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SILVER WINGS

Nov. 21, 2018

“The staff at the Pines actually cares about me as an individual.”

My past consisted of about 20 years of misery, nine years of prison, three different incarcerated treatment programs, and a mental hospital due to my drug abuse before I landed at the Pines. During my treatment here at the Pines, I developed relationships and a set of tools that have allowed me to further my burgeoning relationship with God. It also provided an environment that was therapeutically conducive to recovery. These people and this recovery community have become an important and dear part of my daily life. I now work, pay bills, go to church, go to meetings, work the steps, and most importantly enjoy the fruits of this sober life. As my therapist once told me, “you know, eating, showering daily, you know, hygiene is where it’s at!” I love myself again. My faith in God and myself has never been stronger. I thank God, the Pines, and my parole officer for the amazing opportunity of a new life. I have ninety days sober and I’m still ‘truckin’, one day at a time.”

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Vol. 42, Issue 46

Weather

Friday High 55°F Low 49°F	Saturday High 61°F Low 48°F
Sunday High 65°F Low 45°F	Monday High 51°F Low 35°F
Forecast provided by the 14 th OSS Weather Flight	

News Briefs

Thanksgiving/AETC Family Day
Thanksgiving is Nov. 22 and will be followed by an Air Education and Training Command 'Family Day' Nov. 23. Most base offices and buildings will be closed from Nov. 22-23.

Enlisted Promotions
An Enlisted Promotion Ceremony will be held at 3 p.m. Nov. 30 at the Columbus Club. Stop by to support the success of fellow Team BLAZE members.

Fight's On: Airmen Hackin' the Mish
Fight's On: Airmen Hackin' the Mish, will be held from 10 a.m.-5 p.m. Dec. 7, at the Columbus Club and is open to all 14 FTW Officers, Enlisted and Civilian Airmen. Representatives from various career fields across the Air Force including Tactical Air Control Party, Security Forces, Combat Weather, Pilots and Explosive Ordnance Disposal will be speaking to members of Team BLAZE.

Inside



Feature 8
Heroes return home, Repatriation of WWII remains 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 (19-16)	Nov. 28	48th (19-03)	Dec. 14	49th (19-BBC)	Nov. 19	T-6	1,075	675	3,622
41st (19-05)	Dec. 14	50th (19-03)	Dec. 14			T-1	443	325	1,252
						T-38	438	319	1,423
						IFF	177	115	521
* Mission numbers provided by 14 FTW Wing Scheduling.									

SILVER WINGS

“Cultivate Airmen, Create Pilots, CONNECT”
Columbus Air Force Base, Miss.

November 21, 2018

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Col. Stephen Snelson, 6th Air Mobility Wing commander, Macdill Air Force Base, Florida, speaks at Specialized Undergraduate Pilot Training Class 19-02's graduation Nov. 16, 2018, on Columbus Air Force Base, Mississippi. He told the class not to back down from changing and innovating in the face of unwilling superiors, he asked them to be bold and strive for the best they can do at all times, and the final point he explained was to pick their heads up and appreciate what they are doing and what they have done.

Snelson speaks candidly to SUPT 19-02

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


Col. Stephen Snelson, 6th Air Mobility Wing commander, Macdill Air Force Base, Florida, spoke at Specialized Undergraduate Pilot Training Class 19-02's graduation Nov. 16, here.

Snelson gave three words of advice to the pilots before him, three things he said he wished he was told before learning them

the hard way.

He told the class not to back down from changing and innovating in the face of unwilling superiors, he asked them to be bold and strive for the best they can do at all times, and the final point he explained was to pick their heads up and appreciate what they are doing and what they have done.

“Gen. David Goldfein, Chief of Staff of the Air Force, and Chief See SNELSON, Page 3



14TH FLYING TRAINING WING DEPLOYED

As of press time, 6 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



U.S. Air Force Photo by Munraf Joarder

- Commanders may authorize sleeves to be rolled up on the OCP coat; however, the cuffs will remain visible and the sleeve will rest at, or within 1 inch of, the forearm when the arm is bent at a 90-degree angle. Regardless as to whether the sleeves are rolled up or unrolled, the cuffs will remain visible at all times.
- Patches or badges will not be affixed to the front pockets.

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
19	20	21	22	23	24/25	Dec. 3: Columbus Christmas Parade Dec. 4: Base Christmas Tree Lighting Ceremony Dec. 7: Fights On: Airmen Hackin' the Mish Dec. 11: Wing Newcomers Dec. 12: Happy Irby Christmas Wrap 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. 26-28: 14th FTW Minimum Base Manning Window Dec. 28: Enlisted Promotions Dec. 31: AETC Family Day Jan. 1: New year's Day
Note: Commissary open			Most base offices closed Thanksgiving holiday	AETC Family Day	24th: Alabama vs. Auburn	
26	27	28	29	30	1/2	Enlisted Promotions, 3 p.m. @ Club SUPT Class 19-03 Assignment Night, 5:30 p.m. @ Club 1st: Civil Air Patrol Birthday

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

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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Submit all advertising to the Columbus, Miss., Commercial Dispatch advertising department one week prior to desired publication date. The advertising department can be reached at (662) 328-2424.

RECOVERY

(Continued from page 14)

saw them come home,” Plante, 40, of Orange, Massachusetts, said.

Similar events also weigh on Sgt. 1st Class Christopher Krogman, the team sergeant, who has deployed five times and lost Soldiers in combat.

“It’s always hard losing a service member, but by bringing them back we were able to have closure immediately,” Krogman, 35, Bend, Oregon, said. “With these [missing] service members, the units never really had closure.”

Living in the middle of a jungle surrounded by mountains also gave team members a new appreciation for what Vietnam War-era troops endured in their fighting.

“A lot of the terrain we’ve been in, I can’t imagine moving through it,” said Plante, a former mountaineering instructor at the Army Ranger School. “They were in the thick of it.”

For the most part, the team looked past the uncomfortable times and to the overall purpose of the mission.

“You can do anything for 30 days, regardless of how bad the conditions are, you can do it,” Krogman said. “We harp that from the very beginning and they adopt that.”

Crash anniversary


Johnson needed perhaps the least convincing to drive on with the mission.

