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

WEDNESDAY
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Vol. 42, Issue 42

October 26, 2018

Weather

Friday Rain High 61°F Low 47°F	Saturday Cloudy High 67°F Low 46°F
Sunday Partly Cloudy High 72°F Low 46°F	Monday Partly Cloudy High 66°F Low 42°F

Forecast provided by the 14th OSS Weather Flight

News Briefs

Trick or Treating on CAFB

Team BLAZE trick or treating time is from 6-9 p.m. Oct. 27 in the Hunt Housing areas. During the event, the back gate will be open for members to use. A general rule to abide is to only visit homes with porch lights on during the event.

Enlisted Promotions and Quarterly Awards

Enlisted Promotions and Quarterly Awards are at 3 p.m. Oct. 31 in the Columbus Club. Celebrate the hard working enlisted men and women helping cultivate, create, and connect Team BLAZE every day.

SUPT 19-02 Assignment Night

Specialized Undergraduate Pilot Training Class 19-02 will be receiving their first duty assignments at 5 p.m. Nov. 7 in the Columbus Club.

Inside



Feature 8

SUPT Class 19-01 graduates today at 10 a.m. at the Kaye Auditorium.



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

Maj. Ryan Brewer, 14th Flying Training Wing director of innovation, helps Col. Derek Stuart, 14th Operations Group commander, use a virtual reality headset Oct. 19, 2018, on Columbus Air Force Base, Mississippi. Virtual reality headsets, 3D printers, tablets and laptops fill the Spark Cell for Team BLAZE to use while they create and explore their ideas.

Spark Cell: Columbus AFB opens up creative space for innovators

Airman 1st Class Keith Holcomb

14th Flying Training Wing Public Affairs

The 14th Flying Training Wing's senior leadership and innovation team opened the Spark Cell's Innovation Lab Oct. 19 on Columbus Air Force Base, Mississippi.

The room is open 24 hours a day on the second floor of building 926 for individuals to utilize equipment and work on projects. Spouses, civilians, active-duty personnel and anyone else with an idea to solve a problem is welcome to use the Spark Cell.

See SPARK CELL, Page 3



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



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OCP Tip of the week

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.



U.S. Air Force Photo by Munnaf Joarder

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
29	30	31 Enlisted Promotions/Quarterly Awards, 3 p.m. @ Club	1 Happy Irby Wine Tasting, 6 p.m. @ Rosedale Plantation Home	2 CFC Kickoff Breakfast, 8 a.m. @ Club SUPT Class 19-02 Assignment Night, 5:30 p.m. @ Club	3/4 3rd: LA Tech vs. MSU	Nov. 12: Veterans Day Nov. 13: Wing Newcomers Nov. 14: Hearts Apart Nov. 14: Dormsgiving Nov. 16: SUPT Class 19-02 Graduation Nov. 22: Thanksgiving Nov. 23: AETC Family Day Nov. 30: Enlisted Promotions Nov. 30: SUPT Class 19-03 Assignment Night Dec. 1: Civil Air Patrol Birthday Dec. 3: Columbus Christmas Parade
5	6	7	8	9 Retiree Appreciation Day, 9 a.m.-2 p.m. @ Club	10/11 10th: Columbus Veterans Day Parade and Ceremony 10th: Alabama vs. MSU	

RETIREE APPRECIATION DAY

COLUMBUS AFB CLUB

FRIDAY | NOV 9TH | 0900 - 1400

0900-1100 Welcome Comments Flight Line Tour & Security Forces Demonstrations	1100-1230 FREE! Fish & Chips Style Lunch Buffet Celebrate!	1230-1400 FREE! Health Screening & Flu shots Expo Featuring: Door Prizes TRICARE Dental Humana Military Pharmacy and much more!
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How to reach us

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Submission Deadline

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

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

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

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

"The 12 Steps have put me in touch with a power greater than myself and for that I am grateful."

Photo for illustration purposes only.

"I came to the Pines at a point when I was physically addicted to alcohol. I was in a suicidal state and chose treatment over the other option. I relapsed in treatment when I went on a weekend pass because I was triggered by my anger. Today, I use the 12 Steps as a way of dealing with my problems. I make a meeting every day, attend aftercare, and have two sponsors. Working with others is the best way for me to get outside of myself and find purpose. The 12 Steps have put me in touch with a power greater than myself and for that I am grateful."

