


14TH FLYING TRAINING WING DEPLOYED

As of press time, 15 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.

OCP Tip of the Week



Conservative, clear, slightly tinted, mirrored or photosensitive lenses are authorized. Eyeglasses and sunglasses may have conservative or namentation on nonprescription sunglasses or eyeglasses, frames may be black or brown material or gold or silver wire. Brand name glasses may be worn with small logo on frames or lenses. Logo may contrast with frame color or lenses (conservative colors/small logos; black, brown, matte silver/gold). Conservative wrap-around sunglasses may be worn. Faddish styles are prohibited. Sunglasses (to include darkened photosensitive lenses) are not authorized in formation. [Exception: Sunglasses are not authorized in formation, unless for medical reasons, e.g., PRK/lasik surgery and when authorized by a commander or commandant on the advice of a medical official.]

| Mon | Tue | Wed | Thur | Fri | Sat/Sun | Long Range Events |
|-----|---|---|--|--|---|--|
| 22 | 23 Wing New-comers, 8 a.m. @ Club MSU Veterinary Student Tour | 24 | 25 Heart to Heart, 5 p.m. @ Country Pumpkins Daedalian Dinner Meeting, 6 p.m. @ Club | 26 SUPT Class 19-01 Graduation, 10 a.m. @ Kaye | 27/28 27th: Base Trick or Treating, 6-8 p.m. in base housing | Nov. 9: Retiree Appreciation Day Nov. 10: Columbus Veterans Day Parade and Ceremony Nov. 10: Alabama vs. MSU |
| 29 | 30 CFC Kickoff Breakfast, 3 p.m. @ Club | 31 Enlisted Promotions/Quarterly Awards, 3 p.m. @ Club | 1 Happy Irby Wine Tasting, 6 p.m. @ Rosedale Plantation Home | 2 SUPT Class 19-02 Assignment Night, 5:30 p.m. @ Club | 3/4 3rd: LA Tech vs. MSU | Nov. 13: Wing Newcomers Nov. 14: Dormsgiving Nov. 15: Hearts Apart Nov. 16: SUPT Class 19-02 Graduation Nov. 22: Thanksgiving |

Silver Wings

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Submission Deadline

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

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

The appearance of advertising in this publication does not constitute endorsement by the DOD, the Department of the Air Force or Service Publications, Inc., of the products or services advertised.

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

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

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

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.

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.

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 #

Duty Telephone #

(in case we need more information)

Please let us know what you think of the Silver Wings:

Are you happy with the Silver Wings? Yes ☐ No ☐

What would you like to see more of in the newspaper? News ☐ Sports ☐ Photos ☐ Other ☐

If you would like to give any other suggestions, please e-mail us at silverwings@us.af.mil.

Base Thrift Shop

The Base Thrift Shop is open from 9 a.m. - 1 p.m. Tuesdays and Thursdays.

Consignments are welcome until noon. Donations are accepted and very much appreciated. Donations can now be dropped off on the loading dock and inside the front doors 24/7. If they are left anywhere else we do not receive them.



It is located in building 530.

Call 434-2954.



The shop is a non-profit and all proceeds benefit Columbus Air Force Base Community.

News Around Town

Eudora Welty Writers Symposium

The 30th annual Eudora Welty Writers Symposium is scheduled from Oct. 18-20 at 1100 College Street, Columbus, Mississippi 39701. The symposium is a three-day celebration of Southern Literature. The guest speaker will be Steve Yarbrough, who is the recipient of the Mississippi Institute of Arts and Letters Award for Fiction, the Richard Wright Award, and the Robert Penn Warren Award. For more information visit muw.edu/welty or call (662) 329-7386.

Pumpkinpalooza

Main Street Starkville will host their annual Pumpkinpalooza from 5-7 p.m. Oct. 26. Children can enjoy trick or treating and face painting. Other events include pumpkin painting, late night shopping and a window display contest. For more information log onto visit.starkville.org.

Ghost and Legends Tour

The city of Columbus will be hosting a Ghost and Legends tour from Nov. 9-10 at 300 Main Street, Columbus, Mississippi. The tour begins at the Tennessee Williams Welcome Center and takes guests to places such as the Friendship Cemetery, Haunted dorm rooms and historic homes. For more information call 662-328-2787.

Great Mississippi River Balloon Race

The Great Mississippi River Balloon Race is an annual event in Natchez, Mississippi, this year from Oct 19-21. Hot air balloons fill the skies over the river as local and national talent fill the air with live music.

Sucarnochee Revue

Sucarnochee Revue is a variety show featuring some of the area's young and established performing artists. Held the first Friday of every month on the historic Temple Theater stage. For more information visit <http://www.meridiantempletheater.com/>.

Monmouth Historic Inn and Gardens

One of the events for the celebration will be "A Day of Fun and History at Monmouth" with costume, music, food and dancing from 10 a.m. - 4 p.m. Nov. 3. There will be vendors, games and re-enactors from Monmouth Historic Inn and Gardens in Natchez, Mississippi, was built in 1818 by Mr. and Mrs. John Hankinson, who, with their family, lived in the home until 1826.

USO Dinner and Dance

A dinner and dance will be from 6:30-11 p.m. Nov. 3 at The Gin at Nesbit in Nesbit, Mississippi. Admission is \$90 to enjoy dinner and music featuring a live 22-piece big band and music city swing out of Nashville. 1940's attire encouraged and a four course meal from Scotty's Smokehouse Catering

Visit us online!

www.columbus.af.mil

First Sergeant Academy to increase course length, improve skills

**Airman 1st Class
Charles Welty**

Air University Public Affairs

MAXWELL AIR FORCE BASE, Ala. — The Air Force’s First Sergeant Academy is increasing resident class length to four weeks to help fuel the Chief of Staff of the Air Force’s initiative to revitalize squadrons.

The updated curriculum starting Oct. 22, will now focus more on hands-on, scenario-based training to better prepare first sergeants for their role in the squadron command team, an issue identified by the chief master sergeant of the Air Force and other senior enlisted leaders.

