16 SILVER WING Aug. 30, 2018 SILVER WINGS Cultivate, Create, Connect





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5.9 Cu.Ft.





Golden Triangle Autism Center

Community Counseling Services

The Golden Triangle Autism Center teaches educational, social, communication and language, behavioral, and self-help skills using Applied Behavior Analysis (ABA) techniques to support the needs of children with autism, developmental delays, learning difficulties, and challenging behaviors within a variety of settings.

Each instructor of Golden Triangle Autism Center has experience and intensive training providing services to individuals with autism, developmental delays, learning difficulties, and behavioral challenges. In addition, each instructor holds a Registered Behavior Technician (RBT) credential. A Board Certified Behavior Analyst oversees all cases.

> Please call or visit our website for more information. 662-391-1964

www.ccsms.org/autism-disorder-services

Most Major Insurances and Medicaid Acceeted

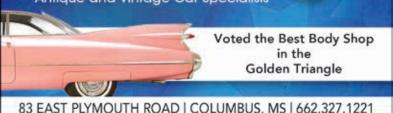
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No Matter What You Drive...We've Got You Covered!

Insurance repair for all makes & models

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- Hail Damage Repair Paintless Dent Removal
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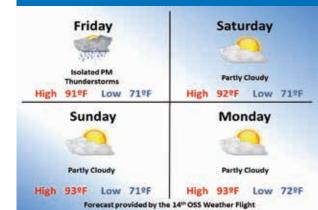


SILVERINGS "Cultivate, Create, Connect"

CONNECT

Vol. 42, Issue 34 Columbus Air Force Base, Miss.

Weather



News Briefs

AETC Family Day/Labor Day

There will be an Air Education and Training Command family day Aug. 31. The family day is in conjunction with Labor Day Sept. 4. Most base offices will be

SUPT 18-14 Graduation

Specialized Undergraduate Pilot Training Class 18-14 graduates at 10 a.m. Sept. 7 in the Kaye Auditorium. Maj Gen. Michael Rothstein, who has flown both the F-16 Fighting Falcon and C-130 Super Hercules, is to be the guest speaker.

SUPT 18-15 Assignment Night

Specialized Undergraduate Pilot Training Class 18-15 receive their next duty location and airframes at 5 p.m. Sept. 14 in the Columbus Club.

Inside



Feature 8Military Working Dog

Cherry's retirement is phlighted in this week's

CREATE CULTIVATE

Team BLAZE, as we approach this Labor Day, I wanted to thank each and every one of you for what you do for the 14th Flying Training Wing and the U.S. Air Force. Our nation understands today's security environment is changing and we need to be ready to meet a near-peer threat on the battlefield and restoring readiness is vital to that strategy.

The mission of the 14th FTW directly impacts that readiness. Together, we graduate over 300 pilots annually and that directly supports the Air Force's ability to be lethal and ready to fly, fight, and win. As the chief of staff wrote, "missions of the Air Force succeed or fail at the squadron level."

The squadron is where lethality and readiness are generated, aligned, and sustained. It is where we have the most significant impact on our, "most precious resource ... our Airmen."

With the changes occurring in our national defense and our Air Force, I believe it's necessary to change the mission of the 14th FTW to align ourselves better with our strategic leader's

As of today, the mission of Columbus Air Force Base, Mississippi, will be to:

Cultivate Airmen, Create Pilots and CONNECT!

Cultivate Airmen

I focused on this first because Airmen are our most precious resource. I believe this! However, I want to again broaden the definition of Airmen. Team BLAZE consists of 2,700 Airmen officer, enlisted, active duty, reserve, civilians and contractors. Our mission couldn't be accomplished without the efforts of each individual. Your development is critical to us remaining the world's greatest Air Force.

Cultivate means to grow and prosper and that is what each of us should be doing - growing as individuals and growing

Cultivation comes in two areas:

1. Leader Development

Maj. Gen. Michael Rothstein, commander, Curtis E. LeMay Center for Doctrine Development and Education, and the Vice Commander of Air University, Maxwell Air Force Base, Alabama., is the guest speaker for Specialized Undergraduate Pilot Training Class 18-14's graduation at 10 a.m. Sept. 7, 2018, in the Kaye Auditorium.

2. Leadership Development

Leader development is you learning about yourself. Leadership development is about how you lead, manage, and interact with others. Both are cornerstones of what we do. This must be a primary focus. We will use professional development, on-the-

Developing each of us to be better at our craft is a necessity

iob training, and other enrichment opportunities to cultivate

and as Aristotle said, "the whole is greater than the sum of its parts." Team BLAZE is stronger as a team than 2,700 individuals can be.

Create Pilots

Second, to cultivating Airmen; we must meet the purpose of a flying training wing ... create pilots. We take over 300 pilot candidates every year and teach them how to be military aviators. In 54 weeks we celebrate their graduation and them earning their silver wings. We are the largest pilot training wing in the Air Force and in Air Education and Training Command We have the responsibility to create, from raw material, the best military aviators for our Air Force for our National Defense.

Creating pilots is not just about production and numbers. nor is it just about officers. It takes every single person to graduate a pilot. From the Airmen in the 14th Medical Group who ensure the pilot candidate is healthy to fly and the environment we all work in is safe; to the 14th Mission Support Group who

See MISSION, Page 3

24,999

8,258

9,352

COLUMBUS AFB TRAINING TIMELINE

IFF PHASE III Wing Sortie Board PHASE II Flown Overall Overall Graduation Graduation 49th (18-LBC) -4.84 days 48th (18-14) 1.77 days 6.42 days Sept. 7 702 -0.89 days -1.73 days 310 254

2 SILVER WINGS Aug. 30. 2012 News

Cultivate, Create, Connect

Team BLAZE recognizes the newest SNCO's



U.S. Air Force photo by Elizabeth Owens

Long Range

Events

Team BLAZE's newest Senior NCO's stand with 14th Flying Training Wing leadership during their induction ceremony Aug 23, 2018, on Columbus Air Force Base, Mississippi. Promoting to the rank of master sergeant means the promoted individual will gain more responsibility and help younger enlisted members and even young officers in their career progression.

