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An advertisement for Bob's Paint and Auto Body. The background is a dark blue field with white stars. At the top left is a small Facebook 'f' logo. The main title 'BOB'S' is in large, bold, white letters with a 3D effect, filled with the stars and stripes of the American flag. Below it, 'Paint and Auto Body' is written in a white, cursive script. A red horizontal banner contains the text 'No Matter What You Drive...We've Got You Covered!' in white. Below the banner is a bulleted list of services: Insurance repair for all makes & models, Auto Interior Seat Repair, Hail Damage Repair, Paintless Dent Removal, Deer Damage Repair, and Antique and Vintage Car Specialists. To the right of the list is a black sports car. At the bottom left is a pink classic car. At the bottom right, a white box contains the text 'Voted the Best Body Shop in the Golden Triangle'. The bottom of the ad features a white banner with the address and phone number: 83 EAST PLYMOUTH ROAD | COLUMBUS, MS | 662.327.1221.

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# Weather

<p><b>Friday</b></p>  <p>Cloudy</p> <p>High 60°F Low 50°F</p>	<p><b>Saturday</b></p>  <p>Partly Cloudy</p> <p>High 67°F Low 47°F</p>
<p><b>Sunday</b></p>  <p>Rain</p> <p>High 64°F Low 52°F</p>	<p><b>Monday</b></p>  <p>Partly Cloudy</p> <p>High 70°F Low 54°F</p>

Forecast provided by the 14<sup>th</sup> OSS Weather Flight

## News Briefs

## SUPT 19-02 Assignment Night

Specialized Undergraduate Pilot Training Class 19-02 will be receiving their first duty assignments at 5:20 p.m. Nov. 2 in the Columbus Club.

## Wing Newcomers Orientation

A Wing Newcomers Orientation is scheduled from 8 a.m.-1 p.m. Nov. 13 at the Columbus Club for newly arrived active-duty and civilian personnel.

## Veterans Day Parade and Ceremony

The Columbus Veterans Day parade and ceremony will begin at 10 a.m. Nov. 10 beginning at the Municipal Complex and end at the Lowndes County Courthouse. Following the parade will be a wreath laying ceremony at 11 a.m.

## Inside



## Feature 8

The 49th FTS is highlighted in this week's feature.

## COLUMBUS AFB TRAINING TIMELINE

PHASE II		PHASE III		IFF		WING SORTIE BOARD			
Squadron	Track Select	Squadron	Graduation	Squadron	Graduation	Aircraft	Required	Flown	Annual
37th (19-10)	Nov. 9	48th (19-02)	Nov. 16	49th (19-BBC)	Nov. 19	T-6	2,688	2,944	2,944
41st (19-05)	Dec. 14	50th (19-02)	Nov. 16			T-1	993	926	926
						T-38	1,122	826	826
						IFF	447	406	406
Colonel Stephen P. Snelson, 6th Air Mobility Wing commander at MacDill Air Force Base, Florida, will be the guest speaker for Specialized Undergraduate Pilot Training Class 19-02's graduation at 10 a.m. Nov. 16, 2018, in the Kaye Auditorium.						* Mission numbers provided by 14 FTW Wing Scheduling.			



# 14TH FLYING TRAINING WING DEPLOYED

As of press time, 10 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



Airmen may sew on or use Velcro backing for U.S. Air Force tape, name tape and rank. Tapes and rank must be either all sewn on or all Velcro; Airmen are not authorized to mix sewn on and Velcro tapes or rank. Only Velcro patches are authorized on the left and right sleeves of the OCP coat.

U.S. Air Force Photo by Munnaf Joarder

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
5	6	7	8	9	10/11	Nov. 22: Thanksgiving
				Retiree Appreciation Day, 9 a.m.-2 p.m. @ Club	10th: Columbus Veterans Day Parade and Ceremony, Parade at 10 a.m., Ceremony at 11 a.m.	Nov. 23: AETC Family Day
					10th: Alabama vs. MSU	Nov. 30: Enlisted Promotions
						Nov. 30: SUPT Class 19-03 Assignment Night
12	13	14	15	16	17/18	Dec. 1: Civil Air Patrol Birthday
Veterans Day observance	Wing New-comers, 8 a.m. @ Club	Dormsgiving and Hearts Apart, 5-7 p.m. @ Montg-tomery Village		SUPT Class 19-02 Graduation, 10 a.m. @ Kaye Auditorium		Dec. 3: Columbus Christmas Parade
						Dec. 4: Base Christmas Tree Lighting Ceremony
						Dec. 7: Pearl Harbor Day

## Silver Wings

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### Submission Deadline

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

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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.

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# AETC commander relieves 47th FTW leaders at Laughlin AFB

## Air Education and Training Command Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas – Three commanders at Laughlin AFB's 47th Flying Training Wing were relieved Oct. 31 following investigations which revealed chronic leadership failures.

Lt. Gen. Steven Kwast, commander of Air Education and Training Command, relieved Col. Charles Velino, the wing commander, along with the operations group commander and a flying training squadron commander. His actions followed a review of the 19th Air Force commander's recommendation and the outcomes of the investigations.

Effective Oct. 31, Col. Lee Gentile is the new wing commander. Before this assignment, Gentile was the 71st FTW Vice Commander at Vance Air Force Base, Oklahoma.

"The prior command team chronically failed to appropriately care for people and the mission," said Kwast. "They failed to correct an evolving situation that led to an environment where some Airmen did not feel safe or respected."

Kwast determined the command team did not take appropriate actions to respond to, correct and report incidents of officer misconduct at the south Texas pilot training base.

"By failing to address incidents of dangerous behavior and a threatening environment, irresponsible alcohol consump-

tion, and disrespectful treatment of some students, these leaders did not establish and enforce a culture that upheld our Air Force core values," he said.

The 19th Air Force Commander, Maj. Gen. Patrick Doherty, directed a preliminary inquiry immediately when he became aware of allegations of misconduct at the wing. Subsequent investigations did not identify a wider trend of unhealthy command environments in 19th Air Force.