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Featured Home

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So don't ORM yourself from church, come fly over to Airmen's Hill, last line of the day at Good Shepherd is at 1830!

- East (main) Campus service time at 1000- 321 Forrest BLVD, Columbus
- North (Airmen's Hill) Campus service time at 1830—144 MS 373, Columbus

Get more information on our website: <http://goodshepherd.columbus.dioms.org/> or follow us on Facebook: <https://www.facebook.com/goodshepherd.columbus>, Twitter @GoodShep39705

News AROUND Town

Ghost and Legends Tour

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

Great Mississippi River Balloon Race

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

Sucarnochee Revue

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

Monmouth Historic Inn and Gardens

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

USO Dinner and Dance

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

Air Force extends high year of tenure for E-4s through E-6s

Secretary of the Air Force Public Affairs

ARLINGTON, Va. — The Air Force is extending the high year of tenure for senior airmen through technical sergeants beginning Feb. 1, 2019.

The memo, signed Oct. 18, 2018, extends the high year of tenure from eight to 10 years for senior airmen, from 15 to 20 years for staff sergeants and from 20 to 22 years for technical sergeants.

Airmen in these ranks who reach their HYT prior to Feb. 1, 2019, or those who are currently approved for separation or retirement under the previous HYT limits, may submit a request to extend their HYT beginning Oct. 24 to the updated limit if government funds have not been expended on their separation or retirement, such as moving expenses.

“This is just one of the ways we are working to manage the talent we currently have,” said Chief Master Sgt. of the Air Force Kaleth O. Wright. “Adjusting the high year of tenure policy will allow us to keep Airmen we’ve trained and developed over the course of their careers, and allow them to continue to serve their nation to the best of their ability and pay it forward, by training the next generation of Airmen who are right behind them.”

The Air Force will use the flexibility to retain talented mid-tier Airmen to provide training, leadership and mentoring to the growing number of accessions who are joining the force.

“As we grow the force, we need to retain technically skilled experts across our ranks,” said Lt. Gen. Brian Kelly, Air Force deputy chief of staff for manpower, personnel, and services. “By extending high

“This is just one of the ways we are working to manage the talent we currently have,” said Chief Master Sgt. of the Air Force Kaleth O. Wright.

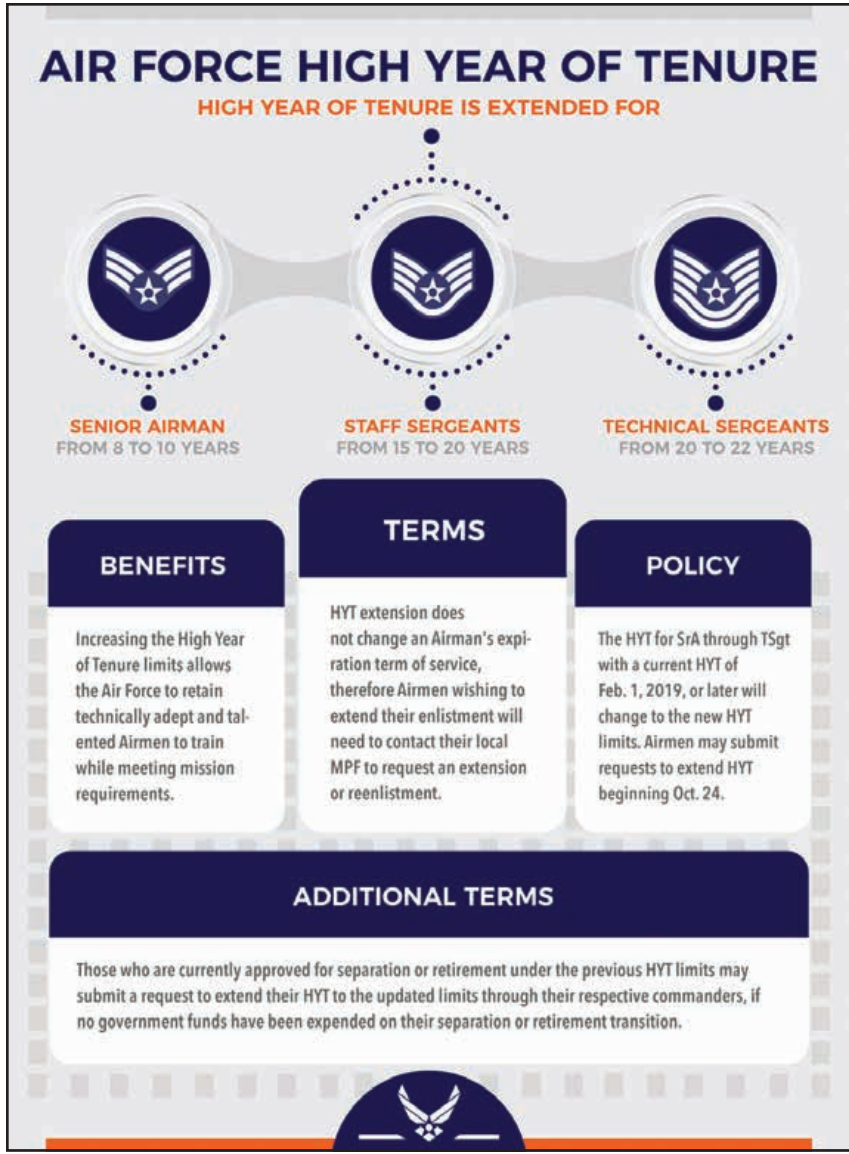
year of tenure, we’re able to leverage our talented, seasoned professionals to train, develop, and lead new Airmen to accomplish current and future mission requirements.”