<u>Fri</u>

Sat/Sun

<u>Thur</u>

Tue

<u>Mon</u>

<u>Wed</u>

Labor Day (most base offices closed)	4	5	6	SUPT Class 18-14 Graduation, 10 a.m. @ Kaye	8/9	Sept. 18: Air Force Birthday Sept. 21: POW/MIA Recognition Day Sept. 22: AF Birthday Ball Sept. 25: Wing Newcomers	
10	Patriot Day	12	13	SUPT Class 18-15 Assignment Night, 5 p.m. @ Club	15/16	Sept. 28: SUPT Class 18-15 Graduation Sept. 28: Enlisted Promotions Oct. 2-4: CREATE Expo Oct. 8: Columbus Day Oct. 12: SUPT Class 19-01 Assignment Night	

Silver Wings

How to reach us

14th Flying Training Wing Public Affairs 555 Seventh Street, Suite 210, Columbus AFB, MS, 39710 Commercial: (662) 434-7068 DSN: 742-7068 Fax: (662) 434-7009

E-mail: silverwings@us.af.mil

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Airman 1st Class Beaux Hebert Airman Hannah Bean Photojournalist

> Mrs. Tina Perry Layout Designer

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.

Published by the Commercial Dispatch Publishing Company, Inc., a or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force.

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Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the burchaser, user or patron.

Editorial content is edited, prepared and provided by the 14th Flying Training Wing Public Affairs Office of Columbus AFB,

The SILVER WINGS staff reserves the right to edit or rewrite all copy submitted when necessary. All photos are U.S. Air Force photos unless otherwise stated

Submit all advertising to the Columbus, Miss., Commercial Dispatch advertising department one week prior to desired publication date. The advertising department can be reached at (662) 328-2424.



7086 Wolf Road

3 miles south of Caledonia, MS (662) 356-4940 Pastor: Bro. Mel Howton

SUNDAY
Worship Service - 8:00 & 10:30 am Sunday School (all ages) - 9:15 am

SUNDAY EVENING Youth Drama & AWANA - 4pm Discipleship Training - 5pm Evening Worship - 6pm

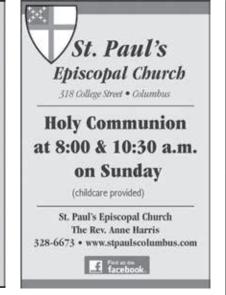
WEDNESDAY Kid's Drama - 6 pm

JDRF IMPROVING CURING TYPE 1 DIABETES. DIABETES.

Adult/Youth Bible Study, RAs, GAs & Mission Friends - 6:30 pm Nursery available for all services









A CFC participant. Provided as a public service.

jdrf.org





SILVER WINGS Aug. 30, 2018 15

Earn your MBA while attending class every other weekend for 17 months.



You may be qualified to have our **GMAT/GRE** requirement waived!



CApplication Deadline: October 26 Classes Start: November 27

For more information visit emba.ua.edu or call 205.348.4501

CApplication fee waived for MILITARY

THE UNIVERSITY OF ALABAMA®



14 SILVER WINGS Aug. 30, 2018 Cultivate, Create, Connect

News Around Town

Hitching Lot Farmers' Market

The Hitching Lot Farmers' Market is open April through October (Mondays from 4-6 p.m.; Thursdays from 7-10 a.m.; Saturdays from 7-10 a.m.). For more information, contact Columbus Main Street at (662) 328-6305.

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 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 Bar-

gain Line. They may, however, be

purchased through The Commercial Dispatch, 328-2424.

Miscellaneous

ramic ducks which includes three small ducks, two large planter ducks, one candy dish large duck, three medium For Sale: Large capacity washer and ducks and five large ducks. These ducks are in excellent condition. Asking \$29, \$300. Call 662-574-8549 one buyer only.

Six different Avon collector miniature room set (table/6 chairs, buffet and ducks 1984, ducks in original boxes. The miniature ducks are in perfect condition. Asking \$29, one buyer must see \$1200 or best offer. Call (662)

Lightly used Belkin n300 Wi-Fi router. Great Wi-Fi router for your computer, tablet and smart phone connections. Asking \$29, one buyer only.

For Sale: Collection of 14 assorted ce- If interested, please call (662)

dryer for sale. \$175 each or both for

For Sale: Antique Spanish dining Spain in 1983. Excellent condition,

Bargain Line advertisement

Type of advertisement (circle one) Home Transportation Miscellaneous

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

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

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

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

Print advertisement					
Name					
Home Telephone # Duty Telephone # (in case we need more information)					
Please let us know what you think of the Silver Wings: Are you happy with the Silver Wings? Yes □ No □ What would you like to see more of in the newspaper? News □ Sports □ Photos □ Other If you would like to give any other suggestions, please e-mail us at silverwings@us.af.mil.					

FOR RENT 671 Black Creek Road, Columbus, MS

Bedrooms 3ig Kitchen Sun Room Call 205-386-7530

2.5 Baths Dining Room w/Hot Tub

LR w/Gas Fireplace Huge Den Salt Water Pool \$1250 month

Finding cures. Saving children®

Families never receive a bill from St. Jude for treatment, travel. housing or food – because all a family should worry about is helping their child live.

Treatments invented at St. Jude have helped push the overall childhood cancer survival rate from 20 percent to more than 80 percent since we opened 50 years ago.



800-822-6344 stjude.org

> A CFC Participant. Provided as a public service

Semi-Annual Children's Consignment Sale & Marketplace

The Golden Triangle's ORIGINAL and LARGEST Children's Consignment Event

september 20th -

Gateway Shopping Center (former Dirt Cheap building) 201 V Alabama Street - Columbus, MS

www.cooperscloset.com www.facebook.com/cooperscloset instagram.com/cooperscloset coopersclosetcolumbus@gmail.com

MISSION

(Continued from page 1)

Cultivate, Create, Connect

ensure we are housed, clothed, fed, and fueled; to our maintenance partners who generate the aircraft; and to the Wing Staff Agencies who provide the personnel and resources to promote a healthy environment that is paid for.

This is an integrated team effort and is only truly efficient and effective with each of us working together. The whole is greater than the sum of its parts, and only together are we the premier pilot training wing and community, creating the

Connect

This perhaps is the most unique part of Columbus AFB and one of the most important.

