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“Produce Pilots, Advance Airmen, Feed the Fight”
Columbus Air Force Base, Miss.

Vol. 42, Issue 28

July 27, 2018

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Friday Cloudy High 95°F Low 71°F	Saturday Isolated PM Thunderstorms High 93°F Low 72°F
Sunday Isolated PM Thunderstorms High 91°F Low 72°F	Monday Thunderstorms High 86°F Low 70°F

Forecast provided by the 14th OSS Weather Flight

News Briefs

Commander Base Farewell
The Columbus Club will be hosting a farewell Barbeque dinner at 6 p.m., Aug. 4, for Col. Douglas Gosney, 14th Flying Training Wing commander. Contact Columbus Air Force Base's protocol officer to RSVP at ext. 7024.

14th Flying Training Wing Change of Command
The 14th Flying Training Wing is hosting a change of command ceremony at 9:14 a.m. Aug. 6, at the McAlister Fire Station.

Wing Newcomers Orientation
A Wing Newcomers Orientation is scheduled for 8 a.m.-1 p.m. Aug. 7, at the Columbus Club for newly arrived active-duty and civilian personnel.

Inside



Feature 8

SUPT Class 18-12 graduates today at 10 a.m. at the Kaye Auditorium.



U.S. Air Force photo by Airman 1st Class Keith Holcomb
Maj. Art Richardson, Civil Air Patrol SUPT Familiarization course instructor, teaches Civil Air Patrol cadets while flying a T-6 Texan II simulator July 24, 2018, on Columbus Air Force Base, Mississippi. Through three phases student pilots will learn everything they must know to begin their journey as the most professional military aviators in the world, and every year the Civil Air Patrol have 10 days to live in a simulated SUPT program.

14th FTW and Civil Air Patrol work together to make future pilots

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

The 14th Flying Training Wing produces hundreds of pilots every year for the U.S. Air Force through a selective and difficult training program, Specialized Undergraduate Pilot Training (SUPT).
Through three phases student pilots will learn everything

See CIVIL AIR PATROL, Page 3




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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 (19-06)	-6.90 days	-9.28 days	Aug. 13	48th (18-13)	1.18 days	3.52 days	Aug. 17	49th (18-KBC)	-10.47 days	-3.29 days	Aug. 21	T-6	2,349	2,035	22,512
41st (19-05)	-15.76 days	-10.55 days	July 23	50th (18-13)	-2.67 days	-1.45 days	Aug. 17					T-1	738	613	7,496
												T-38	787	620	9,201
												IFF	318	311	3,591

* Mission numbers provided by 14 FTW Wing Scheduling.

To advertise in Silver Wings, call 328-2424

Columbus AFB's newest Technical Sergeants

Through hard work and dedication all of these individuals proved they have what it takes to lead at the next level. "None of the 14th Flying Training Wing's newest Technical Sergeants would be where they were if it were not for a team effort," stated Col. Douglass Gosney. "Especially those who have taken their time to mentor and challenge our Airmen to guarantee their success."

Nichole Baillargeon, 14th Operations Support Squadron
Matthew Donahoue, 81st Fighter Squadron
David Dulin, 14th OSS

Whitney Felder, 14th FTW
Cedric Hill, 14th Medical Support Squadron
Steven Kern, 14th OSS
Richard Kimbrough, 14th Comptroller Squadron
Richard Lee, 14th OSS
Ashley Maury, 14th Security Forces
Denver Rodgers, 14th Force Support Squadron
Andrew Snyder, 14th OSS
Kathleen Staples, 14th Medical Operations Squadron
Shannon Wagner, 14th MDOS
Jeffrey Vanrees, 14th Civil Engineer Squadron

14TH CES wins DOD level award

14th Civil Engineer Squadron won the Department of Defense Fire Department of the Year award (Medium Category)

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.



Hunter safety class

We are trying to determine if there is any interest in a hunter safety class on base to include dependents.

Any one hunting in Mississippi born after 1972 must have had a hunter safety class. If you had it in another state you will be in the computer system, or show your card when purchasing a license.

If interested email frank.lockhart@us.af.mil indicating that you need the class. Please respond before Aug. 10.

If there is enough interest I will set up a date/time for the class.



Silver Wings

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Submission Deadline

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

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July 31
Lowndes County Young Leaders for parents and stu-

dents will kick off at 5:30 p.m. at The Mississippi University for Women. For more information contact assistant@clchamber.org.

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.

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purchased through The Commercial Dispatch, 328-2424.

Miscellaneous

For Sale: Polan Pro 200 mph \$49. For more information please call 327-1205

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

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
30	31 Enlisted Promotions/Quarterly Awards Col. Gosney Community Reception, 6 p.m. @ Graham's Camp House, RSVP required	1 Col. Gosney Fini Flight, @ Base Ops	2	3 SUPT Class 18-13 Assignment Night, 5:30 p.m. @ Club	4/5 4th: Wing Commander's Base Farewell, 6 p.m. @ Club, All invited	Aug. 17: SUPT Class 18-13 Graduation Aug. 23: ALS Graduation Aug. 23: Senior NCO Induction Aug. 23-24: Alpha Warrior Meet and Greet Aug. 24: SUPT Class 18-14 Assignment Night
6 Col. Gosney Retirement 14th FTW Change of Command, 9:14 a.m. @ Fire Station	7 Columbus Club open for breakfast Wing Newcomers, 8 a.m. @ Club	8 14th MSG Assumption of Command, 10:14 a.m. @ Fire Station	9	10	11/12 11th & 12th: Autocross	Aug. 28: Wing Newcomers Aug. 30: Enlisted Promotions Aug. 31: AETC Family Day Sept. 3: Labor Day Sept. 7: SUPT Class 18-14 Graduation Sept. 11: Patriot Day

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RESCUE
(Continued from page 14)

While almost everyone involved had a personal sense of pride in their contribution to the success of the life-saving mission, many also found professional value in it.

"What I took away from this mission was gratitude toward our leadership; because this mission was so high risk, I expected that our involvement – specifically the confined space diving – would be restricted," Uriarte said, "But we kept our leadership up to speed on our decision-making process and how we planned to mitigate risks, and they fully supported our decisions on how to execute at the tactical level."

Overcoming so many difficulties and barriers may have been an accomplishment experienced only by those directly involved, but as news of the last child being rescued spread throughout the media – making it a 100 percent successful rescue mission – the world sighed in relief too.

Thunderbirds announce 2019 officer selections

United States Air Demonstration Squadron

NELLIS AIR FORCE BASE, Nev. — The commander of Air Combat Command, Gen. Mike Holmes, has officially selected the officers who will be joining the U.S. Air Force Thunderbirds for the 2019 demonstration season.

Lt. Col. John Caldwell, 28th Test and Evaluation Squadron commander, Eglin Air Force Base, Florida, will become Thunderbird No. 1, the squadron's commander/leader. As the two-fold duty title implies, his responsibilities will include commanding a force of more than 120 enlisted personnel and 11 commissioned officers assigned to the Thunderbirds, along with leading all demonstration flights. Caldwell will replace Lt. Col. Kevin Walsh.

Capt. Michael Brewer, 334th Fighter

Squadron, Seymour Johnson AFB, North Carolina, has been selected as Thunderbird No. 3, the team's right wing pilot. He will fly as close as 3 feet from the No. 1 jet during flight formations, demonstrating the teamwork and precision of America's Air Force. Brewer will replace Maj. Nate Hofmann.

Maj. Whit Collins, the current lead solo pilot, will transition to the slot pilot position as Thunderbird No. 4 in 2019. Like Brewer, Collins will also fly in close formation with the other demonstration pilots, just aft of the No. 1 aircraft and between the two wingmen. Collins will replace Maj. Nick Krajicek.

Capt. Michelle Curran, 355th Fighter Squadron, Naval Air Station Joint Reserve Base Fort Worth, Texas, has been chosen as Thunderbird No. 6, the team's opposing solo pilot. The solo pilots perform maneuvers showcasing the maximum capabilities of the F-16

aircraft. Maj. Matt Kimmel, the current opposing solo pilot, will transition to the lead solo position in 2019.

