SILVER WINGS 16 Sept. 14, 2018

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ORIGINAL and LARGEST Children's Consignment Event



To advertise in Silver Wings, call 328-2424

PH Senio Squadror Class 37th (19-08) -4.67 da 41st (19-05) Col. Daniel R. McDonoug

torium

Inside



Columbus Air Force Base, Miss.

September 14, 2018



News Briefs

Air Force Birthday

The Air Force's birthday is Sept. 18! Here's to 71 years of air, space and cyberspace power!

Wing Newcomers Orientation

A Wing Newcomers Orientation is scheduled from 8 a.m.-1 p.m. Sept. 25 at the Columbus Club for newly arrived active duty and civilian personnel.

SUPT Class 18-15 Graduation

Specialized Undergraduate Pilot Training Class 18-15 graduates at 10 a.m. Sept. 28 at the Kaye Audi-



Feature 8

The 37th Flying Trainng Squadron is highlightd in this week's feature.



Notre Dame Air Force ROTC cadet Jill Ruane passes over campus as a backseater in a formation of two T-6 Texan IIs Sept. 9, 2018, in South Bend, Indiana. Several cadets from the Notre Dame AFROTC program took familiarization flights in the T-6 the Sunday following the football game against Ball State. The aircraft belong to the 37th Flying Training Squadron who were on campus to perform the pregame flyover at the football game the previous day.

37th FTS IPs conduct off-station training, train Notre Dame ROTC cadets

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

Instructor pilots and 22 T-6 Texan IIs from the 37th Flying Training Squadron recently returned from a TDY

to South Bend, Indiana, where they conducted instructor continuation training for end of year requirements and were also able to work with cadets from the Notre Dame Air

See TRAINING, Page 3

	С	OLU	MBU	s /	\mathbf{FI}	B T	RAII	NIN	IG '	Тім	ELI	ΝΕ		
IA	se II			Рна	se III			II	$\mathbf{F}\mathbf{F}$		W	ing Sor	ΓΙΕ BOA	ARD
	Squadron			Senior	Squadron			Senior	Squadron		Aircraft	Required	Flown	Annual
	Overall	Track Select	Squadron	Class	Overall	Graduation	Squadron	Class	Overall	Graduation	T-6	1,030	837	26,667
iys	-8.05 days	Sept. 27	48th (18-15)	-2.15 days	4.90 days	Sept. 26	49th (18-LBC)	-1.60 days	-0.58 days	Sept. 19	T-1	321	242	8,730
ays	-4.20 days	Dec. 14	50th (19-01)	-2.62 days	-3.37 days	Sept. 26	* Mission numbe	rs travided by	14 FTW/Wir	ng Scheduling	T-38	364	307	9,959
ugh, 182nd Air Lift Wing commander, Illinois Air National Guard, is the guest speaker for Specialized Undergraduate Pilot Training Class IFF 140 128 4,186									4,186					

18-15's graduation at 10 a.m. Sept. 28, 2018, in the Kaye Auditorium.

NEWS

Cultivate, Create, Connect



support the Airmen and their families while they are away.

Deployment numbers provided b the Installation Personnel Readiness Office.



U.S. AIR FORCE

				i		
<u>Mon</u>	Tue	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat/Sun</u>	<u>Long Range</u> <u>Events</u>
17	18	19	20	21	22/23	Oct. 2-4: CREATE
Constitution Day	Air Force's 71st Birthday	AMC Force Development Roadshow, @ 14th OG	Base tour: International Paper	POW/MIA Recognition Day	22nd: AF Birthday Ball, 6 p.m. @ Trotter Center	Oct. 4: Columbus High School AF JROTC Tour Oct. 5: Wing All-Call Oct. 8: Columbus Day Oct. 12: SUPT Class 19-01 Assignment Night Oct. 16: Wing
24	25 Wing New- comers Orien- tation, 8 a.m. @ Club	26	27 Nancy Andrews visit Hearts Apart, 5-7 p.m. @ AFRC	28 Enlisted Promotions, 3 p.m. @ Kaye Auditorium SUPT Class 18-15 Graduation, 10 am. @ Kaye Auditorium	29/30	Newcomers Oct. 19-20: Caledonia Days Oct. 20-21: Autocross Oct. 23: MSU Veterinary Student Tour Oct. 26: SUPT Class 19-01 Graduation Oct. 27: Base Trick or Treating

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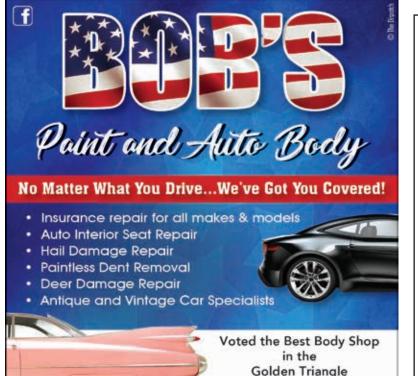
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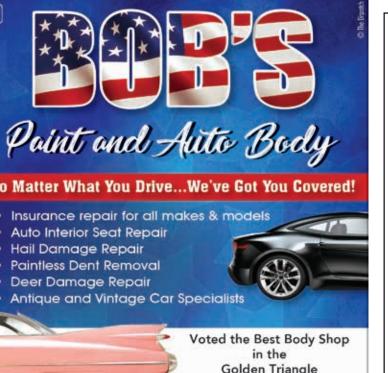
Editorial content is edited, prepared and provided by the 14th Flying Training Wing Public Affairs Office of Columbus AFB,

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.







83 EAST PLYMOUTH ROAD | COLUMBUS, MS | 662.327.1221

NEWS AROUND TOWN

ket

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.

Louisiana-Lafayette vs. MSU

The University of Louisiana at Lafayette Ragin Cajuns and

Hitching Lot Farmers' Mar- the Mississippi State Universi- Help end cancer ty Bulldogs will play at 6:30 p.m. Sept. 15 at Davis Wade Stadium in Starkville, Mississippi. Tickets are 16, and at 6:30 the walk will begin. for sale online.

Cars and Coffee

Cars and Coffee begins at 7:30-10:30 a.m. Sept. 15, at the Columbus, Mississippi farmers market. The event is free and anyone may submitting their vehicle in the show.