"Our Airmen, families and the critical mission of the 47th FTW deserve engaged and effective leaders of the highest caliber consistent with our core values," Kwast said. "Ultimately, every commander is responsible for enforcing good order and discipline and holding those accountable who do not live up

*"Our Airmen, families and the critical mission of the 47th FTW deserve engaged and effective leaders of the highest caliber consistent with our core values," Kwast said. "Ultimately, every commander is responsible for enforcing good order and discipline and holding those accountable who do not live up*

to the professionalism we expect of our Airmen. The command team at Laughlin was not leading a healthy culture of accountability, dignity and respect."

Kwast encourages Airmen who identify unprofessional or inappropriate conduct to report the behavior through their chain-of-command or to their wing or AETC Inspector General.

"All Airmen who come to work for this Air Force should feel respected, protected and connected with their teammates and their mission," said Kwast. "As the commander of AETC, I take this responsibility seriously and I want our Airmen to know their leaders will be held accountable for failing to enforce a safe and professional environment."

# News Around Town

## 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. on 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 held from 6:30-11 p.m. Nov. 3 at The Gin at Nesbit in Nesbit, Mississippi. Admissions are \$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.



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# Air Force leadership talks retention and readiness at the Airlift/Tanker Association Symposium

**Tech. Sgt. Jodi Martinez**  
Air Mobility Command Public Affairs

GRAPEVINE, Texas — The 50th annual Airlift/Tanker Association Symposium brought top Air Force leadership to Grapevine, Texas, Oct. 25 to 27, to address issues of interest to the mobility force and the Air Force as a whole.

Air Force Chief of Staff Gen. David L. Goldfein highlighted the way the Air Force is retaining and developing Airmen to be prepared to compete in today's contested environments.

"We have returned to an era of great power competition where the challenges we face are complex and require creative solutions," said Goldfein. "One of our jobs as leaders is to create the environment to unleash the brilliance in this room to think through these challenges and acknowledge that there are opportunities resident in each."

In an effort to enable that environment, leadership has rescinded or reduced thousands of restrictive and outdated Air Force Instructions, and encouraged Airmen to embrace innovation and their role in the joint force. For leadership, reducing the red tape is an enabler for the rapidly-changing force.

"We stop telling Airmen how to do everything, and tell them what to do instead," said Secretary of the Air Force Heather Wilson.

Empowering Airmen to find the best way to meet mission requirements is just one of the ways top Air Force leaders are preparing the force for the new era.

Chief Master Sgt. of the Air Force Kaleth O. Wright recently announced that the Air Force is extending the high year of tenure from eight to 10 years for senior airmen, from 15 to 20 years for staff sergeants and from 20 to 22 years for technical sergeants.

"I want to get after those things that equate to lethality and readiness so we can all pay tribute to a long, courageous heritage of not being afraid to make the changes that we need," said Wright.

Wright encouraged Airmen to embrace change and recognize that it has been a part of the Air Force's history from the start of the Air Force's existence.

"Change is what we do because we have to," said Wright. "Our enemies are changing. The threats are changing, so it's only natural that we change to maintain our competitive advantage. We're doing what we need to do to maintain a lethal and ready force."

Changes to basic training and a revamp of the Enlisted Performance Report are still to come, said Wright.

"The most significant thing that I will be working on over the next two years is a new performance management system," said Wright. "Most of the responsibility lies with supervisors. I think that responsibility should lie with the member, and the supervisor is there to validate what you've done."

The Air Force has taken many steps to improve quality of life for Airmen. It's created more-flexible parental leave policies, eliminated many additional duties, and added op-



**Air Force Chief of Staff Gen. David L. Goldfein speaks during the Airlift/Tanker Association Symposium in Grapevine, Texas, Oct. 26, 2018. A/TA provides mobility Airmen a professional development forum to engage with industry experts within the mobility enterprise, attend seminars focused on mobility priorities, and listen to leadership perspectives from top leaders in the Air Force and Department of Defense.**

U.S. Air Force photo by Tech. Sgt. Jodi Martinez

portunities for mobility pilots to select a flying-only career track. However, Goldfein said that addressing retention requires looking further than just quality of life initiatives. The best way to retain Airmen, he said, is to ensure their service is rich in experience.

"When it comes to retention, I actually think the things we do to improve quality of service are going to have more-lasting impact than quality of life," said Goldfein. "I've never had an Airman come back to me from a deployment and say, 'Hey, in this entire deployment I went on, man this food was good. That was the best room I've ever stayed in.' But I have had an Airman come back to me and say, 'I trained to do that mission my whole life, and I was part of something really special. I'm going to remember that forever.'"

Maintaining full spectrum readiness is a focus of Gen. Maryanne Miller, the Air Mobility Command commander.

"While AMC has operated in uncontested environments spanning several decades, we must now be prepared to face challenges in multi-domain operations—air, land, sea, space

and cyberspace," said Miller. "Where a competitor or adversary uses kinetic or non-kinetic capabilities in an attempt to disrupt, delay, or deny U.S. operations in any domain, we must rise up to meet that challenge."

In an age where Airman innovation and multi-domain advances are key to operating in the contested environments of today, Airmen are being asked to hone in on their sense of purpose, but they aren't expected to do it alone.

Goldfein says he leans on his squadron commanders, and views them as foundational to setting the right tone and conditions for success.

"The reason I've been in and have stayed this long is I've been blessed by inspirational commanders at all levels that inspired me to want to be better, and they created this environment where the right thing was really easy and the wrong thing was really hard. So if we can get the right development and selection of inspirational commanders at the squadron level, I think that's going to have as much of an impact on retention as anything else we do."

## DROWLEY

(Continued from page 1)

through a story as an A-10 Thunderbolt II attack pilot.

"My last combat sortie was on May 29, (2018)," Drowley said. "It's always meaningful, especially when you hit a more senior position because you never know which one will be your last. It meant a lot to me personally. It was an amazing day, I got out there leading a two-ship and there was a small special operations outpost that had been coming under mortar fire"

He described trying to find where the mortar attacks were coming from and explained all the aircraft actively helping gather intelligence, gathering supplies for the operators under fire and providing eyes on target throughout the planning and attack process.

"For me it was a culmination of everything I had trained for," he said. "We figured out where the strikes were coming from, we quickly put together an attack plan and then began putting ordinance on the enemy that was trying to hurt our friends on the ground."