“Revitalizing the squadron is a pulse of our Air Force,” said Chief Master Sgt. Manny Pineiro, first sergeant special duty manager. “When it comes to taking care of



U.S. Air Force photo

The First Sergeant Academy on Maxwell-Gunter Annex is doing their part to aid in Gen. David L. Goldfein’s Squadron Revitalization Initiative. With a revamped courseload, students will be better suited to handle the duties of a first sergeant in a modern United States Air Force.

our Airmen, there is no better way to do it than having a first sergeant, so the improved course is something that is way overdue.” The increased focus on hands-on and immersive learning also

drove the FSA discontinuing the distance learning course for first sergeants.

“Prior to the four week course, we had a distance learning course,” said Senior Master Sgt. Candice Fitzmaurice, FSA director of resources. “First sergeants really weren’t getting what they needed from that course, so not only will they be going through the lessons, but they will now get more hands-on training.”

By discontinuing the distance learning portion of the curriculum, the FSA will now focus on enhancing invaluable skills such as alternate dispute resolution, resiliency, advanced counseling, Uniform Code of Military Justice/Article 15 training as well as increased engagement with former commanders.

“We are preparing the first sergeants for an opportunity to have

a little bit more SA [situational awareness] as an advisor in the command leadership team,” Pineiro said. “Prior to this new four week course, two weeks just wasn’t enough time to actually train them correctly. What we did now is give them an opportunity to get more comfortable and more confident so they can be prepared to get out there and take care of their business.”

With the course enhancements in place, the FSA team said they hope this will help offset the decrease in average first sergeant experience, prepare first sergeants to handle current and emerging issues in complex environments, and to enhance performance as part of the command team.

The FSA serves the Total Force, and is a component of Air University’s Thomas N. Barnes Center for Enlisted Education.

‘Bricks in the Loop’ provides cyber Airmen an innovative, low-cost training option

Tech. Sgt. R.J. Biermann

Air Forces Cyber Public Affairs

JOINT BASE SAN ANTONIO-LACKLAND, Texas — As the cyber realm evolves, effects from cyberattacks are moving from the digital world to the physical one.

Just three years ago, nearly 225,000 energy customers in Ukraine woke to a powerless city after regional electrical companies were hacked and shut down by malicious Russian cyber actors. Earlier this year, the city of Atlanta had to suspend many of its services while ransomware ran rampant through government computers.

To ready the Air Force’s Cyber Protection Teams, which defend priority Department of Defense networks and systems against such malicious cyber-physical acts, the 90th Cyberspace Operations Squadron has developed an innovative new training tool.

“‘Bricks in the Loop’ helps cyber Airmen conceptualize and understand the relationship between the network and physical domains in operational technology infrastructures,” said Christopher De La Rosa, 90th COS cyber modeling and simulation environments lead. “Significant differences exist between information technology and OT networks, necessitating different approaches to training our Airmen in IT and OT cyber defense.”

In other words, BIL links cyber (IT) and physical (OT) resources to afford Airmen the opportunity to see how a cyber action can effect a physical asset. Unfortunately, any cyber-physical training option using life-size training assets

would be too costly to create, so current options are predominantly virtual-based, according to De La Rosa.

To remedy this, his team created a scaled, physical training environment made of toy, plastic bricks purchased off-the-shelf. They combined this with an IT network built from open source or low-cost, and easy-to-use software options. The build cost less than \$4,000 and took only four months.

The “loop” serves as a simulated Air Force installation with assets such as a fire station, police station, airport, airport passenger terminal, jets, tanker trucks and other vehicles. Many of these elements can purposefully be hacked and made to light up, move forward or backward, spin, alarm or stop working all together, all to alert the trainee a cyber action has taken place. The toy bricks are built on 15x15 inch tiles so they can be easily transported and re-built to support on-demand training or to model service-level exercises.

“The look and functionality of the environment allows the trainee to easily translate the model to critical missions on most bases, and the potential damage that could occur from a malicious cyber-physical attack on those missions,” De La Rosa said. “There are many more scenarios relevant to Air Force bases that, if disrupted, may have a critical impact on assigned missions.”

In the future, the team hopes to include additional assets that will lend to more training scenarios, including fuel operations, security, water filtration, and fire alarm and suppression systems. The team is also seeking to incorporate a remote access and control feature providing trainees the opportunity to connect from anywhere.



U.S. Air Force photo by Tech. Sgt. R.J. Biermann

The “Bricks in the Loop” cyber-physical training platform at Joint Base San Antonio-Lackland, Texas, helps 90th Cyberspace Operations Squadron members ready the Air Force’s Cyber Protection Teams. The CPTs defend priority Department of Defense networks and systems against malicious cyber-physical acts.

Training cyber Airmen isn’t new to the 90th COS. In the last two years alone, the squadron has developed 110 cyber capabilities comprising real-time operations and innovation efforts, CMF support efforts, and additional supporting capabilities and enabling efforts, including BIL.

As AFCYBER Airmen continue to deliver full-spectrum global cyberspace capabilities and outcomes to the Air Force, joint force and nation, so will the 90th COS in its endeavor to keep them proficiently trained and ready.

BCC

(Continued from page 1)

community connection, explained her new wing mission statement, presented fiscal year 2017’s Economic Impact Report (EIR), and talked about some upcoming events.

“I can tell you that my husband and I and all of the leadership know that Columbus has a great relationship with the air force base,” Weeks said. “We just want to try to find ways to make it even better for the future.”

To enhance that relationship, Weeks said she aims to Cultivate Airmen, Create Pilots and Connect. She said she wants to help Airmen develop and that honest feedback is how this happens. By developing Airmen, it also aids in helping create the next generation of Airmen. Something Weeks said all Airmen, civilian and uniformed, play a role in.

She also emphasized the importance of connecting, and that each squadron should have an understanding of what all the other squadrons do and bring to the mission. The base should also be connected with families and the surrounding community to ensure they understand the wing’s mission, and Airmen should be supporting the community.

The economic impact for Columbus AFB during fiscal year 2017 was \$271.2 million. The report was separated into categories of annual expenditures, payroll and indirect jobs. This was a \$10.4 million increase from fiscal 2016.

According to the EIR, annual expenditures reflect what the base spends apart from payroll. In fiscal year 2017, \$52.9 million went toward construction, contracts, supplies and equipment, and miscellaneous expenditures.

Columbus AFB also has a large population of retired veterans who generated \$109.8 million, which is not a part of the \$271.2 million produced from the other three categories.