Registration for the walk to help end cancer begins at 4:30 p.m. Sept.

Downtown Columbus Art Walk

An art walk is to be held 5:30-7:30 p.m. Sept. 27, for those interested to view local artists work, participate in family activities and shop after hours in downtown Columbus, Mississippi.

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 Bargain Line. They may, however, be purchased through The Commercial Dispatch, 328-2424.

Miscellaneous

Wanted: Looking for a chain link

fence; will buy and remove fence for the seller. For more information call 662-356-6555.

Transportation

For Sale: 1978 Triumph Spitfire, comes with lots of extra parts. Asking \$1,500, one buyer only. If interested, call (662) 549-5188.

Bargain Line advertisement

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

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

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

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

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

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 a reward!

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.

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.

Free Prezi Workshop

What is Prezi? Prezi is the interactive, cloud-based presentation 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 free dancing 7:30 p.m.-midnight; featuring pick and mix tapas and signature cocktail specials. Prizes for members and 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 434-2504.

Save the Date: Nashville Oktoberfest Trip

Save the Date! The ITT office is offering a trip to the Nashville Oktoberfest on Oct. 13–14. Enjoy fun, food and music! More details coming soon! For more information, contact 434-7861.

Storytime Schedule





EVERY 3RD TUESDAY 11AM-1:30PM AT THE COLUMBUS CLUB



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 434-2934.

FSS Gift Cards

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

Game Night at the Library

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

Horse Boarding Available

The Columbus Air Force Base, Mississippi, riding stables usually has stall space available. For pricing and more infor- and single units. Contact the lodging desk at 434-2548. mation, contact Outdoor Recreation at 434-2505.

Free Mango Languages

Learn a new language today! Free Mango Languages avail- the airport of your choice. For more information, contact The Base Library is offering Storytime on Tuesdays at able at the Base Library; real-life conversations in over 70 434-7861.

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 vear 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

Ride in Style

Information Tickets and Travel offers a shuttle service to

TRAINING

(Continued from page 1)

Force ROTC Detachment 225. From Sept. 6-10, the 37th FTS accomplished 188 sorties and also increased knowledge and proficiency for all their IPs in an off-station training environment.

"This training was huge," said Capt. Richard Ross, 37th FTS IP. "It proved that we as IPs can conduct flights off home station in a safe and organized manner. It also required IPs to thoroughly plan and provide procedures to those conducting the familiarization flights due to the fact that this was non-standard and not at Columbus (Air Force Base, Mississippi)."

The 37th FTS was also invited to fly over the Notre Dame versus Ball State game at Notre Dame Stadium and meet with Notre Dame ROTC cadets. The IPs were able to work closely with the cadets to demonstrate some of the training the pilot community goes through to ensure proper pilot training on a daily basis.

flying.



lems is through the chain-of-command.

names.

It's not an everyday occurrence that cadets are given the opportunity to fly, but 16 cadets were given that chance. They were screened by Columbus AFB medical personnel and received all required training with Airmen from the 14th Operations Support Squadron aircrew flight equipment and egress trained personnel before



Four T-6 Texan IIs assigned to the 37th Flying Training Squadron fly over Notre Dame Stadium before the game against Ball State Sept. 8, 2018, in South Bend, Indiana. The 37th FTS accomplished 188 sorties from Sept. 6-10, and also increased knowledge and proficiency for all instructor pilots in an off-station training environment in addition to performing a flyover.

motivation in the cadet's expressions, but managers' responsibilities accomplished Dame ROTC cadets for future aviation being able to travel a flying squadron to prior to departing and having fixed base service through static displays, flybys, fathe ROTC home station and inspire the operation personnel in South Bend, the cadets toward a career in aviation is pretty training was successful. rewarding," she said.

First Lt. Alexandra Taylor, 37th FTS a lot of planning and coordination with location, they also took the time to meninstructor pilot, said she was thrilled for multiple squadrons and agencies. Because tor future Air Force officers and possibly the ROTC detachment and community of what the cadets were able to experience. of the harmonization between IPs, flight recruit some fans at the football game.

"Not only seeing the excitement and doctor, AFE personnel, aviation resource

The crew took advantage of the oppor-To make the training happen, it took tunity to not only train in an unfamiliar

"We were fortunate to motivate Notre miliarization flights, Q-and-A sessions and further mentorship," Taylor said. "We were able to expand Air Force presence and recruitment through public affairs with the four-ship flyover and involvement with Notre Dame.'

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 prob-

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

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.



CAFB provides Air Force over 5,500 pilots since Sept. 11, 2001

According to the 14th Flying Training Wing Historian approximately 5,647 pilot training graduates since Sept. 11, 2001, through the present day on Columbus Air Force Base, Mississippi. Since the events of 9/11, the first Specialized Undergraduate Pilot Training Class 01-15, graduated on Sept. 28, 2001, and the last Class 18-14/15, graduated on Sept. 7, 2018.



Rothstein shares favorite parts about being an Air Force aviator

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

Maj. Gen. Michael D. Rothstein, commander of the Curtis E. LeMay Center and vice commander of Air University at Maxwell Air Force Base, Alabama, spoke at Specialized Undergraduate Pilot Training Classes 18-14/15 graduation Sept. 7 on Columbus Air Force Base, Mississippi. The graduation consisted of students from SUPT Class 18-14 and the T-38C Talon students from SUPT Class 18-15.

Force and partner nation's newest pilots, he noted how a week and 29 years ago he was sitting in their spot, and explained that so pilots. much has happened in those years.

Rothstein mentioned how the new pilots are now part of best team of aviators in the

"This is the best air force the world has ever known," Rothstein said. "But don't be complacent, (our enemies) are coming for us. We need to play like contenders, not cham-

Rothstein also stressed how important it is for pilots to seek instant feedback, and how it's unique — that as a pilot — to know the results of impact immediately after each sortie. Not every profession can see how their actions effect the world.

Rothstein said if anything else, one thing he has always gotten out of being a pilot is having fun.

"I don't have to go to work, I get to go to work," Rothstein said. "I could be a ditch-digger or an accountant, both are noble things to do, but let me tell you that being a pilot in the Air Force is more fun."