He had been refueled in mid-air thanks to a KC-135 Stratotanker who rejoined with them near the area of operation, they then returned to the fight, seeing a large group of enemies and requested a B-1 Lancer to bomb the threats.

"Everybody was safe," Drowley said. "We had done what we had been trained to do. We came back and I realized that was the last combat sortie I'd get to fly and that's the way I wanted it to be right there."

After his mission Drowley landed at a different base and found a C-17 Globemaster III that was planning a mission that would end in the base he needed to return to.

They were to deliver materials to the location Drowley had just protected.

"So I get on the plane and what I see was just amazing," Drowley said. "They were loading over 128,000 pounds of equipment to help the outpost build up its defenses. That's why they were trying to make sure every detail of the mission planning was perfect because there was very little room for error. It was a short and austere airfield and was at a high density altitude with weather moving in."

Drowley watched and said he was impressed with everyone working on the mission.

They took off and it was night with A-10's from Drowley's squadron moving in around the weather. He was surrounded by crewmembers and loadmasters as well as the load being carried. Everything was dark and the pilots had their night vision goggles on to see



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

**Specialized Undergraduate Pilot Training Class 19-01 students prepare for their graduation Oct. 26, 2018, on Columbus Air Force Base, Mississippi. Student pilots must complete roughly a year of training before earning their silver wings and the title of U.S. Air Force pilot.**

*"Embrace this culture you are now a part of," he said. "You are disciplined to the 'T', you will look at your training officers, you will follow them, you will study them, yet you will know when to take risks and push back in order to do the right thing no matter if its written somewhere or not. You will follow orders into harm's way without question to save someone's life."*

the area of operations clearly.

"When you're big and heavy and loud that attracts attention," Drowley said. "As we're coming in and breaking out of the clouds, I immediately see tracer fire coming toward the C-17 ... now I've been shot at before ... but I have not been shot at while in a C-17."

He described how the crew decided to land regardless of the danger because the outpost needed the equipment and the pilots knew the outpost's survival was almost dependent on this supply mission.

A-10's immediately attacked the sites that were firing at the C-17 and B-1's were in the area as well, working to protect the cargo aircraft.

Drowley explained to the graduates in the crowd and the families behind them this experience made him think about the military aviation community lessons he has learned over his career so far.

"Embrace this culture you are now a part of," he said. "You are disciplined to the 'T', you will look at your training officers, you will follow them, you will study them, yet you will know when to take risks and push back in order to do the right thing no matter if its written somewhere or not. You will follow orders into harm's way without question to save someone's life."

He told 19-01 they will be a part of this pilot culture forever, explaining how they



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

**Col. Michael Drowley, 355th Fighter Wing commander at Davis-Monthan Air Force Base, Arizona, speaks at the Specialized Undergraduate Pilot Training Class 19-01's graduation Oct. 26, 2018, on Columbus Air Force Base, Mississippi. Drowley has spoken in his own TED Talk, speaking about leadership and lessons he has learned during his military career.**

will be deadly serious during work, but have fun when they are out of the office. He asked them to embrace this culture and understand how they will also have to embrace they are automatically leaders in numerous ways.

He said from pilot training they will become informal leaders, direct supervisors, aircraft commanders, mission commanders and commissioned officers in the U.S. Air Force.

"This is your first family you will be a part of," Drowley said. "I ask you to never forget to take a second and see what it is you are doing and what's around you. Don't end up, after a 20- or 30-year career, not realizing how amazing what you've done really is."

Ending his speech he looked to the students directly, making sure to see each one before his sentence finished.

"Thank you for everything you have done to this point and thank you for what you are all about to do because there is an amazing world ahead of you," Drowley said.

# Military Family Appreciation Month: Taking care of each other

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

Each family is different and military families are no exception, but there's something unique about service and family life coming together and sometimes clashing with each other. November is Military Family Appreciation Month, honoring the sacrifices of military families across the globe. Air Force families come from all of the service's components – active duty, Air National Guard and Air Force Reserves – and all have a role in keeping our military and country strong. Tech. Sgt. Robert McGraw, 14th Flying Training Wing NCO in charge of religious affairs, was previously a vehicle mechanic and worked with multiple units for roughly over a decade.

"Pretty much my whole military career is all they know," said McGraw, when referring to his children. "I deployed every other year out of vehicle maintenance, so that was a different experience for my family and difficult to get used to when I was gone consistently for six or seven months."

McGraw said friends, co-workers and their families were a big part of their life. The military brought him and his family numerous friends from going through difficult times and long months away from each other.

During his many deployments, friends met with his wife and kids to take their mind off of the distance and McGraw was able to call almost every day to check in with his wife and kids as well, making the days and weeks better, McGraw recalled.

He said the hard part can be the deployments. For his wife and kids they were hard and they had gotten used to it more, but as for himself, McGraw said each deployment was harder because he'd miss more memories each time.

To help ease the burden during deployments, service members have different ways to communicate back to their loved ones based on the location they are stationed. Some locations have a few telephones in a small building or tent area and other places have computers and buildings with Wi-Fi to enable all kinds of communication.

"Communication was always key," McGraw said. "Even if you had nothing to say it was always good to check in and see how everyone was doing. Care packages also helped a lot in the deployed locations. I missed all of my son's big milestones and that was rough. The one thing that helped through that was the communication and photos."

He explained aside from having his co-workers, the Airman & Family Readiness Center and the Child Development Centers were and are a few of the resources Air Force families have to help take care of children and give stay at home parent's opportunities to take time for themselves, especially when spouses are deployed. McGraw said his wife and him have used the AFRC and CDC many times to take breaks from parenting full time.

The 'Give Parents a Break Program,' available at the AFRC, is one of those programs offered to eligible parents, giving them a break from child care for four hours a month for three months.

McGraw explained how missing some moments of them growing up is a part of sacrifice during service and he said



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

**Patricia Speights, former 14th Operations Group secretary, hugs her son, Jamie, after presenting him with an American flag Aug. 3, 2018, on Columbus Air Force Base, Mississippi. Speights and her family served the Air Force for 40 years.**

he knows retiring and receiving the benefits and consistent paychecks after 20 faithful years of service is what keeps him motivated.

Though the time away was difficult he said his families' opportunities to travel a lot compared to a civilian family was great. They were able to experience cultures and places most people don't get to see, especially throughout his time stationed in Germany.