Rufus Ward, treasurer of the BCC, explained how the local community of Colum-



U.S. Air Force photo by Airman Hannah Beaton

Col. Samantha Weeks, 14th Flying Training Wing commander, talks to Base Community Council members and Airmen Oct. 11, 2018, during a BCC luncheon at the Club on Columbus Air Force Base, Mississippi. Weeks gave some background information on who she is and explained the new wing mission statement and what it means.

bus, Mississippi, and Columbus AFB benefit from these impacts and interactions.

“It brings the base and the community together,” Ward said. “People here get to interact with community leaders and the community leaders get to find out what’s happening on the base and really learn the contribution that the base is making to the community. It’s a way to learn how we can help each other

and really become one family.”

Weeks went on to talk about upcoming events and major events that occurred recently, recognizing the three Columbus AFB Airmen who were honored at the 2018 Air Force Association Air, Space and Cyber Conference in National Harbor, Maryland.

Weeks also talked about Retiree Appreciation Day, which is a big event for local retirees. This year’s appreciation day will be

Nov. 9 and retirees will be treated to a tour, lunch and an expo offering information on services available to them.

She said they want to ensure that Columbus retirees are supported by the base services afforded to them.

Weeks said she looks forward to getting to interact with the community and showcase a few more of Columbus AFB’s Airmen in a more personal approach.

2018 Air Force Information Dominance Award nominees

The 14th Flying Training Wing continues to demonstrate excellence across the command. Congratulations to the following Team BLAZE nominees from the 14th Communications Squadron for the following 2018 Air Force Information Dominance Awards:
Air Force Outstanding Cyber Operations Airman – Senior Airman Maricar Mercado

Air Force Outstanding Cyber Systems Airman – Senior Airman Gary Schneider
Air Force Outstanding Cyber Operations NCO – Staff Sgt. Jason Rodriguez
Air Force Outstanding Cyber Systems NCO – Tech. Sgt. Michael Wirth
Air Force Outstanding Civilian Category III – Mr. Clark

Houston
Air Force Cyberspace Outstanding Company Grade Officer – 1st Lt. Adam Kriete
Air Force Cyberspace Outstanding Field Grade Officer – Maj. Eddy Gutierrez
Air Force Lieutenant General Harold W. Grant Award – 14th Communications Squadron

Share the road. Watch for motorcyclists.

Hurricane Michael Relief Drive

Columbus Air Force Base is accepting donations for those who were impacted by Hurricane Michael and are in need of some supplies.

Those supplies include:

- Non-Perishable Foods
- Can Openers
- Bottled Water
- Hand Sanitizer
- Bed Linen

- Batteries
- Hats And Gloves
- Charcoal
- First Aid Kits
- Mosquito Repellent
- Paper Items (Plates, cups, paper towels, utensils)
- Baby Items (Diapers, wipes, unopened formula/food, clothes)
- Personal Hygiene Items (Soap, lotion,

towels, toothbrush, toothpaste, etc.)

- School supplies (Backpacks, Pens, pencils, Crayons, Markers, notebooks, etc.)
- Pet Food
- Toys

Items can be dropped off at one of the following locations starting today through Oct. 31.

- 14th Operations Group
- 14th Operations Support Squadron

- 14th Mission Support Group
- 14th Medical Group
- 14th Civil Engineer Squadron
- 48th Flying Training Squadron
- Wing Staff Agencies
- RAPCON Tower
- 14th Contracting Squadron
- Chapel
- Fitness Center

For questions or concerns contact Tech. Sgt. Crayton Felder at 662-434-2316 Tech. Sgt. Robert McGraw at 662-434-2500. Items will be delivered to Tyndall AFB, Florida, and the surrounding area around Nov. 1.

14th FTW rolls out new innovative app for Airmen, families

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

Since taking command of Columbus Air Force Base, Col. Samantha Weeks, 14th Flying Training Wing commander, has made it clear that her mission for the wing is to Cultivate, Create and Connect.

“There is a Grand Canyon divide between ops and the rest of the base. How do we bridge that divide,” Weeks asked commanders during a wing staff meeting.

As a way to meet that challenge, Columbus AFB recently launched a new app to connect Airmen and families to the mission and community.

“The commander did not just say dream it up and add it to the good idea cloud,” said Maj. Tory Lodmell, 14th Flying Training Wing inspections planner. “She said be bold and execute. This is an integrated, immersive, and intuitive app meant to connect all of our Airmen.”

Lodmell and Lt Col. Ryan Sullivan, 14th Operations Group deputy commander, started planning an app initially intended for Specialized Undergraduate Pilot Training since the beginning of the year. At the time, commanders were being empowered by the chief of staff of the Air Force to utilize their own Squadron Innovation Funds for unit specific projects, which pulled focus away from the creation of a student training app. This delay ended up working in Lodmell and Sullivan’s favor, allowing their team to turn it into an all-encompassing Team BLAZE app.

The app is collaborative effort across three groups, 30 agencies and over 100 people taking part in the app working group. Everyone came together for one communal project. The app offers many icons that can benefit users including a Commander’s Corner where the wing commander and Chief Master Sgt. Raul Villareal Jr., 14th FTW command chief, can push their messages

and observations out; a calendar that lists events happening on and off base; a flying ops icon, which will allow some mission planning to be completed on a mobile device; and much more.

“Our thoughts were ‘let’s take care of the capital “A” Airmen in our wing and help bring the community together,’” Lodmell said. “If our proof of concept works, we can really tackle the SUPT training experience.”

The app is available on all app stores and can be found by searching ‘Columbus Air Force Base.’ For help using the app, please visit the homepage on www.columbus.af.mil.

“This app is a bold step toward connecting Airmen throughout the base,” Weeks said. “I want to thank Maj. Lodmell, Lt. Col. Sullivan and the app team for putting in the countless hours it took to accomplish this. I believe this will benefit base personnel and their families immensely.”



Courtesy Graphic

As a way to connect people together, Columbus Air Force Base, Mississippi, recently launched a new app to connect Airmen and families to the mission and community. The app is collaborative effort across three groups, 30 agencies and over 100 people taking part in the app working group.

