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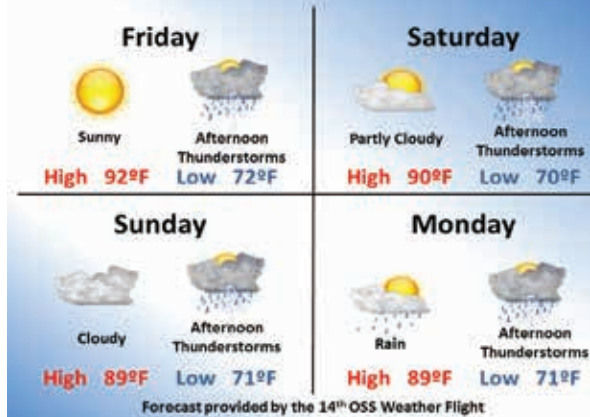
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Vol. 42, Issue 37

September 21, 2018

Weather



News Briefs

Wing Newcomers Orientation

A Wing Newcomers Orientation is scheduled for 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 Auditorium. Col. Daniel McDonough, 182nd Airlift Wing commander, Illinois Air National Guard, is scheduled to be the guest speaker at the graduation.

Enlisted Promotions

The monthly Enlisted Promotion Ceremony will be at 3 p.m. Sept. 28 at the Kaye Auditorium.

Inside



Feature 8

Team BLAZE recognizes POW/MIA Recognition Day is highlighted in this week's feature.



Col. Samantha Weeks, 14th Flying Training Wing commander, hands a gift to Andy Christiansen, motivational speaker, Sept. 14, 2018, on Columbus Air Force Base, Mississippi. Christiansen spoke to hundreds of Airmen here during lectures and small group discussions Sept. 12-14 to give new perspectives on leadership and mentorship.

Andy Christiansen brings different look on leadership to Columbus AFB

Airman 1st Class Keith Holcomb
14th Flying Training Wing

Andy Christiansen, motivational speaker, spoke to hundreds of Airmen here during lectures and small group discussions Sept. 12-14 to give new perspectives on leadership and mentorship.

Christiansen has worked as an honorary commander at the Air University's Air Command and Staff College (ACSC) at Maxwell Air Force Base, Alabama, for numerous years and is a motivational speaker and innovator of leadership practices.

See **CHRISTIANSSEN**, Page 3

COLUMBUS AFB TRAINING TIMELINE

PHASE II		PHASE III		IFF		WING SORTIE BOARD			
Squadron	Track Select	Squadron	Graduation	Squadron	Graduation	Aircraft	Required	Flown	Annual
37th (19-08)	Sept. 27	48th (18-15)	Sept. 28	49th (18-LBC)	Sept. 19	T-6	1,030	837	26,667
41st (19-05)	Dec. 14	50th (19-01)	Sept. 28			T-1	321	242	8,730
						T-38	364	307	9,959
						IFF	140	128	4,186

Col. Daniel R. McDonough, 182nd Airlift Wing commander, Illinois Air National Guard, will be the guest speaker for Specialized Undergraduate Pilot Training Class 18-15's graduation at 10 a.m. Sept. 28, 2018, in the Kaye Auditorium.

* Mission numbers provided by 14 FTW Wing Scheduling.



14TH FLYING TRAINING WING DEPLOYED

As of press time, 26 TEAM BLAZE members are deployed worldwide. Remember to support the Airmen and their families while they are away.

Deployment numbers provided by the Installation Personnel Readiness Office.



WELCOME HOME

BLAZEChapel

We invite you to join our family

First Worship this Sunday, 23 September

Grand (re)opening, dedication service and free lunch, 25 September 1145-1300

BLAZE Chapel re-opening Sept. 25

“We invite you to join the chapel family in our Welcome Home celebration. The first worship services will be Sept. 23. The Grand re-opening, dedication service and free lunch are to be held at 11:45 a.m.-1 p.m. Sept. 25.”

-BLAZE Chapel

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
24	25 Wing New-comers Orientation, 8 a.m. @ Club Chapel Re-opening, 11:45 a.m.-1 p.m.	26	27 Nancy Andrews visit SES 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 29th: Kentucky versus MSU	Oct. 8: Columbus Day Oct. 11: BCC Luncheon (T) Oct. 12: SUPT Class 19-01 Assignment Night Oct. 16: Wing 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 Oct. 31: Enlisted Promotions Oct. 31: Quarterly Awards
1	2 CREATE Expo, @ Bancorp South Arena	3	4 → Columbus High School AF JROTC Tour	5 Wing All-Call	6/7 6th: Auburn versus MSU Arkansas versus Alabama	

Silver Wings

How to reach us

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Submission Deadline

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

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St. Jude patient Izarah with her dad Isaac, Chief Warrant Officer 3 in the US Army

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CHRISTIANSSEN

(Continued from page 1)

“My portal into the Air Force was Col. Bill DeMarco,” Christiansen said. “We met at a leadership event in Atlanta, we stayed in touch, I wrote a book, then he wanted someone to speak at a graduation ceremony in (Royal Air Force) Mildenhall, (England), and I said “Seriously? Heck yea, that’s a winning combination.”