Col. Derek Stuart, 14th Operations Group commander and experienced airlift pilot had recognized the same perk. He acknowledged the travel was an amazing opportunity.

"I have now moved 12 times and every single one has been a unique experience for me and my family, Stuart said. "I think the most unique experiences in the military with my family were the overseas assignments ... to travel, to see different cultures ... it was absolutely incredible and would have never been possible if I wasn't in the Air Force.

"Being an airlift pilot my time away (has) varied," Stuart continued. "It varied where I'd be flying around the world. ... The spouse groups were full of mostly wives with spouses that traveled all the time so they used the programs offered around the base and they would work together in the spouse programs and that had the best benefit for my family."

Stuart said he and his family have thoroughly enjoyed military life. He also said it hasn't been easy, it's hard to move and leave friends, but his son wants to be an Air Force pilot, his oldest daughter wants to stay involved with the Air Force in her own way and his youngest daughter is still in school traveling with Stuart.

"Military kids are the most resilient kids I've ever met," Stuart said. "The ability to leave a group of friends and show up at new base and make friends as quickly as they do is an art. I've been amazed at how my kids adapt to new situations."

When Stuart and his family had orders from Japan to Alabama, his oldest daughter was a cheerleader wanting to cheer in her next high school in Alabama. The school would not let her tryout through any means other than a physical tryout, but Stuart and his wife couldn't fly there with her for the



U.S. Air Force photo by Melissa Doublin

**Col. Derek Stuart, 14th Operations Group commander, stands with his family after becoming the 14th OG commander July 10, 2018, on Columbus Air Force Base, Mississippi. Stuart is an experienced airlift pilot who has traveled with his family across the globe, serving in numerous mission sets and experiencing many cultures.**



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

**Lt. Col. Brent Green, 43rd FTS assistant director of operations, is sprayed with champagne and water by his family April 13, 2018, on Columbus Air Force Base, Mississippi. He is one of the original cadre in the Firebirds. It was shortly after the squadron expanded in 1999 from teaching only in the T-38C Talon to teaching all airframes that he was hired. Green has spent 22 years of his career in a full-time capacity learning or teaching in the T-37, T-38 and T-6A Texan II on Columbus AFB.**

tryout.

"We flew our 15 year old daughter from Japan to Alabama by herself," Stuart said. "Friends had to pick her up to and from tryouts all week and she ended up being selected to be a cheerleader, but I'll never forget how thankful I was to the other military family for the help."

For Stuart he insisted he was not the one who was able to balance the time away, the children and the work, he gives the credit to his wife being there through it all.

"My service obviously has a huge effect on my family," Stuart said. "My wife, Tenice, has been my rock through it all. It's easy to get tied up into work and she is always there to remind me of the other things outside the office I need to take care of ... I love that my family keeps me grounded."

## 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.)*

### Transition Assistance Program GPS (Goals, Plans, Success) Workshop

The next Transition Assistance Program (TAP) workshop will be held 7:30 a.m.-4:00 p.m. Nov. 5-9 and includes seminars on: Transition, Military Occupational Code Cross-walk, Financial Planning, Health Benefits, Mississippi Department of Employment Security, Department of Veterans Affairs, Disabled TAP, and Department of Labor. Preseparation counseling is required before attending, and recommended attendance is 8-12 months prior to separation/retirement. Spouses are encouraged to attend with their sponsor. To register or for more information, please call the TAP Manager at (662) 434-2631/2790.

### Wing Newcomers Orientation

The next Wing Newcomers Orientation will be from 8 a.m.-noon Nov 13. 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. Nov. 14. 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

## 14th FTW recognizes newly promoted Airmen



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

**Airmen from the 14th Flying Training Wing are recognized for promoting Oct. 31, 2018, on Columbus Air Force Base, Mississippi. The enlisted promotions were followed up by the Quarterly Awards Ceremony, awarding Airmen for their exceptional work across the wing.**

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.

### 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 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) 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 from 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.

## 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)

**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](http://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.

**Get Connected with Your New Base App!**  
As a way to connect people together, Columbus Air Force Base launched a new app to connect Airmen and families to the mission and community! The app is available on all app stores and can be found by searching ‘Columbus Air Force Base’.

**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 a.m.–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.

**Excel Software Lunch & Learn**  
The Base Library is offering a free Microsoft Excel Software Lunch & Learn at noon Nov. 8. Bring your lunch and learn basic Excel skills. For more information, contact 434-2934.

**Debit/Credit Lunch & Learn**  
Don't let the holidays break you! Set a budget! The Base Library is offering a free Debit/Credit Lunch & Learn at noon Nov. 15. Bring your lunch and learn how to plan and control spending with personal financial counselor, Michelle Bruce. 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



**FIGHT NIGHT**  
UFC at the Columbus Club  
**Saturday, November 3**  
Doors Open at 6:00pm  
Pre Fight at 7:00pm  
Featured Fight Scheduled 9:00pm

**CORMIER vs LEWIS**

**FREE ENTRY!** | CLUB MEMBERS RECEIVE  
\$5 FOOD VOUCHER  
Shown on Projector Screen! Food & Drink Specials!

NOTE: All fight cards & dates are subject to change  
(662) 434-2489  
[columbusafbliving.com](http://columbusafbliving.com)  
[MyAirForceLife.com](http://MyAirForceLife.com)

**FORCE**  
SUPPORT SQUADRON



**Lunch BRUNCH**  
EVERY 3RD THURSDAY 11AM-1:30PM  
AT THE COLUMBUS CLUB



**434-2489**

MENU OPTIONS MAY VARY EACH MONTH  
ENJOY A WIDE SELECTION OF DELICIOUS BREAKFAST AND LUNCH OPTIONS

\$10 • Club Members  
\$5 • Children 5-11

\$12 • Non-members  
Free • Children 4 & under

**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.



U.S. Air Force photo by Tech. Sgt. Christopher Gross  
**Staff Sgt. Jeffery Williams, 14th Security Forces Squadron, and Chase, of PAW Patrol, pass out candy to children in base housing on Columbus Air Force Base, Mississippi, Oct. 27, 2018. Children trick or treated throughout base housing in anticipation of Halloween.**

## Everyday Network Practice

Physically control Common Access  
Card at all times and remind others  
to do the same



Restart computer daily

Never plug any unauthorized devices,  
cameras or smartphones into a system

Digitally sign emails IAW  
**AFMAN 33-152**

# Airman on the Street: What are your thoughts on the updated high year tenure?



**Rank/Name:** Airman David Santiago  
**Unit Title:** 14th Comptroller Squadron  
**Hometown:** New Burgh, New York  
**Answer:** "I think it's an important change to increase retention and valuable experience."