RETIREE APPRECIATION DAY

COLUMBUS AFB CLUB

FRIDAY | NOV 9TH | 0900 - 1400

| | | |
|--|--|---|
| 0900-1100 Welcome Comments Flight Line Tour & Security Forces Demonstrations | 1100-1230 FREE! Fish & Chips Style Lunch Buffet Sponsored in Part By: | 1230-1400 FREE! Health Screening & Flu shots Expo Featuring: Door Prizes TRICARE Dental Humana Military Pharmacy and much more! |
|--|--|---|

BASE ACCESS REQUIRED

Security and policy review

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

Airmen innovation saves Marines thousands

Airman 1st Class Emily Smallwood
33rd Fighter Wing

EGLIN AIR FORCE BASE, Fla. — Airmen from the 33rd Maintenance Squadron Fabrication Flight saved the Marines thousands of dollars by manufacturing an aircraft part for the F-35B Lightning II Sept. 17-21, 2018, at Eglin Air Force Base, Fla.

Marine Corps Air Station Yuma has been searching to manufacture the actuator lever or “crow’s foot” for the F-35B for over two years. After manufacture authorization, the contracted company estimated upwards to a year for the quantity completion. However, the 33 MXS metals technology shop was tasked with replicating the part and determining a better way forward.

“We have talented Airmen and the necessary resources to get the job done,” said Tech. Sgt. Michael McClellan, 33 MXS Aircraft Metals Technology section chief. “What would’ve taken a year, we did in five days.”

Not only was the turnaround time significantly less, the total cost of the project was cut by more than half. This will allow the 3rd Marine Aircraft Wing to better allocate that money towards other important mission necessities.

The Marines needed 10 actuator levers



U.S. Air Force photos by Airman 1st Class Emily Smallwood

U.S. Air Force Airman 1st Class Yunus Janajreh, 33rd Maintenance Squadron aircraft metals technologist, holds an actuating lever Oct. 3, 2018, at Eglin Air Force Base, Fla. All 10 levers were completed in five days and are expected to last more than a decade.

that the contracted company estimated \$5,000 per lever, totaling roughly around \$50,000 for all 10 parts. The metals technology team assembled 10 levers and three spares for under \$2,000.

“Our metals technology shop is known for developing and manufacturing cutting edge items such as this,” said 1st Lt. Natalee Winton, 33 MXS Fabrication Flight commander. “We jumped at the opportunity to



U.S. Air Force Airman 1st Class Yunus Janajreh, 33rd Maintenance Squadron aircraft metals technologist, measures an actuating lever Oct. 3, 2018, at Eglin Air Force Base, Fla. The metals technology team assembled 10 levers with three spares for under \$2,000.

manufacture this item, saving the Marines significant time and money while also delivering a quality product.”

The purpose of this tool is to test functionality of a component within the STOVL system of the F-35B, providing a safe and reliable aircraft.

“By sharing practices and capabilities, we raise the quality of life for maintainers in the military as a whole,” said Winton. “Togeth-

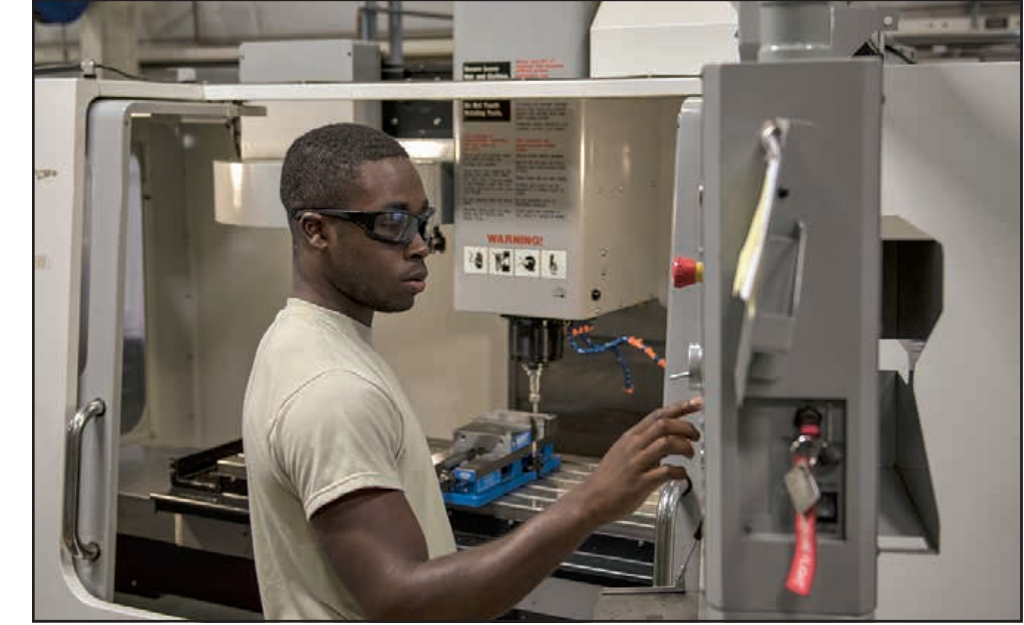
er, we become more effective at delivering lethal combat airpower.”

The crow’s foot project has been a success and the tool is expected to have a life expectancy of more than a decade.

“This project has been a collective effort from the entire shop,” said McClellan. “Our Airmen love a challenge and projects like this solidify why this section is crucial to the F-35 enterprise.”



U.S. Air Force Senior Airman Timothy Bergin, 33rd Maintenance Squadron aircraft metals technologist, attaches a metal rod to a machine Oct. 3, 2018, at Eglin Air Force Base, Fla. The metal rod is used to make pins that insert into the actuating levers for stability.



U.S. Air Force Senior Airman Joshua McGirt, 33rd Maintenance Squadron aircraft metals technologist, works a metal cutting machine Oct. 3, 2018, at Eglin Air Force Base, Fla. The metals technology team was tasked with this project because of their experience with innovating and creating parts and procedures.

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.

Test Anxiety Strategies
Bring your lunch and learn relaxation and study strategies to help you pass your exam by Merle Maontalvo, Military & Family Life Counselor at 12 p.m. Oct. 26. For more information, contact 434-2934.

Free Breakfast for Club Members
Start your morning off at the Overrun with free breakfast for club members and \$8 for non-members from 6:30–9 a.m. Nov. 13. Become a club member and save! For more information, contact 434-2489.

Lunch Buffets at the Overrun
Enjoy daily lunch buffets Tuesday – 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.

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

Friday, October 19th
7:00 p.m.
Join us if you dare!