DeMarco, the chair of the Department of Leadership at ACSC, and Christiansen began working together developing leadership strategies to focus on giving Airmen more attention and tools to be successful.

Leaders by Design is one of the concepts they helped create. It was made with the idea of helping oneself then helping others to create an environment where individuals enjoy working. It has been a project for almost nine years and was what allowed him to be an honorary professor.

“To me, the military is already this lean, mean, fighting machine, but maybe what this is about is about is preparing us for what could come in the next 10 years,” Christiansen said. “When the next generation comes into leadership, it will look different, as it needs to look different going forward. This isn’t a World War II military anymore.”

Christiansen gave two open lectures at the Columbus Club and noted he tailored the lectures to



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

Andy Christiansen, motivational speaker, sits in the cockpit of a T-38 Talon Sept. 13, 2018, on Columbus Air Force Base, Mississippi. Christiansen spoke to hundreds of Airmen during lectures and small group discussions Sept. 12-14 to give new perspectives on leadership and mentorship.

challenge people over 40 years old to listen to the younger generation and to push the younger generation to listen to those over 40.

“We are intentionally trying to give people the time to focus on cultivating leaders and Airmen,” said Lt. Col. Brian Benton, 14th Flying Training Wing chief of safety. “I think what we noticed through the assessment tool was we, as a force, are better at work than taking care of ourselves because we have the mentality of a no-fail mission.”

Benton mentioned how the no-fail mindset can cause individuals

to approach issues without a level head, making the final product less desirable in comparison to someone who took a break and approached the issue with a critically thinking mind. Benton also said the leadership and mentorship Christiansen brought to Columbus AFB is something he thinks could help everyone in their daily lives, not only military members.

“Being healthy more than likely will create more health,” Christiansen said. “On the negative side, multiplying poor health creates more poor health. ... Equip, train



Andy Christiansen, motivational speaker, stares into the cockpit of a T-38 Talon Sept. 13, 2018, on Columbus Air Force Base, Mississippi. During his time on Columbus AFB, he flew with the 50th Flying Training Squadron, seeing exactly what military aviators go through.

and inspire one person and the chances are they will do the same for someone else.”

Christiansen helped facilitate small group activities and created a dialogue about leadership with Airmen from across the base.

In between his lectures and small group sessions, he learned about the various units across Columbus AFB. During his second day at Columbus AFB, he flew with the 50th Flying Training Squadron, seeing exactly what military avia-



Andy Christiansen, motivational speaker, presents his idea on mentorship to 14th Flying Training Wing Airmen, Sept. 14, 2018, on Columbus Air Force Base, Mississippi. Christiansen has worked as an honorary professor at the Air University's Air Command and Staff College at Maxwell Air Force Base, Alabama, for numerous years and is a motivational speaker and innovator of leadership practices.

tors go through.

To conclude his visit, he left everyone with three choices to think about.

“Do nothing, say you’ll do something, or actually do it,” Christiansen said. “Be that change in your life.”



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



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Please stop by the department anytime during the week Monday–Friday from 8:30 a.m.–5 p.m. if interested in learning more about this exciting medical imaging profession. For more information contact Master Sgt. Eric Severs or DAF Torrie Gates at 662-434-2211.

About the American Society of Radiologic Technologists

The ASRT represents more than 152,000 members who perform medical imaging procedures or plan and deliver radiation therapy. The society is the largest radiologic science association in the world. Its mission is to advance and elevate the medical imaging and radiation therapy profession and to enhance the quality and safety of patient care.

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Col. Daniel R. McDonough to speak at SUPT 18-15 graduation

Col. Daniel R. McDonough is the commander of the 182nd Airlift Wing. McDonough is scheduled to speak at Specialized Undergraduate Pilot Training Class 18-15's graduation at 10 a.m. Sept. 28 at the Kaye Auditorium.

He is responsible for maintaining the combat readiness of eight C-130H3 aircraft and more than 1,240 traditional and fulltime Illinois Air National Guardsmen, and ensures that all units fulfill their state and federal missions as directed by the appropriate authorities.

McDonough received a Bachelors of Science degree in Aviation Administration from Indiana State University. He was mission ready in the OA-37 Dragonfly, F-16 Fighting Falcon and C-130H3 Hercules. He has deployed six times as a C-130 aircraft commander in support of Operations Enduring Freedom and Iraqi Freedom, as well as four times to command the 774th Expeditionary Airlift Squadron in Afghanistan. He has served in a variety of capacities throughout his career at the 182nd Airlift Wing.

McDonough is a command, evaluator pilot with nearly 700 combat and combat support hours and more than 5,400 total flying hours. Prior to his current position, the colonel was the commander, 182nd Operations Group, 182nd Airlift Wing, Peoria, Illinois.