He also mentioned that the people he works are great. He said they are smart, caring and hardworking and will take care of

Another great aspect of being a pilot is the opportunity to see the world. He joked about the First Assignment Instructor Pilots (FAIP) will see Columbus AFB a little lon-

ger but reassured them they will have their chance.

Rothstein also talked about how he likes the continuing challenges of being a pilot.

"I'm a pretty good F-16 (Fighting Falcon) pilot, at least I was back in the day if I say so myself, but I was never perfect," Rothstein said. "I never had a (sortie) that I thought couldn't be better.'

Another thing he admired about being an Air Force pilot is the service. He said that they will get to do something that is larger than themselves.

His final point he made is that being a pi-As Rothstein addressed 25 of the U.S. Air lot is a respected profession. He said being a military officer comes with respect which led him into his final piece of advice to the new

"We are about to put some wings on your chest, and they are going to be heavy, but they shouldn't be as heavy as the (rank) on your shoulders," Rothstein said. "First and foremost I expect you to be a warrior and an officer in our U.S. Air Force. I don't expect you to be a pilot who happens to be an officer, expect you to be an officer who happens to be a pilot.



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

Maj. Gen. Michael D. Rothstein, commander of the Curtis E. LeMay Center and vice commander of Air University at Maxwell Air Force Base, Alabama, greets students of Specialized Undergraduate Pilot Training Classes 18-14/15 at their graduation Sept. 7, 2018, on Columbus Air Force Base, Mississippi. Twenty-five officers completed 53 weeks of training in order to become new, highly trained pilots.



Maj. Gen. Michael D. Rothstein, commander of the Curtis E. Le-May Center and vice commander of Air University at Maxwell Students from Specialized Undergraduate Pilot Training Classes Air Force Base, Alabama, speaks at Specialized Undergrad- 18-14/15 are recognized after receiving their wings Sept. 7, 2018, uate Pilot Training Classes 18-14/15's graduation Sept. 7, 2018, on Columbus Air Force Base, Mississippi. The graduation conon Columbus Air Force Base, Mississippi. In his speech, Rothstein sisted of all students from SUPT Class 18-14 and the T-38C Talon shared his favorite things about being an Air Force pilot.



students from SUPT Class 18-15.



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

Air Force **Readiness Programs**

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

Linked-In Workshop

The next Linked-In workshop is 2-5 p.m. Sept. 17-18. You'll learn how to establish/use a Linked-In account. To register or for more information, please call A&FRC at (662) 434-2790.

Federal USAJobs Workshop

The next Federal USAJobs workshop will be 9-10:30 a.m. Sept. 19. This is a workshop on writing resumes, applications, and job search using the USAJobs website. To register or for more information, please call A&FRČ at (662) 434-2790.

Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop will be held 8 a.m.-3 p.m. Sept. 20-21 This workshop is conducted by the Small Business Administration for veterans and all base personnel interested starting up and operating their own business. To register or for more information, please call A&FRC at (662) 434-2790.

Career Exploration & Planning **Track Workshop**

The next Career Exploration & Planning Track workshop will be held 8 a.m.-3 p.m. Sept. 24-25, in the A&FRC. This workshop helps members identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. To register or for more information, please call A&FRC at (662) 434-2790.

Wing Newcomers Orientation

The next Wing Newcomers Orientation will be held on 8-noon Sept 25. This event is mandatory for all newly arrived active duty and civilian personnel, and spouses are encouraged to attend. The orientation is held at the Columbus Club. To register or for more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

Hearts Apart

The next Hearts Apart will be held on 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 (662) 434-2790.

Military and Family Life Counselor Proaram

COMMUNITY

Military and Family Life Counselors provide non-medical counseling to help Airmen (single and married), spouses, and other family members cope with stressful situations created by deploy-

Team BLAZE welcomes new school liaison officer



U.S. Air Force photo by Airman 1st Class Beaux Heber Leslie Flynn, the new Columbus Air Force Base school liaison officer, sits at her desk in the Airmen and Family Readiness Center Sept. 7, 2018, on Columbus AFB, Mississippi. School Liaison Officers serve as the primary point of contact for school-related matters for every military installation. Flynn's office phone number is (662) 434-2792.

All counselors are licensed mental health pro- Please contact A&FRC at (662) 434-2794/2790 viders, and they can meet either on or off base. There is no charge for services, and appoint ments can usually be made within one to two Survivor Benefit Plan days. To contact the MFLC, please call (662) 364-0504/434-2790.

Employment Workshop

An employment workshop on local and base employment opportunities is held every Wednesday, 1-2 p.m. This program provides military families and DoD civilian members individual assessment and career counseling to assist with local employment, preparation for future endeavors via education, job search, or selfowned business objectives in the local area. For more information, please call A&FRC at (662) 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 Federal Write-in Absentee Ballot (FWAB) SFinformation

Pre- and Post-Deployment Tour Briefina

These briefings are mandatory for active duty personnel who are either deploying or returning from deployment or a remote tour. The briefings ments, reintegration, and life challenges such as are held daily at the A&FRC. Pre-deployment is martial issues, parenting, career stress, and anger. at 9:30 a.m., and post-deployment is at 1:30 p.m.

for more information.

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, vou 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.

Installation Voting Assistance Office

A&FRC houses the Voting Assistance Office 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, 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.

Key Spouse Program (KSP)

The mission of Key Spouse Program is to provide information and resources to military

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

Personal Financial Readiness

Need Help with Financial matters? Want to make the most of your money? The personal financial counselor 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. Personal fi nancial counselor services are at no cost, private and confidential. Please contact the personal financial counselor at (662) 998-0411/434-2790 or e-mail PFC.Columbus.USAF@zeiders.com located in the A&FRC.

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.

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 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) Brd 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 Kave Auditorium until further notice

VIEWPOINT

Who are the Bengal Tigers?

Lt. Col. Steve Drinnon 37th Flying Training Squadron

"The most important thing I learned is that Soldiers watch what their leaders do. You can give them classes and lecture them forever, but it is your personal example they will follow." – Gen. Colin Powell

known as the Bengal Tigers, is one of two T-6A Texan II squadrons at Columbus Air Force Base, Mississippi, supporting the Air Force mission through pilot production via cally, operational tempo dictates that one, the primary phase of pilot training.

of standards to be upheld as they progress through the program and worldclass training in preparation for the next, more advanced, phase of their aviation career in the T-1A Jayhawk, TH-1 Iroquois, or T-38C Talon.