**Rank/Name:** Master Sgt. Samuel Hall  
**Unit Title:** 14th Medical Operations Squadron  
**Hometown:** Phenix City, Alabama  
**Answer:** "I think it's a great tool and opportunity to retain seasoned Airmen."



**Rank/Name:** Staff Sgt. Teddrick Thibodeaux  
**Unit Title:** 14th Operations Support Squadron  
**Hometown:** Lafayette Louisiana (Geaux Tigers!)  
**Answer:** "I think it's pretty cool to keep the more experienced people in."



**Rank/Name:** Shawn Ricchuito  
**Unit Title:** 14th Civil Engineer Squadron  
**Hometown:** Brackenridge, Pennsylvania  
**Answer:** "It appears because we're having problems retaining experience and because we may not be able to bring in as many qualified people for the longevity that the Air Force is used to having. It looks like they're having to go back to what they originally had in order to keep that experience and keep those levels at the ways that they want."

# The Force Report

29 Oct - 2 Nov 2018

## On The Horizon

New! Get Connected! Your Columbus Air Force Base App is ready to download. Apple and Android users go to your app store and search Columbus Air Force Base.

Ongoing- Book your Assignment Night transportation at 434-7861 at ITT!

Ongoing- Lunch Brunch every 3rd Thurs 11am - 1:30pm at Columbus Club

2 Nov- Free breakfast for Club Members 6:30am - 9am; \$8 for non-members at Columbus Club

8 Nov- Excel Lunch & Learn 12pm; learn basic Excel skills at Base Library

13 Nov- StoryTime with Mother Goose 10am for ages 3 - 6 years at Base Library

15 Nov- Debit/Credit Lunch & Learn 12pm; learn how to set a budget with Michelle Bruce, Personal Financial Counselor at Base Library

16 Nov- Beast 2 Feast 5K Fun Run 7am Chance to win 5 frozen turkeys! at Fitness Center

## Food For Thought

<b>The Overrun</b> (Tues-Fri 11am-1:30pm)	
<b>M- Closed</b>	Club Member Non-Member
<b>T- Taco and Nacho Bar</b> .....	\$7 .....\$9
<b>W- Chicken Wings and Pasta Bar</b> .....	\$8 .....\$10
<b>Th- Southern Style Buffet</b> .....	\$8 .....\$10
<b>F- Fried Catfish Buffet</b> .....	\$8 .....\$10

### Cafe at Whispering Pines (Mon-Fri 10am-2pm)

**Order from the Menu!**  
Gyros now available!

### Strike Zone Grill (Mon-Fri 11am-2pm)

**Order from the Menu!**

## Did You Know

**Free Breakfast for Club Members**  
\$8 non-members  
2 Nov 6:30am - 9am  
Columbus Club

**FREE Microsoft Excel Lunch & Learn**  
8 Nov at 12pm  
Base Library

**GET CONNECTED!**  
With the New Columbus Air Force Base App!  
Details above!

**Find us at [www.columbusafbiving.com](http://www.columbusafbiving.com)**

# The Airman's Creed

I am an American Airman.  
I am a Warrior.  
I have answered my nation's call.  
I am an American Airman.  
My mission is to fly, fight, and win.  
I am faithful to a proud heritage.  
A tradition of honor,  
And a legacy of valor.  
I am an American Airman.

Guardian of freedom and justice,  
My nation's sword and shield,  
Its sentry and avenger.  
I defend my country with my life.  
I am an American Airman.  
Wingman, leader, warrior.  
I will never leave an Airman behind.  
I will never falter,  
And I will not fail.

## Retiree Appreciation Day

**2nd Lt. Brandon Solomon**  
14th Medical Support Squadron

On Nov. 9, 2018 the Columbus Club will be hosting Retiree Appreciation Day. Often times the purpose of the event seems merely to offer free lunch and provide prizes however, it is much more than that.

Retiree Appreciation Day is a time set aside to thank those who have set the path for those of us serving today.

Even now here at Columbus AFB many of those same retirees are employees who have had many years of service, continuing to mold and grow the next generation of Airmen.

Additionally, there are many brave men and women outside of our walls that have fought for our country and they need to know those sacrifices are not forgotten. Events like this means taking the time to hear their stories of service and truly say thank you.

In planning the event I have found it important to discuss with retirees how we can better support them and work to build continuing relationships with the community.

The event will have provide and have representatives from Humana Military/TRICARE, Optometry, Baptist Memorial, Flu shots, Pharmacy, Airmen and Family Readiness, Physical Therapy, Commissary, Base Exchange, Base Library, Military Officers Association, Legacy Hospice, Saum Chiropractic Clinic, Air Force Sargent's Association, Door prizes, Base tour, and a free lunch. I will be the first to say thank you to all of those who have served and are currently serving!

# The 49th FTS, its rich culture truly creates aviators, warriors

**Lt. Col. John Macasek**  
49th Fighter Training Squadron

Columbus Air Force Base is well known for its contribution to the Air Force by creating pilots.

Hidden in the big picture mission of Undergraduate Pilot Training exists a squadron of elite talent providing over one third of the future fighter wingmen and weapon systems operators annually to the Air Force. This squadron is known as the 49th Fighter Training Squadron.

It has a rich history dating back to 1941 as the 49th Pursuit Squadron during the military expansion prior to World War II.

Immediately after the attack on Pearl Harbor the 49th began to operate on the Pacific coast. In 1942 the squadron was renamed the 49th Fighter Squadron and eventually deployed to North Africa.

From this time period there is only one remaining living member of the squadron. After the squadron was inactivated in 1945.

The 49th was activated and deactivated throughout the 40's, 50's and eventually stood strong through the 1980's as an air defense squadron at Hanscom Field, Mass. and Griffiss Air Force Base, New York, flying the mighty F-106 Delta Dart. In 1987 the squadron was again inactivated.