EDUCATION

- 1983 Associates Degree, General Studies, Illinois Central College, East Peoria
- 1985 Bachelors of Science, Aviation Administration, Indiana State University, Terre Haute
- 1997 Squadron Officer School, Air University, Maxwell



Air Force Base, Ala., by correspondence
2005 Air Command and Staff College, Air University, Maxwell AFB, Ala., by correspondence
2012 Air War College, Air University, Maxwell AFB, Ala., by correspondence

ASSIGNMENTS

1. May 1987–May 1988, Undergraduate Pilot Training, Laughlin AFB, Texas
2. May 1988–September 1991, Forward Air Controller, 169th Tactical Air Support Squadron, Peoria, Ill.
3. February 1989–September 1991, Squadron Flying Safety Officer, 169th Tactical Air Support Squadron, Peoria, Ill.
4. October 1991–October 1994, F-16A/B Fighter Pilot, 169th Tactical Fighter Squadron, Peoria, Ill.
5. October 1994–April 1995, Squadron Flying Safety Officer, 169th Tactical Fighter Squadron, Peoria, Ill.
6. April 1995–March 2005, C-130E Aircraft Commander, 169th Airlift Squadron, Peoria, Ill.
7. March 2005–June 1997, Chief of Scheduling, 169th Airlift Squadron, Peoria, Ill.
8. June 1997–October 1999, C-130E Operations Officer, 169th Airlift Squadron, Peoria, Ill.
9. October 1999–May 2005, C-130H3 Flight Commander, 169th Airlift Squadron, Peoria, Ill.
10. May 2005–March 2006, Commander, 169th Airlift Squadron, Peoria, Ill.
11. March 2006–November 2017, Commander, 182nd Operations Group, Peoria, Ill.
12. November 2017–Present, Commander, 182nd Airlift Wing, Peoria, Ill.

FLIGHT INFORMATION

Rating: command pilot
Flight hours: more than 5,400

Aircraft flown: T-37, T-38, OA-37, AT-38B, F-16A/B, C-130E and C-130H3

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OTHER ACHIEVEMENTS

1994 Pilot of the Year, Illinois Air National Guard
Chairman, Air National Guard C-130 Operations Group Commander Council

PROFESSIONAL MEMBERSHIPS AND ASSOCIATIONS

National Guard Association of the United States
National Guard Association of Illinois

EFFECTIVE DATES OF PROMOTION

Second Lieutenant May 21, 1987
First Lieutenant July 8, 1989
Captain July 12, 1991
Major April 1, 1997
Lieutenant Colonel April 1, 2004
Colonel Jan. 24, 2014
(Current as of April 2018)

Maj. Gen. Jack Catton Jr. to speak at Air Force Birthday Ball

Retired Major General Jack Catton is returning to Columbus AFB, Mississippi to be the keynote speaker for the Air Force Birthday Ball Sept 22, 2018 at the Trotter Convention Center. No stranger to Columbus, Catton was the Wing Commander from July, 1997 to July, 1998. During his tenure as Wing Commander, the BLAZE motto was coined and has endured as the mantra of Columbus AFB Enlisted, Officer, Civilian and



Contract Airmen for 20 years.

Jack Catton is the Vice President for Combat Air Force Systems. He is responsible for sustaining and improving Air Force customer relationships and informing both DoD and Air Force leadership on the capabilities provided by the Boeing Company. Jack leads Air Force business development efforts and strategies to keep programs sold, capture new programs, and grow business in all Combat Air Force mission areas. He coordinates program, congressional, and public policy interaction to ensure full funding for Air Force programs. He is also responsible for synchronization of customer engagement by field offices and senior advisors for all Combat Air Force related campaigns.

Prior to joining Boeing in February 2008, Jack served over 31 years in the USAF, retiring in the rank of Major General. A command pilot and instructor, Jack logged over 2,650 flying hours in single seat fighter aircraft. He commanded at the squadron, group and wing level with tours in the CONUS, Europe and Pacific. In addition to his operational assignments, he served on the Air Staff, NATO Staff, Joint Staff, and as Inspector General of Pacific Air Forces. Jack culminated his Air Force career at Air Combat Command as the Director of Requirements, where he was responsible for the definition of operational requirements for the Combat Air Forces, and the oversight of 260 modernization programs.



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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.

Riley Green at Rick's Cafe

Riley Green will be playing at 9 p.m. Sept. 27 in Rick's Café for \$20-25 upon entry. You must be 18 or older to enter the venue.

UnWINE Downtown

UnWINE Downtown is back for the new 2018 New South Week ends edition. Ticket holders will check-in at the Greater Starkville Development Partnership between 5:30-6:30 p.m. only during the event to pick up a wine list of participating shops and a complimentary stemless wine glass. There will be wine tasting and snack pairings along with 20 percent off everything at participating shops.

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.

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.

Lunch Brunch

Enjoy brunch at the Columbus Club from 11 a.m.–1:30 p.m. every third Tuesday of the month! Menu will include a wide selection of delicious breakfast and lunch options and options will vary each month. The cost is only \$10 club members; \$12 non-members; \$5 ages 5 – 11; free for ages 4 and under. For more information, contact 434-2489.

Nashville Oktoberfest Trip

The ITT office is offering a trip to the Nashville Oktoberfest on Oct. 13–14. Enjoy fun, food and music! The cost is \$230 double occupancy; \$250 single occupancy which includes transportation, VIP ticket to Oktoberfest and lodging. Participants must be 21 years of age. Sign up by 4 p.m. Oct. 5. For more information, contact ITT at 434-7861.

New Parent's Money Management Lunch and Learn

Attention: New Parents! Join Ms. Michelle Bruce, Personal Financial Counselor for a money management lunch and learn at 12 p.m. Oct. 17 at the Base Library. New parents will learn money management tips. For more information, contact 434-2934.