18 AND OVER

HALLOWEEN PARTY

FREE FOR CLUB MEMBERS
\$5 FOR NON-MEMBERS

COSTUME CONTESTS
BEST COUPLE COSTUME
BEST SCARY COSTUME
BEST OVERALL COSTUME

FOOD AND DRINK SPECIALS
PRIZE DRAWINGS FOR CLUB MEMBERS!

AT THE COLUMBUS CLUB

For more information call 434-2489

and Travel, Outdoor Recreation or the Youth Center. For more information, stop by any of these locations.

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

Horse Boarding Available
The Columbus AFB Riding Stables usually has stall space available. For pricing and more information, contact Outdoor Recreation at 434-2505.

Free Mango Languages
Learn a new language today! Free Mango 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.

Transportation for Assignment Nights
Reserve the bus of van through Information Ticket and Travel for assignment nights. Reservation must be made in person, the cost is \$30 per hour with a four hour minimum. Price includes Columbus and local areas. For more information, contact 434-7861.

Civilian Airman continues to show dedicated service after 50 years

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

Over 183,000 individuals who protect and serve the U.S. in the Air Force are civilian full time, part time, term, temporary, appropriated and non-appropriated fund Airmen.

One of those individuals is Elisa Quintero, 14th Force Support Squadron Youth Programs operations clerk, who has served the Air Force for over 50 years and 18 years at Columbus Air Force Base, Mississippi.

Quintero began her career in civilian service on Aug. 12, 1968, as a wage grade employee at the San Antonio Air Material Area and moved to four other Air Force bases, working in various positions from a warehouse worker to an operations clerk.

“She’s been an asset to the entire Air Force for her entire career,” said Andre Logan, 14th FSS Child and Youth Services flight chief. “Right now, she’s making opportunities and programs available for the youth assigned to the 14th FTW, which is great for a small base.”

Quintero has been a constant set of eyes on the youth programs and she noted that she enjoys working with kids a lot, saying it brings fun to her daily duties.

“I arrived here in April and immediately noticed that she had an immense handle



U.S. Air Force photo by Airman 1st Class Keith Holcomb
Elisa Quintero, 14th Force Support Squadron Youth Programs operations clerk, is read her Certificate of Service, thanking her for 50 years of service under the Air Force, Aug. 13, 2018, on Columbus Air Force Base, Mississippi.

on the duties and responsibilities of the program,” Logan said. “Our facility was without a youth programs director due to retirement and she was one of the ones that made sure that the financial processes and operations were in order during that time.”

Her work ethic and attitude is what de-

fines Quintero. When she earned her 50-year pin in the Youth Center, every child stood silent and watched as the 14th FSS commander, Maj. Douglas Hickey, presented her with a Certificate of Service. After leadership thanked her for her service, the children clapped and ran to hug her.



U.S. Air Force photo by Airman 1st Class Keith Holcomb
Documents recognizing Elisa Quintero, 14th Force Support Squadron Youth Programs operations clerk, for her service lay on a table August 13, 2018, on Columbus Air Force Base, Mississippi.



U.S. Air Force photo by Airman 1st Class Keith Holcomb
A 50 year pin service pun lays on a table August 13, 2018, on Columbus Air Force Base, Mississippi.

“I’ve known her since 2000,” said Andrew Pace, 14th FSS logistics manager. “She worked at the Youth Center when I was in the program and I noticed that she’s always happy. Now I work with her and she always has the right attitude; helping others when she can, and improving herself if she runs into any issues. ... It was very exciting to see she was still around. She’s always easy to approach and I always enjoy being able to work with her.”

After 50 years, Quintero still smiles and cracks jokes with everyone in the office. She even walks around the Youth Center throughout the afternoon to play with the children.

“Fifty years of service and she’s one of the most energetic employees that I have,” Logan said. “She’s always there, always working, always getting the job done, so bottom line – it’s great to have her.”

Since Quintero became a part of the Air Force family, she has seen numerous bases, hundreds of leaders, and thousands of changes in Air Force instructions, policies and other rules, but has rolled with everything. Her ability to learn, adapt and succeed was praised by each of her supervisors and the 14th FSS commander the day she received her 50-year pin.

“You know how much the Air Force changes,” Pace said. “It’s changed a lot since she started and she’s had to adapt so much, not everyone can take change well, but she has and it’s shows through her work and how successful she is. It’s amazing to watch her work because of that.”

Quintero was celebrated for her tremendous work day in and day out for the 14th FSS and the Team BLAZE family. Gratitude was expressed from all ranks, including the 14th Mission Support Group commander down to the Youth Programs children and youth participants.

“We truly do appreciate what you do here and for the families on Columbus Air Force Base and we hope you work here as long as you want,” Hickey told her after giving her the Certificate of Service. “You have made a positive impact for generations and we are grateful for your service.”

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

Medical Corner

Basic injury prevention concepts

For any individual who is physically active, there is a possibility of sustaining an injury. While some injuries, such as an ankle sprain or fracture, are difficult to prevent, many other injuries are preventable. By following a few simple guidelines, injuries such as muscle strains, tendonitis and overuse injuries can be reduced.

Every workout must begin with a warm-up and end with a cool-down. A warm-up is necessary to prepare the body for exercise by increasing heart rate and blood flow to working muscles. The warm-up should start slow and easy and consist of a general cardiovascular exercise such as walking, jogging or biking. The goal is to break a sweat. After five to 10 minutes, the warm-up should focus on muscles and movements more specific to the exercise activity planned. Creating a smooth transition from the warm-up to a specific activity is a great way to prevent injuries. For example, a soccer player could pass, dribble and shoot a ball; a weight-lifter could lift light weights before moving onto greater resistance.

Stretch, warm-up, cool down

Flexibility is absolutely a part of every good warm-up. Once the muscles are warm, they become more elastic and are ready to be stretched. Whether you choose to perform static stretches (by holding each position for 10-30 seconds) or perform dynamic stretches (by moving the body through a functional range of motion) flexibility prepares the muscles, tendons and joints for work by allowing them to move freely through a full active range of motion. The more prepared the body is, the less likely it is to get injured.

An area that often gets ignored is the cool-down after activity. Just as the warm-up prepares the body for work, the cool down brings it back to its normal state. Time spent performing five to 10 minutes of low-intensity cardiovascular activity followed by stretching immediately after the workout will decrease muscle soreness and aid in recovery, both helping to prepare the body for the next workout.

