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SILVER WINGS

“Cultivate Airmen, Create Pilots, CONNECT”

Vol. 42, Issue 44Columbus Air Force Base, Miss. November 9, 2018

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Weather

Friday

Partly Cloudy w/chc
TSTMS

High 59°F Low 51°F

Saturday

Partly Cloudy

High 59°F Low 45°F

Sunday

Sunny

High 60°F Low 43°F

Monday

Mostly Cloudy w/chc
Rain

High 57°F Low 44°F

Forecast provided by the 14th OSS Weather Flight

News Briefs

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

Dormsgiving/Hearts Apart
Dormsgiving and Hearts Apart will be held from 5-7 p.m. in the Montgomery Village.

SUPT Class 19-02 Graduation
Specialized Undergraduate Pilot Training Class 19-02 will graduate at 10 a.m. Nov 16 in the Kaye Auditorium. Col. Stephen Snelson, 6th Air Mobility Wing commander, MacDill Air Force Base, Florida, will be the guest speaker.

Inside

Feature 8
The Dental Flight is highlighted in this week's feature.



U.S. Air Force photo by Airman 1st Class Keith Holcomb
Many 37th Flying Training Squadron instructor pilots stand with their spouses Nov. 2, 2018, on Columbus Air Force Base, Mississippi. Spouse flights are annual for the 14th Operations group to thank spouses. Military spouses are next to uniformed members across the world, supporting the Air Force mission by supporting their Airmen.

Spouse programs play important role for military families

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

Military Family Appreciation Month acknowledges spouses crucial role in supporting their military member and contributing to the mission with little to no spotlight.


So when it comes time for another move, to some unfamiliar place, the Air Force understands that spouses need to be supported. Key Spouse programs connect families together before they even set foot at a new location, they help families find houses, move in, enroll in schools and so much more.

There are numerous key spouse programs on bases across the globe, ranging from squadron to wing levels, and on Columbus Air Force Base, Mississippi each program works together at the wing level to encourage maximum engagement and networking.

“I don’t think we could do the mission the Air Force wants

See PROGRAM, Page 3

COLUMBUS AFB TRAINING TIMELINE									
PHASE II		PHASE III		IFF		WING SORTIE BOARD			
Squadron	Track Select	Squadron	Graduation	Squadron	Graduation	Aircraft	Required	Flown	Annual
37th (19-10)	Nov. 9	48th (19-02)	Nov. 16	49th (19-BBC)	Nov. 19	T-6	615	398	3,345
41st (19-05)	Dec. 14	50th (19-02)	Nov. 16			T-1	228	202	1,040
						T-38	255	182	1,008
						IFF	99	80	486
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, 9 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



Effective April 1, 2019, officer rank insignia will be spice brown; first lieutenant and lieutenant colonel rank insignia will be black. Enlisted rank will be spice brown. Name and U.S. Air Force tapes are mandatory for all personnel, and will be spice brown.

Silver Wings

How to reach us

14th Flying Training Wing Public Affairs
555 Seventh Street, Suite 210,
Columbus AFB, MS, 39710
Commercial: (662) 434-7068
DSN: 742-7068
Fax: (662) 434-7009
E-mail: silverwings@us.af.mil

Editorial Staff

Col. Samantha Weeks
14th Flying Training Wing
Commander

Mr. Sonic Johnson
Chief of Public Affairs

1st Lt. Kara Crennan
Public Affairs Officer

Tech. Sgt. Christopher Gross
NCOIC of Public Affairs

Staff Sgt. Joshua Smoot
NCOIC of Media Operations

Airman 1st Class Keith Holcomb
Editor

Airman 1st Class Beaux Hebert
Airman Hannah Bean
Photojournalist

Mrs. Tina Perry
Layout Designer



"After getting busted for possession of meth on June 24, 2015, my life has changed dramatically. I've gone from spending most of my time high, or trying to get high, to now passing every single drug test, working at a local animal shelter, and going to AA/NA meetings daily. My mental and physical health are better and most of my relationships have improved. My personal finances have also untangled. I wake up every day and I'm glad to be alive, when I once used to pray that I would die before I went to bed. Each day gets a little better. The pretrial diversion program probably saved my life. As crazy as it may sound, I'm grateful that I got arrested or I doubt that I would be alive today."

 **COMMUNITY COUNSELING SERVICES** For more information: www.ccsms.org/pach



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Sunday School (all ages) - 9:15 am

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

WEDNESDAY
Kid's Drama - 6 pm
Adult/Youth Bible Study, RAs, GAs & Mission Friends - 6:30 pm
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 MEMBER FDIC

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
12 Veterans Day observance	13 Wing New-comers, 8 a.m. @ Club	14 Dormsgiving and Hearts Apart, 5-7 p.m. @ Montg-tomery Village	15 Community Garden Forum	16 SUPT Class 19-02 Graduation, 10 a.m. @ Kaye Auditorium	17/18	Nov. 30: Enlisted Promotions Nov. 30: SUPT Class 19-03 Assignment Night Dec. 1: Civil Air Patrol Birthday Dec. 3: Columbus Christmas Parade Dec. 4: Base Christmas Tree Lighting Ceremony Dec. 7: Pearl Harbor Day Dec. 11: Wing Newcomers Dec.13: National Guard Birthday Dec. 13: Hearts Apart Dec. 14: SUPT Class 19-03 Graduation Dec. 24: AETC Family Day Dec. 25: Christmas Dec. 28: Enlisted Promotions Dec. 31: AETC Family Day
19	20	21	22 Thanksgiving	23 AETC Family Day	24/25 24th: Alabama vs. Auburn	

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Columbus Veterans Day
Parade & Wreath Laying Ceremony

When: Saturday, Nov. 10, 2018

Time: Parade at 10 a.m. and
Wreath Laying Ceremony at 11 a.m.

Where: Parade begins at the Municipal Complex and ends at the
Lowndes County Courthouse followed by the ceremony.

* For further information, call CAFB Public Affairs @ 434-7068

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.