Exclusive Military Vacation Packages

Did you know that you can book exclusive military vacation packages at ITT? Packages include Universal Studios and Disney destinations. To book your vacation, visit or contact your ITT office at (662) 434-7861.

Storytime Schedule

The Base Library is offering Storytime on Tuesdays at 10 a.m. for ages 3 – 6 years and Fridays at 10 a.m. for children up to 2 years old. For more information, contact 434-2934.

Force Support Squadron Gift Cards

Make your shopping easier! Purchase or redeem your Force Support Squadron Gift Card at the following locations: Arts and



Crafts, Bowling Center, Café at Whispering Pines, Child Development Center, Columbus Club, Information Tickets and Travel, Outdoor Recreation or the Youth Center. For more information, stop by any of these locations.

Game Night at the Library

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

Horse Boarding Available

The CAFB 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.

Ride in Style

Information Tickets and Travel offers a shuttle service to the airport of your choice. For more information, contact 434-7861.

ATSO training keeps Columbus AFB Airmen ready

Airman 1st Class Beaux Hebert

14th Flying Training Wing
Public Affairs

The Department of Defense has made it clear that readiness is vital to being the best fighting force in the world, and Columbus Air Force Base, Mississippi, has developed new methods to meet the demands of National Defense Strategy while not interrupting the pilot training mission.

Columbus AFB's pilot training mission is vital to closing the gap on the pilot shortage, so to take time from that would be counterproductive. The 14th Civil Engineer Squadron Emergency Management Flight developed a four-hour training session in February of this year called Operational Readiness Exercise: Ability to Survive and Operate (ATSO).

"It's an 'on the go' type of class," said 2nd Lt. Riley Quinlan, 14th CES Readiness and Emergency Management flight commander. "Other bases would wait for a full-scale exercise, but with our mission we can't wait, so this is what we came up with."

ATSO has the same training objectives as a full-scale exercise. The course is divided into three hands-on training blocks; what to do in a chemical, biological, radioactive or nuclear (CBRN) attack; self-aid and buddy care; and weapon familiarization.

"Ultimately, what we are trying to create is a well-trained and ready force," Quinlan said. "When the flag goes up and we have to send Airmen from here downrange, we want to be prepared."

During CBRN training, Airmen don the Mission Oriented Protective Posture gear and participate in a simulated attack. The main objectives covered in this section of training are contamination detection, resource protection, communica-



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

An Airman assigned to the 14th Flying Training Wing hydrates while using the M50 Joint Service General Purpose Mask during an Operational Readiness Exercise: Ability to Survive and Operate course Sept. 19, 2018, on Columbus Air Force Base, Mississippi. Airmen must stay hydrated while in Mission Oriented Protective Posture gear, but must not compromise the seal of their gas mask. The M50 has a drinking tube attached that allows Airmen to safely hydrate without risking contamination.

tion practice and decontamination.

The next block of the training is SABC. During this segment, Airmen practice lifesaving procedures that they could encounter while they are deployed or at their home station. An example of the training is how to treat gunshot wounds or re-establish a casualty's breathing.



Airmen assigned to the 14th Flying Training Wing learn how to re-establish a casualty's breathing during an Operational Readiness Exercise: Ability to Survive and Operate course Sept. 19, 2018, on Columbus Air Force Base, Mississippi. The self-aid and buddy care portion of ATSO teaches Airmen lifesaving procedures that they could encounter while they are deployed or at their home station.




Airman 1st Class Jeremiah Renvill, 14th Security Forces Squadron installation entry controller, aims an unloaded M9 pistol after doing a weapon function check during an Operational Readiness Exercise: Ability to Survive and Operate course Sept. 19, 2018, on Columbus Air Force Base, Mississippi. The weapons familiarization portion of ATSO is to help Airmen get comfortable with using a weapon and also teaches them what to do if it misfires.

"Ultimately what we are trying to create is a well-trained and ready force," Quinlan said. "When the flag goes up and we have to send Airmen from here down range we want to be prepared."


The final block of training is a weapon familiarization course. This training does not take the place of actually firing a live weapon, but it is designed to make Airmen more comfortable if the weapon was to misfire. Members of the 14th Security Forces Squadron demonstrate how to load and unload an M9 pistol and an M4 rifle, clear the weapons, and how to safely fix a weapon that has misfired.

ATSO training is Columbus AFB's way to keep its Airmen certified and ready if the nation called them to arms and simultaneously continuing to create the next generation of Air Force aviators. Instead of a multi-day exercise with all personnel, ATSO has a flexible training schedule. The 14th CES Readiness and Emergency Management can offer courses once a week during peak deployment season or once a quarter depending on the number of Airmen needing to be trained.

"What we are able to do is strip down and go right to the meat of the task oriented training," said James Cross, 14th CES Readiness and Emergency Management specialist. "ATSO ensures that the Air Force doesn't become complacent when it comes to readiness. A strong force will always be a respected force, the only way to do that is to make sure that our members are trained and prepared for what they might encounter."




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





Medical Corner

What are you willing to put into your mouth?