In the daily process of creating aviators, what should not be lost in the background is how the Bengal Tigers cultivate Airmen through many different avenues of professional development for its permanent party instructors and beyond.

The Air Force offers numerous opportunities for development both in the leadership and professional realm within one's Air Force aviation spectrum. However, programs such Specialty Code. Using the whole person concept, the 37th FTS affords its members reach even deeper into niche aviation. numerous prospects to better themselves through several initiatives.

Squadron Officer School (SOS), Advanced Instrument School (AIS), Instructor Enrichment Program flights and cadet orientation flights have, and continue to provide, building blocks to better connect Bengal Tigers to the greater Air Force and act as a catalyst for further future development as officers and leaders.

SOS, at Maxwell AFB, Alabama, is the first level of professional military education (PME) and provides a leadership and critical thinking laboratory for developing officers in the rank of captain or civilian Airmen in the grades of GS-9 through GS-12.

A first step in a progressive military education system, either via in-residence or distance learning, SOS graduates should have an "enhanced understanding of the institutional competencies, leadership actions, and key elements of reasoning required to fly, fight and win in the 21st century.'

In 2017-2018, several Bengal Tiger captains were selected to attend SOS, completing a rigorous academic schedule over six and generations of aviators are best prepared to a half weeks.

rate with rank, also afford alumni a networking opportunity that will stay with them the course of their careers and beyond. While SOS is designed to develop decision making in warfighters across the spectrum of AFSCs, AIS is focused more on developing Airmen specific to aviation and aviation support.

AIS, located at the Air Force Flight Stan-The 37th Flying Training Squadron, dards Agency, Tinker AFB, Oklahoma, provides a graduate level understanding of instrument flight and the support mechanism of the National Airspace System. Periodior more, slots at AIS goes unfilled, in early Students can expect the highest level 2018, the 37th was able to capitalize on one of such "fall-out" slots and send a candidate to this outstanding course.

The instructor gleaned valuable knowledge to be shared with the students he flies with and instructs, as well as his fellow instructors to further their professional development. Furthermore, the knowledge transfers to other operational assignments, as AIS attendance qualifies the instructor to teach the Instrument Refresher Course to other aviators as part of their annual requirements.

AIS provides a solid foundation of instructional knowledge that reaches across the as the Instructor Enrichment Program (IEP)

IEP flights, which is flying in a different airframe to better understand their mission and task, provide a unique insight to other airframes across the Air Force and, for first assignment instructor pilots (FAIPs), the opportunity to explore airframes before they are eligible for a major weapon system (MWS) assignment

During the 19th Air Force directed T-6A operational pause earlier this year, Bengal Tiger instructors seized the opportunity to connect with other units and facilitate partnerships to learn more about the mission of the: A-29 Super Tucano, T-1, C-130 Hercules Weapons Instructor Course (WIC), T-38C and T-1A

The interaction with fellow aviators and instructors further refined a sense of camaraderie as Tiger instructor pilots came away with a better idea as to how the skills taught in the primary phase of pilot training translate into, not only the advanced phase, but beyond, to include an MWS WIC.

Similar to SOS, these flights offer a networking opportunity to ensure that future succeed in subsequent airframes by certify-SOS and other PME courses, commensu- ing that the training they receive early on is er at an end as we are always learning, teach- that has immeasurable returns.

37th Flying Training Squadron



The 37th Flying Training Squadron conducts primary flight training in the T-6 Texan II. Seated with an instructor, each student receives about 81 hours of training in this aircraft. Students learn basic aircraft characteristics and control, takeoff and landing techniques, aerobatics, and night, instrument and formation flying.

broad understanding of aerospace capabilities is, an equally critical piece of building an Air tivate Force that is the envy of the world is the recruitment of talent in a competitive market.

Following flyover support for the Notre Dame versus Ball State football game Sept. 8, the Bengal Tigers were able to demonstrate the capabilities of the T-6 to 16 cadets of Notre Dame's Air Force ROTC Detachment 225, named the Flying Irish, through orientation flights.

Instructors from the squadron, teamed with aircrew flight equipment and a 14th Medical Group Flight Surgeon to facilitate these flights. The event provided not only a unique insight of the airframe to the future of the U.S. Air Force, but also a keen look at how many cogs are required to turn the wheels of the mission to fly, fight and win.

The instructors were also able to provide a mentorship perspective as an officer first, beneficial to mentor and protégé alike. For the cadets, whether they pursue a career in Air Force aviation or in one of the many other fields, this flight will undoubtedly play a role in their understanding of the greater mission.

relevant and translatable. As important as a ing, expanding our horizons and providing a foundation for those we are entrusted to cul-

> Irrespective of AFSC, the current U.S. Air Force generation is responsible for developing the next generation, inclusive of leadership and professional skills. Critical thinking, career field expertise and innovation are all crucial to remain the world's premier air, space and cyber force. Additionally, a firm grasp of the inner-working of the aviation infrastructure and a thorough understanding of our mission capabilities develop into improved utilization of assets and eliminates duplication of effort or missed opportunities in a contingency. Finally, investing in future airmen by providing a behind-the-scenes look at one facet of the Air Force pays dividends for both cadets and the instructors and support personnel that make such an event possible

The 37th FTS has a long history in developing airpower professionals for today and the tomorrow. The human capital link that's the Bengal Tigers' instructors and students is essential to the generations of airpower dominance the U.S. has come to expect of its Air Force. Seizing upon these, and other, force The military professional's journey is nev- development initiatives is an investment

Cultivate, Create, Connect

Public Affairs

The 14th Flying Training Wing emblem has a lot of history attached to it and was not always designed how we see it today.

In 1972, The 14th FTW was temporarily presented the lineage and honors of the 14th Fighter Group. The emblem, designed for the 14th FG, was a simple black and white shield with the words "TO FIGHT TO DEATH" written in the scroll below the shield.

14th FTW historian.