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 base application in the 'Our Wing' then 'Contact the CC' tab or you can submit through the webpage at 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.



MILITARY APPRECIATION DAY
SUNDAY, NOVEMBER 11

If you are active duty or a veteran service member or military family, join us for a worship service and fellowship meal where we honor those who serve.

TIMES OF SERVICES:

9:15 AM

10:00 AM

11:15 AM

12:30 PM

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DAVID MAY, PREACHER

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.

Columbus Mississippi Veterans Day Parade

The Lowndes County Veterans Day Parade will be held Nov. 10 beginning at the Municipal Complex and ending at the Lowndes County Courthouse. Following the parade with be a wreath laying ceremony at 11 a.m.

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. The evens is 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. The inn and gardens were 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 will be provided.

PROGRAM

(Continued from page 1)

us to do without the spouse programs the Air Force has instituted across the branch," said Steven Bostwick, 14th Student Squadron assistant operations officer. "If I'm worried my wife isn't able to hang out with friends because the kids need to be taken care of and all these other things, I wouldn't be able to focus solely on the mission at hand, but the Air Force and the families around us really do care and it makes it easier to do the job when you're gone."

Bostwick's wife grew up with a military family and had to transition into a spouse role, but he said it wasn't a crazy change of pace for her.

For Capt. Eric Hendricker, 14th Student Squadron Transition Flight commander, the military was a large change as he introduced his wife to the military and spouse lifestyle in pilot training.

"My wife got an idea of how the life was when I was in pilot training," Hendricker said. "At first she didn't like it that much but I think that's normal, no spouse really enjoys being away from their husband or wife for long periods of time."

Even though each pilot's family was different, the spouse programs played an essential role in keeping the family active with their units, squadrons and bases.

"She really started getting involved with spouse networks," Hendricker said. "Finding other spouses in the same situations getting lunches, going out to different events the group set up, it was key to getting her into the Air Force lifestyle. ... Getting engrained in that spouse network can be a huge benefit and a lot of those from our previous bases are still friends with us today."

Festive benefit: Remember your commissary for Thanksgiving savings

Kathy Milley
DeCA Corporate
Communications

FORT LEE, Va. – The Thanksgiving meal can be challenging even for the most seasoned commissary shopper. There is just so much to do, so much to remember.

Make this Thanksgiving easy, delicious and affordable thanks to the commissary's money-saving promotions, tasty, easy-to-prepare recipes on commissaries.com and a helpful holiday cheat sheet.

"All eyes are on the cook for the Thanksgiving meal, so it can be intimidating – even for an old pro," said Tracie Russ, the Defense Commissary Agency's sales director. "But, when you shop your commissary to take advantage of the amazing holiday savings and use the tips and recipes from commissaries.com, your anxiety level and your grocery bill will go down."


Start your meal planning here with our Thanksgiving game plan. It features traditional recipes from commissaries.com, a convenient

commissary shopping list, a step-by-step meal game plan and recipe options with ingredient lists, for all that left-over holiday turkey.

Then visit your commissary to take advantage of all the special offers and promotional discounts from your favorite holiday brands. Commissaries worldwide are offering limited weekly quantities of select frozen turkeys at 49¢ per pound. And be sure to pick up this year's Holiday Turkey recipe/coupon booklet and your turkey could be free (see booklet for offer details). Available

in commissaries worldwide, this 12-page recipe booklet has coupons towards a fresh or frozen whole turkey purchase (combine all coupons for a savings of more than \$35), good through Dec. 31. The coupons provide commissary shoppers significant savings or free turkeys when purchasing holiday meal essentials from top brands.

"We know you want to bring your best to the Thanksgiving table. With the commissary on your side, the best can be easy and affordable as well" Russ said.



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

Instructor pilots from the 41st Flying Training Squadron stand with their spouses Nov. 2, 2018, on Columbus Air Force Base, Mississippi. Spouse flights are annual for the 14th Operations Group to thank spouses as well as show them firsthand what their uniformed family members do every day to complete their mission.

Kelly Marshall, wife of Lt. Col. Sean Marshall, 14th Medical Support Squadron commander, is a Key Spouse for the 14th Medical Group and the 14th Flying Training Wing and has been working to revitalize the 14th MDG's Key Spouse Program.

"They are ground roots right now," said Lt. Col. Marshall. "They have a meet and greet on in the 14th Operations Group until you see the messages of all the events they are hosting and how involved the families get here. ... It's valuable to hold that family concept."

With military members focused on their duties in the office or in the sky, it's hard to think about anything else sometimes, but spouses help keep them focused, grounded.

Hendricker and Bostwick both explained how they and most of their classmates during pilot training would spend Sunday night until Friday afternoon focused in on training, but as soon as they could they would drop the train-

different missions, they don't often interact outside of a work related setting, but bringing families together helps build a community working together, in turn helping pilot training feel more comfortable and a better training environment.

"I think the spouse programs are valuable," Marshall said. "You don't realize what's going on in the 14th Operations Group until you see the messages of all the events they are hosting and how involved the families get here. ... It's valuable to hold that family concept."

With military members focused on their duties in the office or in the sky, it's hard to think about anything else sometimes, but spouses help keep them focused, grounded.

Hendricker and Bostwick both explained how they and most of their classmates during pilot training would spend Sunday night until Friday afternoon focused in on training, but as soon as they could they would drop the train-

ing to spend quality time with their spouses, giving back as much attention afforded to them before having to hit the books again.

When they go to work each day Hendricker, Bostwick and most other uniformed members need to focus solely on their mission, so the spouses will take the lead and help each other with their children, school, careers, and many other aspects of military family life.

A 14th Operations Group tradition is an annual 'spouse flight' or taxi, where pilots will taxi or fly their co-workers spouses to show them what their uniformed family member does every day. The unique opportunity gives an experience to spouses so they see firsthand the hard work Airmen perform daily to complete their mission.

"The spouse program is essential, but the people running the spouse programs have to be go-getters," Hendricker said. "If they aren't, the whole program could easily fall apart."