Tobacco use is one of the leading causes of preventable illness and diseases in the United States and accounts for more than 4.9 million deaths per year. These diseases and illnesses include: heart attack; stroke; asthma; chronic cough; cancer of the lungs, stomach, kidney, bladder, throat and mouth. Yet millions of young Americans each year will try smoking or use a tobacco product at least once before reaching the age of 21.

Tobacco use and oral health dangers

There are more than 200,000 dentist and dental hygienist in the United States that see the insides of more than 60% of the US populations mouths, with each seeing between 8 and 15 per day. Diseases and illnesses caused by tobacco use are preventable. There are three significant health dangers that the use of tobacco products have on the oral cavity — oral cancers, pre-cancers and gum disease. The continued use of any tobacco product, to include e-cigarettes, hookahs, smoking water pipes, or cigars can have lasting health effects on the mouth, pharynx (throat), larynx (vocal chords), esophagus, and stomach.

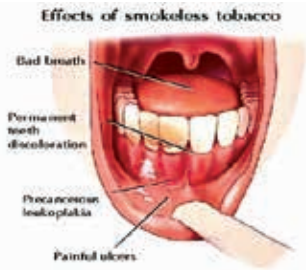
The harmful chemicals found in smokeless tobacco

The most common form of tobacco that affects the mouth and throat is smokeless tobacco products like dip, chew and snuff. Chewing tobacco or dip — available as loose leaf, plugs (bricks), or as a twist of small like rope — can easily be placed between the cheek and the lower lip and sits towards the back of the mouth.

Snuff — a finely cut powdered tobacco — is available loose, as a dissolvable lozenge or strip, or in pouches similar to tea bags. When placed in the mouth, more than 28 harmful chemicals are absorbed into the bloodstream. These harmful chemicals include Polonium 210 (nuclear waste), N-Nitrosamines (cancer-causing) Formaldehyde (embalming fluid), Nicotine (addictive drug), Cadmium (used in batteries and nuclear reactor shields), Cyanide (poisonous compound), Arsenic (poisonous metallic element, Benzene (used in insecticides and motor fuels) and Lead (nerve poison). Combined, these chemicals lead to oral health issues as well as other serious health problems.

How smokeless tobacco affects mouth and throat health

Smokeless tobacco permanently discolours teeth, causes



halitosis (bad breath), and may contribute to tooth loss. Smokeless tobacco contains a lot of sugar which forms an acid that may eat away the tooth enamel, causing cavities and mouth sores. Also, its direct and repeated contact with the gums may cause them to recede.

Tips to quit or not start smokeless tobacco

Write down a list of reasons to quit or not start. For example:

- Don't want to risk getting cancer.
- Family members find it or may find it offensive.
- Don't like having bad breath after chewing and dipping.
- Don't want stained teeth or no teeth.
- Don't like being addicted or want to become addicted to nicotine.
- Want to start leading a healthier life.

Follow these steps towards becoming tobacco free and take a step towards having a healthier mouth


- Pick a date to quit and throw out all chewing tobacco and snuff.
- Remember daily your decision to stop chewing tobacco.
- Ask friends and family to help you stay committed to the decision to quit, by giving you support and encouragement.
- Find alternatives to smokeless tobacco to chew, such as sugarless gum, pumpkin or sunflower seeds, apple slices, raisins, or dried fruit.
- Engage in recreational activities to keep your mind off smokeless tobacco.
- Develop a personalized plan that works best; set realistic goals and reward your success.

If you need help quitting, or to find out more on the dangers of smoke-less tobacco and how to live a tobacco free life, go to <https://www.cancer.org/cancer/cancer-causes/tobacco-and-cancer/>

Additional References & Resources:

1. Smokeless Tobacco: American Academy of Otolaryngology Head And Neck - <https://www.entnet.org/content/smokeless-tobacco>
2. Deborah M. Winn, Ph.D., Journal of Dental Education; Volume 65, No. 4; Tobacco Use and Oral Disease
3. National Cancer Institute; Smokeless Tobacco and Cancer: <https://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/smokeless-fact-sheet>

A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,
I recently joined a baseball recreation league with a few of my friends and while attending the first game, I was offered some chewing tobacco. My friends mentioned it wasn't as bad as smoking cigarettes or as addicting. Is this true? I have always noticed professional baseball players chewing tobacco and seem to be in great shape. So what's the harm if I chew only when I play baseball?

Sincerely,
Chew It, Don't Smoke It

Dear Chew It, Don't Smoke It,

Tobacco chew, also known as smokeless tobacco, is assumed to be a safer alternative to smoking cigarettes. Your friends are not the first to make this false assumption. Scientific evidence has shown that smokeless tobacco like chew, dip and snuff are not safer alternatives to smoking cigarettes.

If your friends are regular users of tobacco chew, ask them to show you the area in their mouths where they hold the tobacco. You'll probably see white patches or sores. These ugly white sores (also known as leukoplakia) in the mouth, can turn into cancer. Smoke-less tobacco can cause oral health diseases which could lead to cancer of the cheek, tongue and mouth. Smokeless tobacco can also contribute to heart disease and high blood pressure.