Create a routine

Start slow. Most people often jump right into a workout and try to do too much too fast, creating excessive muscle soreness and tightness. Proper progression is the key to preventing injuries. Slowly increase the amount of time of each workout, the intensity of



the workout and the resistance of the weights. A five per-cent increase as the exercise becomes too easy is a safe progression. Exercise at a level that is appropriate for your age and your fitness level. A young athlete competing with older children may not be as physically strong, predisposing them to injury. The same can be true for a weekend warrior athlete who jumps into a game with athletes who have trained throughout the week.

If equipment is involved in your exercise program, take the time to ensure you have the proper equipment, that it fits correctly and that it meets safety standards. Too often, old, faulty or improperly fitted equipment, such as footwear, mouth guards, helmets, goggles or shin pads, can cause injuries.

Getting enough sleep & rest and eating the right stuff

Rest is a critical component to any good workout routine and time spent allowing the body to recover is a great way to prevent injuries. A rest day must occur at least one to two times per week. Even small breaks during a workout are sometimes required to get the most out of the workout and prevent injuries.



the day, during and after your workout. A body with adequate fuel (food and water) will stay sharp and keep moving at the intensity you desire.

A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,
I've heard the saying "No pain, no gain." I don't consider myself an exercise buff but I do work out on a regular basis and have "pushed through the pain" to achieve some gains in both muscle and tone. I have read hundreds of articles on athletes who have overcome their injuries and become the best of the best despite their previous physical set-backs. How accurate is the saying "no pain no gain?"

Sincerely,
Pain & Gain

Dear Pain & Gain,
I am glad that you have people that inspire you to be the best, but the old mantra of "no pain, no gain" is not always true. There is a reason we feel pain. Pain is our body's way of warning us. Warning us that there is a problem and that something isn't right. Push through the pain and you will simply exacerbate the problem, likely leading yourself right to an injury that will sideline you from your training. Doesn't seem like a gain, does it?

Training around injuries can be useful and even necessary for competitive athletes. Training through pain, however, isn't a great idea before an injury and it's a horrible idea once a tissue has been damaged. Pain is the body's warning sign, and pushing through it will lead to dysfunctional motor patterns and possibly even chronic pain that lingers after the injury is healed. If you've developed this dysfunctional way of moving it will lead to further pain and injury down the road. A better solution is to distinguish necessary discomfort from harmful pain. For example, if you are working to build strength and endurance in your legs with a squat workout, you may experience some burning in your muscles during exercise. That burn is the lactic acid moving out of the muscles and the feeling should go away 30 seconds to one minute after you stop exercising. This is the acceptable kind of pain that could be considered necessary discomfort. If you are experiencing prolonged soreness or pain, especially joint pain, after workouts, that's a good warning sign of overdoing workouts. Another important thing to remember is recovery, which can be done through rest, or less intensity and repetitions, which is recommended. Recovery time is essential for injury prevention when working out consistently. Without rest and recovery, the body eventually becomes overloaded and fatigued. Rest days don't necessarily mean you have to be sedentary, but reduce your usual workout to a yoga session, light swim, or bike ride.

To establish a solid physical activity foundation of fitness and strength, build up over time to allow for pain-free and injury-free participation. Doing too much too quickly or exercising for too long, especially after little to no physical activity, can lead to injuries. Overuse injuries can be subtle, occurring gradually over time, so early recognition and prevention is important.

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.)

Wing Newcomers Orientation

The next Wing Newcomers Orientation will be from 8 a.m.-noon Oct. 23. 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 from 5-7 p.m. Oct. 25. 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.

Heart Link

The next Heart Link is from 8:30 a.m.-noon Nov. 15, in the A&FRC. This half-day program is open to all spouses of active-duty military members assigned to Columbus AFB. Attendees will receive information about life in the Air Force, in the local area, and at Columbus AFB from local subject matter experts including spouse leaders. To register or for more information, please call A&FRC at (662) 434-2790.

Federal USAJobs Workshop

The next Federal USAJobs workshop will be from 9-10:30 a.m. Nov. 14. This is a workshop on writing resumes, applications, and job search using the USAJobs website. To register or for more information, please call A&FRC at (662) 434-2790.

Bundles of Joy

The next Bundles of Joy workshop is from 1-3:30 p.m. Feb. 21 in the A&FRC. This program is designed for active-duty Air Force members and/or their spouses who are pregnant or have a child four months old or less. Attendees will learn about finances, labor and delivery, and infant care. A \$50 gift card sponsored by the Air Force Aid Society will be provided for each qualifying child. To register or 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.

Pilot Partner welcome with Steel Dynamics



Steel Dynamics employees pose for a photo before a 14th Flying Training Wing Pilot Partner welcome event. Oct. 16, 2018, in Columbus, Mississippi. The Pilot Partner Program supports the relationship between the 14th FTW and local community.

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.

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 martial issues, parenting, career stress, and anger. All counselors are licensed mental health providers, and they can meet either on or off base. There is no charge for services, and appointments can usually be made within one to two days. To contact the MFLC, please call (662) 435-1110/360-5372.

Employment Workshop

An employment workshop on local and base employment opportunities is held every Wednesday, from 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. It may be completed up to 12 months prior to separation or retirement. Counseling is held daily at 8:30 a.m., and it takes approximately 60 minutes. Please contact Airman & Family Readiness Center (A&FRC) at (662) 434-2790 for more information.

Pre- and Post-Deployment Tour Briefing

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

Survivor Benefit Plan

Are you nearing military retirement? The one decision you will need to make before you retire involves participation in the Survivor Benefit Plan (SBP). As with all good decision-making, you need to know the facts before you can make a sound decision. Always get the true facts about SBP before making up your mind. Additional

details are available by calling your SBP Counselor Mary Chambers at (662) 434-2720/2790.

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

Career Exploration & Planning Track Workshop

The next Career Exploration & Planning Track workshop is from 8 a.m.-3 p.m. Jan. 22 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.

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 Choir)
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)

Professional Organization Corner

Company Grade Officers Council

The council – second and first lieutenants, and captains – promotes the development of CGOs throughout the 14th Flying Training Wing. They maintain an informational network to enhance the professional development and officer camaraderie the throughout the wing.

Meets first Friday of every month at 11:30 a.m. at the Columbus Club.