The groups tend to cultivate a selfless mentality, with one family helping another and the favor continuously being passed to each family, bringing potentially the entire base closer together all while the military member is completing the mission at home or abroad.

There is something unique about being a military family, and when members leave the military they say that's something they often miss.

"You hear pilots going to fly in the civilian side, the one thing they miss the most about the military is the comradery," Bostwick said. "I think that's similar on the spouse side. ... The military asks us to go places that most people will never go and do things that are inherently dangerous, the least the military could do is make sure our families are cared for while we are gone and I think the Air Force takes care of us extremely well."



Second Lt. Jacob Martin, 14th Student Squadron student pilot, demonstrates an aerial maneuver to Koki Hata, 14th STUS student pilot, with prop T-6 Texan II's Nov. 5, 2018, on Columbus Air Force Base, Mississippi. Students can work together at certain times throughout pilot training to help each other learn new or different ways to approach aviation.



Second Lt. Austin Anderson, 41st Flying Training Squadron student pilot, and Capt. Joseph Sornsin, 41st FTS instructor pilot, prepare for a flight Nov. 6, 2018, on Columbus Air Force Base, Mississippi. The new syllabus in the 41st and 37th Flying Training Squadron's on Columbus Air Force Base, Mississippi, is focused on building pilots who understand aviation and can adapt to their next airframe efficiently.

SUPT is evolving to mold the next generation of military aviators

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

Pilot training is ever evolving around new aircraft, new equipment, new procedures, and faster production; with this, the syllabus in Phase II of training has recently changed, helping build a new type of military aviator.

This new syllabus in the 41st and 37th Flying Training Squadron's on Columbus Air Force Base, Mississippi, is focused on building pilots who understand aviation and can adapt to their next airframe efficiently, instead of training them to be experts on each training airframe they fly.

Each student pilot will learn everything they need to know to learn in a safe and efficient manner, which means mixing some instrumental training with contact sorties or vice versa, additional simulator time, mentorship from other students, more mission planning and flight line experience and more.

"Leadership is trying to get rid of the old mold, where students weren't allowed to do certain aspects of training, such as going to the simulators more regularly and providing more training tools in the squadron



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

A scheduling board is in each flight room to help visualize the schedules of the students and instructors.

so they progress more efficiently," said Capt. Andrew Zaldivar, 37th FTS flight commander.

With the changes of the mold, students now build a lot of their T-6 Texan II flights from the ground up, but still follow 'canned,' or template-like patterns when they get into the correct airspace.

"The actual procedures we are instructing is similar, but we are getting more involved in the planning aspect," Zaldivar said.

The one thing Zaldivar said he didn't enjoy about the new training

besides the difficult scheduling, was his inability to really connect with the students and understand them. He recalled his instructors would make a point to know each student, enabling the instructors to motivate them more.

There is still motivation in the new syllabus, but it now comes from the senior classes mentoring the newer classes, which Zaldivar said is one of the things shifting the culture of pilot training.

"We have a senior and junior class system now," Zaldivar said.

"The senior classes are taking things instructors used to do and they are doing them, that's allowing us to work on instructing and helps them with the mentorship and leadership aspect. I think if this continues it will be a well-oiled machine, not to be cliché."

How did this all begin?

"A flight commander started to schedule students in a non-traditional way, with the intent of exposing them to more of the flying environment," said, Capt. Joseph Spitz, 41st FTS check pilot. "Creatively using the syllabus this led to more output of students at a faster rate. I carried those techniques to my flight and we identified there is an excess of capacity in the syllabus."

Spitz is one of the instructor pilots who looked at the training and wanted to push it to its maximum, training students faster, while ensuring the necessary skills to be world class military aviators.

"The big idea is when you have good flying weather we can go out there and crush contact stories which is just visual with the ground," Spitz said. "Then when we have bad weather days we now have the ability to fly instrument

type training to find air-space that is clear."

The individual style of training allows students to progress more at their own pace by removing unnecessary sorties from high performing students schedule and giving extra flights to students who are struggling with certain aspects of flying. Spitz is confident it will be the go-to process to train students when compared to the old syllabus.

"It's required more time up-front, but day to day we are doing more complicated missions, so we have to sit down with the student and go more in-depth on how we will accomplish our objective for the day," Spitz said. "The time component has gone up due to the fact we are doing a more complicated sortie and we added more student because we have the ability to create more pilots at a somewhat accelerated pace so it's not like we are doing any less work to do as a flying training squadron."

Spitz said when Specialized Undergraduate Pilot Training Class 19-16 goes to the next phases of pilot training, the instructor pilots will get great feedback on the syllabus and in turn will be able to re-attack the issues from a new perspective with the other flying training wings.

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 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.

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.

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

The next Transition Assistance Program (TAP) workshop will be held 7:30 a.m.-4 p.m. Jan. 7-11 and includes seminars on: transition, Military Occupational Code Crosswalk, 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 eight-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.

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

Columbus AFB CFC breakfast helps kick off campaign



U.S. Air Force photo by Christopher Gross

George Irby, Chairman of the Happy Irby Christmas Fund, talks to those in attendance at the Combined Federal Campaign kickoff breakfast Nov. 2, 2018, on Columbus Air Force Base, Mississippi. In the past the fund has provided clothing and supplies to children in the local schools and community members have delivered fruit baskets to shut-ins and elderly who would otherwise be alone. This year's CFC theme is "Show Some Love" the base's goal for 2018 is \$94,000.

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 appoint-

ments 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.

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 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 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 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 \$10 for club members; \$12 for non-members; \$5 for ages 5–11; free for ages 4 and under. For more information, contact 434-2489.

2018 Air Force Art Contest
Showcase your entry at the Columbus Club! Win prizes! Enter the 2018 Air Force Art Contest Nov. 1–30. Categories include adult: novice, adult: accomplished, children: 6–8 years, preteens: 9–12 years and teens: 13–17 years. Contact the Arts and Crafts Center at 434-7836 to submit your entry and request additional information or visit myairforcelife.com/arts.