Partnerships are the center of gravity. We need to connect continue to grow and strengthen this amazing relationship. l we rely on someone to "check our six," and that matters in the air and on the ground. We need to understand how each of us contribute to creating pilots. That takes connection and

often hear we recruit Airmen and retain families. So we need know Team BLAZE can tackle any challenge if we Cultivate, to ensure our families are supported and connected. We need Create, and Connect! to put action to these words and take care of our families from their arrival, to a deployment, and their departure permanent look forward to all we do together for each other, our com-

ty. Columbus, Mississippi is the Friendly City and I want to a line at (662) 434-1414 or 14ftw.pa@us.af.mil.

to our fellow Airmen because the wingman concept is foun- want us to find new ways to connect to them and find ways dational to who we are as a service. We don't fly single-ship; we can give back to a community that gives so much to Team

SILVER WINGS 9 Aug. 30, 2018 **3**

Understanding our mission and how each of us fit into the puzzle allows us to truly be a team and ensure the sum of our parts make a greater whole. Our Air Force leaders acknowl-We also need to connect our Airmen and our families. We edge that times are changing and resources are limited, but I

I am extremely proud to be your wing commander and munity, our Air Force, and our Nation. If you have ideas of Finally, we need to remain connected to our communi- how we can better Cultivate, Create, or Connect ... drop me

FAIP assignments

Name	Current aircraft	Assigned aircraft		
Taylin Eckols	T-1 Jayhawk	MC-130J Commando II		
Jeffrey Asper	T-1	C-5M Super Galaxy		
Andrew Zaldivar	T-6 Texan II	C-130J Super Hercules		
Jason Cryder	T-6	C-5M		
Robert Poisson	T-1	C-130J		
Maxwell Jones	T-6	KC-10 Extender		
Daniel Bailey	T-1	C-130J		
Michael Gonzalez	T-1	C-17 Globemaster III		
John Neilan	T-6	KC-135 Stratotanker		
Matthew Hardin	T-1	KC-135		
Sean Zarsky	T-1	E-3 Sentry (AWACS)		
Timothy Jaronik	T-6	C-130J		
Jacob Randolph	T-6	E-3		
Aimee St. Cyr	T-1	C-130J		

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 nam and phone number to receive an answer. All names will be kept confi-

dential. 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.

New ALS class graduates: creates newest enlisted leaders



Col. Samantha Weeks, 14th Flying Training Wing commander, and Command Chief Master Sergeant Raul Villarreal, of the 14th FTW, stand with Airman Leadership School class 18-06 after their graduation, Aug. 23, 2018, on Columbus Air Force Base, Mississippi. ALS held on Columbus AFB is taught by instructors from Maxwell AFB, Alabama.

14TH FLYING TRAINING WING DEPLOYED

As of press time, 27 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.

training and continuing education. For more in-

The next Hearts Apart will be from 5–7 p.m

Sept. 27. 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

The School Liaison Officer (SLO) assists

defense department employees and their fami-

lies in making a smooth transition in and out of

local public, private, and homeschool environ-

ments. The SLO is the primary point of contact

for all school related matters, advocates for the

needs of military students, make referrals, pro-

vides educational options and networking op-

portunities, and is the liaison between the base

schools, and local community. Home School

registration must be completed by Sept. 15. The

communities welcome you to join us as we wor-

ship, fellowship, and encourage one another. For

formation, please call (662) 434-3323.

Hearts Apart

(662) 434-2790.

School Ligison Officer

Rothstein to speak at SUPT Class 18-14's graduation

Maj. Gen. Michael D. Rothstein, Curtis E. LeMay Center or Doctrine Development and Education commander and the Vice Commander of Air University, Maxwell Air Force

Base, Alabama, is scheduled to be the guest speaker at Specialized Undergraduate Pilot Training Class 18-14's graduation. He provides full spectrum education, research and outreach at every level through professional military education, professional continuing education and academic degree granting. He leads the intellectual and leadership center of the U.S. Air Force, graduating more than 50,000 resident and 120,000 non-resident



officers, enlisted and civilian personnel each year. Air University is responsible for Air Force enlisted and officer professional military education, professional continuing education and graduate education, as well as officer commissioning through Officer Training School and ROTC. The Curtis E. LeMay Center is responsible for the research, development and production of Air Force doctrine and input for joint and multinational doctrine development activities. The center is also responsible for advocating the proper doctrinal representation of airpower in exercise scenarios, war games, models and simulations, and providing policy and guidance of Air Force doctrine through education and focused outreach.

General Rothstein was commissioned in 1988 as a distinguished graduate of the U.S. Air Force Academy. He earned Branch, then Assistant Chief, Operations and Training Dihis pilot wings at Euro-NATO Joint Jet Pilot Training at Sheppard AFB, Texas, and was assigned as an F-16 pilot. General Rothstein has commanded an operations support squadron, an air operations group, two fighter wings and an air expeditionary wing in Afghanistan. He also served as the Director of Operations and Plans, U.S. Air Forces Central at Shaw AFB, South Carolina, and Chief, Activities Synchronization, International Security Assistance Force Joint Command in Kabul, Afghanistan. Prior to this assignment General Rothstein served in the U.S. State Department as a Deputy Assistant Secretary in the Bureau of Political-Mil-

General Rothstein is a command pilot with over 2,500 nours in the F-16, C-130, T-37 and T-38.

EDUCATION

1988 Bachelor's degree in political science, U.S. Air Force Academy, Colorado Springs, Colo

1995 Squadron Officer School, Maxwell AFB, Ala.

1995 U.S. Air Force Weapons Instructor Course, Nellis Fighter Wing, Misawa AB, Japan

1999 Master of Military Arts and Sciences degree, Command and General Staff College, Fort Leavenworth, Kan.

lege, Maxwell AFB, Ala.

2008 Joint Forces Staff College, National Defense Uni- bul, Afghanistan versity, Norfolk, Va.

2012 Enterprise Leadership Seminar, Darden School of Business, University of Virginia, Charlottesville

2012 Joint Force Air Component Commander Course, D.C.

2013 Senior Joint Information Operations Application Course, Maxwell AFB, Ala.

ASSIGNMENTS

- 1. August 1988 January 1990, Student, Euro-NATO joint jet pilot training, Sheppard AFB, Texas
- 2. January 1990 August 1990, Student, F-16 replacement training, 72nd Fighter Squadron, MacDill AFB, Fla.
- 3. September 1990 February 1992, F-16 Pilot, 80th Fighter Squadron, Kunsan Air Base, South Korea
- 4. March 1992 June 1995, F-16 Instructor Pilot, 13th Fighter Squadron, Misawa AB, Japan
- 5. July 1995 December 1995, Student, U.S. Air Force Weapons School, Nellis AFB, Nev.
- 6. January 1996 May 1998, Chief, Weapons and Tactics, 69th Fighter Squadron, and Chief, F-16 Weapons and Tactics, 347th Wing, Moody AFB, Ga.
- 7. June 1998 June 1999, Student, Command and General Staff College, Fort Leavenworth, Kan.
- 8. June 1999 January 2002, Chief, Advanced Programs vision, U.S. Air Forces in Europe, Ramstein AB, Germany
- 9. April 2002 April 2004, assistant operations officer, 421st Fighter Squadron, and operations officer, 34th Fighter Squadron, Hill AFB, Utah
- 10. April 2004 November 2005, Commander, 57th Operations Support Squadron, Nellis AFB, Nev.
- 11. December 2005 May 2007, Student, then Special Assistant to the Commandant, Air War College, Maxwell
- 12. May 2007 March 2008, Commander, 609th Air Operations Group, and Director of Operations, U.S. Central Command Air Forces, Shaw AFB, S.C.
- 13. March 2008 May 2009, Director, Operations and Plans, 9th Air Force and U.S. Air Forces Central, Shaw
- 14. June 2009 June 2010, Chief, Activities Synchronization, International Security Assistance Force Joint Command, Kabul, Afghanistan
- 15. August 2010 September 2012, Commander, 35th