In 1990 the 49th Flying Training Squadron was activated at Columbus Air Force Base, Mississippi. In 2003 the name was changed to better reflect the mission of the 49th Fighter Training Squadron. The squadron moved to Moody Air

Force Base, Georgia, for a short time and finally returned to Columbus AFB where it has remained for most of the last decade.

The mission of the squadron is to teach Introduction to Fighter Fundamentals (IFF) to newly graduated Undergraduate Pilot Training pilots that earned a fighter type aircraft.

IFF transforms a select few young fledgling students that dream to be fighter pilots the discipline, attitude and culture of what it takes to be at the tip of the spear of combat aviation. In order to accomplish this task, IFF is comprised of approximately nine weeks of training including academics, simulators and flying.

The syllabus is designed with five tracks specifically tailored to the specialties of the fighters that will be flown upon graduation. The flying training includes a formation phase comprising of four sorties; an offensive and defensive basic fighter maneuver phase comprising of eight sorties; and finally, depending on the track, basic surface attack, high aspect and surface attack tactics flights.

However, IFF is much more than academics, simulators and flying training. The newly graduated Undergraduate Pilot Training students are now considered wingmen.

They no longer wear class patches, but bear on their right shoulder the history and culture of those that have gone before them in the 49th Fighter Training Squadron. This requires training in attitude. This type of attitude is not one that is represented with words from ones mouth, but the kind that lives in the heart of

a professional that bears arms. It is a mindset, a self-confidence and respect to fly aircraft that often exceed the limits of the human body. Accomplishing the mission in very dynamic and complex environments while often taking fire and putting themselves in harm's way to successfully execute the mission.

The 49th FTS accomplishes the mission utilizing the mighty AT-38C Talon. This aircraft is often criticized for being old and outdated, but it plays a vital role in IFF training. The basic concept of what students learn in IFF is how to turn an aircraft into a weapon.

The AT-38C is well suited at this task. The aircraft itself is difficult to fly and this aerodynamic fact makes the airplane well suited for the IFF mission.

The perceived weakness of the AT-38C forces young aviators to sharpen their cross check and piloting skills to their physical and mental limits.

When they graduate IFF they are far more detail oriented aviators with more discipline and the necessary task management skills to succeed at their fighter basic courses.

Finally, IFF teaches culture and history that may soon be forgotten. There is many traditions, honored ceremonies and celebrations that are all tied to our fly, fight and win culture.

Many of the new generation of aviators may never meet or know the men and women that have gone before us, but the graduates of the 49th FTS will at least understand the importance of what now is history.

# Cultivate Airmen

# Create Pilots

# CONNECT

## Commander's Action Line

# 434-1414

In an effort to stay Connected, the Commander's Action Line is your direct link to the commander for comments and suggestions on how to make Columbus AFB better. Although the Commander's Action Line is always available, the best way to resolve problems is through the chain-of-command.

The Commander's Action Line can be reached at 434-1414. Leave your name and phone number or email if you would like to receive an answer. All names will be kept confidential.

If you would like to remain anonymous, please submit your inquiries through our webpage at [www.columbus.af.mil](http://www.columbus.af.mil). Click "Contact Us" at the top left of the page and select "Commander's Action Line" in the Recipient drop down menu.

# BLAZE Hangar Tails: MC-12

**Mission**  
The MC-12W is a medium- to low-altitude, twin-engine turboprop aircraft. The primary mission is providing intelligence, surveillance and reconnaissance, or ISR, support directly to ground forces. The MC-12W is a joint forces air component commander asset in support of the joint force commander.

**Features**  
The MC-12W is not just an aircraft, but a complete collection, processing, analysis and dissemination system. The aircraft are military versions of the Hawker Beechcraft Super King Air 350 and Super King 350ER. A fully operational system consists of a modified aircraft with sensors, a ground exploitation cell, line-of-sight and satellite communications datalinks, along with a robust voice communications suite. The aircraft is equipped with an electro-optical infrared sensor and other sensors as the mission requires. The EO/IR sensor also includes a laser illuminator and designator in a single sensor package. The MC-12 system is capable of world-wide operations.



U.S. Air National Guard photo by Staff Sgt. Tyler Woodward  
**A 137th Special Operations Wing MC-12W awaits a preflight inspection at Will Rogers Air National Guard Base in Oklahoma City, Jan. 9, 2018. The MC-12 is a twin engine turbo prop aircraft used to gather intelligence, surveillance and reconnaissance to support ground forces around the world.**

**Background**  
The “M” is the Department of Defense designation for a multi-role version of the well-known C-12 series. In April 2008, the Secretary of Defense established a DOD-wide ISR Task Force to identify and recommend solutions for increased ISR in the U.S. Central Command area of responsibility. On July 1, 2008, the Secretary of Defense tasked the Air Force to acquire 37 “C-12” class aircraft to augment unmanned systems. Of note, it was less than eight months from funding approval to delivery in the theater.  
The MC-12 capability supports all aspects of the Air Force Irregular Warfare mission (counter insurgency, foreign internal defense and building partnership capacity). Medium- to low-altitude ISR is a core mission for the Air Force.  
The first MC-12 arrived at Key Field in Meridian, Mississippi, April 28, 2009. The first MC-12W flew its first combat support sortie on June 12, 2009.

**General Characteristics**  
**Primary function:** Intelligence, surveillance and recon-

naissance  
**Contractor:** L-3 Communications  
**Power plant:** Pratt & Whitney PT6A-60A  
**Wingspan:** 57 feet, 11 inches ( 17.65 meters)  
**Length:** 46 feet, 8 inches (14.22 meters)  
**Height:** 14 feet, 4 inches (4.37 meters)  
**Weight:** 12,500 pounds empty (5,669 kilograms)  
**Maximum Takeoff Weight:** 350, 15,000 pounds; 350ER, 16,500 pounds  
**Fuel capacity:** 350, 3,611 pounds (1,638 kilograms); 350ER, 5,192 pounds (2,355 kilograms)  
**Speed:** 312 knots  
**Range:** 350, 1,500 nautical miles; 350ER, approximately 2,400 nautical miles  
**Ceiling:** 35,000 feet (10,668 meters)  
**Armament:** none  
**Crew:** Two pilots and two sensor operators  
**Initial operating capability:** June 2009  
**Unit cost:** \$17 million (aircraft and all communications equipment modifications)  
**Inventory:** Active force, 42; Reserve, 0; ANG, 0



U.S. Air Force photo by Senior Airman Kayla Newman  
**An MC-12W Liberty takes off at Bagram Air Field, Afghanistan, Jan. 27, 2014. The crew on the MC-12W is comprised of the pilot, the mission commander, a sensor operator and a technology systems operator.**

Visit [www.columbus.af.mil](http://www.columbus.af.mil) to learn about Columbus AFB agencies and other important information.