Free Crafts at the Base Library
Craft like no one is watching! The Base Library is offering the following craft weeks during normal business hours: Hero Craft Week Nov. 5–10, Thanksgiving Craft Week Nov. 13–21, Hanukkah Craft Week Dec. 3–8 and Kwanza Craft Week Dec. 26–29. For more information, contact the Base Library at 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 12 p.m. 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.

Beast 2 Feast 5K Fun Run
Race for a feast! The Fitness Center is offering a Beast 2 Feast 5K Fun Run at 7 a.m. Nov. 16. Participants have a chance to win one of five frozen turkeys. For more information, contact 434-2772.

Free Movie 'Incredibles 2'
The Force Support Squadron is offering a free movie 'Incredibles 2' at 3 p.m. Nov. 17. Free popcorn and drinks will be available. For more information, contact 434-2337.

2018
AIR FORCE

ART
CONTEST

PRIZES:
Winners in each
category will receive
Amazon Gift Cards

1st Place: \$400
2nd Place: \$300
3rd Place: \$200

Have your entry displayed in
the Columbus Club!

Contact the Arts & Crafts Center at 434-7836 to
submit your entry and request additional information.

Call for
ENTRIES:

November 1-30

For more info visit myairforcelife.com/arts

Brought to you by Air Force Services Activity

CATEGORIES:

Adult: Novice
Adult: Accomplished
Children: 6-8 Years
Pre Teens: 9-12 Years
Teens: 13-17 Years

The Nutcracker Ballet Trip
ITT is offering a trip to The Nutcracker Ballet at the historic Orpheum Theatre in Memphis, Tennessee on Dec. 8. The cost is only \$40 per person and includes transportation and performance ticket. Depart the BLAZE Commons parking lot at 9 a.m., enjoy lunch at the Majestic Grille (not included in trip purchase) and the 2 p.m. performance. Sign up by Nov. 20 at ITT or call 434-7861 for more information.

Youth Basketball
Sign up by Nov. 30 at the Youth Center for the upcoming basketball season. The cost is \$35 per player for ages 3–4 and \$40 per player for ages 5–18. Volunteer coaches needed; season begins Jan. 3, 2019. For more information, contact 434-2504.

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. Dec. 11. Become a club member and save! 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 Devel-

opment Center, Columbus Club, Information Tickets and Travel, Outdoor Recreation or the Youth Center. For more information, stop by any of these locations.

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

Horse Boarding Available
The 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 24 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 from 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.

Columbus AFB pilot training mission provides decades of readiness, success

Senior Airman Vincent Espinoza
14th Operations Support Squadron

Columbus Air Force Base has been a pilot training base for a majority of its lifetime and over those years, the airframes have changed, but the pilot training mission has not. Founded in 1941, Columbus AFB started out as a training base for fighters and bombers. The first aircraft assigned to the base were AT-10 Wichitas and AT-8 trainer aircraft. In the midst of World War II, the demand for pilots greatly increased from the first 25 cadets to graduating 195 per month.

Columbus AFB has been an essential part of the Air Force mission for decades and still impacts our pilots in deployed environments. “While a small percentage of Airmen are pilots, they have a huge impact,” said Maj. Benjamin Peacock, 14th Flying Training Wing executive officer and T-1A Jayhawk instructor pilot. “Airpower and air superiority are required for our Air Force as well as for our sister and coalition forces to operate as freely as we do. We have that ability anywhere at any time for the most part. Without that ability and airpower, I don’t think we can maintain our dominance and advantage.” The skills and knowledge pilots gain from Specialized Undergraduate Pilot Training bases such as Columbus AFB directly impact the mission overseas. After graduating SUPT training from Vance AFB, Oklahoma, Pea-



Courtesy photo
Then Capt. Ben Peacock, MC-12W Liberty pilot, poses for a photo in an undisclosed location in 2013. He is now an instructor pilot at Columbus Air Force Base for the T-1A Jayhawk.

cock went on to fly the C-17 Globemaster III and MC-12W Liberty in places such as Incirlik Air Base, Turkey; Manas AB Kyrgyzstan; Al Udeid AB, Qatar; and Kandahar AB, Afghanistan. “Pilot training taught me how to deal with stress and fatigue and how to study and prepare,” Peacock said. “I still use those skills

and techniques today that I learned from my instructors and feel like they have served me well down range.” The mission, however, extends past the affairs in the Middle East. The United States ensures its commitment to its allies by stationing aircraft in areas such as the Pacific region.



Courtesy photo
A B-52 Stratofortress flies over an undisclosed location. Maj. Thomas Hyde, 14th Flying Training Wing commander's action group chief, flew this B-52 before joining the 14th FTW.



Courtesy photo
A B-52 Stratofortress flies over an undisclosed location while receiving fuel. Maj. Thomas Hyde, 14th Flying Training Wing commander's action group chief, was flying this B-52 at the time of the photo.

Maj. Thomas Hyde, 14th Flying Training Wing commander's action group chief and T-38C Talon instructor pilot, was previously assigned to Andersen AFB, Guam, as part of the U.S. Pacific Command's Continuous Bomber Presence.

“(Our) bombers were there as a visible sign of the commitment of the United States to our allies in the region,” Hyde said. “If there were tensions that flared up or situations that could result in a conflict, then we are already there and able to respond on short notice. While we were there, we did a lot of exercises with our allies in the region.” Hyde is a SUPT graduate from Sheppard AFB, Texas, and went on to fly the B-52 Stratofortress.

During his time in Guam, he was able to work side by side with allied forces from Japan, South Korea and Australia. He said SUPT training gave him the foundation necessary to carry out the mission in the Pacific region. “That foundation is what came from pilot training, that discipline to conduct those skills we’ve learned in the air becomes applicable to all the different airframes that you might fly,” Hyde said. “So while the switches and the systems might be different, depending on the airframe, the airmanship and decision making that comes from pilot training becomes applicable everywhere and that’s why it’s so valuable.”