- 16. September 2012 June 2014, Commander, 56th Fighter Wing, Luke AFB, Ariz.
- 17. August 2014 July 2015, Commanding General 2006 Master of Strategic Studies degree, Air War Col- Train, Advise Assist Command – Air and Commander, 438th Air Expeditionary Wing, Air Combat Command, Ka-

Cultivate, Create, Connect

- 18. August 2015 August 2017, Deputy Assistant Secretary for Plans, Programs and Operations, Bureau of Political-Military Affairs, U.S. Department of State, Washington.
- 19. August 2017 present, Commander, Curtis E. Le-May Center for Doctrine Development and Education, and Vice Commander, Air University, Maxwell AFB, Ala.

SUMMARY OF JOINT ASSIGNMENTS

- 1. June 2009 June 2010, Chief, Activities Synchronization, International Security Assistance Force Joint Command, Kabul, Afghanistan, as a colonel
- 2. August 2014 July 2015, Commanding General, Train, Advise Assist Command – Air and Commander, 438th Air Expeditionary Wing, Air Combat Command, Kabul, Afghanistan, as a brigadier general

FLIGHT INFORMATION

Rating: command pilot Flight hours: more than 2,500 Aircraft flown: F-16C Block 30/40/50, C-130H, T-38 and

MAJOR AWARDS AND DECORATIONS

Defense Superior Service Medal

Legion of Merit with two oak leaf clusters Bronze Star Medal Defense Meritorious Service Medal Meritorious Service Medal with three oak leaf clusters Aerial Achievement Medal Joint Service Commendation Medal Air Force Commendation Medal with oak leaf cluster

EFFECTIVE DATES OF PROMOTION

Second Lieutenant June 1, 1988 First Lieutenant June 1, 1990 Captain June 1, 1992 Major Aug. 1, 1998 Lieutenant Colonel May 1, 2001 Colonel Dec. 1, 2006 Brigadier General Aug. 2, 2012 Major General Aug. 3, 2015

(Current as of February 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

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 challeng es 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 Of-

A&FRC houses the Voting Assistance Office (VAO) which is open 7:30 a.m.-4:30 p.m. Monday-Friday, 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,

Lost Pizza's pilot partner welcome



(TAP) workshop will be held 7:30 a.m.-4 p.m.

Sept. 10-14 and includes seminars on: Transi-

tion, Military Occupational Code Crosswalk,

Financial Planning, Health Benefits, Mississippi

Department of Employment Security, Depart-

attendance is eight to 12 months prior to sep-

aration/retirement. Spouses are encouraged to

attend with their sponsor. To register or for more

information, please call the TAP Manager at

The Columbus A&FRC has 12 computers

with internet access available for job searches,

assessments, resumes, cover letters, state and

is available. A lending library of books, DVDs,

Discovery Resource Center

(662) 434-2631/2790.

Pilot partners and pilots from the 14th Flying Training Wing pose for a photograph Aug. 21, 2018, inside Lost Pizza, Columbus, Mississippi. The 14th FTW has many programs to keep the local community involved in the pilot training process, so every one from the base to the downtown Columbus area can have a positive impact on the mission.

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@

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. plunteers 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

The next Transition Assistance Program

(Goals, Plans, Success) Workshop

Key Spouse Program (KSP) The mission of KSP is to provide information

available on a first-come-first-serve basis.

and resources to military spouses, supporting families in successfully navigating through the military life cycle. The KSP is a CC's program. The commander 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

SLO office is located in the Airman & Family Readiness Center and can be reached at: work (662) 434-2792, cell (662) 352-6456; email SLO2@us.af.mil Chapel Schedule Whether you are new to Columbus Air Force Base or have been around for a while, our parish

more information, please call 434-2500. Catholic Community

ment of Veterans Affairs, Disabled TAP, and 3:30 p.m. – Religious Education, grades K-9 Department of Labor. Preseparation counseling (Start in Fall) is required before attending, and recommended

4 p.m. – Choir Practice

4 p.m. – Confession (or by appointment)

1st and 3rd Sunday - Fellowship Meal following

Tuesdays:

11:30 a.m. – Daily Mass (Phillips Auditorium)

11:30 a.m. – Adoration (Phillips Auditorium) 2nd Saturday of each month - Faith Ablaze

federal applications, and companies' employ-Protestant Community ment information. A printer and fax machine

9 a.m. - Adult Sunday School and periodicals on transition and EFMP topics 10:45 a.m. - Community Worship Service are available for check out. These resources are (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

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

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FSS Services

SILVER WINGS Aug. 30, 2018 Cultivate, Create, Connect

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! Visit your favorite Force Support Squadron activities and we'll show you our appreciation! Watch for hidden smiles for a chance to win with FSS during the month of August. There are lots of ways to collect

New Library Hours of Operation

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

New Base Pool Hours of Operation

The Base Pool will be open Saturday and Sunday only from 11 a.m.-6 p.m. Lap Swim will be available Monday through Friday from 6–7:30 a.m. and 11 a.m.–12:30 p.m. Aug. 13–31. The last day the base pool will be open is Labor Day, Sept. 3. For more information, contact 434-2505.

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.

Bowling Center Renovations

The Bowling Center will be closed for renovations from Save the Date: Nashville Oktoberfest Trip Aug. 27–31 and will re-open Sept. 1. Stop by the Café at 434-3426.