Maj. Jason Markzon, 35th Maintenance Operations Flight commander and F-16 Fighting Falcon pilot assigned to the 13th Fighter Squadron, Misawa Air Base, Japan, will become Thunderbird No. 8, the team's advance pilot and narrator. His duties will include advancing to show sites ahead of the team, coordinating logistical details with the local show organizers and narrating to the crowd during performances. Markzon will replace Maj. Branden Felker.

Lt. Col. (Dr.) Noel Colls, a flight surgeon and family practice resident assigned to the 60th Medical Operations Squadron, Travis AFB, California, will become Thunderbird No. 9, the team's flight surgeon. He will provide medical care for more than 130 squadron

members and keep the team in optimal health. Colls will replace Maj. (Dr.) William Goncharov.

"This year's exceptional officer applicant pool reflects the incredible degree of talent, motivation and diversity that exists throughout our Air Force. It was a tough selection process, but ultimately these officers rose to the top," Walsh said. "The Thunderbirds are proud to welcome these leaders aboard as they assume responsibility for showcasing the pride, precision and professionalism of more than 660,000 total force Airmen serving around the world."

The 12 officer positions on the team are two-year tours of duty. By design, the position openings are staggered, allowing the squadron to maintain continuity of experience and leadership. In 2020, Thunderbird Nos. 2, 4, 6, 7, 10 and 12 will be replaced.

International rescue effort saves trapped soccer team

Staff Sgt. Jessica H. Smith 18th Wing Public Affairs

KADENA AIR BASE, Japan — Twelve boys ranging from age 11 to 16, along with their soccer coach, found themselves stranded in a cave in Thailand's Chiang Rai province, June 23, 2018. After 17 days entrapment, an international rescue team successfully ended a nearly 3-week operation.

At the request of the Royal Thai government, members of the 320th Special Tactics Squadron from the 353rd Special Operations Group, and members of the 31st Rescue Squadron from the 18th Wing at Kadena Air Base, Japan were ready to go.

Upon arrival, members were divided into teams to help the mission. Some assessed possible rescue operations at the mouth of the cave while others created helicopter landing zones by clearing areas of the surrounding jungle and planned for scuba tank cache locations.

With 24-hour operations and 16 to 18 hour shifts, the international rescue team worked around the clock to overcome the many challenges they faced.

"It's important for people to understand that this kind of rescue had never been attempted by anyone in the world," said Tech. Sgt. Adam Lopez, 31st RQS pararescueman. "It was the most technically difficult mission any of us have ever been involved with."

Confined space diving is considered to be extremely hazardous for even the most highly trained and competent divers, making it a high-risk mission for the rescuers and those trapped in the cave, he explained.

Unsure of where the children were within the cave, and whether they were even alive, the team needed to operate with a problem-solving mindset and communicate with all others in the mission — regardless of the inevitable communication barriers — to determine what efforts could be provided



U.S. Air Force photo by Capt. Jessica Taif

Airmen from the U.S. Indo-Pacific Command prepare for dive operations July 2, 2018, in Chiang Rai, Thailand. At the request of the Royal Thai government, USINDOPACOM sent a search and rescue team from Okinawa, Japan to assist Thai rescue authorities in locating 12 youth football players and their coach.

and by who.

"It was important for all the different supporting players to come together because everyone brought a different expertise to the table — no single entity had all the skills or answers to be able to complete the rescue," said Tech. Sgt. Michael Smith, 31st RQS pararescueman. "We all had something to offer and we needed to be united to complete the mission."

As soon as the location of the children was determined, safety and risk mitigation became a priority for the rescue team and all others involved, to ensure the best possible outcome, explained Staff Sgt. Jamie Brisbin, 31st RQS pararescueman.

Having found the children, the international rescue team began the real prep work for fulfilling the rescue plan. However, because of the complexity of the effort, the team feared the loss of some of the children, unsure if everyone would survive.

"Due to the technical difficulty of this mission, we didn't expect all of the children to survive the rescue," Lopez said. "However, we had the right people and equipment in place, and we knew that due to the low oxygen levels in the cave, as well as the worsening weather that was sure to further flood the cave, we had a small window of time to execute a rescue. The risk mitigation that went into planning this rescue was done with such a high level of attention to detail that we knew the plan was solid."

Kadena AB Airmen took on the role of executing logistics dives to pre-position scuba tanks that would later be used for divers to swap used tanks for full tanks, explained Master Sgt. Christopher Uriarte, 31st RQS pararescueman. The team placed over 200 strategically throughout the cave on the first day.

Another role performed by members of Kadena AB involved carrying the children from chamber to chamber and diving with them from the third chamber to the second chamber where they were handed off to Australian team members before being further guided by Thai members.

"It was an amazing experience to have so many people, regardless of nationality or culture, working together towards a common goal," said Stephen Drakes, 31st RQS SERE specialist. "Obviously communication is the immediate barrier to any multi-national effort, and that was true during this rescue as well — we were able to overcome communication barriers by building solid relationships with the folks we worked with day-in and day-out. By the time we were pulling the kids out of the cave, we were operating as a cohesive team."

See RESCUE, Page 15

CIVIL AIR PATROL

(Continued from page 1)

they must know to begin their journey as the most professional military aviators in the world, and every year Civil Air Patrol cadets have 10 days to live in a simulated SUPT program.

"They are studying exactly what we teach our preflight and primary phase students," said Capt. Glenis Gibbs, 41st Flying Training Squadron instructor pilot. "It's a lot more in-depth than I initially expected."

Civil Air Patrol cadets have a high success rate at the U.S. Air Force Academy and Reserve Officers' Training Corps programs, and Gibbs said that high success rate reinforces the Civil Air Patrol's mission: Civil Air Patrol, America's Air Force Auxiliary, building the nation's finest force of citizen volunteers performing Missions for America.

"This is designed to immerse the Civil Air Patrol cadets into an SUPT students shoes," said Maj. Art Richardson, Civil Air Patrol SUPT Familiarization course instructor. "They have to be able to learn emergency

procedures and basic flying skills ... It's actually a highly selective program, so these cadets earned their spots here and work hard."

The program rapidly introduces information to the cadets, showing them how mentally demanding pilot training is, but also forcing cadets to succeed through teamwork and cohesion. Richardson said the Civil Air Patrol wants to make leaders not only for the military, but for the civilian workforce as well, by instilling positive leadership the young adults through training like this 10-day familiarization course.

"A lot of these guys want to be military pilots," Richardson said. "I love it. This is my third year doing this program and the mentorship part of it is great ... I explain to them my career path from joining the Army then transferring into the Air Force and going through Officer Training School, I like to show them there's many ways to get where they want to be."

The 14th FTW is the only SUPT pilot training base continuing to hold this 10 day course for Civil Air Patrol cadets.



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

Civil Air Patrol cadets participate in a T-6 Texan II 'stand-up', where they are questioned how to respond to different emergencies while flying July 24, 2018, on Columbus Air Force Base, Mississippi. The 14th Flying Training Wing produces hundreds of pilots every year for the U.S. Air Force through a selective and difficult training program, Specialized Undergraduate Pilot Training (SUPT).

Columbus AFB host first-annual Diversity Day

Airman 1st Class Beaux Hebert

14th Flying Training Wing Public Affairs

Diversity is a trait the Air Force is proud to have and Columbus Air Force Base, Mississippi, has found a way for Airmen to be more immersed in other cultures by hosting Diversity Day.

The Department of Defense has different observance for each month, such as Black History, Women's History, Asian American and Pacific Islander and others. Each month a few people gather to celebrate the respected months. Diversity Day is different, offering all observances to be showcased in one event and allowing the diverse groups to intertwine and share their culture.

"Diversity Day is a celebration of all cultures and ethnicities," said Capt. Alisha Foster, 14th Flying Training Wing Equal Opportunity director. "The original thought was to celebrate all of the special observances on one day so that each observance is celebrated in the same capacity, and encourage more people to participate."