“I feel like I’m completing what he started,” she said of her father. “It pushes me to keep going, especially with the hike. It’s not an easy job, but it is rewarding.”

When her father and the 15 others died in that helicopter crash, it had a devastating ripple effect across the entire agency, where many of them worked.

Both the incoming and outgoing commanders for the detachment in Vietnam were also on the helicopter.

“It was absolutely terrible,” said Johnie Webb, the agency’s deputy of outreach and communications. “You never want to lose anybody, but here we are trying to recover those guys who lost their lives in the Vietnam War and we lose more of



U.S. Army photos by Sean Kimmons


A member of the Defense POW/MIA Accounting Agency hikes a trail down from an excavation site March 17, 2018, in Quang Ngai province, Vietnam, where an American pilot crashed during the Vietnam War. A joint recovery team climbed 700 feet in elevation along a half-mile trail every day to the site as part of the mission.

At the time, a recovery team in Laos was about to leave the country when DPAA officials asked some of them to divert to Vietnam and help recover the bodies of their fellow team members.

“We got more than we needed,” Webb said of the volunteers. “We brought our guys back home and did the autopsy and identification at our facility [in Hawaii].”

Webb said Johnson’s father was one of his good friends. He recalled that he and others in the office nicknamed him “gentle giant” because of his muscular frame.

“I’d known Tommy for many years,” said Webb, who has



Kelly McKeague, director of the Defense POW/MIA Accounting Agency, left center in the second row, poses for a photograph with recovery team members March 17, 2018, at a site in Quang Ngai province, Vietnam, where an American pilot crashed during the Vietnam War. Air Force Senior Airman Tycoria Johnson, second from right in the first row, followed in the footsteps of her father, Army Sgt. 1st Class Tommy Murphy, who was killed along with other DPAA members in a helicopter crash in Vietnam in 2001.

spent four decades at the agency. “One of the things about his [military occupational specialty], which is now 92M, is that it’s a very small MOS.”

Before Johnson left for Vietnam, Webb had the chance to speak with her at the agency’s headquarters in Hawaii.

“I’m impressed with her,” he said from his office. “She told me, ‘Well, that’s where my dad lost his life, so I need to go over there and see for myself what it is like.’

“He would have been proud of her.”

Johnson plans to attend a memorial ceremony Saturday at the crash site, where a plaque is now on display honoring those who were killed, including her father.

News Around Town

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/>.

Cole Swindell and Dustin Lynch

Cole Swindell and Dustin Lynch, American country music singers, will perform at 7:30 p.m. Dec. 1 at the Bancorp South Arena in Tupelo, Mississippi. Tickets are for sale online.

Christmas Pop Up Local Art Show

The Pop Porium is hosting a pre-Christmas pop-up art show from 11 a.m.-5 p.m.

The Kansas City Southern Railway Train

The Kansas City Southern Railway Train will be arriving by 3 p.m. Friday, Nov. 23 to set up and start at 4 pm. This is a free event, no tickets required. Starting Wednesday afternoon the Broad St. and Broad St. Ext. will temporarily turn into a three way stop, the flashing yellow lights will be flashing red and there will be a stop sign. This stop is added to accommodate the traffic that will be coming to see the train Friday; an expected 3,000 to 5,000 people.

Dec. 1. Come to support a local artist or look at one-of-a-kind handmade pieces of ceramics, jewelry and many other items.

pick up germs that could put Fallon’s health at additional risk. Even at her young age, Mae was keenly aware of her older sister’s condition.

“She’d play with her dolls when she was younger and pretend that one of the dolls had cancer,” Melanie said while imitating Mae playing. “She’d say, ‘It’s ok that you have cancer. Let me go get your chemo.’ I mean, she’s four years old.”

Fallon, who turns 15 in December, says that her experience has given her a unique perspective on life. While other children her age focus on good grades in school and getting into college, her main focus is making sure she keeps connections with friends and spending time with her family.

“I can’t go to bed without saying ‘I love you’ to everyone in the house,” she said. “Because if something happened to me, I’d want them to know.”

AIRMAN FOR A DAY

(Continued from page 13)

formed a second brain surgery but could not remove the entire mass because it was too close to the parts of the brain that control memory and physical control.

“Even now, after the effects of [the surgeries], I have problems with short-term memory,” said Fallon. “I forget things and I repeat things.”

In addition to multiple surgeries, Fallon has endured a total of 33 radiation treatments and 84 chemotherapy treatments, which caused extensive weight loss – she weighed about 50 pounds at one point. She also had to re-learn to walk after being bound to a wheelchair due to neuropathy caused by the treatments.

But Fallon wasn’t the only one affected by her condition. Her sister Mae had to miss pre-school because doctors feared she could

From military son to military father, a tribute to military dads

Senior Airman Christian Clausen

432nd Wing/432nd Air Expeditionary Wing
Public Affairs

CREECH AIR FORCE BASE, Nev. — In light of Father's Day, I would like to reflect on my experiences as a military father and my experiences being a military child.

My father served in the U.S. Navy as a sonar technician in the late '90s for three years. In those three short years we lived in four states.

"A lot of reasons factored into why I joined, but I think some of the major reasons were that I had a young family," said my father, John. "I was 21, Christian's mom was taking classes at Amarillo Community College and Christian was just over a year old."

Before my dad joined the military he was working at a job but knew he needed a change.

"I was a first assistant manager at McDonald's," John said. "It was the only company I had worked for at that point. The money wasn't great and the benefits were non-existent. I didn't have a college degree and I had no idea what I really wanted to do outside of leading people. The military offered me steady pay, healthcare, and new job skills along with an exciting adventure of moving to new places with my young family."

Still, peace of mind didn't come without tough times. Having to be away from family was the most challenging part for my dad.

"Being a dad can be hard, but I think being a young dad can be especially hard," John said. "The military was able to provide a balance in my life during a period when I was very unsure of myself but still had to be a responsible man and provide for my family."

Unlike my father, when I decided to join the military I



U.S. Air Force photo by Tech. Sgt. Nadine Barclay

Senior Airman Christian Clausen, a 432nd Wing/432nd Air Expeditionary Wing photojournalist, kisses his daughter, Francesca, 2, at Nellis Air Force Base, Nevada, June 9, 2016. Christian, who grew up as a military child, reflects on his transition from military child to military father.

didn't have a family of my own. I was a single 18 year old ready to travel the world. I wanted to build race cars, tattoo as much of my body as I could, and be my own person.