Another reason not to pick up the habit of using any form of smokeless tobacco, is how addictive it can be. Chew, like any other tobacco product, is highly addictive because of the amount of nicotine it contains. In fact, smokeless tobacco like chew actually contains more nicotine than cigarettes and as much as 10 times the amount of cancer-causing chemicals. Even if you plan to only chew tobacco at your baseball games, consider the addictive nature that it will have and the health problems that will result from its use.

The best plan to make is not to start at all. Addiction happens quickly, while quitting tobacco might prove to be more difficult. The best decision you can make for your health is to not use any kind of tobacco products. The dangers are evident and not worth the risk. Next time your baseball friends offer you some chew and feel the need to emulate professional players, politely decline and chew on gum or sunflower seeds instead.

Sincerely,
Health Myth Busters

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.)

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 Program

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 deployments, reintegration, and life challenges such as marital 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.

Employment Workshop

An employment workshop on local and base employment opportunities is held every Wednesday, 1-2 p.m. This program provides military families and DoD civilian members individual assessment and career counseling to assist with local employment, preparation for future endeavors via education, job search, or self-owned business objectives in the local area. For more information, please call A&FRC at (662) 434-2790.

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.

BLAZE Top 3 Spotlight awarded to Chalfonte



U.S. Air Force by Sharon Yabarra

Staff Sgt. Viviana Chalfonte, 14th Medical Operations Support Squadron Force Health Management NCO in-charge, stands with the BLAZE Top 3 award and leadership Sept. 13, 2018, on Columbus Air Force Base, Mississippi. The awards from professional organizations showcase hard working Airmen across the enlisted force under the 14th Flying Training Wing.

manage finances, resolve financial problems and reach long-term goals such as education, buying a home, and planning for retirement. Personal financial 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.

Volunteer Opportunities

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

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

Protestant Community

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

ATC: What it takes to be the best

Senior Airman Vincent Espinoza
14th Flying Training Wing
Operation Support Squadron

We are responsible for the safe and expeditious flow of air traffic. Our duty priority is to separate aircraft and issue safety alerts.

Air traffic control has a specific reputation. The job is known for being stressful and the controllers themselves, type-A personalities. That's the mentality it takes to be successful in this line of work. We are competitive and ambitious.

Columbus Air Force Base, Mississippi, Radar Approach Control (RAPCON) is one of the most difficult and complex facilities in the U.S. Air Force. With over 290,000 operations annually, we boast the busiest airspace in the Air Force and the busiest RAPCON in Air Education Training Command. These facts give our controllers quiet a sense of pride.

"Being here at Columbus and going into that IFR (Instrument Flight Rules) room and seeing the complexity and number of operations is amazing," said Senior Master Sgt. Garrick Christian, 14th Operations Support Squadron's RAPCON chief controller. "Trainees that come here and get rated are doing really well for themselves. Having been to Korea and meeting controllers that were raised here at Columbus, you know you don't have to worry about their ability."

Becoming a controller at Columbus AFB RAPCON is extremely challenging. It takes an average of 13 months to become a certified five level. Once a trainee achieves their five level, they are able to work a control position without a monitor.

"To be an air traffic controller you must have the right mentality and a strong drive," said Senior Airman Brandon Patrock, 14th OSS air traffic controller. "You get tested since day one. The trainers want to see if you have the drive to succeed. It takes a strong personality."

The journey to becoming an air traffic controller is a long one. During our technical school at Keesler Air Force Base in Biloxi, Mississippi, we are expected to learn, in three months, what civilian controllers learn in five months at the Federal Aviation Administration academy. The wash out rate in tech school is one of the highest in the Air Force, but the real challenge begins once we arrive at our first assignment.

"Sometimes training gets really intense, but you know the five levels are only trying to make you better," said Airman 1st Class Lara O'Brien, 14th OSS air traffic control apprentice. "Not only do you have to know the infor-

mation, but also be able to apply it appropriately. It takes loads of practice and I get frustrated with myself very easily. Also, the five levels can be very tough on you for not knowing the information."

Being a three level was one of the most challenging experiences of my life. Each of us are assigned a trainer who teaches us how to become a controller. O'Brien is lucky, because she is being trained by Patrock, one of the best controllers Columbus AFB has to offer.

"I try to take everyone's criticism into account, especially my trainer's, who is the controller of the year," O'Brien said. "He's an intense person overall, but I've talked to other people he's trained and they turned out to be great controllers, so I'm glad he's my trainer." Earning the five level is one of the most memorable moments in a controller's career and it's one that I will always remember. The badge ceremony is a staple of air traffic culture, because it symbolizes ones transition from trainee to controller.

"As far as the culture goes, the number one thing is the badge, we are the one career field that doesn't wear our badges out of tech school," said Patrock. "You have to earn the badge, that's what you know from day one. We are earning what's on our chest and that's something that to an outsider sounds like nothing, but to us it means everything."


"You've worked toward something that's hard and means a lot," he continued. "Everybody respects you when you earn it, it's almost like a fraternity. It's basically a rite of passage. Now the goal is to be better than everyone else and be the best that you can be."

From a leadership perspective, the ceremony offers a chance to recognize the hard work and determination that went into completing three-level training.

"When you watch somebody who was a three level become a five level at the badge ceremony, it means a lot," Christian said. "It gives that trainee the opportunity to receive that public praise and recognition."