Diversity Day featured performances from the Mystic Wind Choctaw Social Dancers and Drummers, United Christian Praise Dance Team and a Black Heritage Presentation. The event also included a live DJ, food tastings, salsa contest, educational booths with trivia games, video presentations, cultural garbs and decorations.

The event started with opening words from Foster and the Equal Opportunity team, explaining why the Air Force celebrates diversity amongst its Airmen and families.

As the festivities continued, Airmen gathered around to watch Mystic Wind Choctaw Social Dancers and Drummers

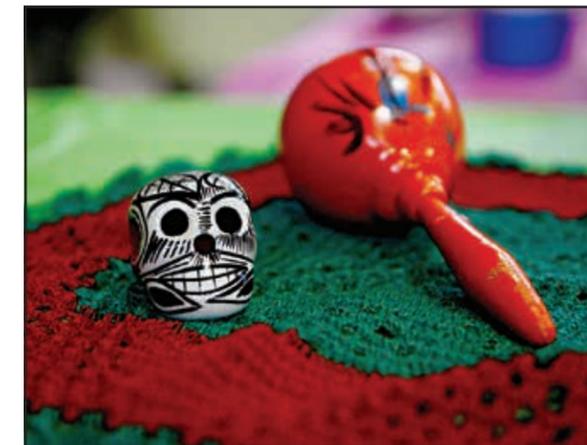


U.S. Air Force photos by Airman 1st Class Beaux Hebert

Ralph Isaac, chanter for the Mystic Wind Choctaw Social Dancers and Drummers, sings at Diversity Day July 19, 2018, on Columbus Air Force Base, Mississippi. The group performed multiple traditional Choctaw dances and songs for Team BLAZE members attending the event.

perform. The performers were dressed in traditional attire and chanted songs in the native language while their dancers told stories through their routine. As part of their routine, the performers invited the crowd to join in and partake in a few dances.

The crowd mingled, participated and learned about the many different races, cultures groups that make the Air Force



A decorative skull and maraca are show cased on the Hispanic American table during Diversity Day July 19, 2018, on Columbus Air Force Base, Mississippi. The event featured multiple special observance booths for Airmen and their families to learn about the different cultures that make up the Air Force.

unique and strong.

"Diversity day was a great event that allowed people to experience many diverse groups in one day," said 2nd Lt. Tinamarie Castro, 14th Communications Squadron Operations Flight deputy commander and volunteer for the Hispanic heritage booth. "I was amazed by the dancing entertainment, I can't wait until next year."

Alpha Warrior Program Q and A

(Current as of April 2018)

Q1: Can you summarize the 2018 Alpha Warrior tour?

A1: The 2018 Tour will visit 23 Air Force Installations in the continental United States and four installations overseas. This will complete the Air Force-wide familiarization component of the service's Alpha Warrior Program. The tour will also introduce Airmen to the competition component of the Alpha Warrior Program with competitions held on Day 2 of each tour. Every installation was offered either a Battle Station (12' x 12' training rig) or a Battle Rig (27' competition rig).

Q2: Can you summarize last year's program?

A2: The Air Force Services Activity Alpha Warrior Program is designed around state-of-the-art fitness apparatus called Battle Rigs and Battle Stations. These multi-station devices enhance functional fitness training for individual Airmen and teams by incorporating the four pillars of Comprehensive Airmen Fitness to achieve resiliency at home station and while deployed. The 2017 tour, April – October, introduced the Alpha Warrior Program to Airmen at 41 bases – 32 state-

side and nine overseas. It included Alpha Warrior celebrity visits and competitions designed to spark interest and enthusiasm in the new fitness program.

Q3: How is this year's program different than last year's?

A3: There is no change other than number of bases (2017 - 41 bases; 2018 - 27 bases)

Q4: What is some of the feedback you've received from Airmen who are using Battle Rigs and Battle Stations?

A4: We've received comments like "Great workout," "Challenges me mentally and physically," "Works muscles I don't typically concentrate on in the gym," "Competition was a lot of fun" and "Can't wait for next year's competition ... I'll be more prepared this time."

Q5: During the 2017 tour, AFSVA held regional qualification competitions in a lead up to the service-wide final battle. Will AFSVA do the same for 2018?

A5: The Final Battle will be in San Antonio in November 2018. The qualification locations leading up to this year's Final Battle have not been determined. As an additional note concerning the

Final Battle, this year's event will include an inter-service competition. The format for this is still in development.

Q6: What are the four pillars of Comprehensive Airmen Fitness and how does Alpha Warrior support them?

A6: The pillars are physical, spiritual, mental and social. The Alpha Warrior obstacles are demanding but attainable so they build physical strength that allows our Airmen to accomplish all aspects of their mission while remaining healthy and uninjured. Spiritually, the program builds a sense of personal accomplishment through perseverance. Mentally, it challenges Airmen and gives them the ability to cope with unique mental stressors and overcome them. Finally, through exercise classes, contest, unit cohesion and common fitness goals, Airmen build a healthy social network that promotes their overall well-being and optimal performance.

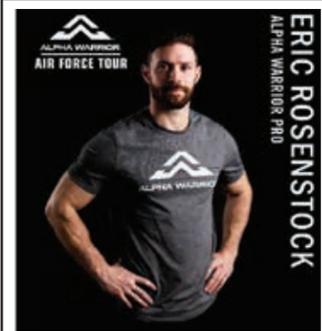
Q7: What is functional fitness?

A7: Functional fitness focuses on improving overall core stability and muscular development by incorporating exercises that replicate typical muscular-skeletal movements and contributes to daily functions rather than specific muscle groups.

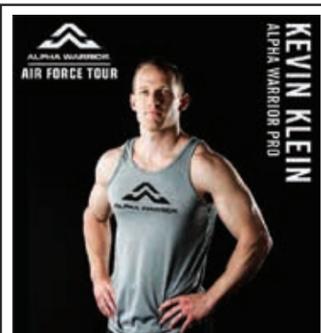
Q8: Why is the Air Force incorporating AL- See ALPHA WARRIOR, Page 5



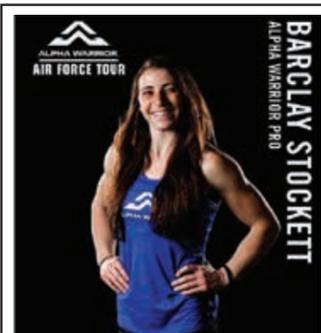
Colleen McCormack is a Pro Athlete with Alpha Warrior who began her American Ninja Warrior journey in 2014. Since then, Colleen has been a competitor for the Orlando region in 2015 and 2016 got the call back from casting and becoming an official competitor for the Atlanta region. After Atlanta, Colleen began to dedicate herself to this sport. Colleen has served as a course tester for both the Las Vegas and Los Angeles courses. This year Colleen will be returning to ANW as a veteran, competing in Daytona in April 2017.



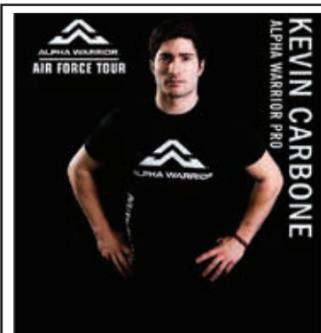
Eric is an Alpha Warrior Pro Athlete who fell in love with his first competitive sport, Martial Arts, at the age of eight. Eric was always drawn to individual sports that tested mental toughness and focus. Eric was immediately attracted to the continual development of the skill and mastery that martial arts demand. Eric's other passions are Olympic Lifting and Rock Climbing. His passionate for fitness lead him to opening his own gym so that he could begin teaching others. Nothing brings Eric greater joy than helping others awaken their inner athlete so they can reach goals they never thought possible. For over a decade Eric has been motivating and teaching others how to accomplish their health and fitness goals, whether it's climbing, obstacle courses, or Olympic weightlifting.