When I was assigned to Creech Air Force Base as a photojournalist, my priorities were training physically and professionally in hopes my next assignment would be to a combat camera unit.

Just after eight months at my first duty station, I met a girl one night while out with some friends in Las Vegas. Soon after, we started dating and even though she had a 2-month-old daughter, it didn't matter to me; they both captured my heart.

Fast forward 11 months to our wedding day, not only was I a husband, but I also assumed the role of father figure in little Francesca's life.

She's not my child by blood, but she's mine. Hearing her call me "dada" warms my heart more than anything. With my life changes comes responsibility. My priorities have changed and it's no longer solely about what "I" want.

"When I first met Chris, all he wanted to do was build his race cars," said my wife, Rachel. "As time went on his main concerns changed. Now he makes sure Francesca is taken care of before anything else. Chris has become even more protective."

Like my dad said it's difficult being a young father in the military, but I'm glad it provides the things I need in order to raise my family.

I now, more than ever, understand that being a father in the military means being prepared to sacrifice. As long as I choose to serve, I know I will miss birthdays, holidays and milestones in my daughter's life.

For some, it's worth it. But even if I won't know for a while, what gives me peace of mind is knowing thousands of fathers have done it too. At every retirement ceremony, promotion or change of command I photograph, and in every history book I've read, there are great men and women doing what they needed to do in order to provide for their families.

This Father's Day I find myself reflecting on those fathers lost in combat who died ensuring the freedoms of the next generations. It has brought new meaning to being a military child turned military dad.

On this Father's Day, I would like to say: To the fallen, your legacy lives on; to those who are in harm's way, stay safe; and to those who served, thank you.

To military dads everywhere, I salute you.

At recovery sites, memories of lost loved ones keep troops focused on grave mission

Sean Kimmons

Army News Service

QUANG NGAI PROVINCE, Vietnam — The day Army Sgt. 1st Class Tommy Murphy died is still engrained into his daughter's mind.

It was April 7, 2001, and Tycoria Johnson was just 9 years old. On that Saturday, Murphy, along with six other American service members and nine Vietnamese counterparts, departed on an MI-17 helicopter to investigate a potential recovery site.

They were part of a Defense POW/MIA Accounting Agency mission in search of the remains of fallen service members from the Vietnam War.

Her father was a team sergeant, she said, who supervised and did much of the planning for the team.

But as the weather worsened, the helicopter veered off course and collided into a

mountain hidden by clouds in central Vietnam. No one survived.

In her father's footsteps

Johnson, now a senior airman based in Japan, recently volunteered for a joint mission with DPAA, where her father once worked as a mortuary affairs specialist.

"He would talk about his missions a lot," she said, recalling the videos he would show her of people digging at excavation sites. "I knew that he enjoyed it and I think he would be surprised that I actually signed up to do it."

With her skills as a radio communications operator in the Air Force, Johnson was sent to Quang Ngai Province — not far from her father's crash site — to augment a recovery team.

Atop a small mountain covered in a thick jungle, the team's goal was to find a Marine pilot lost after his A-4E Skyhawk attack jet had crashed there during the war.

"You feel that you're a part of something bigger [than yourself]," she said at the excavation site in mid-March.

For about a month, her team lived in tents lifted slightly above muddy, rocky terrain on plywood platforms. The humid heat stifled the air as insects and dangerous creatures, such as snakes and scorpions, lurked nearby.

Each day, team members climbed 700 feet in elevation along a half-mile trail back up to the site.

While it can take months to even years to find remains that lead to the identification of a missing service member at these sites, team members understand why they still do it.

"Speaking from experience, you want to have something of your family member," Johnson, 26, of Prince George, Virginia, said. "Just having someone take the time and search for them also shows that the military cares for [them] as a human being."

See RECOVERY, Page 15

SNELSON

(Continued from page 1)

Master Sgt. of the Air Force Kaleth O. Wright, almost every time they speak, they tell Airmen to be innovative, bold, and to push back on things that don't make sense," Snelson said after his speech. "The world is evolving, our adversaries are evolving, and we need to evolve as well."

He integrated senior leadership's messages with his own message, but has noticed the positive changes taking place from the beginning of Airmen's careers.

"When I fly with these brand new graduates, it's remarkable how professional and exacting they are," Snelson said. "I don't think I had reached that level of expertise or precision until later in my career. Their innate understanding of their role in our Air Force is also much better today and I think that is because of the leadership at pilot training."

Even though the pilots he is working with are doing well overall, it doesn't change the importance of the core values. He said integrity is, in his eyes, the best core value to uphold and one attribute every Airmen can continue to work on.

Halas awarded October BLAZE 5/6 Leadership Highlight

Name: Airman First Class Anthony Halas

Hometown: Cicero, New York

Unit: 14th Medical Operations Squadron

Duty Title: Aerospace Physiology Technician



U.S. Air Force photo by Mary Crump

Airman First Class Anthony Halas, 14th Medical Operations Squadron Aerospace and Operational Physiology technician, won the October BLAZE 5/6 Leadership Highlight Award Nov. 2, 2018, on Columbus Air Force Base, Mississippi. This award is given to Airmen E-4 and below to recognize leadership, responsibility and self-development.

Halas has excelled in leadership far amongst his seven peers, in which he was chosen to train his new supervisor on the Spatial Disorientation trainer, mitigating one of aviation's most lethal threats for 19 pilots.

As the lead of the life support section, he managed \$3.8 million in equipment and streamlined the aircrew flight inventory process by digitalizing records for 602 items and 11 training devices.

In his duties as a 24/7 airsickness management specialist, he returned four student pilots back to flying duties through the creation of seven individualized treatment plans.

After a natural disaster hit Tyndall, Halas prepared a chamber flight for 18 aircrew members, saving the Air Force's Combat Systems Officer pipeline from any training delays.

He was a point of contact for the Mississippi CREATE Expo, directing 12 personnel through 79 man-hours, and showcasing Aerospace to over 7,000 students.