In conclusion, I'm extremely proud of my vocation. I'm grateful I have the opportunity to share a little bit of what our world is like and to give our best controllers the notoriety they deserve. They are a special kind of people. We all chose this career for different reasons, but I think Patrock said it best ...

"I chose to be an air traffic controller because I heard that it was stressful and that not many people could do it," said Patrock. "If somebody tells me I can't do something, I'm going to prove them wrong. That's why I'm trying to be the best person here."



THE WHITE HOUSE
WASHINGTON
September 18, 2018


I send my greetings to the service members and military families celebrating the 71st birthday of the United States Air Force.

Since 1947, generations of brave airmen have fought and sacrificed to keep America safe, free, and strong. Their heroic efforts include daring combat sorties, lifesaving aeromedical evacuations, global humanitarian assistance, and disaster recovery operations. They have expanded our country's dominance of the air, space, and cyberspace, and they continue to ensure the Air Force endures as a symbol of American military strength.

I salute the service members and civilian professionals who carry out the Air Force mission to *fly, fight, and win*. Our Nation honors the dedication and sacrifice of these hardworking patriots and the loved ones who serve alongside them. Military families are the unsung heroes who help sustain our fighting force, and we owe them a debt of gratitude.

In the years ahead, the United States Air Force will continue to play a vital part in safeguarding our democracy, defending our homeland, and protecting America's vital security interests around the world. Our prayers are with those serving at home and abroad, and we honor the incredible sacrifices they make to keep the flame of liberty burning brightly.

May God bless each of you, and may He continue to bless the United States of America.



BLAZE Hangar Tails: F-22 Raptor

Mission

The F-22 Raptor's combination of stealth, super cruise, maneuverability and integrated avionics, coupled with improved supportability, represents an exponential leap in war-fighting capabilities. The Raptor performs both air-to-air and air-to-ground missions allowing full realization of operational concepts vital to the 21st century Air Force.

The F-22, a critical component of the Global Strike Task Force, is designed to project air dominance, rapidly and at great distances and defeat threats attempting to deny access to our nation's Air Force, Army, Navy and Marine Corps.

Features

A combination of sensor capability, integrated avionics, situational awareness, and weapons provides first-kill opportunity against threats. The F-22 possesses a sophisticated sensor suite allowing the pilot to track, identify, shoot and kill air-to-air threats before being detected. Significant advances in cockpit design and sensor fusion improve the pilot's situational awareness. In the air-to-air configuration the Raptor carries six AIM-120 AMRAAMs and two AIM-9 Sidewinders.

The F-22 has a significant capability to attack surface targets. In the air-to-ground configuration the aircraft can carry two 1,000-pound GBU-32 Joint Direct Attack Munitions internally and will use on-board avionics for navigation and weapons delivery support. In the future, air-to-ground capability will be enhanced with the addition of upgraded radar and up to eight small diameter bombs. The Raptor will also carry two AIM-120s and two AIM-9s in the air-to-ground configuration.



U.S. Air Force photo by Senior Airman Kaylee Dubois

Maj. Paul "Loco" Lopez, F-22 Raptor Demonstration Team commander/pilot, soars above Offutt Air and Space Open House at Offutt Air Force Base, Nebraska, Aug. 12, 2018. The F-22 is designed to project air dominance, rapidly and at great distances, to defeat threats attempting to deny access to U.S. armed forces.

Contractor: Lockheed-Martin, Boeing
Power plant: two Pratt & Whitney F119-PW-100 turbofan engines with afterburners and two-dimensional thrust vectoring nozzles.

Thrust: 35,000-pound class (each engine)
Wingspan: 44 feet, 6 inches (13.6 meters)
Length: 62 feet, 1 inch (18.9 meters)
Height: 16 feet, 8 inches (5.1 meters)
Weight: 43,340 pounds (19,700 kilograms)
Maximum takeoff weight: 83,500 pounds (38,000 kilograms)

Fuel capacity: internal: 18,000 pounds (8,200 kilograms); with 2 external wing fuel tanks: 26,000 pounds (11,900 kilograms)

Payload: same as armament air-to-air or air-to-ground loadouts; with or without two external wing fuel tanks.

Speed: mach two class with supercruise capability

Range: more than 1,850 miles ferry range with two external wing fuel tanks (1,600 nautical miles)

Ceiling: above 50,000 feet (15 kilometers)

Armament: one M61A2 20-millimeter cannon with 480 rounds, internal side weapon bays carriage of two AIM-9 infrared (heat seeking) air-to-air missiles and internal main weapon bays carriage of six AIM-120 radar-guided air-to-air missiles (air-to-air loadout) or two 1,000-pound GBU-32 JDAMs and two AIM-120 radar-guided air-to-air missiles (air-to-ground loadout)

Crew: one
Unit cost: \$143 million
Initial operating capability: December 2005
Inventory: total force, 183



Courtesy photo by Chad Bellay/Lockheed Martin

Raptor #91-4006 takes off for the first time in nearly six years with Steve Rainey, Lockheed Martin F-22 chief test pilot, behind the controls, July 17. The test jet recently completed an extensive refurbishment to get it back in the air. It will now be used as a flight sciences aircraft for the 411th Flight Test Squadron and F-22 Combined Test Force.



