maxwell Adler, 41st FTS instructor pilot. “All these students fought very hard to be here and will stop at almost nothing to accomplish their goal of getting into an operational airframe. They work hard and they study hard. Study, eat, sleep, repeat.”

This motivation contributes to the success of all 14th Flying Training Wing Airmen, Adler said, the motivation of the



**Capt. Conor Murphy, 41st Flying Training Squadron instructor pilot, and 2nd Lt. Cameron Duley, 41st FTS student pilot, step to their assigned aircraft July 2, 2018, on Columbus Air Force Base, Mississippi. The 41st FTS is responsible for training roughly half of all student pilots at the 14th Flying Training Wing.**

*“The challenges of training pilots is balance,” said Lt. Col. Brent Curtis, 41st FTS commander. “We could all fly three times a day all day long every day of the year and we could produce more pilots than we do right now, but you can’t sustain that. The real challenge is finding the optimum rate of work and life balance. We consume all of our instructors every day. If someone comes in sick we have nobody to fill their place because we have scheduled everybody we have for everything.”*

students has an effect on everyone near it.

“We’re putting out over 100 sorties every day,” Adler said. “Which means that’s going to put a lot of wear and tear on our gear, so without the aircrew flight equipment guys and girls, we’d run into issues and be unable to fly as hard. When the 1-Charlies (aviation resource management) make sure our paperwork is cleared and get us to our tail numbers on time we can fly on schedule. Without the other

groups, squadrons and units we’d be unable to even begin flying, it all works like a machine.”

Like clockwork, the 14th FTW completes pilot training day in and day out, filling the gap on the pilot shortage one flight at a time. This does not come without its barriers though.

“The challenges of training pilots is balance,” said Lt. Col. Brent Curtis, 41st FTS commander. “We could all fly three times a day all day long every day of the year and we could produce more pilots than we do right now, but you can’t sustain that. The real challenge is finding the optimum rate of work and life balance. We consume all of our instructors every day. If someone comes in sick we have nobody to fill their place because we have scheduled everybody we have for everything.”

This balance is something Adler deals with on a regular basis. He was a student pilot not long before he became a first assignment instructor pilot for the 41st FTS.

“Students will accomplish 15 to 25 sorties before they come fly with us in the check flight,” Adler said. “We are evaluating how they have been instructed, their progression through the program and if they are ready to continue to progress through the program. We are here to make sure we are producing pilots that will go on to be military aviators.”

Seeing pilot training from the student and instructor’s seats shows the impact training has and Adler says the long days



**Second Lt. Cameron Duley, 41st Flying Training Squadron student pilot, and Capt. Conor Murphy, 41st FTS instructor pilot, prepare for a sortie July 2, 2018, on Columbus Air Force Base, Mississippi. A T-6 Texan II training mission starting from the mission brief to debrief can take hours and instructor pilots can do up to three flights in one day.**

are worth it for every instructor there.

“The reward of my job is being able to see a student who has no idea what they are doing and gets airsick every sortie,” Adler said, “a student who has been beat into the dirt, and becomes this pilot who can fly in formation 10 feet from another airplane up to 90 degrees of bank and stay in position while going 200 knots through the air is amazing.”

From the squadron commander’s office there is nothing but pride as well, Curtis has spent many years as a student, instructor and now commander within the pilot training mission, and is happy to be back

in a leadership position.

“What’s great is working hard to take care of the people and share mission success with those same people,” Curtis said. “They don’t work for me, I work for them.”

Curtis mentioned a lot of pride in the pilots the 41st FTS has produced and the instructor’s consistently great work. He said he is also proud to be an integral part of the many individuals across all three pilot training bases reworking the pilot training course to produce great pilots more efficiently. He hopes to have his squadron continue helping polish the way pilot training is completed.



**Maj. Drew Walters, 41st Flying Training Squadron instructor pilot, looks over papers before briefing student pilots July 2, 2018, on Columbus Air Force Base, Mississippi. Instructor pilots drill students on in-flight emergency procedures constantly throughout training so in the event of a real emergency, the pilots are able to evaluate and react as fast as possible.**



**Second Lt. Cameron Duley, 41st Flying Training Squadron student pilot, and Capt. Conor Murphy, 41st FTS instructor pilot, complete a pre-flight check list before a sortie July 2, 2018, on Columbus Air Force Base, Mississippi. Only a handful of flights are flown solo throughout pilot training at Columbus AFB, to test the pilots confidence and build their ability to think fast and complete a flying mission.**