President: Capt. Amessia Brown; **Vice President:** Capt. Daniel Wilson

Air Force Sergeants Association

The Air Force Sergeants Association (AFSA) is an association dedicated to representing enlisted men and women and their

families. AFSA fights for more that benefits and pay, they have a by-name seat at the influential tables in both the Congress and the Pentagon to help shape the tough policy decisions affecting the enlisted corps today.

Meets 3rd Thursday of the month at noon at the Columbus Club

President: Senior Master Sgt. Thomas Ryan; **Vice President:** Master Sgt. Brent Shields

BLAZE Top 3

The Top 3 establishes and maintains a spirit of comradeship and esprit de corps that will enhance the prestige of all senior NCOs, encourage an attitude of unified purpose and set an example for all enlisted per-

sonnel according to the standards, traditions and customs of the Air Force.

Meets the third Thursday of every month at 3 p.m. at the Columbus Club.

President: Master Sgt. Arkelia Hamlet; **Vice President:** Master Sgt. Joi Washington

BLAZE 5/6

The 5/6 represent motivated staff and technical sergeants. They provide an opportunity to meet Airmen, and to network with peers. The organization mentors junior enlisted, assist other private organizations, and are heavily involved with community relations.

Meets the last Wednesday of every month at noon at the Columbus Club

President: Tech. Sgt. Stacy Powell; **Vice President:** Tech. Sgt. Crayton Felder

First Four

The Airman’s Activity Council functions as a social and professional organization established to enhance morale, esprit de corps, and cooperation between members from the E1-E4. This is accomplished through fundraisers, on and off base, volunteer opportunities, and events or trips for those eligible to become members.

Meets the last Thursday of every month at noon at the Montgomery Village

President: Airman 1st Class Kiara Rodriguez; **Vice President:** Senior Airman Brit-tani Amavizca-Waddington

VIEWPOINT

Lessons from failure

Staff Sgt. Justin R. Norton
302nd Airlift Wing Public Affairs

PETERSON AIR FORCE BASE, Colo. — Thirty-two. Thirty-three. Thirty-four. Thirty-five — time’s up. Somewhere in Texas a senior airman failed his fitness test. He couldn’t complete the minimum requirement for abdominal crunches.

Dragging himself back to his car, ashamed and furious with himself, he realized that he was now one of those Airmen he looked down on for failing their fitness test. Worse yet, he was deploying in two weeks and his gut sank as he thought of delivering news of his failure to his supervision.

That senior airman was me in 2014.

I also found out I wouldn’t be promoting to staff sergeant earlier that day either, making this the second year in row I missed the mark for a promotion. At this point, I was certain my leadership would tell me I’d blown my opportunity

to deploy. I’ll never forget the half hour sitting in the parking lot, full of shame, staring out at the flight line before facing my supervisors.

I did end up going on that deployment and would need to pass a fitness re-assessment while I was there.

Until failing that fitness test, I never felt like a failure. I’d felt mediocre at times. In fact, I often felt mediocre. I knew there was plenty of room for me to improve, but never acted on it. I never studied for my promotion test or trained for fitness assessments. At work, I met the standards, nothing more, nothing less. Looking back at that time, I coasted through my professional and personal life.

I didn’t know at the time that I needed to fail that test. The shame and anger born from that failure pushed me toward growth and progress like nothing I’d ever experienced before.

While deployed, I engrossed myself researching fitness plans and woke up two hours before my 13-hour shift to hit the gym. I lifted

weights and did push-ups and sit-ups, then wrapped up with a run every day. On my only day off each week, I woke up early to run until my sides ached and I was covered in sweat with the sun beating down in 110-degree desert heat.

I was averaging about five hours of sleep a night with a little more than that on my day off in an effort to catch up on the lost hours. I was exhausted and I hated every second of it. But I hated being a failure more so I kept at it.

When it came time for the fitness re-assessment, I earned a 93. It was the first time I ever scored over a 90. But the biggest payoff from those early mornings and intense training routines was what they taught me about failure and the value it added to my life.

Seeing that score was the turning point in my life. I began looking for other ways to improve myself and learned to use failure as a motivator. I stopped beating myself down and changed the way I approached problems in my life. Instead of focusing so extensively on the ways



U.S. Air Force photo by Staff Sgt. Tiffany Lundberg
Staff Sgt. Justin Norton, a 302nd Airlift Wing Public Affairs photojournalist, lifts weights, Aug. 16, 2018, at Peterson Air Force Base, Colorado. He became dedicated to self-improvement, physically and mentally, after failing a fitness assessment in 2014.

I thought I couldn’t measure up, I learned to approach my struggles as obstacles to overcome instead of as walls I couldn’t pass.

Statements like “the only way to grow is to be uncomfortable” can be found in all sorts of motivational texts and seminars, but lessons like this have to be experienced to have any significant impact on a person’s perspective on life and failure. For me, it was weightlifting that gave

me a better understanding of this life lesson.

I want to encourage people to not give up in the face of failure because I’m a better Airman today due to the lessons I learned from mine. We all have to face failure in some aspect of our lives and it wears a different mask for all of us, but it can teach us how to be better if we’re prepared to search for those lessons rather than flee from them.

BLAZE Hangar Tails: KC-10 Extender

Mission

The KC-10 Extender is an Air Mobility Command advanced tanker and cargo aircraft designed to provide increased global mobility for U.S. armed forces. Although the KC-10’s primary mission is aerial refueling, it can combine the tasks of a tanker and cargo aircraft by refueling fighters and simultaneously carry the fighter support personnel and equipment on overseas deployments. The KC-10 is also capable of transporting litter and ambulatory patients using patient support pallets during aeromedical evacuations.

Features

The KC-10 can transport up to 75 people and nearly 170,000 pounds (76,560 kilograms) of cargo a distance of about 4,400 miles (7,040 kilometers) unrefueled.

In addition to the three main DC-10 wing fuel tanks, the KC-10 has three large fuel tanks under the cargo floor, one under the forward lower cargo compartment, one in the center wing area and one under the rear compartment. Combined, the capacity of the six tanks carries more than 356,000 pounds (160,200 kilograms) of fuel - almost twice as much as the KC-135 Stratotanker.

Using either an advanced aerial refueling boom, or a hose and drogue centerline refueling system, the KC-10 can refuel a wide variety of U.S. and allied military aircraft within the same mission. The aircraft is equipped with lighting for night operations.