Kevin Klein is a Pro Athlete with Alpha Warrior and one of the top and longest tenured competitors on NBC's American Ninja Warrior. He is one of only a few whom have advanced to the finals of American Ninja Warrior 3 or more times. Kevin is a strength and conditioning coach by trade and has a passion for fitness as an avenue for becoming a better, more well-rounded human both physically and mentally. He also works as the captain and lead flag runner for the Dallas Cowboys. He leads the players onto the field and rallies the crowd during every Dallas Cowboys home game at AT&T Stadium in Arlington, TX. Rock climbing, backpacking, and traveling with his wife are a few of his favorite things to do.



Barclay Stockett is a Pro Athlete with Alpha Warrior and a fierce competitor on any obstacle course. Barclay spent 6 years as a gymnast, retiring at level 10. After seeing Kacy's historic run on NBC's American Ninja Warrior, Barclay became inspired to get into obstacle racing and training. Barclay is currently competing in her third season of American Ninja Warrior. She also competed "Team Ninja Warrior" season 2 as well as "Ninja Vs. Ninja" which airs Spring 2018 on the USA Network. Barclay will be one of the top competitors again on NBC's 2018 season of American Ninja Warrior. When Barclay isn't training or traveling she loves to write poetry and explore exciting cities on her longboard.



Kevin Carbone is a Pro Athlete with Alpha Warrior who had a breakout rookie year as walk on athlete and the first ANW competitor to compete on his own obstacle design. Kevin became a city finalist and earned himself the nickname "the Maker" for his obstacle design abilities. Kevin's City Final run was also a memorable one as he became the first to conquer the Plexy Boxes, creating a beta move that several Ninjas including Drew Dreshel used as well. Kevin also has a passion for inventions and has designed a wide range of products including the Wingnut obstacle used on last season's NBC's American Ninja Warrior course.



Rebekah Bonilla is a Pro Athlete with Alpha Warrior and Real Estate Agent/Investor in Tucson, AZ. She has a background in many sports including soccer, football, basketball and track. Rebekah became inspired after seeing Kacy Catanzaro's historic run in 2014, which in turn compelled her to put her competitive spirit and desire to inspire others into action. She first competed on NBC's American Ninja Warrior in 2015. With renewed intensity and focus in her training, Rebekah made a strong come back In 2017, qualifying Vegas National Finals (Season 9). She will be competing again in 2018 on American Ninja Warrior Season 10. Also, keep your eyes out for her on USA's Ninja vs Ninja Season 3 (airing March 2018).

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,

Community Partnership Meeting



U.S. Air Force photo by 1st Lt. Kara Crennan
Community members gathered at the Columbus Club on Columbus Air Force Base on Monday, July 23, 2018, to attend the Air Force Community Partnership meeting led by Lt. Col. Nate Miller, Mission Support Group deputy commander. Community members and military personnel shared ideas and discussed ways to enhance civilian-military relations which will benefit both the community of Columbus and Columbus Air Force Bass.

Federal Write-in Absentee Ballot (FWAB) SF-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 held Sept. 10-14,

7:30 a.m.-4:00 p.m. and includes seminars on: Transition, Military Occupational Code Cross-walk, 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 (662) 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 CC'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/refreshers KS training and continuing education. For more information, please call (662) 434-3323.

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 .

Air Force Recovery Coordination Program

The Recovery Coordination Program (RCP) streamlines and improves the way care and support is delivered to wounded, ill, and injured Airmen and their families. The RCP provides the support of a Recovery Care Coordinator (RCC) who guides the Airman and family along their road to recovery. Those eligible include wounded, ill, and injured Airmen who: (1) have a serious illness or injury, (2) are unlikely to return to duty within a specified amount of time, (3) may be medically separated from the military. Additional details are available by contacting the Columbus AFB A&FRC at (662) 434-2790.

Chapel Schedule

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

Catholic Community

Sundays:
3:30 p.m. – Religious Education, grades K-9 (Start in Fall)
4 p.m. – Choir Practice
4 p.m. – Confession (or by appointment)
5 p.m. – Mass
1st and 3rd Sunday - Fellowship Meal following Mass
Tuesdays:
11:30 a.m. – Daily Mass (Phillips Auditorium)
Wednesdays:
11:30 a.m. – Adoration (Phillips Auditorium)
2nd Saturday of each month - Faith Ablaze

Protestant Community

Sundays:
9 a.m. – Adult Sunday School
10:45 a.m. – Community Worship Service (Donut Fellowship following)
3rd Sunday of Each Month - Protestant Faith Ablaze
Wednesdays:
6 p.m. - AWANA: Begins September 26th (Open to all denominations)
Thursdays:
5:30 p.m. – Student Pilot Bible Study (Open to all denominations)
****All Sunday Worship Services are held in the Kaye Auditorium until further notice****

Columbus Air Force Base Information and Events

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

Force Support Squadron Smile Program

We want to make you smile! Watch for hidden smiles for a chance to win with 14th Force Support Squadron during the month of August. More details coming soon!

New Library Hours of Operation

The Base Library hours of operation are 10 a.m.–5 p.m., Monday through Friday and 8 a.m.–12 p.m., Saturday. For more information, contact 434-2934.

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.

Flag Football and Cheerleading Registration

The Youth Center is offering Flag Football and Cheerleading for ages 3–18. Register no later than Aug. 3. Volunteer coaches needed. For more information, contact 434-2504.

Eric Matthews Football Camp

The Youth Center is offering a free Youth and Moms Camp with Eric Matthews from 9 a.m.–12 p.m. July 28. Eric Matthews is a former super bowl champion with the Green Bay Packers. Event held at the Columbus Air Force Base youth fields. For more information, contact 434-2504.

Youth Soccer Registration

Register by Aug. 3 and save \$5 per youth! The Youth Center is offering Youth Soccer for ages 3–18. Volunteer coaches needed. For more information, contact 434-2504.

Bench Press and 1000 LB Club

The Fitness Center is offering a Bench Press and 1000 LB Club from 5–7 p.m. Aug. 13. Judging based on total for bench, squats and deadlift; raw weight with 3 attempts. For more information, contact 434-2772.

Summer Time Blues 5K Fitness Run

The Fitness Center is offering a free 5K fitness run at 7 a.m. Aug. 17. For more information, contact 434-2772.

Dodgeball Tournament

The Fitness Center is offering a free Dodgeball Tournament at 5 p.m. Aug. 27. This event requires a team of six and

Smile
AUGUST IS CUSTOMER APPRECIATION MONTH
AUGUST 2018
Visit your favorite Force Support Squadron activities and we'll show you our appreciation!
There are lots of ways to collect a reward.
Thank you from all of us!

is single elimination. Register by 12 p.m. Aug. 27. For more information, contact 434-2772.

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.

14th FSS Gift Cards

Make your shopping easier! Purchase or redeem your 14th 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.

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 AFB 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 Language

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

The Overrun Open Friday Nights

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

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.

ALPHA WARRIOR

(Continued from page 4)

Alpha Warrior in to its fitness program?

A8: The Alpha Warrior program is just another option, it is not officially incorporated into the Air Force fitness program. We are just providing another option for Airmen to vary their fitness programs.

Q9: How did the Air Force decide to adopt the Alpha Warrior Program?

A9: We chose Alpha Warrior because of its ability to meet the standards of a modular, mobile fitness apparatus. The company also provided the basis for an Air Force-wide tour due to its previous work with the U.S. Army. Again, the Alpha Warrior equipment is not part of the official Air Force fitness program.

Q10: How does the Alpha Warrior Program supplement what the Air Force is already doing for Airmen fitness?

A10: Battle Rigs and Stations provide an additional challenge so Airmen can vary their fitness program and they offer a different challenge that the traditional fitness equipment doesn't provide.

Q11: What bases received the equipment in 2017?