Youth Soccer Registration

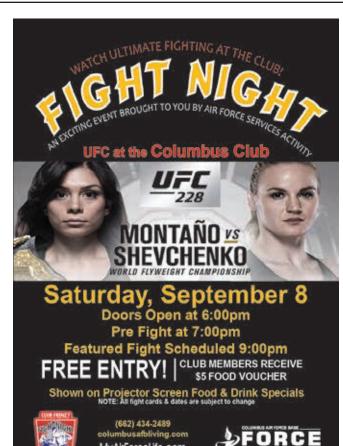
The Youth Center is offering Youth Soccer for ages three to 18. Register no later than Aug. 30! Volunteer coaches needed. For more information, contact 434-2504.

Free Prezi Workshop

What is Prezi? Prezi is the interactive, cloud-based presen- **FSS Gift Cards** tation platform that helps you connect more powerfully with your audience. Learn how to use Prezi at the Base Library at 3 p.m. Sept. 19. For more information, contact 434-2934.

Members Night Salsa Night

The Columbus Club is offering Members Night Salsa Night at 5:30 p.m. Sept. 21. Enjoy social hour from 5:30–6:30 p.m., beginner's salsa lesson 6:30–7:30 p.m. and Game Night at the Library free dancing 7:30 p.m.-midnight; featuring pick and mix new members. For more information, contact 434-2337.



6th Annual Wet N Wild Color Run

The Youth Center is offering a Color Run at 8:30 a.m. Sept. 22 at Lil Blazer Park. Free to military ID card holders. Open to all ages and all fitness levels. For more information, contact 434-2504.

Save the Date! The ITT office is offering a trip to the Whispering Pines or the Columbus Club for food purchase Nashville Oktoberfest on Oct. 13–14. Enjoy fun, food and options during renovations. For more information, contact music! More details coming soon! For more information, contact 434-7861.

Storytime Schedule

The Base Library is offering Storytime on Tuesdays at 10 a.m. for ages three to six years and Fridays at 10 a.m. for ages up to two years old. For more information, contact

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

The Base Library is offering a free game night at 5 p.m. tapas and signature cocktail specials. Prizes for members and the second Thursday of each month. For more information, the airport of your choice. For more information, contact

Horse Boarding Available

The Columbus Air Force Base, Mississippi, 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 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.

Information Tickets and Travel offers a shuttle service to

There's no 'l' in Total Force

Airman 1st Class Beaux Hebert

14th Flying Training Wing **Public Affairs**

The Air Force is comprised of many different types of Airmen. Active-duty, Air National Guard and Reserve Airmen work together to ensure that the Air Force is capable of delivering air power anywhere in the world at a moment's notice. Without the Total Force Concept (TFC), our Air Force would be stretched thin

One of the benefits of the TFC is it allows guardsman and reservist to bring in their experiences and ideas from outside of the military in order to be an effective fighting force.

"You're bringing new capabilities and talents to the table," said Maj. Kristine Brunshidle, 43rd Flying Training Squadron executive officer. "I used to do research at a university that was largely focused on behavioral health so that taught me how to communicate with people and be more effective as a leader."

The 43rd is the only Reserve unit on Columbus Air Force Base, Mississippi. Out ficiently

of 1,450 service members, there are about 100 reservist assisting active-duty personnel in Cultivating Airmen, Creating Pilots and

In the first half of Fiscal Year 2018, the 43rd made up about 12% of all instructor pilots here, but according to their metrics, they flew about 15% of all sorties from Columbus AFB. They also covered a large portion of squadron operations supervision and supervisor of flying tours.

Another benefit of the TFC, is it paves the way for consistent guidance from the 43rd.

"As reservist, we can stay here longer than most active-duty," said Maj. Stephen Hoffert, 43rd FTS assistant director of operations. "This allows us to experience the changing of pilot training and puts us in an advisory role.

The TFC isn't just about making the different parts of the Air Force work together, it's about bringing us together in order to make the Air Force a family and allow us the complete the mission effectively and ef-



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

Mai. Stephen Hoffert, 43rd Flying Training Squadron assistant director of operations, debriefs 2nd Lt. Bobby Therdchitphaisarn, 14th Student Squadron student pilot, after their flight Aug. 28, 2018, on Columbus Air Force Base, Mississippi. The 43rd FTS instructor pilots are reservists and their main job is to come into work and fly as many sorties as



The 43rd Flying Training Squadron patch on Maj. Stephen Hoffert's, 43rd FTS assistant director of operations, arm Aug. 28, 2018, on Columbus Air Force Base, Mississippi. The 43rd FTS has been helping create pilots at Columbus AFB for 28 years.



The 43rd Flying Training Squadron symbol hangs in the 37th Flying Training Squadron Aug. 28, 2018, on Columbus Air Force Base, Mississippi. Each of the flying training squadrons on Columbus AFB has a flight comprised of 43rd FTS instructor pilots.



When you see this sign, stop. Help keep our children safe.

SILVER WINGS

Alpha Warrior team visits Columbus AFB

14th Flying Training Wing Public Affairs

Many Airmen gathered around the new Alpha Warrior battle rig August 24, 2018 on Columbus Air Force Base, Mississippi.

The 14th Force Support Squadron hosted the two-day event with the Alpha Warrior team walking kids and adults alike through the motions of functional fitness exer-

"It went really, really well," said Zea Urbiztondo, 14th FSS fitness center director. "I have heard nothing but good things from everybody that participated. The athletes and crew all had a great time getting to meet the different Airmen and the patrons that used [the rig]. They loved the kids. Even with the event being over, a lot of people said that they went out over the weekend to

Top American Ninja Warrior competitors Kevin Klein, Tawnee Leonardo and McKinley Pierce visited Columbus AFB to reveal the base's new Alpha Warrior course and provided familiarization training for attendees willing to partic-

"Columbus was lucky to have Alpha Warrior athletes Kevin Klein, Tawnee Leonardo, and McKinley Pierce lead a fitness program at the Youth Center, a familiarization demonstration for adults and kids on the battle rig, and a friendly timed competition between Blaze's fittest Airmen in an effort to further promote physical fitness in one's daily life," said



Keven Klein, American Ninja Warrior athlete, thanks the audience for joining the Alpha Warrior athletes in the familiarization and demonstration of the battle rig. Klein, Tawnee Leonardo and McKinley Pierce lead the timed competition between Blaze's fittest Airmen in an effort to further promote physical fitness in one's daily life.

cated next to the tennis courts and available for Airmen to try it out.

"Where the rig is located is the permanent location," said Urbiztondo. "My goal is to make that area almost an extension of the fitness center. I would love to see units go out there and do unit PT, group exercise classes, and people really use this piece of equipment that we brought on for them.'