The 14th FW was inactivated Oct. 2, 1949, and re-designated the 14th Air Commando Wing on Aug. 1, 1968. The 14 ACW performed combat operations in Vietnam until 1971. The emblem designed for the 14th ACW looked very similar to today's emblem with the words "Day and Night - Peace and War" in the scroll. The 14th ACW was inactivated on Sept. 30, 1971, and re-designated the 14th FTW on March 22, 1972, and then activated on June 1, 1972.

In 1991, Gen Merrill McPeak, chief of staff of the U.S. Air Force (1990-1994), embarked on a mission to review, simplify and standardize all unit emblems in DoD. As a result of his direction, the wing emblem had the laurel branches and black and white emblem removed, leaving only the stylized air-

"We want to gather and share as much information as pos-ARLINGTON, Va. — The Air Force and Navy announce sible to bring viable solutions to the table," said Rear Adm. their Joint Physiological Episodes Action Team, or J-PEAT, Fredrick R. Luchtman. "This joint effort will help us to min-Sept. 11 at the Pentagon, Arlington. In a collaborative efimize risk faster and smarter. We owe it to our aviators. This fort of Force Integration, the Air Force will also rename their partnership will help us tackle the complexities of physiolog-Unexplained Physiological Events Integration Team to the ical episodes on a broader scale by eliminating redundant ef-AF-PEAT. forts and maximizing the application of resources. It's a win-"To better align with our National Defense Strategy, win across the board."

secretary of the Air Force tasked us to strengthen alliances The teams are already working together and look forward and reform our business practices to improve readiness and to using this collaborative joint environment to share ideas deliver greater bang for the taxpayer buck," said Brig. Gen. and best practices for problem solving. Edward Vaughan, AF-PEAT leader. "Adopting a common team name, creating the Joint PEAT and better leveraging **RIGHT: Members of the Navy Physiological Episodes Ac**our joint data, research and resources will improve safety and tion Team and Air Force PEAT listen to a discussion becombat readiness." tween Rear Adm. Fredrick R. "Lucky" Luchtman (left) and

The history, evolution of the 14th FTW patch

Airman Hannah Bean

14th Flying Training Wing

The 14th FG was a unit under the 14th Fighter Wing which eventually became the 14th FTW, according to Dr. Doris Crusoe,



U.S. Air Force courtesy graphic

In 1972, The 14th FTW was temporarily presented the lineage and honors of the 14th Fighter Group. The emblem, designed for the 14th FG, was a simple black and white shield with the words "TO FIGHT TO DEATH" written in the scroll below the shield.

craft, gold stars, and the scroll.

In 2007, on the occasion of the 60th anniversary of the Air Force and the 65th anniversary of Columbus AFB, the 14th FTW returned the emblem design worn by the Force's colors — blue and yellow. Blue refers wing from 1971 until 1994. The emblem was to the sky, as it is the primary theater of Air first used by the 14ht ACW, which operat- Force operations. Yellow refers to the sun and ed at Nha Trang Air Base in South Vietnam. the excellence required of all Airmen. The When the 14 ACW designed its emblem in two stylized aircraft in ascending flight sym-1967, they incorporated the small black and bolize the wing's training mission. The gold white shield representing the WWII honors stars indicate the essential expertise needed



U.S. Air Force courtesy graphic

In 1991, Gen Merrill McPeak, chief of staff of the U.S. Air Force (1990-1994), embarked on a mission to review, simplify and standardize all unit emblems in DoD. As a result of his direction, the wing emblem had the laurel branches and black and white emblem removed. The stylized aircraft and gold stars remained.

the wing draws its heritage.

The 14th FTW emblem bears the Air and battle credits of the 14 FG, from which by Airmen to complete required tasks. The



U.S. Air Force courtesv araphic

The 14th FTW emblem bears the Air Force's colors - blue and yellow. Blue refers to the sky, as it is the primary theater of Air Force operations. Yellow refers to the sun and the excellence required of all Airmen. The two stylized aircraft in ascending flight symbolize the Wing's training mission. The gold stars indicate the essential expertise needed by Airmen to complete required tasks. The stars also refer to the numerals "1" and "4", standing for the wina's numerical desianation. The shield commemorates the World War II and batle credits carried by the wing.

stars also refer to the numerals "1" and "4". standing for the wing's numerical designation. The shield commemorates the World War II and battle credits carried by the wing

Air Force, Navy announce their Joint Physiological Episodes Action Team

Air National Guard Public Affairs

The Navy already has a Physiological Episodes website https://www.navy.mil/local/PEs/. Soon this site will be co-branded and populated with Air Force physiological ep-

isode information as well as new joint findings.

Air Force Brig. Gen. Edward L. "Hertz" Vaughan (right) as they lay the ground work for the Joint Physiological Episodes Action Team, or J-PEAT.



U.S. Navy Courtesy Photo by Scot Cregar

50th FTS triumph against 14th MDG in 2018 intramural softball championship

U.S. Air Force photos by Airman Hannah Bean



Master Sgt. Eric Severs, 14th Medical Support Squadron superintendent, hits the softball Sept. 11, 2017, on Columbus Air Force Base, Mississippi, during the 2018 Intramural Softball Championship game. The 14th Medical Group won the first of two games with a score of 8-7 in the Intramural Softball Championship against the 50th Flying Training Squadron.



Team captains meet with the umpires Sept. 11, 2018, on Columbus Air Force Base, Mississippi, to decide who hits first in the 2018 Intramural Softball Championship game. The 50th Flying Training Squadron faces off against the 14th Medical Group in a set of two games to see who the winner of the championship will be.



Staff Sgt. Bryce Cook, 14th Medical Group team member throws the softball Sept. 11, 2017, on Columbus Air Force Base, Mississippi, during the 2018 Intramural Softball Championship game. The 2018 Intramural Softball Champion ship consisted of a double elimination with the two teams



First Lt. Sean O'Shea, 50th Flying Training Squadron team member, runs to catch the softball Sept. 11, 2018, on Columbus Air Force Base, Mississippi, during the 2018 Intramural Softball Championship game. The 50th Flying Training Squadron made a comeback in the second of two games in the Intramural Softball Championship against the 14th Medical Group.