Halas has been at CAFB for about ten months and is striving to earn his CCAF. He also plans on commissioning as an Aerospace Operational Physiology Officer.



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

Specialized Undergraduate Pilot Training Class 19-02 students attempt to break their first set of silver wings during their graduation Nov. 16, 2018, on Columbus Air Force Base, Mississippi. At the end of every graduation the pilots break their first set of wings as tradition promoting good luck throughout their flying career.

Columbus AFB Top 3 spotlight



Name: Staff Sgt. Vanessa Culverhouse

Hometown: Mooresville, North Carolina

Unit: 14th Medical Support Squadron

Duty Title: NCO in charge of Manpower

Culverhouse's short term goals are to

complete her bachelor's degree in Healthcare Management by July 2019 and make Technical Sergeant. Her long term goals are to complete four clinical courses for the Physician Assistant Program by January 2020 and apply to the Biomedical Service Corps Officer Accession Board, accordingly.



U.S. Air Force photo by 14th Flying Training Wing Public Affairs

Staff Sgt. Vanessa Culverhouse, 14th Medical Support Squadron NCO in charge of Manpower, was awarded the October Top 3 Spotlight by Master Sgts. LaToria Mathis and Eric Severs, members of the Top 3, Oct. 22, 2018, on Columbus Air Force Base, Mississippi.

CAFB leaders host Dormsgiving for junior enlisted Airmen

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

An annual event known as ‘Dormsgiving,’ held Nov. 14 this year in the Montgomery Village, is a time for junior enlisted Airmen to enjoy a meal with leadership across Columbus Air Force Base, Mississippi.

Leadership and their families cook for the Airmen in a potluck fashion meal, and typically have numerous traditional Thanksgiving foods ready by the end of the work day. Airmen from the rank of airman basic to senior airman prepare themselves a plate and sit down next to their friends and leaders to enjoy a home away from home.

“I think the Air Force is our family,” said Claudia Denham, 14th Flying Training Wing vice commander’s spouse. “When we can’t be home with our family, the Air Force is the best we have.”

Denham said her and her military family’s experiences have been nothing but great, stating the military’s high caliber members are always there for each other and that is what is so special to her about the holidays with each

base’s different friends.

Those are the reasons her and Col. William Denham, 14th Flying Training Wing vice commander, give back to the Airmen in the ways they can. Dormsgiving is one of the events where commanders and Airmen sit together and connect personally, bringing a sense of comradery from the lowest ranks to the highest.

“This kind of event provides Airmen a sense of community,” said Master Sgt. Tisha Everett, Airman dormitory leader. “It’s important for leadership to get that face time and let them know they are valued, important to us, important to the mission and we appreciate everything that they do.”

Outside of showing their appreciation, it’s a good time to connect to Airmen personally as well.

“It’s our job to mentor the Airmen and getting the feedback from them is important to me,” Everett said. “We also like the Airmen to know we are there for them for any reason, if it’s personal, if its work, if its mentorship or if its advice. I think it’s important to get to see that, not just as a Senior NCO, but on a personal level too.”



U.S. Air Force photo by Airman 1st Class Keith Holcomb
Enlisted Airmen prepare to eat a home-cooked meal Nov. 14, 2018, in the Montgomery Village on Columbus Air Force Base, Mississippi. Base private organizations banded together with Team BLAZE leadership to donate, prepare and serve an early Thanksgiving meal to Airmen who may not get to return home for the holidays.

CAFB donates more than 6,000 lbs. of goods to Hurricane Michael victims



Courtesy photo
Team Blaze donated 6,000 pounds worth of goods for victims of Hurricane Michael. Tech. Sgt. Crayton Felder, 14th Civil Engineer Squadron, and Airman 1st Class Amad Qureshi, 14th Communications Squadron, delivered and distributed the items to residents of Panama City, Florida, Nov. 1-9, 2018.

Giving Tuesday

On Nov. 27, Team BLAZE will be participating in Giving Tuesday, a national day of giving that was established as a way to bring attention to what the holidays are really about, providing a message that counters all the messages we received during the holiday shopping season. Giving Tuesday is an opportunity to help those who are less fortunate and this annual day of giving is dedicated to making a difference in the lives of others. Let’s show the country the generosity of Columbus Air Force Base, Mississippi, by making Giving Tuesday the biggest one-day pledge total during the entire CFC campaign. Please visit <https://cfcgiving.opm.gov/welcome> to find a charity and show some love!

Health Benefits Fair

A Civilian Health Benefits Fair from 9 a.m. -noon Nov. 28, in the Columbus Club. Vendors will be present to answer questions. For more information reach out to Debby Kantorowicz. For more information, see the BLAZE Bulletin.



Arrive alive, Don’t drink and drive.

Airman for a day, warrior for a lifetime

Tech. Sgt. Jonathan Lovelady
Joint Base Charleston Public Affairs

JOINT BASE CHARLESTON, S.C. — On Dec. 4, 2013, Melanie Emery Dallis lived every parent’s worst nightmare – learning that she might outlive one of her children.

A CT scan revealed that Melanie’s nine year-old daughter, Fallon, had a mass on her brain. She was rushed to the Medical University of South Carolina for emergency surgery, during which doctors discovered that Fallon had a glioblastoma multiforme – one of the deadliest forms of brain tumor. She was given 6 to 14 weeks to live.

“It was truly the worst day of my life,” Melanie recalled. “I’m waiting and waiting while she’s in surgery. They said it was going to be eight hours, now it’s been nine hours, then 10 hours. Then the surgeon comes in and he’s got this serious look on his face and he says, ‘you should come with me and talk with two other doctors. It’s not what we thought it was, it’s something far worse.’ I’m at MUSC alone waiting; my dad’s flying in from New York. I’m sitting on a couch with five doctors in front of me saying ‘your daughter is going to die.’”

Fallon Emery says she didn’t fully understand the gravity of her situation when she was initially diagnosed because she was so young and everything was moving too fast for her to process.

“All I knew was as soon as they said it, it was rush, rush, rush, because I had to go straight into surgery or else I was going to die,” she said. “I went straight from getting an MRI, thinking I had epilepsy, to them rushing me on a gurney to get anesthesia and prepped for surgery.”

It wasn’t until after her initial surgery that Fallon was able to absorb her surroundings. She remembers feeling a sense of calm, as if time was slowing down around her.