Courtesy photo
Then Capt. Ben Peacock, C-17A Globemaster III pilot, poses for a photo over an undisclosed location in 2011. After graduating SUPT training from Vance AFB, Oklahoma, Peacock went on to fly the C-17 Globemaster III and MC-12W Liberty in places such as Incirlik Air Base, Turkey; Manas AB Kyrgyzstan; Al Udeid AB, Qatar; and Kandahar AB, Afghanistan.

Team BLAZE awards and 2018 nominees

Our own 14th Contracting and Comptroller Squadron was selected as the ‘Major General Alfred K. Flowers Comptroller Organization of the Year’

These Financial Managers and 14th CPTS team will go on to compete for Air Force-level awards. Congratulations to the individuals working hard every day to pay our Airmen and resource the mission.

Below are Team BLAZE nominees and Air Education and Training Command nominees (*) from the 14th Civil Engineer Squadron for the following 2018 Air Force Civil Engineer Annual Awards:

Major General Del R. Eulberg Award (Outstanding Installation Management Flight) – Installation Management Flight, 14 CES/CEI

*Brigadier General Archie S. Mayes Award (Outstanding Engineering Flt) – Engineering Flight, 14 CES/CEN

Major General Clifton D. Wright Award (Outstanding Operations Flight) – Operations Flight, 14 CES/CEO

*Colonel Frederick J. Reimer Award (Outstanding Readiness and Emergency Management Flight) – Readiness & Emergency Management Flight, 14 CES/CEX

*Emergency Manager of the Year Award, Military – Master Sgt. Kevin McGinnis

Major General Eugene A. Lupia Award, Company Grade Officer – 2nd Lt. Riley Quinlan

These 2018 awards recognize their phenomenal work for Columbus AFB every day, helping Team BLAZE work effectively and efficiently.



Visit us online!
www.columbus.af.mil

Snelson to speak at SUPT Class 19-02’s graduation

Col. 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.

Snelson is responsible for the wing’s worldwide combat air refueling and airlift missions and provides installation support to Headquarters U.S. Central Command, Headquarters U.S. Special Operations Command and 31 other Joint mission partners. As the Commander, he is responsible for the security and well-being of the base’s 18,000 employees and their families, along with \$2.8 billion in base property and capital assets.

Snelson was commissioned in May 1997 as a Distinguished Graduate of the Reserve Officer Training Corps program at Syracuse University, Syracuse, New York. He served in various flying and staff positions at the squadron, wing, major command, and joint levels including Chief of Special Operations and Executive Officer to the Commander, Air Mobility Command. He has flown operational missions worldwide including combat missions in support of Operations ALLIED FORCE, SOUTHERN WATCH, ENDURING FREEDOM, IRAQI FREEDOM, and NEW DAWN.

Prior to his current position, Snelson was the Vice Commander, 62d Airlift Wing, Joint Base Lewis-McChord, Washington.

EDUCATION

- 1997 Bachelor of Science Degree in Aerospace Engineering, Syracuse University, Syracuse, N.Y.
- 2003 Squadron Officer School, Maxwell Air Force Base, Ala.
- 2008 Air Command and Staff College, Maxwell AFB, Ala., by correspondence
- 2009 Master of Aeronautical Science, Embry Riddle Aeronautical University
- 2009 Intermediate Service School, CSAF POLAD Fellowship, Pentagon, Washington, D.C.
- 2010 Air War College, Maxwell AFB, Ala., by correspondence
- 2014 Masters of Strategic Science, Army War College, Carlisle Barracks, Pa.

ASSIGNMENTS

- 1. October 1997 - October 1998, Student, Undergraduate Pilot Training, Laughlin Air Force Base, Texas
- 2. October 1998 - February 2002, C-17 Instructor Pilot, 15th Airlift Squadron, Charleston AFB, S.C.
- 3. February 2002 - January 2005, Evaluator Pilot, Flight Commander, Chief of Special Operations, Special Operations Planner, 16th Airlift Squadron, Charleston AFB, S.C.



- 4. January 2005 - November 2005, Operations Planner, C-17 Program Integration Office, Hickam AFB, Hawaii
- 5. November 2005 - July 2006, Evaluator Pilot, Chief of Standardization and Evaluation, 535th Airlift Squadron, Hickam AFB, Hawaii
- 6. July 2006 - July 2007, Action Officer, COMPACAF Action Group, Hickam AFB, Hawaii
- 7. July 2007 - May 2008, Aide-de-Camp, COMPACAF, Hickam AFB, Hawaii
- 8. May 2008 - May 2009, Foreign Policy Fellow, Office of the Political Advisor to the CSAF, Pentagon, Washington, D.C.
- 9. May 2009 - June 2011, Political-Military Planner, Strategic Plans and Policy, Joint Staff, Pentagon, Washington, D.C.
- 10. June 2011 - June 2013, Commander, 305th Operations Support Squadron, Joint Base McGuire-Dix-Lakehurst, N.J.
- 11. June 2013 - June 2014, Student, Army War College, Carlisle Barracks, Pa.
- 12. June 2014 - July 2016, Executive Officer to the Commander, Air Mobility Command, Scott AFB, Ill.
- 13. July 2016 - June 2018, Vice Commander, 62d Airlift Wing, Joint Base Lewis-McChord, Wash.
- 14. June 2018 - Present, Commander, 6th Air Mobility Wing, MacDill AFB, Fla.

SUMMARY OF JOINT ASSIGNMENTS

May 2009 - June 2011, Political-Military Planner, Strategic Plans and Policy, Joint Staff, Pentagon, Washington, D.C.

FLIGHT INFORMATION

Rating: Command Pilot
Flight hours: More than 3,000
Aircraft flown: T-37, T-1, KC-135, KC-10 and C-17

MAJOR AWARDS AND DECORATIONS

- Legion of Merit
- Defense Meritorious Service Medal
- Meritorious Service Medal
- Air Medal
- Aerial Achievement Medal
- Air Force Commendation Medal
- Army Commendation Medal
- Joint Service Achievement Medal

EFFECTIVE DATES OF PROMOTION

- Second Lieutenant June 12, 1997
- First Lieutenant June 12, 1999
- Captain June 12, 2001
- Major April 1, 2007
- Lieutenant Colonel Dec. 1, 2010
- Colonel May 1, 2016

(Current as of June 2018)

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

The 14th Flying Training Wing kicked off the 2018 Combined Federal Campaign Oct. 31 and it will run until Dec. 1.