A11: Luke AFB and Davis-Monthan AFB, Arizona; Los Angeles AFB and Edwards AFB, California; Peterson AFB, Colorado; Dover AFB, Delaware; MacDill AFB, Florida; Moody AFB, Georgia; Mountain Home AFB, Idaho; Scott AFB, Illinois; McConnell AFB, Kansas; Barksdale AFB, Louisiana; Whiteman AFB, Missouri; Malmstrom AFB, Montana; Nellis AFB and Creech AFB, Nevada; Joint Base McGuire-Dix-Lakehurst, New Jersey; Kirtland AFB, New Mexico; Seymour Johnson AFB, North Carolina; Minot AFB, North Dakota; Wright-Patterson AFB, Ohio; Altus AFB and Vance AFB, Oklahoma; Shaw AFB and Joint Base Charleston, South Carolina; Ellsworth AFB, South Dakota; Sheppard AFB and Joint Base San Antonio, Texas; Hill AFB, Utah; Joint Base Langley-Eustis, Virginia; FE Warren AFB, Wyoming; Aviano, AB, Italy; Kadena AB, Yokota AB and Misawa AB, Japan; RAF Croughton and

RAF Lakenheath, England; Ramstein AB, Germany; and Kunsan AB and Osan AB, South Korea.

Q12: What bases will receive equipment in 2018?

A12: Maxwell AFB, Alabama; Joint Base Elmendorf-Richardson, Alaska; Little Rock AFB, Arkansas; Vandenberg AFB, Travis AFB and Beale AFB, California; U.S. Air Force Academy and Buckley AFB, Colorado; Eglin AFB, Florida; Robins AFB, Georgia; Joint Base Andrews, Maryland; Hanscom AFB, Massachusetts; Columbus AFB and Keesler AFB, Mississippi; Cannon AFB and Holloman AFB, New Mexico; Niagara Falls ARB, New York; Grand Forks AFB, North Dakota; Tinker AFB, Oklahoma; Arnold AFB, Tennessee; Laughlin AFB, Goodfellow AFB and Dyess AFB, Texas; Fairchild AFB, Washington; RAF Mildenhall and RAF Alconbury, England; and Spangdahlem AB, Germany.

Q13: What is the difference between a Battle Rig and a Battle Station?

A13: Primary size; Battle Rigs are 27' long and 15' wide. Stations are 12' x 12'. Rigs can accommodate more obstacles and are linear so are ideal for competition.

Q14: Where is the money coming from for the program?

A14: Funding is provided as part of the Air Force's Recharge for Resiliency, or R4R, program.

Q15: Will Alpha Warrior be a mandatory part of every Airman's fitness regimen?

A15: There are no plans at this time to make it mandatory for Airmen to participate. Just like any other fitness equipment, Battle Rigs and Stations may not be an attractive fitness alternative for every Airman.

Q16: Will Alpha Warrior participation and testing become part of Air Force fitness evaluation for every Airman?

A16: There are no plans at this time to make participation and testing part of official Air Force fitness evaluations.

Q17: Is the Air Force planning to change the way it evaluates Airmen fitness?

A17: There are no plans at this time to change the way Airmen fitness is evaluated.

Q18: Do you anticipate that

Alpha Warrior will help in Airmen recruiting efforts?

A18: There may be some residual benefits to Air Force recruiting but that isn't the primary purpose.

Q19: How does Alpha Warrior compare to American Ninja Warrior?

A19: There is no direct connection. Some staff members of Alpha Warrior have participated on the American Ninja Warrior program and the Battle Rigs and Stations can be used to train for ANW competition, but they really aren't linked beyond that.

Q20: Can Air Force civilian employees and family members use the Alpha Warrior equipment?

A20: Ultimately installations will decide who is authorized to use the equipment. Typically, if you are authorized to use the fitness center, you would be authorized to use the equipment.

Q21: Where will the equipment be housed at installations?

A21: Installations can decide where they want to install the equipment, according to the resources available.

Q22: How is Alpha Warrior expected to impact current fitness center operations?

A22: We hope it will increase patronage by offering a new challenge to Airmen.

Q23: Are there any programs that will help Airmen and their families do well on Alpha Warrior equipment?

A23: The newly developed fitness training course for physical training leaders and fitness staff will arm them with skills to help train Airmen on the use of the Alpha Warrior equipment at their installation.

Q24: Is the physical training leaders and fitness staff training program also funded with Recharge for Resiliency dollars?

A24: Yes, as part of the Air Force Services Activity's resiliency initiative, the program uses R4R funding to support the training.

Q25: Where can Airmen and families go to get more information on Alpha Warrior and the Air Force program?

A25: They can go to www.MyAirForceLife.com or visit their local fitness center.

Local area recycling options

Mike Jago

14th Civil Engineer Squadron
Environmental Element Chief

Options for recycling in Lowndes County or the City of Columbus all involve a car. There are seven drop off locations (see list) through Go Box to accept paper, cardboard, metal and all plastics. For tires call 662-328-5642 to coordinate a drop off. It is free and limited to 40 tires a month. They do NOT take glass. Using the Go Box bins is relatively easy. They have side doors or slots for putting recyclables in. Technically they don't require sorting, though it really helps if you sort at least a little.

New Hope and Caledonia both have one recycle drop off location each. These are the same as the containers in Columbus. Sorting by plastic / paper / cardboard / metal is expected.

Anyone with base access can drop off recycling at the recycling center wall 24/7 or the recycling trailer in the BX parking lot. Sorting is required. We take paper of all sorts, boxes, cardboard, plastic #1 & #2, all metals, all metal "stuff", and glass bottles. The Recycle Center has moving boxes if you are looking for free boxes, and bring a container for crushed glass. Crushed glass is useful as sand or a decorative product and it is free.

100 percent of all material put in the city or county trash is brought to the land fill and buried. To recycle, mulch or reuse anything, it is up to the public to do it.

COLUMBUS Recycling Drop Off Locations:

Gateway Shopping Center, 221 Alabama Street, (East) Columbus, MS

US Electrical Sales, 1600 Gardner Road, (East) Columbus, MS

Anytime Fitness, 3918 HWY 45 N, Columbus, MS

Joe Cook Elementary, 2217 7th St N, Columbus MS

Hitching Lot Farmers Market, corner of 2nd Ave & 2nd St N, Columbus MS

NEW HOPE Recycling Drop Off Locations:

New Hope High School, 3419 New Hope Road, Columbus, MS

CALEDONIA Recycling Drop Off Locations:

Caledonia Street Department, 34 Cedar Street, Caledonia, MS



Go Box Recycling containers at Cook Elementary School. There is no additional signage to inform the public that this is for public use.

Hunt Housing tip of the week

Please take a moment to update your contact information or verify that the information we have on file is current. We need the most accessible email address and phone number in your household. This helps us to keep you updated with relevant and essential information. You can update your information by sending an email to columbusleasing@huntcompanies.com or you may simply drop by the Leasing Office.



Incoming Command Chief: Chief Master Sergeant Raul Villarreal

14th Flying Training Wing Public Affairs

Chief Master Sergeant Raul Villarreal, Jr. is coming to the 14th Flying Training Wing from his last assignment as the superintendent of the 57th Maintenance Group, 57th Wing, Nellis Air Force Base, Nevada. He provided leadership and management in organizing, equipping, training, and the effective utilization of 2,700 assigned personnel supporting 131 A-10C, F-15C/D/E, F-16C/D, F-22A and F-35A aircraft generating over 18,000 sorties annually. He served as the primary communications link between the Maintenance Group Commander and the enlisted force, ensuring understanding and compliance with policies, applications, and directives. Chief Villarreal was the principle advisor to the Maintenance Group Commander on personnel, morale, and welfare issues.



Chief Villarreal entered the Air Force in February of 1993. He has served in a variety of positions at the squadron, detachment, and major command levels. His assignments include locations in North Carolina, Arizona, and Virginia. Chief Villarreal has also served overseas in Japan and deployed on multiple occasions to various locations in support of Operations Southern Watch, Allied Force, Iraqi Freedom, and Enduring Freedom.