Cultivate, Create, Connect

Mission

Thrust: F-16C/D, 27,000 pounds The cockpit and its bubble canopy give the pilot unob-The F-16 Fighting Falcon is a compact, multi-role fighter Wingspan: 32 feet, 8 inches aircraft. It is highly maneuverable and has proven itself in airstructed forward and upward vision, and greatly improved Length: 49 feet, 5 inches vision over the side and to the rear. The seat-back angle was to-air combat and air-to-surface attack. It provides a relative-Height: 16 feet ly low-cost, high-performance weapon system for the United expanded from the usual 13 degrees to 30 degrees, increasing Weight: 19,700 pounds without fuel States and allied nations. pilot comfort and gravity force tolerance. The pilot has excel-Maximum Takeoff Weight: 37,500 pounds lent flight control of the F-16 through its "fly-by-wire" system. Fuel Capacity: 7,000 pounds internal; typical capacity Electrical wires relay commands, replacing the usual cables Features 2,000 pounds with two external tanks and linkage controls. For easy and accurate control of the In an air combat role, the F-16's maneuverability and com-Payload: Two 2,000-pound bombs, two AIM-9 and aircraft during high G-force combat maneuvers, a side stick bat radius (distance it can fly to enter air combat, stay, fight 040-gallon external tanks controller is used instead of the conventional center-mountand return) exceed that of all potential threat fighter aircraft. Speed: 1,500 mph (Mach 2 at altitude) ed stick. Hand pressure on the side stick controller sends It can locate targets in all weather conditions and detect low Range: More than 2,002 miles ferry range (1,740 nautical flying aircraft in radar ground clutter. In an air-to-surface role, electrical signals to actuators of flight control surfaces such as niles) ailerons and rudder. Avionics systems include a highly accuthe F-16 can fly more than 500 miles, deliver its weapons with Ceiling: Above 50,000 feet superior accuracy, defend itself against enemy aircraft, and rerate inertial navigation system in which a computer provides Armament: One M-61A1 20mm multibarrel cannon with steering information to the pilot. The plane has UHF and turn to its starting point. An all-weather capability allows it 500 rounds; external stations can carry up to six air-to-air to accurately deliver ordnance during non-visual bombing VHF radios plus an instrument landing system. It also has a missiles, conventional air-to-air and air-to-surface munitions conditions. In designing the F-16, advanced aerospace sciwarning system and modular countermeasure pods to be used and electronic countermeasure pods ence and proven reliable systems from other aircraft such as against airborne or surface electronic threats. The fuselage Crew: F-16C, one; F-16D, one or two the F-15 and F-111 were selected. These were combined to has space for additional avionics systems. Unit cost: F-16A/B, \$14.6 million (fiscal 98 constant dol-

simplify the airplane and reduce its size, purchase price, maintenance costs and weight. The light weight of the fuselage is achieved without reducing its strength. With a full load of internal fuel, the F-16 can withstand up to nine G's -- nine times the force of gravity -- which exceeds the capability of



Senior Airman Rvan Kramer and Tech. Sat. Kevin Reed. both crew chiefs with the 115th Fighter Wing, Truax Field, Wisconsin, prepare an F-16 Fighting Falcon, piloted by Capt. Nathan Pelc with the 176th Fighter Squadron, Truax Field, for takeoff Aug. 15, 2018, at Truax Field. Pelc is one of many pilots flying in the Northern Lightning Exercise



The 50th Flving Training Saugdron softball team stands with the trophy Sept. 11, 2018, on Columbus Air Force Base, Mississippi, after beating the 14th Medical Group in the 2018 Intramural Softball Championship. The 50th Flying Training Squadron won the second of two games and the championship with a score of 12-1 against the 14th Medical Group.

BLAZE Hangar Tails: F-16 Fighting Falcon

other current fighter aircraft.

General Characteristics

Primary Function: Multirole fighter Contractor: Lockheed Martin Corp. Power Plant: F-16C/D: one Pratt and Whitney F100PW-200/220/229 or General Electric F110-GE-100/129

lars); F-16C/D,\$18.8 million (fiscal 98 constant dollars)

Initial operating capability: F-16A, January 1979 F-16C/D Block 25-32, 1981; F-16C/D Block 40-42, 1989; and F-16C/D Block 50-52, 1994.

Inventory: Total force, F-16C/D, 1,280

U.S. Air Force photo by Staff Sat. Trevor Rhynes

Six F-16 Fighting Falcons, assigned to the Thunderbirds, fly in formation during the Frontiers in Flight Open House and Air Show Sept. 9, 2018, at McConnell Air Force Base. Kansas. The Thunderbirds have used the F-16 in air shows since 1983.

Medical Corner Making prevention a "positive impact" for your joints and bones

and hop-skipping around are all fun an care-free activities that we all can enoy doing. Unfortunately for some, doing these activities may not be so fun and carefree.



Running, sprinting, jogging, and any sport that requires constant or even sporadic stop and go can wear down the bodies bones and joints. When that happens, pain may be felt in the kneecaps, shins and feet.

The most common impact injuries that affect the joints and bones from start-stop activities are shin splints, stress fractures, and runners knee. Combined together, they can be seriously debilitating and put a halt or make it difficult to doing even some of the most mundane activities like walking, climbing stairs, bending, kneeling and squatting.

Stress fractures and shins splints

Your doctor may refer to it as medial tibial stress syndrome (MTSS), but is more commonly know as "shin splints." Shin splints are described as pain that is felt along the front of the lower leg/shin bone. The pain can also be concentrated in the lower leg between the knee and ankle and affects people who normally engage in moderate to heavy forms of physical activity. The main contributor to shin splints is the repeated pounding and stress on the joints and bones causing a cumulative stress disorder.

Stress fractures are small cracks that form in the bone causing pain and discomfort and usually affects those that develop shin splints. Stress fractures form when the bones, ligaments, and tendons connected to each other are not rested enough causing extra strain on the bones.

Runners knee

Runners knee, or patellofemoral pain syndrome, accounts for about 16.5% of injuries according to one study. Runners knee injuries usually appear when the kneecap – the patella – rubs against the notched groove in the femur and slides back and forth when you flex and extend the knee. This is commonly caused by overuse, trauma to the knee, misalignment of the kneecap, flat feet, a fractured kneecap, or arthritis. The most common signs and symptoms of runners knee are swelling, hearing a "popping" noise when you flex and extend, and grinding in the knee.

lips to make runners knee and shin splints a thina of the past

Whether it is shin splints or runners knee, it is recommend to take a break from the activities that are causing the injury, usu-ally about two weeks. This would be a great opportunity to take up some other activities that are just as beneficial such as swimming, or slow walking – as long as it can be tolerated.