## Medical Corner Control your urge to over-indulge during the holidays



“For many dieters, the holidays are a time for giving up,” says Susan B. Roberts, PhD, director of Tufts’ HNRCA Energy Metabolism Laboratory. “Faced with a six-week neverending onslaught of fattening foods, you know you can’t win, so you resign yourself in advance and then let yourself go.”

Even if you’re not watching your weight, the holidays can be a healthy-eating disaster. Not only do we eat more food during this time of the year, but the spirit of holiday indulgence leads us to especially over-consume added sugars, saturated fats, sodium and alcohol. Whether you’re worried about your weight or your cholesterol levels and blood pressure, there are some smart strategies you can adopt to minimize the negative health effects of holiday feasts and parties.

- Start early, filling up on fiber — Don’t wait until the day of a holiday meal to start preparing your defenses against overdoing it. Says Roberts, “One foolproof way to prepare for a particular impending feeding frenzy is to add to your regular meals two or three half-cup servings of a high-fiber cereal beginning one or even two days before the big meal.”
- Control your food microenvironment — “Multiple research studies have shown that the proximity of food determines how much you load onto your plate,” says Roberts. So keep the high-calorie foods and alcohol moving down the table away from you.
- Zero out skippable choices — Even holiday meals serve up some options you can take or leave — so leave them completely. If you’re really not that fond of grandma’s mashed potatoes, don’t put even a dollop on your plate.
- Eat slowly, then leave the table — Savor those holiday meals, and try to be the last one to finish (without, of course, taking second helpings). Then get up from the table so you won’t be tempted to resume eating.
- Don’t wait to get back in control — The metabolic effects of feasts like Thanksgiving can make you hungry for one more big meal after another, Roberts warns. “Put yourself on a high-fiber regimen the very

### Tips for Healthy Holiday Parties: Substitute Teachings

If you are hosting a holiday gathering and want to lighten up your offerings without sacrificing taste, try swapping out a few ingredients in your favorite recipes.

- Skip the cocktails and turn white wine into spritzers with an equal amount of seltzer, club soda or sparkling mineral water. Adorn with a slice of citrus for holiday flair.
- Using two egg whites in place of one egg can reduce dietary cholesterol.
- Try low-sodium vegetable broth in your mashed potatoes to add flavor and cut back on added butter.
- Substitute applesauce for oil, or butter in muffins and quick breads such as banana bread. Try substituting a small amount at first, as the more you substitute the more the texture of the finished product changes.
- Dressing — Use whole-grain bread and less of it, while ramping up the onions, celery and other vegetables as well as adding fruit such as apples, cranberries, raisins or dried apricots.
- For dips, sauces and pie toppings, use fat-free yogurt, sour cream and whipped topping.
- Sliced almonds make a delicious, crunchy topping in place of fried onion rings.
- Choose reduced-fat or low-fat cheeses for salads and casseroles.

Helpful Tips for Healthy Holiday Parties. Retrieved from <https://www.eatright.org/health/lifestyle/seasonal/helpful-tips-for-healthy-holiday-parties>

next morning — high-fiber cereals, legume dishes, and low-carb, high-fiber breads are best — and see how quickly you lose the urge to overeat.”

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



Dear Health Myth Busters,

I find it challenging to make it through the holiday season without gaining weight. Is it true that most people gain 5-10 pounds during the holiday season? What strategies do you recommend to avoid the weight gain?

Sincerely,  
Holiday Weight Gainer

Dear Holiday Weight Gainer,

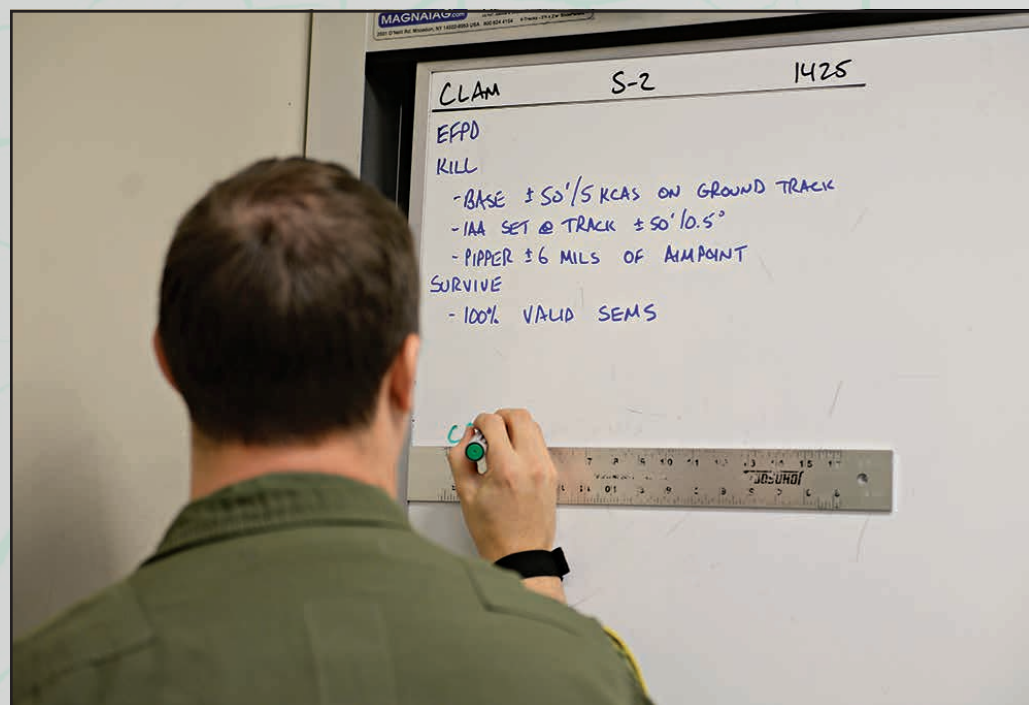
It’s great that you’re seeking advice on how to avoid gaining weight during the holidays because it is a concern that many people face this time of year. It is true that Americans typically gain weight during the holiday season, but not as much as believed. In fact, a New England Journal of Medicine study suggested that participants overestimated their weight gain by more than three pounds when asked how much weight they gained over the holidays. On average, normal weight Americans typically gain about one pound during the holidays. However, overweight or obese individuals are more likely to gain five pounds each season. Although half of the weight gained is lost shortly after the holidays, the other half tends to remain and accumulate year after year. So, even though holiday weight gain is less than typically reported, it is still important to stay active and maintain a healthy eating plan.