EDUCATION

- 1997 Airman Leadership School, Seymour Johnson AFB, North Carolina
- 1998 Associate Degree, Avionics Systems Technology, Community College of the Air Force
- 2005 Noncommissioned Officer Academy, McGhee-Tyson ANG, Tennessee
- 2007 Associate Degree, Instructor of Technology and

- Military Science, Community College of the Air Force
- 2007 Additional Duty First Sergeant Course, Luke AFB, Arizona
- 2007 Senior Enlisted Joint Professional Military Education Correspondence Course
- 2008 Instructor Certification Level II, Community College of the Air Force
- 2010 Senior Noncommissioned Officer Academy, Maxwell AFB, Alabama
- 2011 Community College of the Air Force Professional Management Certification #770
- 2011 Bachelor of Arts Degree in Occupational Education, Wayland Baptist University
- 2016 Senior Enlisted Joint Professional Military Education Correspondence Course II

ASSIGNMENTS

1. February 1993 - April 1993, Trainee, Basic Military Training, Lackland AFB, Texas
2. April 1993 - November 1993, Student, F-15 Avionics Test Station and Components, Lowry AFB, Colorado
3. December 1993 - December 1995, F-15C/D Integrated Avionics Team Member, 18th Maintenance Squadron, Kadena AB, Japan
4. January 1996 - March 1999, F-15E Team Member, 4th Component Repair Squadron, Seymour Johnson AFB, North Carolina (June 1997 - September 1997, F-15E Team Member, 363th Air Expeditionary Wing, Prince Sultan Air Base, Saudi Arabia)
5. April 1999 - September 2002, F-15E Team Leader, 4th Component Maintenance Squadron, Seymour Johnson AFB, North Carolina (May 2001 - June 2001, F-15E Team Leader, RAF Lakenheath, England)
6. October 2002 - May 2006, F-15E Production Supervisor, 4th Component Maintenance Squadron, Seymour Johnson AFB, North Carolina (September 2003 - January 2004, F-15E Production Supervisor, 379th Air Expeditionary Wing, Al-Udeid Air Base, Qatar)
7. April 2006 - June 2011, Commandant, John J. Rhodes Airman Leadership School, 56th Force Support Squadron, Luke AFB, Arizona
8. July 2011 - July 2013, F-15 and F-16 Avionics Manager, Headquarters Air Combat Command, Directorate of Logistics, Joint Base Langley-Eustis, Virginia
9. August 2013 - April 2014, Superintendent, 56 MXG Staff/Maintenance Operations, Luke AFB, Arizona

10. May 2014 - November 2014, Superintendent, 61st Aircraft Maintenance Unit, Luke AFB, Arizona
11. December 2014 - March 2016, Superintendent, 13th Aircraft Maintenance Unit, Misawa Air Base, Japan
12. March 2016 - November 2016, Superintendent, 35th Aircraft Maintenance Squadron, Misawa Air Base, Japan
13. December 2016 - Present, Superintendent, 57th Maintenance Group, 57th Wing, Nellis Air Force Base, Nevada

MAJOR AWARDS AND DECORATIONS

- Meritorious Service Medal with four oak leaf clusters
- Air Force Commendation Medal
- Air Force Achievement Medal with oak leaf cluster
- Meritorious Unit Award
- Air Force Outstanding Unit Award with five oak leaf clusters and Valor Device
- National Defense Service Medal with service star
- Armed Forces Expeditionary Medal
- Global War on Terrorism Expeditionary Medal
- Global War on Terrorism Service Medal
- Nuclear Deterrence Operations Service Medal
- Air Force Expeditionary Service Ribbon with Gold Border

OTHER ACHIEVEMENTS

- 2001 Non-Commissioned Officer of the Year, 4th Component Maintenance Squadron
- 2003 Non-Commissioned Officer of the Year, 4th Fighter Wing
- 2003 Lieutenant General Leo Marquez Award, 4th Fighter Wing
- 2004 Tuskegee Airman SMSgt Margaret Francis Barbour Military Award Finalist
- 2005 John L. Levitow Award, Non-Commissioned Officer Academy
- 2008 Senior Non-Commissioned Officer of the Year, 56th Mission Support Squadron
- 2009 Senior Non-Commissioned Officer of the Year, 56th Force Support Squadron
- 2011 Senior Non-Commissioned Officer of the Year, ACC/A4, Combat Aircraft Division

EFFECTIVE DATE OF PROMOTION

Chief Master Sergeant - 1 November 2013

Commander's Action Line 434-1414

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



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

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

The OVERRUN

BREAKFAST AVAILABLE
AT THE COLUMBUS CLUB DURING BOWLING CENTER RENOVATIONS

Monday-Friday
0630 - 1000
August 1-15, 2018

Reflections of time

Chief Master Sgt. Tracy Tolliver 14th Medical Group superintendent

As I near the end of my Air Force career I would just like to say what an honor it has been to serve in the world's greatest Air Force with the world's greatest Airmen! I originally joined the Air Force for a four year commitment to go to school ... 28 years later it is hard for me to believe that I will be hanging up my uniform soon. Time sure flies when you are having fun.

As I reflect back over my time at various assignments, there are a lot of wonderful faces and memories. I still keep in touch with a majority of those with whom I have crossed paths along the way. It is just who I am! If you know me than you know that I rarely meet a stranger and I consider everyone my friend ... even if they don't.

To this day I still keep in touch with my very first supervisor, Charlene who is now retired, but someone who mentored me and invested in my development! I think that is true for all of us, good or bad, we learn from those who surround us. Hopefully by taking the good and deciding to leave the bad behind.

During my first assignment at Hickam Air Force Base, Hawaii we worked hard but we also had fun (who couldn't find some fun at a place like that?) and I couldn't have asked for a better group of folks to work with as a young airman basic from Newark, Ohio on her own for the first time. I met one of my best friends in Hawaii and have remained friends to this day.

When I made chief master sergeant at Wright-Patterson Air Force Base, Ohio, one of the first people I called was Charlene. She acted surprised at first but then quickly recovered by adding that she never had any doubt. I suppose it was a little bit of a shock to her, after all she had to talk me down one afternoon after getting irritated at one of my co-workers. She had insinuated that I had not done my assigned job for the week. But what she didn't know was that I had already started seeing patients before lunch was over so I could get a patient back to work (I take great pride in my work, always have...after all my name is on it). I let her off the hook that day...

Another friend from Hawaii who was in the Navy and assigned to our medical clinic ended up retiring in Toledo, Ohio. He surprised me and drove down to Dayton, Ohio to be at my chief promotion ceremony.

He was alongside a few other friends who decided to make the trip! I have been blessed by so many generous and thoughtful people throughout my career and life. When I look out over the rough spots, (and there were rough spots), I would not go back and change a thing.

One of Columbus Air Force Base's guest speakers for a pilot graduation recently stood at the podium and talked about how it's the people that make the assignment and not the location. I certainly can attest to that. There are no truer words that have been spoken when it comes to military life.

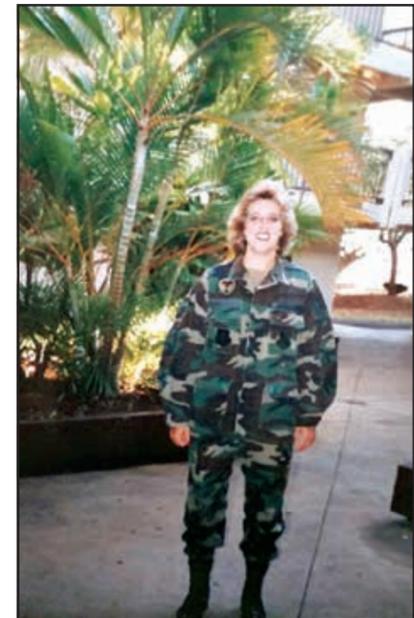
Sure you will have tough times but the people are what will help you through it... if you let them. You must be willing to reach out to people, as hard as that may be at times, especially if you are new to a base. Whether it is in a professional or personal capacity, there is always someone standing by to help!

So, the next time you get an assignment, be it Edwards Air Force Base or Hickam AFB, I encourage you to give it a chance. I'm positive that once you get there, get settled, make some acquaintances and check out all the local area has to offer, you too, will find there really is not a "bad" assignment out there.