Remember RICE:

• **Rest:** Avoid repetitive stress on the knee.

• Ice: To reduce pain and swelling, apply an ice pack or a package of frozen peas to the knee for up to 30 minutes at a time and avoid any heat to the knee.

• Compression: Wrap your knee with an elastic bandage or sleeve to restrict swelling but not too tightly as to causes welling below the knee.

• Elevation: Place a pillow under your knee when sitting or lying down to prevent further swelling. When there is significant swelling, keep the foot elevated above the knee and the knee above the level of the heart.

To avoid or prevent shin splints and stress fractures from appearing or getting worse:

• Wear shoes that fit well and offer good support

• Use shock-absorbing insoles

 Avoid exercising on hard or slanted surfaces or uneven terrain

• Increase exercise intensity gradually

• Warm up before exercising • Make sure to stretch

properly • Do not attempting to

exercise through the pain

Additional References & Resources:

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3.Healthline, How is Runners Knee Treated; https://www. healthline.com/health/runners-knee#treatment

4.Gallo RA, Plakke M, Silvis ML. Common Leg Injuries of Long-Distance Runners: Anatomical and Biome-chanical Approach. Sports Health. 2012;4(6):485-495. doi:10.1177/1941738112445871.

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

strategies that I can do to prevent this from happening?

tor explained it will take some patience and that the shin splints will heal

in time. I consider myself an avid runner and want to prevent this from

happening again. Although my x-rays did not show anything real negative,

my doctor said that shin splints can lead to bone fractures. Is it true that

shin splints can cause bone fractures? If so, what are some prevention

It is great news that you want to put prevention into practice.

Before I give you some advice on how to prevent the shin splints

from reoccurring, I want to ensure you are currently following a

good protocol to treat the shin splints effectively. Follow your phy-

sicians guidance on rest and ice, and also ensure you are only doing

'non-impact' activities until the shin splints are healed. Be sure to

could try low-impact exercises such as a elliptical machine, as long

you can tolerate the movement without pain and your doctor says

As for prevention of incurring this injury again, I recommend the

following: Wear shoes with good padding and support. Wear foot-

wear that suits your sport and specific foot pattern. For example:

Fracture Free

Dear Health Myth Busters.

Dear Fracture Free,





Air Force 71st Birthday Ball

If you would like to hear more about BLAZE, please Saturday. September 22 Social Hour: 6:00 P.M. Main Event: 7:00 P.M. join us for the 2018 Air **Troffer Convention Center** Force Birthday Ball where Major General Jack Catton, US Air Force Retired we will have the distinct for tickets. https://lickettallor. honor of having Maj. Gen. Jack Catton Jr. speak The 2018 Air Force Birthday Ball will take place on Sept. 22 at the Trotter Center in downtown Columbus.

Don't wear court shoes for running. Don't run, jump, or play sports on hard surfaces like concrete. Avoid increasing running mileage too quickly. When you get back to running, and you're totally healed, gradually increase your duration, intensity, and frequency of training program. Try to avoid running on your heels. Practice the mid foot strike technique to take the pressure off of your shins. Use flexibility ex-

it's ok.

ercises for the shin area. One exercise you can try is: Kneel on a carpeted floor, legs and feet together and toes pointed directly back Then slowly sit back onto your calves and heels, pushing your ankles into the floor until you feel tension in the muscles of your shin. Hold for 10 to 12 seconds, relax and repeat. Another good prevention strategy is to strengthen shin muscles with toe raise exercise. An exercise to try is 'seated toe raise'. While you're seated with heels on ground, raise toes up towards shin. Lower feet back towards ground. Do one set of 15 reps each day, work up to three sets of 15 each day. Strengthen calf muscles with heel raise exercise. You can do this exercise by standing on a stair, or just on the ground and slowly lift heels up, and then slowly lower heels to the floor. Do one set of 15 reps for starters, and gradually work up to three sets of 15 each day.

> Sincerely, Health Myth Busters

avoid any types of exercise that can exacerbate the injury such as playing sports on uneven surfaces, sudden stops and starts, basketball, etc. Now is not the time to make any sudden changes in your running program, walking protocol and non-impact exercises. You

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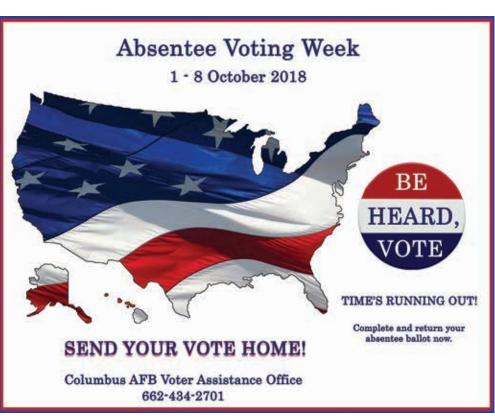
Freedom Park to be replaced



U.S. Air Force photo by Airman 1st Class Keith Holcomb The 14th Flying Training Wing's Freedom Park is to be demolished and replaced with a new park. Freedom Park will be closed indefinitely, but the pavilion, track and fitness equipment will be open for use.



For more information visit https://tickettailor.com/events/ columbusafbirthdayball/162451



Absentee Voting Week

James Brady

Installation Votina Officer

As Americans, we are fortunate to have many rights.

Many of our rights didn't come easy, thus they must be protected.

One of these rights is the right to vote, and as a uniformed service member, you not only enjoy this right, but you protect it ... for vourself and all Americans.

This year's National General Election will be held on Nov. 6, 2018, and it's fast approaching.

The vast majority of service members physically live away from their state of voter registration, and therefore vote by absentee ballot. Hopefully you've had a chance to register and/or request your absentee ballot by now.

Since service members tend to move frequently, the Federal Voting Assistance Program (FVAP) recommends service members register with their state of legal residency annually and every time they have an address change to ensure they receive their absentee ter at: DSN 665-0102, Commercial (210) ballot.

If you have received your absentee ballot but have not completed and returned it, please do so now.