This year’s campaign theme of “Show Some Love” truly represents the spirit of the CFC and further bridges the gap between Columbus AFB and the local community. This year’s goal is \$94,000 and equates to only \$43.21 per person per annual pledge.

“The CFC provides charities with an efficient way to connect with thousands of potential donors,” said Capt. Jamion Lewis, 14th Flying Training Wing CFC lead. “Charities rely on donations from the CFC, because it is a consistent source of unrestricted revenue that can fund vital programs.”

Since 1961, the CFC has provided a consolidated fund raising effort for federal agencies to give to over 20,000 charities worldwide. There has been \$8.3 billion donated since its inception.

According to the CFC, there mission is “to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all.”

Cash will not be accepted for this year’s campaign. While checks are still accepted and appreciated, the online giving options make donating to the CFC even easier. All federal employees, military service members, federal contractors and federal retirees are eligible to give through the CFC.

Traditional donation slips and catalogs are

available. Your CFC keyworkers can assist with online donations and will provide printed materials once they are distributed to the local level.

“With the holidays being close and New Year’s right around the corner, it is easy to get into the spirit of giving,” said Capt. Bradley Wilson, 14th Operations Group CFC keyworker. “More importantly, people should donate to the CFC because there are a lot of people who belong to these charities who need their support.”

Wilson said even the smallest monetary donations make a difference, and for those who are unable to donate can still give their time to an organization or cause.

“I hope that for these reasons, people who are a part of Columbus Air Force Base will participate in the Combined Federal Campaign

this year and get into the season of giving,” Wilson said.

Unit keyworkers:

14th FTW: Capt. Jamion Lewis

14th OG: Capt. Bradley Wilson

14th Mission Support Group: 2nd Lt. Christal Amar

14th Wing Staff Agencies: Tech. Sgt. Robert McGraw

Please view the following websites for detailed information regarding the CFC and its charities:

facebook.com/msdeltacfc

Twitter.com/msdeltacfc

Instagram.com/msdeltacfc

To make an online donation, visit www.opm.gov/showsomelovecfc.

For specific local questions, please contact Capt. Jamion Lewis at 434-2163.

VIEWPOINT

Gone but not forgotten

Chief Master Sgt. Kellie Brisse

14th Operations Group Superintendent

When I attended basic training 25 years ago, I purchased a small metal band to wear on my wrist. With the exception of a wedding ring, it was the only piece of jewelry we could wear during training. I bought a Prisoners Of War/Missing In Action bracelet with the name Tech. Sgt. Roy D. Prater inscribed on it. I chose that particular bracelet because Prater was enlisted, his birthday was a few days away from mine and he died the year I was born. Many years later with the aid of the internet, I was able to piece together more information about this Airman.

Prater’s fourth assignment was in the 37th Air Rescue Recovery Squadron, DaNang Airfield, Republic of Vietnam. On April 2, 1972, two EB-66C electronic warfare aircraft were flying near the demilitarized zone. One of the aircraft took a direct surface-to-air missile hit and the plane went down. Col. Iceal Hambleton, the navigator, managed to broadcast a single distress signal. Because Hambleton was an expert in electronic warfare systems intelligence, the North Vietnamese attempted to capture him. For several days, Army search and rescue teams attempted to locate and recover the missing Airmen. The results were disastrous and resulted in the loss of numerous aircraft and personnel.

On April 6, another rescue attempt resulted in the shoot down of Prater’s HH-53C helicopter. The chopper was badly hit. It landed on its side and continued to burn, consuming

the entire craft, and presumably, all six men aboard. Search and rescue noted no signs of survivors. These events unfolded in the 1988 drama “BAT-21” starring Gene Hackman and Danny Glover and were the largest, longest and most complex search-and-rescue operations during the Vietnam War.

In 1979, Wright-Patterson Air Force Base, Ohio, held a memorial and dedication ceremony and named a new dormitory “Prater Hall” in honor of one man who made the supreme sacrifice in the defense of freedom.


Four years after I bought that bracelet, I was sitting in the commander’s office flipping through Airman’s Magazine when I came across a small article which read: The remains of seven American servicemen previously unaccounted-for from Southeast Asia have been identified and were returned to their families for burial in the United States.

For three years, joint U.S.-Vietnamese teams excavated a crash site in Quang Tri Province. During the investigation, a local villager reported finding remains and burying them in his garden. The investigators excavated the garden and recovered possible human remains. Later, a team found numerous bone fragments, personal effects, and aircraft wreckage. The remains were returned to the United States. Among the names of the Airmen repatriated was that of Tech. Sgt. Roy D. Prater. His mission is complete.

This Veterans Day is a day of reflection and a day to honor our Veterans, past and present, who have shaped the military and blazed a path for us to continue their legacy.




Tech. Sgt. Roy D. Prater



Medical Corner

Mark Your Calendar

Great American Smokeout - Nov. 15, 2018



Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on November 15 be your day to start your journey toward a smoke-free life. You'll be joining thousands of smokers across the country in taking an important step toward a healthier life and reducing your cancer risk.

What is the Great American Smokeout?


For more than 40 years, the American Cancer Society has hosted the Great American Smokeout on the third Thursday of November. The Great American Smokeout is an opportunity for smokers to commit to healthy, smoke-free lives – not just for a day, but year round.

The Great American Smokeout event has helped dramatically change Americans' attitudes about smoking. These changes have led to community programs and smoke-free laws that are now saving lives across the country. Annual Great American Smokeout events began in the 1970s, when smoking and secondhand smoke were common.

The idea for the Great American Smokeout grew from a 1970 event in Randolph, Massachusetts, at which Arthur P. Mullaney asked people to give up cigarettes for a day and donate the money they would have spent on cigarettes to a high school scholarship fund.