“By the time I was out, the shock finally wore off and I was just confused about everything that was happening,” she said. “My mom was trying to be strong, but she was crying and I could see it even though she tried to hide it. I could see her going through so many emotions.

“They told me that I had 6 to 14 weeks to live,” she continued. “I wasn’t scared or freaked out, but it’s weird when you know your exact death date compared to just knowing you’re going to die someday. It was a process; I just wanted to spend as much time with my family as I could. I could see that they were hurting, but I was just in this calm.”

Defying the odds

Nearly five years later, 14-year-old Fallon seems like any other teenage girl. She enjoys swimming in the summer, listening to music, reading and spending time with her friends. She says her hobbies make her “sound like such a nerd.” She writes fiction, fairy tale and romance stories, but is “not as into the realistic stuff.”

Fallon beat the odds and lived well beyond her original prognosis.

“My mom says it’s because of my hair, that being a ginger affects [the tumor] more,” she said. “Kind of like how it takes more anesthesia to affect me.”

Melanie laughed before clarifying that she wasn’t joking.



U.S. Air Force photo by Tech. Sgt. Jonathan Lovelady
Fallon Emery, a new honorary member of the 437th Operations Support Squadron, accepts a challenge coin from Chief Master Sgt. Ronnie Phillips, 437th Airlift Wing command chief master sergeant, Nov. 7, 2018, at Joint Base Charleston, South Carolina, as part of the Airman for a Day program. The Airman for a Day program recognizes the resilience of children battling illnesses by enabling them to observe Air Force units and experience their culture for a day.

“Her oncologist truly believes, medically, that the reason Fallon is still here is the red-head gene slows the growth of her tumor,” she explained.

Regardless of what caused Fallon’s unlikely recovery, Melanie said she is grateful for the time she has with her daughter and for the support their family received throughout their fight against cancer.

“It truly is a miracle that she’s still here ... She has defied the odds since day one,” Melanie said. “When Fallon got sick, I was a single mom. I’ve since re-married and [Fallon and her sister Mae] have three other siblings and a step-father who are amazingly supportive. We have had tremendous support from the community in Myrtle Beach itself, Charleston, Coastal Carolina University and MUSC. It was pretty amazing and still is.”

Airman for a day

Word of Fallon’s fight against cancer eventually reached the 437th Airlift Wing Commander’s Action Group, who reached out to units across Joint Base Charleston, South Carolina, for ideas on how to recognize her.

437th AW senior leaders decided that Fallon was a great candidate to visit JB Charleston as part of the Airman for a Day program, which provides opportunities for children battling various illnesses to visit the base and experience life in the Air Force. Since November is recognized as “Month of the Military Family,” it was a fitting time to make Fallon an honorary Airman.

“Fallon is an inspiration to everyone at Joint Base Charleston,” said Col. Clint ZumBrunnen, 437th AW commander. “Her fighting spirit exemplifies what it means to be a warrior. She has demonstrated all the characteristics we look for when recruiting Airmen, so selecting her to be an Airman for a Day

was the right choice. We are incredibly proud of her and her family for their relentless fight against cancer.”

First Lt. Thad Sollick, a 437th Operations Support Squadron C-17 Globemaster III pilot, just happened to be near a phone when the CAG called his office.

“They called down to me and said, ‘Hey, we’ve got this visit,’” he recalled. “I immediately spoke up and replied, ‘I got this.’ I didn’t even mention it to anyone else.”

Sollick began coordinating with Deborah “Flash” Stephenson, founder and CEO of Courageous Kidz, Inc., to learn more about Fallon’s story and plan a day she would never forget.

“We gave them a list of all the different things they could do on the base,” he said. “I don’t know how many they’re allowed to pick, but Fallon only picked two; she picked explosive ordnance disposal and the C-17 simulator. I tried to find things that would interest a young girl and something she couldn’t see anywhere else. [Being from Myrtle Beach], she’s not going to go sit on a C-17 in the county airport.”

Like most of the experiences to honor Fallon’s bravery, the Airman for a Day visit to JB Charleston was a closely-guarded secret from her until she arrived.

“She really didn’t have a clue, we had been planning this for three months,” said Flash, who has been working with Fallon and her family for nearly five years.

“I was told to get in the car and go to sleep and when I woke up, we’d be at the surprise,” said Fallon. “I knew it was something activity-wise, but I didn’t know what. When we got here, I saw that they had on Courageous Kidz shirts so I knew Flash was involved somehow – and I knew it was along the lines of something crazy.”

Fallon arrived at the 437th OSS facility to a standing ovation, received a flight suit with unit patches, took her official photo and started her day as an honorary mobility Airman.

Sollick escorted Fallon, Melanie, Mae and Flash around JB Charleston to experience airpower and the air mobility mission. They learned about night vision at the Aircrew Flight Equipment facility and used a flight simulator before touring a C-17 on the base flight line.

But the highlight of the visit, according to Fallon, was controlling an EOD robot. She also tried on a bomb protection suit during that portion of the visit.

“I liked everything, but the robot was one of my favorite things because I love things like that,” she said.

At the conclusion of the tour, the family met with ZumBrunnen and Chief Master Sgt. Ronnie Phillips, 437th AW command chief master sergeant, both of whom presented Fallon with their official challenge coins.

Sollick described his experience hosting Fallon as Airman for a Day as “one of the best days at work that I’ve had in a long time.”

“I think it’s a great program” he said. “I’m glad they reached out to OSS and I’m glad I was the one who answered the call. I’m really grateful that I got to do it.”

The fight continues

Today, Fallon still has a tumor in her head. Doctors per- See AIRMAN FOR A DAY, Page 15

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’.

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. 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.

2018 Air Force Art Contest
Showcase your entry at the Columbus Club! Win prizes! Enter the 2018 Air Force Art Contest from 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: Hanukkah Craft Week from Dec. 3–8 and Kwanza Craft Week from Dec. 26–29. For more information, contact the Base Library at 434-2934.

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 va-

Holiday Coloring Contest

Pick up your coloring page on 1 December

Return by 12 December

Coloring contest winners will be announced at the Winter Reading Program Event on 15 December @ 11 a.m.