Although the battle rig is set up and available for Airmen to utilize, there are plans to include water stations, workout stations and a permanent canopy.

"The Alpha Warrior program does not end with this two day event," said Maj. Douglas Hickey, 14th Force Support Squadron commander. "Over the next few weeks, Maj. Douglas Hickey, 14th FSS the permanent and larger canopy will be installed over the workout

from weather elements. This canopy will cover an area that spans 60 feet wide and 100 feet long and will consist of the Battle Rig and an additional Beaver Fit Locker which will include kettle bells, ropes, barbells, pull bar area and much more with the space being large enough to hold squadron PT sessions while also leaving room for equipment expansion.

The projection completion is due mid-October. In addition, another upcoming event is slated for athletes to retest their skills and aim for an Alpha Warrior Regional Qualifier Competition.

"We have the qualifying event for regionals slated for Sept. 27, said Urbiztondo. "We will be hosting the qualifying competition. It will consist of a set workout they will have to do that we will make The battle rig is permanently loarrea providing much needed cover available to people as soon as pos-



Col. William Denham, 14th Flying Training Wing vice commander, tries out the Alpha Warrior battle rig, August 24, 2018 on Columbus Air Force Base, Mississippi. The battle rig enhances functional fitness training including improving overall core stability and muscular de-

sible. We're going to send the top Hurlburt Field, Florida, in October three male and top three female to for the regional competition."

To advertise in Silver Wings, call 328-2424



Maj. Gen. Jack Catton Jr. is the father of Team BLAZE

When you are driving on to Columbus Air Force Base meant that we do so much more than train men and your eye is immediately drawn to the BLAZE hanger. It women to fly; we are actually teaching all members of is hard to miss as it canvases the T-38C Talon hanger the base how to be men and women of character. Despite with an Air Education and Training Command torch the need for pilots, what the Air Force needs are leaders and prominent 'B-L-A-Z-E.'

After seeing this every morning and evening you have probably even asked yourself, "What does BLAZE

The short answer: Building Leaders, Advancing Integrity, Service before Self and Excellence in all we do.

Sounds lot like our Air Force core values, right? The father of BLAZE, Maj. Gen. Jack Catton Jr. wanted it

Catton was the 14th Flying Training Wing Commander from July 1997 to July 1998. During his command, he championed living by the core values.

Time and time again he would emphasize that being good at what you do includes having a strong core of

Catton believed that being a part of team BLAZE id/162451

To this sentiment, Catton addressed graduating pilots with the following: "Blaze on. By this I mean be honest in everything you do. Do what is right even when it is hard and when nobody is looking. Respect your teammates no matter their race, gender or creed. Be a good wingman and be willing and able to support your teammates in whatever you are asked to do.

If you would like to hear more about BLAZE, please join us for the 2018 Air Force Birthday Ball where we will have the distinct honor of having Catton speak.

The 2018 Air Force Birthday Ball will take place on Sept. 22, at the Trotter Center in down town Columbus.

For more information and to purchase tickets please visit: https://www.tickettailor.com/event/view/



VIEWPOINT

Innovation at Columbus Air Force Base...Not just a buzzword.

14th Flying Training Wing director of innovation

Unless you've had your head in the sand for the last six months, you've felt something changing. Something big is happening. You've heard the rumors, read the articles and watched the YouTube videos sent out by command-

Recently, the 19th Air Force commander, General Doherty met with us and spoke extensively about our "laser focus" and the need to shift our warfighting culture.

There's a new mindset in town, one that you can no longer ignore. One that is busting at the seams in the hearts and minds of our airmen...INNOVATION.

Most people roll their eyes, or say things like a recently separated friend of mine said on the phone, "Good luck innovating anything in the Air Force!" But what if I told you that's not the case.

Col. Jason Lamb, the AETC Intelligence, Analysis and Innovation (A2/9) said, "People who scoff at innovation aren't doing it," which begs the question, why are people scoffing at innovation?

Our leadership is bought in. They are witnessing our nology to further assist you in your endeavors. We just can be reached at (662) 434-3004.

adversaries slowly gain strategic advantages in the bal- want to ask you one question: "What drives you crazy that ance of world power.

They understand the necessity to unleash the creative spirit of our young airmen to solve tomorrow's problems and fight tomorrow's wars.

They have given us the green light to move out fast, but we seem to be stuck in the comforts of how we've always done things. We are repeatedly solving old problems with old, industrial age technology. In other words, 'they have given us the keys to dad's Ferrari,' but we are too problems at the grassroots level. afraid to pull it out of the garage.

I present to you the Columbus Air Force Base, Mississippi, Spark Cell! The 'supercharged Ferrari with an unlimited supply of tires.'

Through Lt. Gen. Steven Kwast's direction and senior leaderships buy in, we are creating an Innovation Lab called, The Bridge, which is open to everyone from the youngest airman to the eldest general on base.

We have tools, processes and a network of academia, industry and other DOD agencies at our fingertips to help you solve YOUR problems on YOUR terms.

We are also in the process of acquiring amazing tech-

you wish you could change?" In response, I will say to you "Then get over here and let's change it!"

Our lab is focused on innovative culture, small group learning and connecting with the best and brightest. We will be unrelenting and unwavering in the pursuit of our Airmen's hearts and minds.

We want to connect with you on a personal level and unleash your full potential to create solutions and solve

All you need is an idea on how to make life better, or a 20 percent solution to a problem that plagues you. Bring it to us and we will help you solve or create.

If we are unable to do it in-house, we will tap into the established network to take problem sets to solutions.

Kwast said, "You are trusted, don't wait on us."

He also said, every day we should try to get him fired by leaning forward as far as we can. Let's put him to the test, let's do something big together, let's solve Air Force problems and become a beacon of light for tomorrow's warfighting machine, let's lead this fight!

The innovation lab is in Building 926, Room 213. We

10 SILVER WINGS Aug. 30, 2018 SILVER WINGS Aug. 30, 2018 Cultivate, Create, Connect Cultivate, Create, Connect

BLAZE Hangar Tails: F-15 Eagle

tactical fighter designed to permit the Air Force to gain and tude navigation and targeting infrared for night pods maintain air supremacy over the battlefield

outperform and outfight any current enemy aircraft. The a combat squadron was delivered. F-15 has electronic systems and weaponry to detect, acquire, track and attack enemy aircraft while operating in friendly or enemy-controlled airspace. The weapons and flight control systems are designed so one person can safely and effectively perform air-to-air combat.

achieved through high engine thrust-to-weight ratio and low wing loading. Low wing-loading (the ratio of aircraft weight to its wing area) is a vital factor in maneuverability and, combined with the high thrust-to-weight ratio, enables the aircraft to turn tightly without losing airspeed.