U.S. Army graphic by Staff Sgt. Roy Woo

In Fiscal Year 2017, the Defense POW/MIA Accounting Agency (DPAA) identified the remains of 183 U.S. Americans unaccounted-for from past conflicts and made 18 individual identifications of remains included in previous group interments, for a total of 201 identifications. The agency's efforts spanned the globe in search of U.S. personnel lost in our nation's past conflicts. Department of Defense civilians and our joint military team bring several disciplines together for a common goal. Historians and analysts provide planners and in-country detachment personnel the information they need to manage recovery teams during excavation operations. Recovery teams in-turn bring back found materials to the DPAA laboratory for analysis and identification. DPAA also reaches out to families of the missing through family member updates and annual meetings/briefings to review their losses and collect family reference samples. The agency assists in repatriations, disinterments and burials of those who were once unaccounted-for in the effort to lay our fallen to rest and provide the fullest possible accounting of our missing personnel to their families and the nation.

RIGHT: Retired Lt. Col. Richard "Gene" Smith, a Vietnam POW, and Airman 1st Class Andrew Inocencio, Columbus Air Force Base Honor Guardsman, perform a POW/MIA remembrance ceremony Sept. 15, 2017, during the 14th Flying Training Wing's 70th Air Force Birthday Ball at the Trotter Convention Center in Columbus, Mississippi. At most formal Air Force ceremonies a table will be left unseated for POW/MIA who cannot attend. Each item at the table has a symbolic meaning.



U.S. Air Force photo by Sonic Johnson



Team BLAZE to observe POW/MIA Recognition Day

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

Every year on the third Friday of September, the U.S. recognizes service members who were prisoners of war or are still missing in action.

Columbus Air Force Base, Mississippi, honors those brave men and women and their families who have sacrificed so much.

"POW/MIA Recognition Day honors those who gave everything for their country," said Maj. Trae Houghton, 14th Flying Training Wing flight safety chief. "Everyone has paid some price, but they paid the ultimate price."

Since World War I, there have been over 200,000 Americans who have been POWs or MIA; today there are still over 74,000 men and women missing. So, America has dedicated this third Friday in September to ensure citizens do not forget the sacrifices so many men and women in uniform have made. Some gave up years of their lives and were tortured in the process, while others never returned home. Families have also endured the sacrifices of these men and women, missing out on them for several years or their loved ones never returned.

One of the many ways Columbus Air Force Base, Mississippi, remembers POWs/MIAs is the Richard "Gene" Smith Plaza. The plaza is a reminder to never forget the Airmen who were captured or never came home.

Retired Lt. Col. Richard "Gene" Smith from West Point Mississippi, was an F-105 Thunderchief pilot. During the Vietnam War, he was shot down during a mission which he was tasked with bombing the Paul Doumer Bridge in North Vietnam on Oct. 25, 1967. He was captured and tortured for five and a half years, but said he never gave up his faith his country.

"It was an experience I would take nothing for," Smith said. "I would not like to do it again, but if I had to I would because I believe in this country and what it stands for."

Today, one of the ways in which the Air Force continues to remember the sacrifices, like Smith's, is by dedicating a table to them at official ceremonies and functions. During functions such as the Air Force Ball and Airmen leadership school graduations, an empty table is reserved for those that have never returned home.

The table is set for one, symbolizing the frailty of one isolated prisoner; has a white tablecloth for the purity of their intentions to respond to their country's call to arms; a single red rose in a vase, signifying the blood that many have shed in sacrifice to ensure freedom; a yellow ribbon that for the love of their country; a slice of lemon of the bread plate for the bitter fate of the missing; salt sprinkled on the bread plate for the tears of their families as they wait; an inverted glass because they are not attending the ceremony; a lit candle for the light of hope which lives in the nation's heart to illuminate their way home, away from captors, to a grateful nation; and an empty chair for missing and the fallen.

The Defense Department has dedicated its time to searching the globe for the missing Soldiers, Marines, Sailors and Airmen through the Defense POW/MIA Accounting Agency. Their mission is to provide the fullest possible accounting for our missing personnel to their families and the nation.

"You can't thank them enough for what they've done," Houghton said. "You can thank them every day from now until eternity and it would never be enough."



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

One of the many ways Columbus Air Force Base, Mississippi, remember POWs/MIAs is the Richard "Gene" Smith Plaza. Smith was an F-105 Thunderchief pilot who was shot down Oct. 25, 1967 on a mission to bomb the Paul Doumer Bridge in North Vietnam. He was captured and held for five and a half years before he was released by his captors.



U.S. Air Force photo by Senior Airman John Day

LEFT: Retired Lt. Col. Richard "Gene" Smith stands next to a model F-105 Thunderchief aircraft June 29, 2015, at his home in West Point, Mississippi. He spent over five years as a prisoner of war in Vietnam after ejecting from his aircraft in 1967.



Courtesy photo

RIGHT: Then-Maj. Richard "Gene" Smith, 333rd Tactical Fighter Squadron pilot, takes a photograph in front of an F-105 Thunderchief on Tahkli Royal Thai Air Force Base, Thailand. Smith spent five and a half years in captivity and was released March 14, 1973.