There are many healthy eating strategies to prepare you for the season. Avoid skipping meals and oversized portions and include nutrient-rich, high-fiber foods with lower calories like fruits, vegetables and whole grains. Use smaller plates, eat slowly and choose not to deprive yourself of seasonal favorites. Determine what strategies work best for you, remain active and you will be sure to maintain your current weight during the holidays and year round.

Sincerely,  
Health Myth Busters

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# 49th FTS cultivates pilots into fighter wingmen



Capt. Travis Vada, 49th Fight Training Squadron upgrading instructor pilot, writes information onto a white board at the 49th FTS Oct. 30, 2018, on Columbus Air Force Base, Mississippi. The standard set by the 49th FTS not only aids the Air Force, it ensure the pilots are highly capable of their job with the most professional attitude needed to accomplish the mission.



First Lt. Tyler Hansen, 49th Fighter Training Squadron student pilot, and Capt. Cole Stegeman, 49th FTS upgrading instructor pilot, check over a T-38C Talon in preparation for a training sortie Oct. 30, 2018, on Columbus Air Force Base, Mississippi. Pilots dedicate a great deal of time and effort ensuring their aircraft is fully prepared for flight.

**Airman Hannah Bean**  
14th Flying Training Wing  
Public Affairs

The 49th Fighter Training Squadron teaches newly graduated pilots how to operate the T-38 Talon to conduct flight training as well as fighter fundamentals; and in addition to training pilots they also train weapon systems officers.

“Generally everybody on base is teaching (student pilots) how to get from point A to point B safely,” said Capt. John McGowan, 49th FTS C flight commander. “That part we don’t teach. We teach them, once they’re at point B, how you employ your aircraft.”

The 49th FTS mission is to create wingmen for the Combat Air Force. The instructor pilots assigned to the 49th FTS transitions the pilots from the basics of flying to becoming a fighter pilot. Those selected learn basic fighter maneuvers and surface attacks in the T-38 at Introduction to Fighter Fundamentals which lasts about eight weeks.

“This is an organization that falls underneath the 14th Flying Training Wing because even though they’ve already became pilots and they’ve already earned their wings, they know nothing about tactical aviation and/or most importantly, how to be a wingman,” said Maj. Dennis Simerly, 49th Fighter Training Squadron assistant director of operations. “Even though we’re not creating pilots, we’re creating fighter wingmen, which is the tactical side of aviation.”

Instructor pilots assigned to the 49th FTS dedicate a great deal of time and effort into training pilots, heavily focusing on shaping them into dependable wingmen who are capable of fighter aviation.

“The most important part of learning basic skill sets is how to be a wingman because that’s going to be the most important part when they get to their follow on training for wherever they go for whichever major weapon system they go to, they’re going to be a wingmen first well on before they become a flight lead or an instructor pilot themselves,” Simerly said. “The most important thing we do is dedicate lots of



First Lt. Tyler Hansen, 49th Fighter Training Squadron student pilot, and Capt. Cole Stegeman, 49th FTS upgrading instructor pilot, prepare for a training sortie Oct. 30, 2018, on Columbus Air Force Base, Mississippi. Instructor pilots assigned to the 49th FTS dedicate a great deal of time and effort into training pilots, heavily focusing on shaping them into dependable wingmen who are capable of fighter aviation.

time (for them).”

Simerly said the foundation to becoming a flight lead is being wingman first; and he said that starts with trust within each other. They want to be that wingman that a flight lead wants to take into combat because the trust is there, the tactical proficiency is there, and it’s who they want on their wing.

The 49th FTS holds a high standard to ensure the pilots that leave the squadron are highly capable of working well with a

team and able to adjust accordingly when needed.

“(We’re) holding the line for the standard of what we want to go out there flying these multi-million dollar aircraft,” McGowan said. “Setting a standard, making sure that we make our wingmen live up to that before they get to the more expensive aircraft where they’re by themselves. Most of the people that who leave here will go to a single seat airplane that they’re doing everything all at once.



U.S. Air Force photos by Airman Hannah Bean

Not just flying the airplane but now employing at the same time. As long as we can hold that standard, we have a better product out there that can then get to be the most advanced Air Force out there.”

The standard set by the 49th FTS not only aids the Air Force, it ensure the pilots are highly capable of their job with the most professional attitude needed to accomplish the mission.

“This is the first step at the 49th to becoming a fighter wingman, so they can progress on in their career, become a flight lead, become an IP, go to weapons school, or go to wherever the opportunities lead them,” Simerly said.



Eric Griggs, a Vertex T-38C Talon serviceman, aids 1st Lt. Tyler Hansen, 49th Fighter Training Squadron student pilot, and Capt. Cole Stegeman, 49th FTS upgrading instructor pilot, prepare to fly a training sortie Oct. 30, 2018, on Columbus Air Force Base, Mississippi. Pilots and servicemen dedicate a great deal of time and effort to ensure the aircraft is fully prepared for flight and soundly running.



First Lt. Tyler Hansen, 49th Fighter Training Squadron student pilot, and Capt. Cole Stegeman, 49th FTS upgrading instructor pilot, move to the runway to begin flight for a training sortie Oct. 30, 2018, on Columbus Air Force Base, Mississippi. The 49th FTS holds a high standard to ensure the pilots that leave the squadron are highly capable of working well with a team and able to adjust accordingly when needed.