Then in 1974, Lynn R. Smith, editor of the Monticello Times in Minnesota, spearheaded the state's first D-Day, or Don't Smoke Day.

The idea caught on, and on November 18, 1976, the California Division of the American Cancer Society got nearly 1 million smokers to quit for the day. That California event marked the first official Smokeout, and the American Cancer Society took it nationwide in 1977.



What is the Great American Smokeout?; Retrieved from <https://www.cancer.org/healthy/stay-awayfrom-tobacco/great-american-smokeout/history-of-the-great-american-smokeout.html>

How does your body recover after quitting ...

20 minutes – Your heart rate and blood pressure drop.

12 hours – The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months – Your circulation improves and your lung function increases.

1–9 months – Coughing and shortness of breath decreases; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs and reduce the risk of infection.

1 year – The excess risk of coronary heart disease is half that of someone who continues to smoke. Your heart attack risk drops dramatically.


5 years – The risk of cancer of the mouth, throat, esophagus and bladder is cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10 years – The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.

15 years – The risk of coronary heart disease is that of a non-smoker's.

How does your body recover after quitting ...; Retrieved from <https://www.cancer.org/content/dam/cancer-org/online-documents/en/pdf/flyers/how-your-body-recovers-after-quitting-smoking.pdf>

A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,

I've been a smoker for 10 years. My family no longer needs me about it daily, but they still occasionally urge me to quit. Each year I notice a lot of advertisements about the Great American Smokeout and something called a Cold Turkey Trot just before Thanksgiving. Do people really do these things to quit smoking? Does it help anyone?

Sincerely,
Thinking about it

Dear Thinking About It,

I'm glad to hear that you are contemplating quitting for at least one day. That's the idea behind the Great American Smokeout (GASO). GASO is held every year on the Thursday before Thanksgiving. GASO is a great first step towards being tobacco free. Every moment and step counts on the road to better health! According to the American Cancer Society, 20 minutes after quitting, your heart rate and blood pressure drop. After 12 hours, the carbon monoxide (think car exhaust) level in your blood returns to normal. Also, you'll start saving money right away! If you keep going, your food will taste better, your sense of smell will come back and you might not be breathless when climbing stairs or doing light housework. Another plus is that you won't have to go outside in bad weather to smoke. If the thought of all these benefits inspires you, also think about checking out the CDC tobacco free page on Facebook (<https://www.facebook.com/cdctobaccofree>). There will be a lot of tips to help you quit throughout the month of November. Good luck!

Sincerely,
Health Myth Busters

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to usaf.jbsa.afmoa.mbx.hpo@mail.mil. Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Healthy Living webpage <http://www.airforcemedicine.af.mil/HealthyLiving/>

BLAZE Hangar Tails: C-17 Globemaster III

Mission

The C-17 Globemaster III is the newest, most flexible cargo aircraft to enter the airlift force. The C-17 is capable of rapid strategic delivery of troops and all types of cargo to main operating bases or directly to forward bases in the deployment area. The aircraft can perform tactical airlift and airdrop missions and can transport litters and ambulatory patients during aeromedical evacuations when required. The inherent flexibility and performance of the C-17 force improve the ability of the total airlift system to fulfill the worldwide air mobility requirements of the United States.

Background

The C-17 made its maiden flight on Sept. 15, 1991, and the first production model was delivered to Charleston Air Force Base, now known as Joint Base Charleston, South Carolina, on June 14, 1993. The first squadron of C-17s, the 17th Airlift Squadron, was declared operationally ready Jan. 17, 1995. The Air Force originally programmed to buy 120 C-17s. Current budget plans increased the total number to 223 aircraft.

The C-17 is operated by Air Mobility Command at Travis AFB, California; Dover AFB, Delaware; Joint Base Lewis-McChord, Washington; Joint Base Charleston, South Carolina, and Joint Base McGuire-Dix-Lakehurst, New Jersey.



The Air National Guard flies C-17s from the 172d Airlift Wing, Jackson, Mississippi, and the 105th Airlift Wing, Stewart ANGB, New York. Additionally, Air Force Materiel Command operates two C-17s at Edwards AFB, California, and Pacific Air Forces operates aircraft at Joint Base Elmendorf-Richardson, Alaska, and Joint Base Pearl Harbor-Hickam, Hawaii.

The Air Force Reserve Command operates aircraft at March Air Reserve Base, California, and Wright Patterson AFB, Ohio. Air Education and Training Command has 17 aircraft at Altus AFB, Oklahoma.

General Characteristics

Primary Function: Cargo and troop transport
Prime Contractor: Boeing Company
Power Plant: Four Pratt & Whitney F117-PW-100 turbofan engines
Thrust: 40,440 pounds, each engine
Wingspan: 169 feet 10 inches (to winglet tips) (51.75 meters)

Length: 174 feet (53 meters)
Height: 55 feet 1 inch (16.79 meters)
Cargo Compartment: length, 88 feet (26.82 meters); width, 18 feet (5.48 meters); height, 12 feet 4 inches (3.76 meters)
Speed: 450 knots at 28,000 feet (8,534 meters) (Mach .74)
Service Ceiling: 45,000 feet at cruising speed (13,716 meters)
Range: Global with in-flight refueling
Crew: Three (two pilots and one loadmaster)
Aeromedical Evacuation Crew: A basic crew of five (two flight nurses and three medical technicians) is added for aeromedical evacuation missions. Medical crew may be altered as required by the needs of patients
Maximum Peacetime Takeoff Weight: 585,000 pounds (265,352 kilograms)
Load: 102 troops/paratroops; 36 litter and 54 ambulatory patients and attendants; 170,900 pounds (77,519 kilograms) of cargo (18 pallet positions)
Unit Cost: \$202.3 million (fiscal 1998 constant dollars)
Date Deployed: June 1993
Inventory: Active duty, 187; Air National Guard, 12; Air Force Reserve, 14



U.S. Air Force photo by Staff Sgt. Amber Carter

US Air Force photo by Airman First Class Daniel A. Hernandez

A C-17 Globemaster III gets an early morning start on the flightline Oct. 24, 2018, at Travis Air Force Base, California. A C-17 has a maximum takeoff weight of 585,000 pounds and a wingspan of more than 169 feet.