An automated weapon system enables the pilot to perform missile launchers and artillery sites using the LANTIRN aerial combat safely and effectively, using the head-up display system. and the avionics and weapons controls located on the engine throttles or control stick. When the pilot changes from one weapon system to another, visual guidance for the required weapon automatically appears on the head-up display.

For low-altitude, high-speed penetration and precision at- in Iraq.

tack on tactical targets at night or in adverse weather, the The F-15 Eagle is an all-weather, extremely maneuverable, F-15E carries a high-resolution APG-70 radar and low-alti-

Backaround

The first F-15A flight was made in July 1972, and the first The Eagle's air superiority is achieved through a mixture flight of the two-seat F-15B (formerly TF-15A) trainer was of unprecedented maneuverability and acceleration, range, made in July 1973. The first Eagle (F-15B) was delivered in weapons and avionics. It can penetrate enemy defense and November 1974. In January 1976, the first Eagle destined for

The single-seat F-15C and two-seat F-15D models entered the Air Force inventory beginning in 1979. These new models have Production Eagle Package (PEP 2000) improvements, including 2,000 pounds (900 kilograms) of additional internal fuel, provision for carrying exterior conformal fuel The F-15's superior maneuverability and acceleration are tanks and increased maximum takeoff weight of up to 68,000 pounds (30,600 kilograms).

F-15C, D and E models were deployed to the Persian Gulf in 1991 in support of Operation Desert Storm where they proved their superior combat capability. F-15C fighters accounted for 34 of the 37 Air Force air-to-air victo-A variety of air-to-air weaponry can be carried by the F-15. ries. F-15E's were operated mainly at night, hunting SCUD

> They have since been deployed for air expeditionary force deployments and operations Southern Watch (no-fly zone in Southern Iraq), Provide Comfort in Turkey, Allied Force in lars) Bosnia, Enduring Freedom in Afghanistan and Iraqi Freedom

General Characteristics

Primary function: Tactical fighter Contractor: McDonnell Douglas Corp.

Power plant: Two Pratt & Whitney F100-PW-100, 220 or 229 turbofan engines with afterburners

Thrust: (C/D models) 23,450 pounds each engine

Wingspan: 42.8 feet (13 meters) **Length:** 63.8 feet (19.44 meters) Height: 18.5 feet (5.6 meters)

Weight: 31,700 pounds

Maximum takeoff weight: (C/D models) 68,000 pounds (30,844 kilograms)

Fuel Capacity: 36,200 pounds (three external plus conformal fuel tanks)

Pavload: depends on mission

Speed: 1,875 mph (Mach 2 class)

Ceiling: 65,000 feet (19,812 meters)

Range: 3,450 miles (3,000 nautical miles) ferry range with conformal fuel tanks and three external fuel tanks

Crew: F-15A/C: one. F-15B/D/E: two

Armament: One internally mounted M-61A1 20mm 20mm, six-barrel cannon with 940 rounds of ammunition; four AIM-9 Sidewinder and four AIM-120 AMRAAMs or eight AIM-120 AMRAAMs, carried externally.

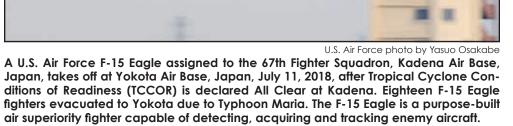
Unit Cost: A/B models - \$27.9 million (fiscal 98 constant dollars);C/D models - \$29.9 million (fiscal 98 constant dol-



A 48th Fighter Wing F-15E Strike Eagle maneuvers through the "Mach Loop" valleys in

northern Wales, Sept. 5, 2017. The 492nd and 494th Fighter Squadrons train regularly to

ensure RAF Lakenheath brings unique air combat capabilities to the fight.





www.cdc.gov/flu/.

Columbus Air Force Base 2018-2019 flu season

14th Medical Group

The 2018-2019 flu season is quickly approaching and with viral activity comes the need to be immunized. All active-duty members are required to be vaccinated and all dependents and retirees, ages 6 months and older, are highly encouraged to receive a flu vaccination as soon as the vaccine is available

Delivery of this year's influenza vaccine to the 14th Medical Group is pending. Once it arrives and a schedule is developed, eligible members and families will be informed through the 14th MDG and Columbus Air Force Base Facebook pages.

To ensure effective, targeted vaccination coverage, the Im munization Clinic will use a phased strategy that will begin with our first responders (medical personnel, fire department, and security forces). A base flu line will be set up at the Base Chapel for all other active duty military, defense department employees. and contractors only. Once the first phase is complete, the flu vaccine will be made available to dependents, retirees, and other DOD-eligible members at the Immunization Clinic during nor mal duty hours, 7:30 a.m.-4:30 p.m. Mondays through Wednesdays, 7:30 a.m.-1 p.m. Thursdays, and 8:30 a.m.-4:30 p.m. Fri-

Flu viruses are spread mainly from person to person through coughing, sneezing or talking to people with influenza. The virus can survive on surfaces and can infect a person for two to eight hours after being deposited on the surface.

It's important to take preventive measures such as vaccinations and practicing good hygiene, to safeguard your health every day, but especially during flu season.

Here are some things that can be done to protect everyone's

- Protect yourself by getting the flu vaccine.
- Cover your nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the trash after use.
- Wash your hands often with soap and warm water. If soap and water aren't available, use an alcohol-based hand rub (i.e
- Avoid touching your eyes, nose or mouth. Germs spread this
- Try to avoid close contact with sick people.

At work, tell your supervisor if are experiencing flu-like symp toms. You may be asked to wear a mask, sent for a flu test, or asked to go home. If are directed to go to the 14th Medical Group, tell the front desk that you think you have the flu and you'll be asked

For more information on influenza, please visit the CDC at

The four C's of food safety: Clean, cook, contamination, chill

SSqt. Viviana Chalfonte NCOIC of Community Health

Summer is the perfect time for cookouts and barbeques right? Although, the weather may be ideal for being outside, the same cannot be said for food. The warm weather can be a challenge for food safety and preventing foodborne illnesses. Due to the warm temperatures, especially in Mississippi, it can be difficult to keep food within the proper temperature

It is crucial that hot foods stay hot and cold foods stay cold!