Age Categories

Kindergarden

1st-2nd Graders

3rd-4th Graders

5th-6th Graders

7th-8th Graders

Please contact Library for more information at 434-2934

cation packages at ITT? Packages include Universal Studios and Disney destinations. To book your vacation, visit or contact your ITT office at 434-7861.

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

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

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

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

Free Mango Languages
Learn a new language today! Free Mango Languages available at the Base Library; real-life conversations in over 70 languages. For more information, contact 434-2934.

Play Paintball
Outdoor Recreation offers paintball for groups or individuals. You must book twenty-four hours in advance; 17 years old and under must be accompanied by an adult. The cost is \$15 per person for parties of 10 or more; \$20 per person for parties 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.

Transportation for Assignment Nights
Reserve bus or 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.

Two Airmen help the Air Force win the Alpha Warrior competition

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

Capt. Jennifer Trewett, 43rd Flying Training Squadron executive officer, and 2nd Lt. Riley Quinlan, 14th Civil Engineer Squadron Readiness and Emergency Management flight commander, participated in the Alpha Warrior Competition held at the Alpha Warrior Proving Grounds, in Selma, Texas.

Neither placed in the top three, but both scored better than average, helping bring the Air Force to a victory over the Army and Navy.

“Each branch sent their top competitors and I’m happy to say the Air Force swept the Army and Navy,” Quinlan said. “The whole event had a lot of similarities to the American Ninja Warrior courses.”

The goal of the Alpha Warrior program is to increase functional fitness and mindfulness of today’s military members.

“In the course there are 13 level-three rigs

“Each branch sent their top competitors and I’m happy to say the Air Force swept the Army and Navy,” Quinlan said. “The whole event had a lot of similarities to the American Ninja Warrior courses.”

with stuff in between each rig and the spider wall proved to be tough for me as a 6-foot-3-inch, 210 pound person,” Quinlan said. “It was really a big comprehensive fitness test, even cardio played a factor. At the end of the event I placed seventh across the Department of Defense.”

Quinlan and Trewett said they are excited to try again next year and will continue to work toward a win.



Courtesy photo
The Air Force team from across the globe stand together Nov. 17, 2018, at the Alpha Warrior Competition held at the Alpha Warrior Proving Grounds, Selma, Texas. The goal of the Alpha Warrior program is to increase functional fitness and mindfulness of today’s military members.

Volunteering isn’t a chore, it’s a privilege

2nd Lt. Morgan Eckert
14th Student Squadron

I originally started working for Southern Care Hospice Center in Terre Haute, Indiana, while in college. The first patient I was ever assigned to was Marjorie Burnell.

Marj, as she was commonly known, was 92 when I was first introduced. Her nurse initially told me, “She’s only expected to live a few more weeks, so don’t get too attached.” I was there to comfort and speak with her during her last days.

The first day we met was frustrating because as I sat on the chair next to her bed, my words were never answered or acknowledges. It seemed as though I was only an annoyance. I didn’t let that keep me from checking in on her and making it my job to offer support and comfort.

During the next few days, as I continued to have one-way conversations, I finally found the one subject that sparked her interest. I spoke about my recent travels and my goal of traveling the world when Marjorie turned to me and told me about how her and her husband had journeyed to several different countries.

That’s when the friendship truly began and my constant visits turned into story time and laughter while sitting at the foot of her bed. It was no longer a volunteering job, but turned into a passion of caring for a friend.

In 2014, as a member of the 122nd Fighter Wing, Indiana Air National Guard, I was deployed and Marj was the first to

write me. Once getting back, she insisted I tell her the highlights of the trip and describe the desert and mountainous countries.

Then on September 29, 2015, Marjorie passed away. Suspected to live only two weeks after I met her, Marj lived three additional years to the age of 95.

I didn’t realize the impact I had on her life until I attended her funeral. I stood in the back of the room during the ceremony because I didn’t know anyone in the room. After the preacher was done speaking, I noticed a line that began to form close by me.

The first elderly lady in line approached me with an extended hand and shook mine saying, ‘You must be Morgan.’ I was confused. How did she know me? Then the next person did the same only to say, “You were the reason she held on.” And the next, ‘She called you her granddaughter.’ The entire room knew who I was.

That is the reason I volunteer for hospice. So many of our elderly live in nursing homes, rehab centers, or assisted living with no family around to support them. As youth, it should be our duty to take care of those that have come before us and aid in their comfortability before death.

I currently have two patients I visit on a weekly basis while here in Columbus, Mississippi. I get told every day that I visit, ‘I’ve been waiting to see you,’ or ‘why didn’t you come visit on Sunday,’ or ‘will you be here next week?’ Any hospice patient thrives on having company and living their


bedridden lives through your stories and descriptions of the outside world.

Many of the hospice patients are lonely and do not have anyone to talk to. You are given the opportunity to not only provide companionship for an elderly prior to death, but also become a friend and make a difference in their life. You may become the reason for a patient’s will to live longer and enjoy life a little more.


Those interested in volunteering can either contact myself for questions and additional information from the Hospice Baptist volunteer coordinator, Katie Bostwick, at katie.bostwick@lhcgroupp.com, or via work phone at 662-243-1173. You can volunteer any time that works best for you and your schedule and you can volunteer with as many patients as you wish as well.

When volunteering for Baptist Hospice, you can either choose to help within the office or work one-on-one with hospice patients at various nursing homes and assisted living centers throughout the local area. You are also given the opportunity to participate in community events with Baptist Hospice. Your options for volunteering are endless.

If you choose to work with hospice patients, then you will be matched with an elderly man or woman who is in most need of assistance or someone to talk to. You can assist in transportation or simply sit at a bedside and read a book. Ultimately, you are volunteering to become a friend and listener.



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 sixweek 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 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.”

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-healthyholiday-parties>

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

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/>

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 Dec. 11 at the Columbus Club. This event is mandatory for all newly arrived active duty and civilian personnel, and spouses are encouraged to attend. 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. Dec. 13. 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.

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 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.

Federal USAJobs Workshop

The next Federal USAJobs workshop will be from 9-10:30 a.m. Jan. 16. 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.

Heart Link

The next Heart Link is from 8:30 a.m.-noon Jan. 31, 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.