You are welcome to drop your completed ballot off at the Installation Voter Assistance Office (IVAO) located in the Airman and Family Readiness Center, Building 1114, and an assigned voting assistance officer will gladly mail it for you.

If you have not received your absentee ballot by now, you should complete and return the Federal Write-In Absentee Ballot (FWAB) immediately. You are welcome to drop the completed FWAB off at the IVAO. and we'll mail it for you.

The IVAO is open Monday through Friday, 7:30 a.m.-4:30 p.m., and is closed for national holidays and command family days.

We're here to help you register to vote, request an absentee ballot and notify your election officials of a change of address.

We can help you fill in and mail your voting materials. Contact us at DSN 742-2701. Commercial (662) 434-2701 or e-mail vote. columbus@us.af.mil

In the event you are unable to contact the IVAO, 24-hour voting assistance is available from the Air Force Total Force Service Cen-565-0102 or Toll Free 1-800-525-0102. You may access many voting-related questions and answers on the FVAP website at http:// www.fvap.gov.

FEATURE



U.S. Air Force photo by Airman 1st Class Beaux Hebert Capt. Karen Miller, 37th Flying Training Squadron instructor pilot, teaches 2nd Lt. Al Vitacco, 14th Student Squadron student pilot, about the fundamentals of flying Nov. 15, 2017, at Columbus Air Force Base, Mississippi. Miller is a First Assignment Instructor Pilot, meaning she graduated pilot training and her first assignment was to teach officers how to fly the T-6A Texan II.



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

A T-6A Texan II assigned with the 37th Flying Training Squadron taxies on the flight line Sept. 5, 2018, on Columbus Air Force Base, Mississippi. Once student pilots complete their academic phase, they can advance to the 37th FTS, which is one of two active-duty T-6 squadrons at Columbus AFB, to conduct their initial flight training.

The 37th FTS provides quantity, quality

Senior Airman Vincent Espinoza 14th Operations Support Squadron

The mission of "Cultivate Airmen, Create Pilots, Connect" is vital to the future of Columbus Air Force Base, Mississippi.

The demand for pilots has become greater than ever before, and in order to accommodate. Columbus AFB has implemented a new mission and syllabus for its student pilots.

"The Air Force has decided it needs more pilots," said Capt. Ben Scott, 37th Flying Training Squadron assistant chief of evaluations. "To do that, you have to make adjustments and come up with a modern way to produce them at that quantity, while still retaining the quality that we have.

The new syllabus is still a work in progress. Once we get evervthing fully nailed down, I do believe it will work to produce the same quality, while increasing the quantity that they're looking for."

Once student pilots complete their academic phase, they can advance to the 37th FTS, which is one of two active-duty T-6 Texan II squadrons, to conduct their initial flight training.

"As a flying training squadron, we are at the core of the

the core of the "create" piece of the 14th FTW mission," Scott said. "People may not think it's as important as dropping bombs or delivering cargo, but we have one of the most pivotal roles in developing the future. It's a big responsibility in that regard."

"As a flying training

squadron, we are at

"create" piece of the 14th FTW mission," Scott said. "People may not think it's as important as dropping bombs or delivering cargo, but we have one of the most pivotal roles in developing the future. It's a big responsibility in that regard."

Every student pilot follows a standard syllabus throughout their T-6 training until they advance to the next airframe. Before they can advance, each student must pass a 'check ride.' This flight is the final determination if the student's flying ability is up to standard for the curriculum.

"My role as a check instructor pilot is in evaluation and standardization," Scott said. "When students approach their check rides, we determine if that student is ready to progress to the next phase of flight or if they need to repeat and be reevaluated.'

Check pilots are unaware of student's past performances so they may conduct unbiased evaluations.

"I've seen great check rides and I've seen poor check rides, but before they arrive for a check flight, they have a clean slate," Scott said. "A struggling student may have their



Notre Dame versus Ball State football game in South Bend, Indiana, Sept. 8.

best flight so far and vice versa. We evaluate through the The 37th FTS mission extends beyond training and into course training standards and not let any bias affect results." other communities.

Student pilots on the new syllabus know what's expected of them and what the new mission statement means.

"Our responsibility is about the fundamental skills of an aviator," said 2nd Lt. Mikayla Scarboro, 37th FTS student pilot. "Learning things like how to fly an airplane, talk to air traffic control and basic Airmanship. That allows us to go into the T-38 Talon and T-1 Jayhawk squadrons to broaden our skills."

There are also many challenges associated with pilot training, but it's not without reward.

"Sometimes the rewards are few and far bepresents a recruiting opportunity. tween and I think it's intended to be that way to keep you "It put that recruiting on display for everyone in the audi focused," Scarboro said. "I think their intent is to make us want to learn more and become better aviators. The biggest ence that day," Scott said. "It was a chance for us to connect reward for me is seeing the improvement in myself." to future aviators."

U.S. Air Force photo by Senior Airman Vincent Espinoza Instructor pilots assigned to the 37th Flying Training Squadron prepare for an upcoming flyover Sept. 4, 2018, on Columbus Air Force Base, Mississippi, Four T-6 Texan IIs flew over the Notre Dame Stadium before the kickoff of the

> On Sept. 8, four T-6s flew over the Notre Dame Stadium before the kickoff of the Notre Dame versus Ball State football game in South Bend, Indiana.

"It was a great opportunity for instructors," Scott said. "It challenged us to hit a target on time and also to look good right at the end of the national anthem. It also gave us the chance to showcase to a community that's far from Columbus and doesn't see planes buzzing around every day. Finally, it showed what we do as a training base and showcased the aircraft we have."

Not only does the flyover provide an oppor tunity to branch out to other communities, it also



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

First Lt. David Polzin, 37th Flying Training Squadron instructor pilot, and Maj. Ryan Sullivan, 37th FTS chief of standards and evaluation, prepares for an evaluation flight Sept. 5, 2018, on Columbus Air Force Base, Mississippi. All instructor pilots must meet specific standards in order to train student pilots in each airframe.



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

A T-6A Texan II prepares to land during the turkey shoot event Oct. 26, 2017, on Columbus Air Force Base, Mississippi. Competitors performed tasks during their flight and had their landings evaluated to test their aviation abilities in the T-6, the T-1A Jayhawk and the T-38 Talon.