When foods fall between 40°F and 140°F (this is known as the Danger Zone), bacteria begins to multiply at a rapid rate thus leading to an increased risk of acquiring a foodborne

"Each year, 1 in 6 Americans ge sick from eating contaminated food. CDC estimates that each year 48 million people get sick from a foodborne illness, 128,000 are hospitalized, and 3,000 die (CDC, 2018)."

Symptoms of a foodborne illness or food poisoning most commonly include nausea, vomiting, stomach cramps, and diarrhea. There have been more than 250 foodborne illnesses identified globally (CDC). However, by following a few simple rules it is easy to minimize the risk of becoming ill.

Clean: The number one way to reduce the possibility of foodborne illnesses is through handwashing. Handwashing reduces the spread of germs when done effectively. It is vital to keep your work space clean.

Contamination: Remember to wash your fruits and vegetables! Cross contamination should be considered from the time you purchase your food, to the storing of foods, throughout the cooking process, and after the foods are prepared. Raw meats can carry bacteria which can 40°F or below.



contaminate other foods like fruits and vegetables while being stored or during preparation. On top of reducing the risk of cross contamination this can also minimize any pesticide

Cook: Ensure foods are kept out of the Danger Zone. This means cooking food thoroughly to the proper temperatures as well as storing foods at the proper temperatures. While food temperatures for meats vary slightly, it is important that you are equipped with a food thermometer in order to take internal food tempera-

Chill: Do not allow foods to thaw on the counter. Utilize the three approved thawing methods for frozen foods; in the refrigerator, in cold water, or in the microwave. Allowing food to thaw on the counter can inhibit the growth of bacteria as the meat comes to room temperature and sits in the Danger Zone. For cold foods in the refrigerator, that means

Below are the CDC's recommended temperatures for food safety:

- 145°F for whole cuts of beef, pork, veal, and lamb (then allow the meat to rest for 3 minutes before carving or eating)
- 160°F for ground meats, such as beef and pork
- 165°F for all poultry, including ground chicken and turkey
- 165°F for leftovers and casseroles
- 145°F for fresh ham (raw)

• 145°F for fin fish or cook until flesh is opaque Remember, although barbequing

is enjoyable, foodborne illnesses are not! Fun begins with food safety! Check out these references for ad-

ditional information:

https://www.cdc.gov/foodsafety/ keep-food-safe.html

https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm094562.

https://www.foodsafety.gov/ https://www.foodsafety.gov/recalls/recent/index.html

Follow us on Twitter! www.twitter.com/Columbus AFB

U.S. Air Force photo by Airman Hannah Bean

Col. Gary Hayward, 14th Mission Support Group commander, presents Military Working Dog Cherry, 14th Security Forces Squadron, a gift during her retirement ceremony Aug. 24, 2018, on Columbus Air Force Base, Mississippi, while her handler, Staff Sgt. Nicholas Heckler, former 14th SFS MWD handler, looks on. Cherry was assigned to the 14th Security Forces Squadron, faithfully serving 10 years in the U.S. Air Force.



U.S. Air Force photo by Elizabeth Owens

Staff Sgt. Nicholas Heckler, former 14th Security Forces Squadron military working dog handler, prepares to walk with newly retired MWD Cherry, during her retirement ceremony Aug. 24, 2018, on Columbus Air Force Base, Mississippi. Cherry retired after serving the Air Force for 10 years, and will go on to live with Heckler.

MWD Cherry retires after 10 years of service

Airman Hannah Bean 14th Flying Training Wina

Public Affairs Military Working Dog Cherry retired Aug. 24. on Columbus Air Force Base, Mississippi, after serving more than 10 years in

Cherry worked as an explosive detector dog with the 14th Security Forces Squadron.

the Air Force.

"She really enjoyed her job," said Staff Sgt. Matthew Price, 14th SFS MWD trainer. "She works really well to where just about anybody from the section can go in and she would work with them. Her reliability and flexibility with being able to go to a different handler makes a fairly easy transition."

Aside from being very dedicated and good her job, Cherry is also very personable and enjoys being around people.

"She's full of life," said Senior Airman Raymond Dwoznik, 14th SFS MWD handler. "She's very excited just to have people around, but she's also eager to do her job. As soon as you give her a command, she does it pretty much perfect every time."

During her career, Cherry deployed and utilized her abilities in multiple situations. In 2012, she went to Qatar to help detect improvised explosive devices. In 2016-2017 she went to Eskan Village in Saudi Arabia and supported the secretary of defense.

Between deployments, Cherry was diagnosed with Gastric Dilatation and Volvulus.

GDV is a rapidly progressive life-threatening condition where the dog's stomach fills with gas, causing bloating, according to VCA Animal Hospitals. The stomach can then possibly twist upon itself so that both the entrance and exit of the stomach become blocked. The swollen stomach can limit blood circulation and requires immediate veterinary attention or even emergency surgery to save

the dog's life. "She almost died," Price said. "She had to have emergency surgery and the vets didn't think she'd make a full recovery, but she did and she got back to full duty. She's a very, very resilient dog."

and being able to serve the Air Force once to start living a normal life. again, Cherry was retired and will live with one of her former handlers. The retirement of able life, sitting on a couch and being pam-MWD's is not a common occurrence and the pered," Price said. "She deserves it."



During her career, Cherry deployed and utilized her abilities in multiple situations. In 2012, she went to Qatar to help detect improvised explosive devices. In 2016-2017 she went to Eskan Village in Saudi Arabia and supported the secretary of defense.

After surviving a tough medical situation 14th SFS said they are happy to see her able

"I hope that she has a long and comfort-

ABOVE: Military Working Dog Cherry poses with 14th Flying Training Wing "family" after her retirement ceremony Aug. 24, 2018, on Columbus Air Force Base, Mississippi. Cherry retired after faithfully serving more than 10 years in the U.S. Air Force.

RIGHT: Military Working Dog Cherry, 14th Security Forces Squadron, scans the audience during her retirement ceremony Aug. 24, 2018, on Columbus Air Force Base, Mississippi, Cherry served for more than 10 years in the Air Force.



U.S. Air Force photo by Airman Hannah Bean



U.S. Air Force photo by Elizabeth Owens

Staff Sqt. Nicholas Heckler, former 14th Security Forces Squadron military working dog handler, and Master Sgt. Dustin Weeks, 14th Security Forces Squadron acting first sergeant, kneel beside newly retired MWD Cherry, during Cherry's retirement ceremony Aug. 24, 2018, on Columbus Air Force Base, Mississippi. Cherry retired after serving the Air Force for 10 years, and will go on to live with