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

Airmen enjoy Dormsgiving



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

Enlisted Airmen prepare to eat a home-cooked meal Nov. 14, 2018, in the Montgomery Village on Columbus Air Force Base, Mississippi. Base private organizations banded together with Team BLAZE leadership to donate, prepare and serve an early Thanksgiving meal to Airmen who may not get to return home for the holidays.

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 martial issues, parenting, career stress, and anger.

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

Employment Workshop

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

Pre-Separation Counseling

This counseling is a mandatory briefing for personnel separating or retiring, and is to be completed at least 90 days prior to separation. It may be completed up to 12 months prior to separation or retirement. Counseling is held daily at 8:30 a.m., and it takes approximately 60 minutes. Please contact A&FRC at (662) 434-2790 for more information.

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)

The time we saved a life

Airman 1st Class Katrina Walters
90th Missile Wing

F. E. WARREN AIR FORCE BASE, Wyo. — As Airmen, we are constantly preparing to be ready for the worst days of our lives. We live by a fit to fight ethos and maintain readiness for the most extreme of emergency situations. Though, sometimes we realize we aren't just prepared to fight for our lives and remember that we are trained to fight for every free life in the United States. My night came on August 28, 2018. I found myself in San Antonio, Texas, with a group of Airmen the 90th Missile Wing had dubbed the best of the best. We were attending the annual Air Force Sergeants Association Conference and Professional Airman's Conference. During the day we would hear from some of the most renowned members of the Armed Forces and at night we would build comradery and explore San Antonio as a group. As most know from graduating Basic Military Training, San Antonio has an enticing night life surrounding the River Walk. Locals and tourists label the River Walk as the "place to be" and a "must-see." I looked at my phone, and saw the time was nearly 1 a.m. on Wednesday morning. Not used to staying out this late, I began to weigh the pros and cons of returning to my hotel due to the early morning ahead of us. I turned to my friend, Airman 1st Class Nicole Reed, and saw she was exchanging stories with a woman who was making the transition from enlisted to officer and decided the lack of sleep would be worth the memories made. Reed, Master Sgt. Jason Myers and myself had all arrived together and were standing on the second story balcony of Howl at the Moon, a piano bar, overlooking the River Walk. We were socializing, laughing and enjoying ourselves while meeting other Airmen who were also attending the conference. The atmosphere of the night was immediately changed as a woman began to point and scream over the side of the balcony, "She's being raped!" As soon as the words left the woman's mouth I turned and reached for the door. I did not know who she was talking about or where the incident was happening, but I knew it was in the vicinity the River Walk and that someone needed help. I ran through the door and right in front of me was Tech. Sgt. Wil Carrico. Carrico is the ideal hero, at 6'6" with a hobby for volunteer firefighting, it is in his heart and nature to protect those who cannot protect themselves. We ran through the bar, down two flights of stairs, and found ourselves on the River Walk to no avail. As we searched I could hear Reed giving direct instruction on the balcony to call the police, keeping everyone calm and shouting to the perpetrator that the authorities were being contacted. I looked towards the balcony at the sound of Myers voice and he began to give us directions on the location of the incident, allowing us to arrive on the scene. As I ran up to the assault, I noted there was a group of bystanders around two men in a physical altercation. I scanned the crowd and identified the victim of the alleged sexual assault; she was easily identifiable because her dress was disheveled in a manner that was conducive of sexual activity and she was leaning into another woman who seemed uncomfortable. I approached and asked the uncomfortable bystander if she

was friends with the woman leaning on her. When she replied "No," I quickly took control of the intoxicated victim by telling the bystander to, "Give her to me." I laid the victim down over my lap and held her so she could look at me. I asked her if she had an ID and a man from the crowd came forward with her wallet and produced her military common access card. From her military identification, she was identified as a lieutenant in the Navy and my perception of time slowed to almost complete stillness. I looked in the eyes of the naval officer laying on my lap, unable to speak or keep her eyes open. Suddenly, I understood every second of training, every weekend safety briefing, all the deployment and weapons training and what it means to be fit to fight. After I finished asking her questions and receiving "yes" and "no" head nods, she began to cry and said, "Please don't rape me." I began to comfort her and promised her that no one was going to hurt her while we were on the scene and that she would get the help that she needed. When I finally looked up, she and I were alone on the ground, surrounded by police tape and the local authorities were taking control of the situation. In the next moments, I answered police questions about the incident, and maintained control of the victim and mediated between her and the police until the ambulance arrived and her parents were located. Even at this moment, none of my fellow Airmen that responded to the scene have any of the answers or know what became of our sister-in-arms after the incident. We do know her fate would have been much worse if we were not there. Reflecting on the incidents of the evening, it is incredible that without prompt or training, each of our members was able to play a vital role in keeping the woman safe. Without Reed and Myers having a bird's eye view from the second floor balcony of Howl at the Moon, we may not have made it there in time. Without Carrico by my side, I may not have been able to take care of the victim while there was a fight happening right next to me. Every second counted and our team instinctually knew exactly what to do when it mattered. Chief Master Sgt. Kristian Farve, 90th MW Command Chief, found out about the incident after one of our members wasn't able to make it to the first session of the conference the next morning due to a lack of sleep. When he asked about the incident, we were honest and forthcoming and explained everything to him. Since the event, we have been recognized by MAJCOM Command Chief, Chief Tommy Mazzone, and received coins for our courage. It is true that we went in blind. We didn't have a strategy or know what enemy we were facing. In the military, we are not just trained for war between countries. We are here so each member of the United States of America can fall asleep knowing they and their children are safe and free because of the sacrifices we made and the training we have. It is incredible to be recognized for our actions, though we were executing our duties as Airmen and American citizens. We hope that anyone else in our situation would respond with the same instinct and genuine care. In the words of the Air Force's pararescuemen, 'These Things We Do, That Others May Live.'

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.



BLAZE Hangar Tails: P-38 Lightning I

Mission

The versatile P-38 Lightning I performed many different missions during World War II, including dive bombing, level bombing, bombing through clouds, strafing, photo reconnaissance and long range escort. It first went into large-scale service during the North African campaign in November 1942, where the German pilots named it Der Gabelschwanz Teufel ("The Forked-Tail Devil"). When the Lightning began combat operations from England in September 1943, it was the only fighter with the range to escort bombers into Germany.