I certainly have enjoyed my time here at Columbus AFB not because of the two cashiers at Walmart downtown, or the hour drive to Target, but because of 'YOU'! So, as I head out the door in April I want to tell you all a sincere 'Thanks!' It's been a privilege to guide, mentor and encourage you, thank you for putting up with my (ridiculous at times) humor and my H-U-S-T-L-E but more importantly the fun, the laughs, and your friendship! Remember, stay humble and wherever your career takes you ... never quit ... and hustle to the finish line!

Humble - We are all in this life together and chances are I did not get where I am today all by myself and neither did you. You have had people supporting you to get to where you are today...So always remain humble!

Understanding - To be an effective leader you must know and understand the people around you. If you do not understand a particular situation a co-worker is dealing with, how can you effectively counsel and help that person. It is important to know what motivates them, what family issues they may be having and challenges they are experiencing at work. Know and



Courtesy photo
Chief Master Sgt. Tracy Tolliver, 14th Medical Group superintendent has been in the Air Force 28 years.

understand your people and show empathy and compassion when needed.

Sincerity - People don't care how much you know until they know how much you care! Be genuine in your interactions with people. Believe me they will know the difference.

Trust - The people you work with should trust that you will do what you have said you will do. They should be able to rely on you and trust what you are communicating as a leader to be true and factual. Trust is the cornerstone in which you build important relationships.

Leadership - A leader steps up in times of crisis and is able to think and act creatively in difficult situations. A leader inspires subordinates to perform and engage in achieving a desired goal. As leaders your primary purpose is mission accomplishment so always lead from the front. Lead by example and stay true to the type of leader you always wish you had and want to be.

Expectations - If people do not know your expectations, how can they perform and carry out the required mission and duties? It is important that expectations are established early and reinforced when necessary. You must set the bar high and never lower your standards for any reason. Remain consistent and fair and people will always know where you are coming from and expect nothing less from you.

Security and policy review

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

Medical Corner

What's to eat?

Being aware of not only where food comes from is important, but why it is important to eat whole and fresh will make the difference between just being healthy and living a healthy lifestyle.

Restaurants and communities around the globe have begun a movement that has changed the way that we look at food and how we shop for food. Local is being pushed as better versus the mass production of produce for shoppers who are of a healthier mind.

Farm to table

Farm to table is a movement that is creating more business between farmers, retailers, commercial grocery outlasts and consumers. As an environmental and agricultural movement, farm to table is built on the idea that food is better when fresh. This movement is changing how shopping, cooking, and eating local and fresh over foods that are processed and harvested several days in advance provides greater health benefits for individuals and families.

Farm to table is not just about the food and includes products like flowers, plants or herbs for growing at home, and the opportunity to take part and become a member of a growing movement towards eating and living a healthier life. A Farmers market, which is the focus of the farm to table movement, provides food that tastes good, is good for you, and is fresh as well as packed with more nutritional value than commercially grown grocery store produce.

Prevention of chronic diseases

With busy lives, eating healthy is not always a top priority. With a rise in obesity and overweight within the military and increased BMI's, taking the time to sit down and enjoy a healthy and nutritious meal is exactly what the doctor ordered, yet many do not really take the time to do so and resort to pill popping instead.

Excess weight leads to a host of health issues and chronic diseases such as hyper-tension, type 2 diabetes, heart disease, stroke, arthritis and degenerative bone diseases. These problems can't all be fixed by just popping a pill. What is needed is a change in the way food is thought of and how and where it can be accessed.

Since the industrial agricultural age, food became more a convenience and less of a necessity. Because produce changes seasonally, demand for produce that may be out of season locally, but can be shipped in from

Why farm to table and eating fresh is better than a pill



elsewhere became the norm as demands increased. But with these demands came a decrease in the nutritional content contained as genetically modified (GMO) became the standard practice to meet these high demands. The tradeoff was food that was more readily available but with less nutritional value.

Benefits of fresh food vs pills

Eating Fresh is Best. If you do not think so, here are some reasons why fresh from the farm is better than a pill.

- 1. Packs more of a punch** – Ounce per ounce, pound per pound, a daily fix of color consisting of fruits, vegetables, nuts, grains, meat, and dairy will provide three times the nutritional value of a multi-vitamin.
- 2. It hardwires your brain to make healthier eating choices**
- 3. You're less likely to eat foods that are less healthy for you** – It's a struggle, but once you switch, your body will have more strength, increased energy levels, a stronger immune system, improved moods, and less chances of getting illnesses.

Support The Movement

Programs like the Air Force Fitness Improvement Program (FIP), Army's Body Composition Program (ABCP), and the Navy's Ship Shape all provide the tools to help with getting your health on the right track. Each of these programs all have one thing in common - changing the types and portions of the food being eaten. Old habits die hard, and change is a process. When making your decision to choose food over a pill, keep these **four stages** in mind: **Contemplation** – "I'm Thinking About It"; **Preparation** – "I Have Made Up My Mind To take Action"; **Action** – "I Have Started To Make Changes"; and **Maintenance** – "I Have A New Routine." So which stage are you? Make "Fresh" the go to for nutrients each day and not a pill.

Additional References & Resources:

- A Community-Based marketing Campaign at Farmers markets - CDC:
- Should You Get Your Nutrients From Food Or From Supplements? - Harvard Medical School
- Lose To Win: Some Service Members Struggle With Weight - Health.Mil

A personal message from your health promotion Health Myth Busting Team



Dear Myth Buster,

Let's face it, I just don't have a perfect diet but isn't it just as good to eat what I want and pop a multi-vitamin?

Signed,
Easy Way to Health

Dear Easy,

I see you are interested in your health or you would not be taking a multivitamin. Few people that do take vitamins and minerals are actually suffering from nutrient deficiency diseases such as scurvy, pellagra, and beriberi. Some people that benefit from vitamins and minerals may have conditions that increase nutrient requirements such as pregnancy, elderly people with who have difficulty chewing, or poor absorption, habitual dieters, those addicted to drugs or alcohol, strict vegetarians, people taking medications that interfere with the body's use of nutrients or people coping with physical stress such as surgery, or extensive injury.

There have been problems taking added vitamins and minerals. Foods rarely cause nutrient imbalances or toxicities but vitamins and minerals taken in high concentration can be harmful. Over the years the FDA has tested dietary supplements and found plain multivitamin and mineral supplements from reputable sources, without herbs or add-ons, generally test free from contamination, although contents and amounts of nutrients vary due to standardized formula.

In the past when it was noted that people who ate fruits and vegetables, specifically high in beta-carotene had lower rates of certain cancers, it was implied that taking beta-carotene as supplements was a great thing to do....until scientists noted no benefits and a 28 percent increase in lung cancer among smokers taking beta-carotene. Today beta-carotene supplements are not recommended. However nutrition 101 supports that low disease risk occurs with a nutritious whole food diet such as eating a sweet potato containing beta-carotene, but the sweet potato has a balance of nutrients, phytochemicals, and fiber that help beta-carotene's effects.

Don't get a false sense of security thinking you can eat anything and your supplement will cover your needs. No one knows the "ideal" supplement, and no standards exist for formulations. Nutrients are best absorbed from foods and foods are most likely to provide nutrients in amounts needed. Don't waste time and money trying to pinpoint nutrients you may be lacking with our poor food choices. Instead invest in yourself by eating a wide variety of fruits and vegetables for the majority of your intake; with daily amounts of whole grains, protein foods, and milk products and only take supplements when they are truly needed.

Sincerely,
Health Myth Busters

BLAZE Hangar Tails: CV-22 Osprey

Mission

The CV-22 Osprey is a tiltrotor aircraft that combines the vertical takeoff, hover and vertical landing qualities of a helicopter with the long-range, fuel efficiency and speed characteristics of a turboprop aircraft. Its mission is to conduct long-range infiltration, exfiltration and resupply missions for special operations forces.

Features

This versatile, self-deployable aircraft offers increased speed and range over other rotary-wing aircraft, enabling Air Force Special Operations Command aircrews to execute long-range special operations missions. The CV-22 can perform missions that normally would require both fixed-wing and rotary-wing aircraft. The CV-22 takes off vertically and, once airborne, the nacelles (engine and prop-rotor group) on each wing can rotate into a forward position.