A C-17 Globemaster III from Travis Air Force Base, California, takes off Oct. 31, 2018, from Ft. Knox, Kentucky. The C-17 provides transportation of Soldiers, equipment and resources to assist Department of Homeland Security along the southwest border.

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

Dental flight helps keep Airmen healthy

Airman Hannah Bean

14th Flying Training Wing Public Affairs

The 14th Medical Operations Squadron Dental Flight is essential for Airmen, student pilots and their families to be in good health.

The lack of dental health can stop any Airmen from completing their job, so the dental flight works consistently to complete x-rays and dental check-ups or cleanings with new and high quality tools to ensure all Airmen are in top condition to be able to complete the 14th Flying Training Wing's mission.

"We want to make sure that people are healthy enough to do their job," said Staff Sgt. Maria Schinella, 14th MDOS dental lab technician. "We know that people are nervous about going to the dentist, however we don't want anybody to be in pain, or anything to get worse in their mouth."

The lack of dental health can even stop a pilot from training, so the dental flight works to ensure all pilots are able to complete their training without any interruptions aiding in the 14th FTW's mission.

"We support the Medical Group operations by making

sure that patients are dentally ready when it comes to them deploying or just being ready for the mission," said Master Sgt. Arkelia Hamlet, 14th MDOS dental flight chief. "Dentally, we are ensuring that they have all of their dental treatment taken care of, as well as, ensuring the student fliers are in processed and don't need any dental treatment until at least the next annual exam. That way you don't have any interruptions in your training."

Dental care is very important at Columbus AFB, ensuring that pilots and student pilots don't have to worry about a bad tooth distracting them during flight or learning the fundamentals of flying in class.

"We understand that we have a pilot training goal here at Columbus AFB, so we want to hinder that goal as little as we possibly can," Schinella said. "As many dentists like to say 'We put the Bite in the Fight.'"

The dental flight mainly focuses on preventative actions to aide patients in keeping their mouth clean and healthy enough that it won't cause issues in the long run, thus reducing visits to the dentist and impacting the Air Force in a good light.

"We impact the Air Force on a daily basis by ensuring that people are dentally healthy," Hamlet said. "I don't

think anyone can do their job if they are in tooth pain. No pilot going up into the air, especially at different altitudes, with a tooth ache is not going to be able to properly, yet safely operate their aircraft, thus impacting their job."

Hamlet said a tooth pain is different from a bodily injury like the breaking of an arm or leg. A break can be physically touched and put into a cast, whereas a tooth

pain is something that once it is hurting, it is not only hurting the mouth, but the entire face is going to be in pain because it's so close to the brain.

The Columbus AFB dental clinic works to keep the dental health of every patient in the best condition possible and is highly keen on aiding Airmen and their families in the best preventative oral habits. Dentists provide essential dental care with thorough examina-

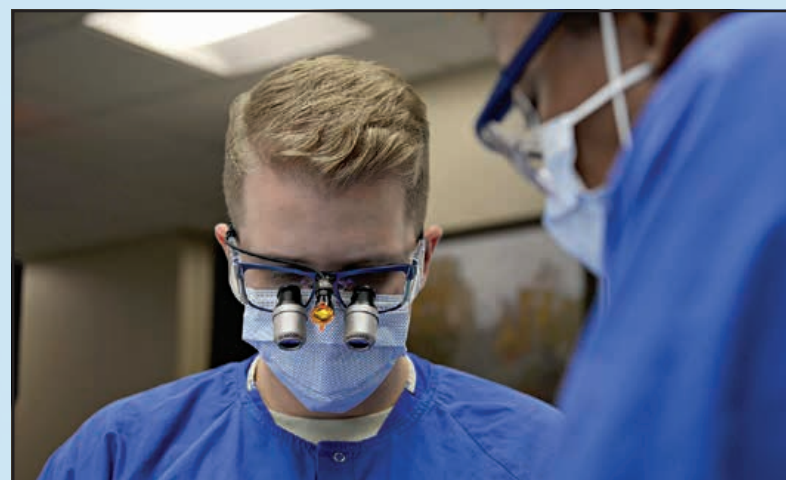
tion, diagnosis and treatment of problems relating to the teeth and mouth, an essential need to the well-being and healthcare needs of people on Air Force bases all over the world.

"We want people to know to floss their teeth that they want to keep," Hamlet said. "Help us help you by taking care of your teeth and taking dental seriously. We are here to help people."



U.S. Air Force photo by Airman Hannah Bean

Staff Sgt. Maria Schinella, 14th Medical Operations Squadron dental laboratory technician, works on a patient's mouth mold Nov. 11, 2018, on Columbus Air Force Base, Mississippi. The molds are used to fit a variety of prostheses including dentures, posts and implants.



U.S. Air Force photo by Airman Hannah Bean

Capt. Travis Wagner, 14th Medical Operations Squadron General Dentist, and Shaneka Hubbard, 14th MDOS dental assistant, operate on a patient Nov. 11, 2018, on Columbus Air Force Base, Mississippi. The dental flight mainly focuses on preventative actions to aide patients in keeping their mouth clean and healthy enough that it won't cause issues in the long run.



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

Lt. Col. Hanling Joswick, 14th Medical Group dentist, poses for a photo May 2, 2018 on Columbus Air Force Base, Mississippi. The dental clinic on Columbus AFB works to keep the dental health of every beneficiary in the best condition possible.



U.S. Air Force photo by Airman Hannah Bean

Capt. Travis Wagner, 14th Medical Operations Squadron General Dentist, and Shaneka Hubbard, 14th MDOS dental assistant, operate on a patient Nov. 11, 2018, on Columbus Air Force Base, Mississippi. The Columbus AFB dental clinic works to keep the dental health of every patient in the best condition possible and is highly keen on aiding Airmen and their families in the best preventative oral habits.