The KC-10’s boom operator controls refueling operations through a digital, fly-by wire system. Sitting in the rear of the aircraft, the operator can see the receiver aircraft through a wide window. During boom refueling operations, fuel is transferred to the receiver at a maximum rate of 1,100 gallons (4,180 liters) per minute; the hose and drogue refueling maximum rate is 470 gallons (1,786 liters) per minute. The automatic load alleviation and independent disconnect systems greatly enhance safety and facilitate air refueling. The KC-10 can be air-refueled by a KC-135 or another KC-10A to increase its delivery range.

General Characteristics

Primary Function: Aerial tanker and transport
Contractor: The Boeing Company
Power Plant: Three General Electric CF6-50C2 turbofans
Thrust: 52,500 pounds, each engine



U.S. Air Force photo by Master Sgt. Mark C. Olsen
A U.S. Air Force KC-10 Extender crewed by Reserve Citizen Airmen with the 76th Air Refueling Squadron moves is refueled by another KC-10 flown by Airmen with the 78th Air Refueling Squadron, both with the 514th Air Mobility Wing, during a training mission over the East Coast Sept. 16, 2018. The 514th is an Air Force Reserve Command Unit located at Joint Base McGuire-Dix-Lakehurst, New Jersey.



U.S. Air Force photo by Staff Sgt. Erica Rodriguez
A U.S. Air Force B-1B Lancer aircraft is refueled by a KC-10 Extender over an undisclosed location April 14, 2018. The aircraft were taking part in strikes against Syrian targets in response to the use of chemical weapons.



U.S. Air Force photo by Airman Hannah Bean
Airman 1st Class Michael Cargile, 14th Civil Engineer firefighter, demonstrates how efficiently they can put out a plane engine fire at a live burn demonstration Oct. 6, 2018, on Columbus Air Force Base, Mississippi. The 14th CES firefighters respond to aircraft and facility emergencies within minutes and have the ability to control, contain and stop numerous types of emergencies from escalation.



U.S. Air Force photo by Airman 1st Class Keith Holcomb
A 14th Civil Engineer Squadron fire helmet sits on display inside a fire truck Oct. 10, 2018, on Columbus Air Force Base, Mississippi. Several 14th CES firefighters showed and taught multiple Child Development Center classes about their equipment during Fire Prevention Week.

CAFB Fire Department reminds CAFB to ‘Look. Listen. Learn.’

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

2018’s Fire Prevention Week theme was “Look. Listen. Learn. Be Aware. Fire can happen anywhere,” and members of the 14th Civil Engineer Squadron did their best during Oct. 6-13 to involve the base and the local community in educating people about the importance of fire prevention.

Columbus Air Force Base, Mississippi’s Fire Prevention Week kicked off with a parade through base housing followed by an open house at the fire station on base. Throughout the week they hosted engaging and hands-on events to teach children and remind individuals how to better prevent house and work fires.

“This fire station loves connecting with our community,” said Shawn Ricchuito, 14th CES Fire Chief. “Fire Prevention Week is a good chance for us to showcase to everyone that fire prevention is important. We want everyone to ‘Look. Listen. Learn.’”

“This fire station loves connecting with our community,” said Shawn Ricchuito, 14th CES Fire Chief.

The firefighters had help from other local fire stations, showing the first responder units have a close and important relationship.

“We live in the local community, we shop in the community, we work in the local community,” Ricchuito said. “We really enjoy going out there and meeting with our partners and make sure we are all improving each other.”

Staff Sgt. Ryan Offerman, 14th CES fire inspector, had a major part in planning most of Fire Prevention Week.

“Once we confirmed the larger events we wanted to accomplish I reached out to the organizations to confirm times, invite other agencies, and coordinate the small-



U.S. Air Force photo by Tech. Sgt. Christopher Gross
Residents of Magnolia Housing on Columbus Air Force Base, Mississippi, watch fire trucks pass by and toss out candy during a parade Oct. 6, 2018. The parade kicked off Fire Prevention Week for Columbus AFB and this year’s theme was “Be aware. Fire can happen anywhere.”



U.S. Air Force photo by Airman 1st Class Keith Holcomb
Senior Airman Dylan Brown, 14th Civil Engineer Squadron Firefighter, reads to the fire prevention mascot Sparky and children at the Child Development Center Oct. 10, 2018. Fire Prevention week was held from Oct. 6-12 here to remind Team BLAZE about the importance of fire prevention.

er details of the bigger events,” Offerman said. “The challenge really paid off, this was the most participation I’ve seen from the parade and through each event this past week.”

Among the many hardships of creating a successful Fire Prevention Week, Offerman said it was most difficult to simply contact and confirm dates and times of participation from other organizations and agencies because everyone is busy, but he was grateful when leaders made time for the fire station.

“Chief put me up to the challenge of helping plan this week,” Offerman said. “It was very challenging and I’m glad it’s over so we can look at the impact to improve for next year.”

At the end of the week the fire station took time to reflect on the week. Ricchuito and Offerman both noted they are always looking for ways to educate and protect their community and meet with local schools and communities to continue that side of their mission.

“The whole station is always excited to showcase what we do,” Offerman said. “We love our job, we even had a lot of off-duty guys volunteering to participate in Fire Prevention Week. Overall the station just enjoys being able to teach everyone, especially the kids, how to be as safe as possible.”

As Team BLAZE wrapped up Fire Prevention Week, the firefighters urge everyone to continue to be mindful of their actions to keep their house, workplace and community safer each day.

“I would like to thank all the commanders and chiefs, all the volunteers, our community partners, and sergeant Offerman, and the whole fire emergency services team,” Ricchuito. “It takes a lot of energy to plan all of this but we fully intend to thank everyone who helped. It’s a team effort, it takes a team to plan and execute, but it also takes a community to participate in the week and we had it all this year.”



U.S. Air Force photo by Airman 1st Class Keith Holcomb
Ryder Lee and Jeremiah Samuels look out of a 14th Civil Engineer Squadron fire truck Oct. 10, 2018, outside the Child Development Center of Columbus Air Force Base, Mississippi. The 14th Civil Engineer Squadron firefighters from Station 2 hosted engaging and hands-on events to teach children and remind individuals how to better prevent house and work fires.