The CV-22 is equipped with integrated threat countermeasures, terrain-following radar, forward-looking infrared sensor and other advanced avionics systems that allow it to operate at low alti-

tude in adverse weather conditions and medium- to high-threat environments.

Background

The CV-22 is the Special Operation Forces variant of the U.S. Marine Corps MV-22 Osprey. The first two test aircraft were delivered to Edwards Air Force Base, California, in September 2000. The 58th Special Operations Wing at Kirtland AFB, New Mexico, began CV-22 aircrew training with the first two production aircraft in August 2006.

The first operational CV-22 was delivered to Air Force Special Operations Command in January 2007. Initial operational capability was achieved in 2009. A total of 51 CV-22 aircraft are scheduled to be delivered by the end of 2019.

General characteristics

Primary function: special operations forces long-range infiltration, exfiltration and resupply

Power plant: two Rolls Royce-Allison AE1107C turbo shaft engines

Thrust: more than 6,200 shaft horsepower per engine

Wingspan: 84 feet 7 inches (25.8 me-

ters)

Length: 57 feet 4 inches (17.4 meters)

Height: 22 feet 1 inch (6.73 meters)

Rotary diameter: 38 feet (11.6 meters)

Speed: 277 mph (241 knots) (cruising speed)

Ceiling: 25,000 feet (7,620 meters)

Maximum vertical takeoff weight: 52,870 pounds (23,982 kilograms)

Maximum rolling takeoff weight: 60,500 pounds (27,443 kilograms)

Armament: one .50 Cal Machine gun on ramp

Range: combat radius of 500 nautical miles with one internal auxiliary fuel tank

Payload: 24 troops (seated), 32 troops (floor loaded) or 10,000 pounds of cargo

Crew: four (pilot, copilot and two flight engineers)

Builders: Bell Helicopter Textron Inc., Amarillo, Texas; Boeing Company, Defense and Space Group, Helicopter Division, Philadelphia

Deployment date: 2006

Unit cost: \$90 million

Inventory: active duty, 46; reserve, 0; ANG, 0



U.S. Marine Corps photo by Staff Sgt. Dengrier M. Baez

A CV-22 Osprey tiltrotor aircraft approaches the dock landing ship USS Oak Hill (LSD 51) during exercise Baltic Operations (BALTOPS) 2018 in the Baltic Sea, June 4, 2018. BALTOPS is the premier annual maritime-focused exercise in the Baltic region and one of the largest exercises in Northern Europe enhancing flexibility and interoperability among allied and partner nations.



U.S. Air Force photo by Senior Airman Joseph Pick

Four CV-22 Osprey tiltrotor aircraft assigned to the 353rd Special Operations Group Detachment 1 fly above Tokyo, Japan, April 5, 2018. Approximately 100 Air Commandos and five Ospreys deployed to Yokota Air Base to participate in regional exercises.

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

Justice Times July 2018

Transparent Discipline for Tomorrows

Leaders

Status of discipline by the numbers

Apr. 1-June 30, 2018

Columbus Air Force Base Courts-Martial

N/A

Columbus Air Force Base Article 15s

A Senior Airman received a punishment of reduction to Airman First Class and a reprimand for disorderly conduct and bring discredit to service.

A Airman First Class received a punishment of reduction to Airman, extra duty for 30 days, and a reprimand for driving while under the influence (DUI), destroying or damaging non-military property – more than \$500.00, and fleeing the scene of accident.

A Second Lieutenant received a punishment of forfeiture of \$1,553.00 per month for two months and a reprimand for drunken driving while under the influence (DUI).

19th Air Force Courts-Martial and Article 15s

Luke AFB	Vance AFB
0 Courts-Martial	0 Court-Martial
5 Article 15s	2 Article 15s
Altus AFB	Columbus AFB
0 Courts-Martial	0 Courts-Martial
6 Article 15s	3 Article 15s
Laughlin AFB	19 AF Totals
2 Courts-Martial	2 Courts-Martial
4 Article 15s	20 Article 15s



T-1A Jayhawk

SUPT Class 18-12 earns silver wings



T-38C Talon



1st Lt. Kazuhito Aibara
Ehime, Japan
TBD



1st Lt. Boubacar Kane
Dakar, Senegal
TB-30 Epsilon



1st Lt. Felix Nathaniel Sanchez
Quezon City, Philippines
TBD

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

Specialized Undergraduate Pilot Training Class 18-12 graduates at 10 a.m. today during a ceremony at the Kaye Auditorium. Col. David J. Gordon, 2nd Operations Group commander, Barksdale Air Force Base, Louisiana, 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. Quinton Thiele, T-38C Talon, and 2nd Lt. Kevin Smith, T-1A Jayhawk, received the Air Education and Training Command Commander's Trophy for being the most outstanding students overall in their classes.

The Air Force Association Award was presented to Quinton and 2nd Lt. Samuel McKinley, 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.

Quinton, Smith and 2nd Lt. William Groff, T-1A, were named the distinguished graduates of SUPT Class 18-12.

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, turboprop 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.

igation 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.

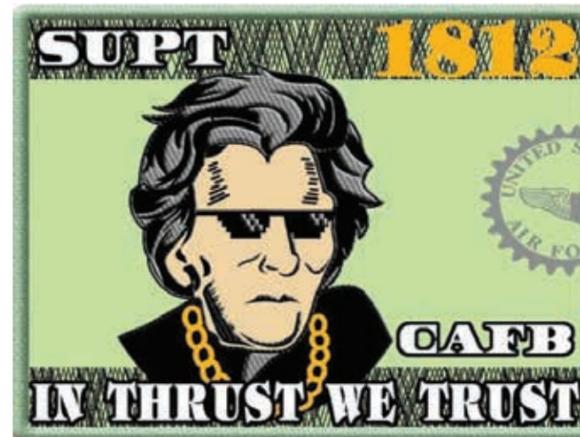
After primary training, students select, by order of merit, advanced training in the fighter-bomber or airlift-tanker track.

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 partners. SUPT Class 18-12 pilot partners are Lost Pizza and Lex Jackson of Reed's.



2nd Lt. James Dingman
Slidell, Louisiana
B-52



2nd Lt. Ryan Doll
Alpharetta, Georgia
KC-135



2nd Lt. Jeffrey Gauger
East Grand Rapids, Michigan
T-6A



2nd Lt. Scott Gorham
Milledgeville, Georgia
KC-135



2nd Lt. Isaac Marble
Las Cruces, New Mexico
MC-130J



2nd Lt. Andrew Masel
Newton, New Jersey
KC-135



2nd Lt. Samuel McKinley
Herndon, Virginia
C-130J



2nd Lt. Cody Nichols
New Braunfels, Texas
KC-135



2nd Lt. Tyler Olson
Half Moon Bay, California
F-16



2nd Lt. Kevin Smith
Memphis, Tennessee
C-17



2nd Lt. Charles Stalzer
Peachtree City, Georgia
C-130J



2nd Lt. Quinton Thiele
Blaine, Minnesota
A-10



2nd Lt. Armando Valencia
Ensenada, Mexico
KC-135



2nd Lt. Seth Vaughan
Brinkley, Arkansas
F-15E



2nd Lt. James Villeponteaux
Charleston, South Carolina
KC-135



2nd Lt. Cody Youell
Ontario, California
KC-10



1st Lt. Kazushi Ikegami
Saitama, Japan
TBD



2nd Lt. Howard Chambers
Linville, Virginia
T-6A



2nd Lt. Margaret Collins
Phoenix, Arizona
KC-10



2nd Lt. Benjamin Gouveia
Tucson, Arizona
C-5M



2nd Lt. William Groff
Montgomery, Alabama
C-130J



2nd Lt. Arturo Hernandez
Woodbridge, Virginia
MC-130H



2nd Lt. Alexander Ling
Mountain Home, Idaho
KC-135