Background

The P-38 was originally conceived as an advanced, high-performance twin-engine interceptor. On Feb. 11, 1939, Lt. Ben Kelsey set a coast to coast record of 7 hours, 48 minutes in the sleek prototype Lightning, but crashed while landing. Despite the accident, development continued and the first of 13 service test YP-38s flew on Sept. 16, 1940. Early model P-38s experienced turbulent airflow over the tail

and problems at high dive speeds, known as compressibility, but later modifications corrected these difficulties.

The first major production version was the P-38E, which had a 20mm cannon rather than the earlier 37mm cannon. Production of the E began in September 1941 and 210 were built. The next version, the P-38F, introduced pylon racks that could carry either bombs or droppable fuel tanks, greatly extending its range. Production of the G began in August 1942, followed by the P-38H in May 1943, which had a more powerful version of the Allison V-1710 engine.

The P-38J, introduced in August 1943, was considerably improved over earlier models. It had better cockpit heating (a notable problem on earlier models), more efficient cooling for its engines, a flat bulletproof windscreen, additional fuel in the wings, and increased maneuverability.

Features

The Lightning truly shined in the Pacific theater; seven of the top eight scoring USAAF aces in the Pacific flew the P-38. On April 18, 1943, the long range of the P-38 enabled USAAF pilots to ambush and shoot down an aircraft carry-

ing Admiral Isoroku Yamamoto, who was the planner of the Pearl Harbor raid and the commander of the Imperial Japanese Navy. The P-38 became the standard USAAF fighter in the Pacific theater until the closing months of WWII.

The final production version was the P-38L, which could carry two 300-gallon drop tanks. Deliveries of the L began in June 1944 and continued until August 1945. Of the 10,038 P-38s built, 3,923 were P-38Ls.

General characteristics

- Armament:** Four .50-cal. machine guns and one 20mm cannon
- Engines:** Two Allison V-1710s of 1,475 hp each
- Maximum speed:** 414 mph
- Cruising speed:** 275 mph
- Range:** 1,300 miles
- Ceiling:** 40,000 ft.
- Span:** 52 ft.
- Length:** 37 ft. 10 in.
- Height:** 12 ft. 10 in.
- Weight:** 17,500 lbs. loaded



U.S. Air Force photos by Senior Airman Alexander Cook

A P-38 Lightning I and F-35A Lightning II fly in formation as part of a Heritage Flight display during the California Capital Airshow, Sept. 21, 2018, in Sacramento, California. The Heritage Flight display showcases the progression of our nation's aviation history and represents the past, present, and future of Air Force airpower.



An F-22 Raptor, P-38 Lightning I, and F-35A Lightning II fly in formation as part of Heritage Flight during the Defenders of Freedom Air and Space Air Show at Offutt Air Force Base, Nebraska, Aug. 11, 2018. The Heritage Flight display represents the past, present, and future of aviation airpower in the U.S. Air Force.



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



Heroes return home, Repatriation of WWII remains



U.S. Air Force photos by Senior Airman Tenley Long
Transfer cases of 26 WWII human remains sit in a C-17 Globemaster III Sept. 14, 2018, at Offutt Air Force Base, Nebraska.

Senior Airman Tenley Long
Joint Base Charleston
Public Affairs

JOINT BASE CHARLESTON, S.C. — Many service members lost their lives fighting for America. Some were brought home to their families and laid to rest, others were buried on the foreign soil where they died and many went missing in action. However, these heroes are never forgotten.

“I can’t even imagine being killed in action and then being left there,” said Lt. Col. Brant Dixon, 437th Operations Support Squadron director of current operations. “I would want to come home – any way possible.”

The Defense POW/MIA Accounting Agency’s mission is to provide the fullest possible accounting for missing personnel to their families and the nation. On Sept. 13, DPAA and supporting units moved one step closer to accomplishing this mission by bringing home 26 fallen WWII heroes from around Europe.

“Our director likes to say, ‘the mission we do here is a sacred one with a moral imperative,’” explained U.S. Army Capt. David Macaspac, DPAA recovery team leader. “It’s the right thing for us to do considering the sacrifice they made for us.”

This mission couldn’t be accomplished alone. Being a key Air Mobility Command base, Joint Base Charleston was tasked to provide the airpower and rapid mobility needed to return these WWII soldiers back to American soil.

“We want to support those who sacrificed their lives to the fullest,” Dixon said. “This is an extremely important mission for everyone involved. It’s very fulfilling and very moving to be able to bring these folks home. It means the world to



Airmen carry a transfer case off of a C-17 Globemaster III during a ceremony of 26 WWII human remains Sept. 14, 2018, at Offutt Air Force Base, Nebraska.

me.”

The remains returning to U.S. soil is just the start of the identification process. They are then taken to the DPAA laboratory at Offutt Air Force Base, Nebraska, to con-

duct DNA testing so the remains can be positively identified. Once their identities are determined, they are returned to their families and loved ones.

The identification process could

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take months or even years to reach a final determination for each set of remains.

“It will be a long time until the family gets notified that this is in fact their loved one,” said U.S. Army Master Sgt. Jose Nunez, DPAA’s senior enlisted advisor for the Europe detachment. “The end goal is to bring closure to the family. It’s an amazing experience.”

Bringing home those missing in action can be hard work, however, finding and recovering the remains affords these fallen heroes the chance to have the respectful burial and repatriation they earned.

“It would be humbling and gratifying to know that 70 years later my country didn’t forget, and that they still made the effort to find me and bring me home,” Macaspac said. “That’s just very humbling.”

As the American flag-draped transfer cases were carried out of the C-17 one by one, everyone in attendance lined the ramp to render a final salute to each hero returning home. This showed the utmost care the Armed Forces gives to each service member who sacrifices their life.



Airmen participate in a ceremony honoring 26 WWII human remains Sept. 14, 2018, at Offutt Air Force Base, Nebraska. Aircrew from Joint Base Charleston, S.C. were tasked to deliver the remains due to its rapid mobility capabilities.



The aircrew salute the remains of WWII heroes as they pass during a repatriation ceremony Sept. 14, 2018, at Offutt Air Force Base, Nebraska.