The Air Force will consider using career job reservations and noncommissioned officer retraining programs as needed to ensure that its growth is deliberately targeted to meet the needs of the National Defense Strategy.

“These force-shaping tools are critical to ensuring the investment we’ve made in enhancing our Airmen’s technical skills are leveraged and allocated across the force deliberately,” said Kelly.

Senior airmen through technical sergeants with an HYT of Feb 1, 2019, and later, will automatically have their HYT adjusted by AFPC in accordance with this policy. Those hitting HYT prior to Feb. 1 can request an extension via the virtual manpower and personnel flight.

“Service in the Air Force is an honor, not a right or an entitlement,” Wright said. “Supervisors and commanders will continue to ensure that proper conduct and mission performance are the primary factors in determining continued service.”



U.S. Air Force photos by Airman 1st Class Keith Holcomb
Col. Samantha Weeks, 14th Flying Training Wing commander cuts the ribbon to the Spark Cell with Maj. Ryan Brewer, 14th FTW director of innovation, Oct. 19, 2018, on Columbus Air Force Base, Mississippi. The room is open 24 hours a day for individuals to come by work on becoming innovative.

SPARK CELL

(Continued from page 1)

“This is your Spark Cell,” said Col. Samantha Weeks, 14th FTW commander. “This is for all of Team BLAZE to put up problems and collaboratively come up with solutions. ... The chief of staff of the Air Force told us to think big, start small and scale fast and that’s what the Spark Cell is here to help us do.”

Maj. Ryan Brewer, 14th FTW director of innovation, was the lead on the creation of Spark Cell and said this is not a place for personal projects for the sake of it, but rather a place for personal and professional development to help the Air Force and the 14th FTW get better. If learning how to program computer applications helps someone create a solution to a problem; that’d be an example of how to use the space effectively and personally develop.

“The first rule is to strip your rank when you walk in,” Brewer said. “We are trying to strip the barriers to solutions and success. We want an airman to be able to walk up to a lieutenant colonel and say they have an idea that will change the world.”

The Spark Cell has numerous tablets, laptops, TVs, microphones and whiteboards with programs ranging from photo editing software to computer programming applications to allow anyone with any skill set to set the framework for their innovative ideas.

In the future, the innovation team plans on letting people check out equipment overnight if needed. The Spark Cell is meant to give opportunities to connect with other innovators whenever and however possible.

“We came up with the idea of the ‘Check Six’ podcast,” said Capt. Phillip Huebner, 37th Flying Training Squadron instructor pilot. “The style is more of a (tactics techniques



Capt. Phillip Huebner, 37th Flying Training Squadron instructor pilot, speaks during the Spark Cell grand opening Oct. 19, 2018, on Columbus Air Force Base, Mississippi. The innovation team is requiring all individuals interested in 3D printing to get signed off by a Spark Cell member first to help protect the equipment.

and procedures) debrief compared to reading the procedures out of a book. Hopefully it will keep students engaged, teach them about things they might not know about, provide context for things when they step in the door, and allow them to know things farther down the line.”

The Check Six podcast is made in the Spark Cell itself with equipment available to all of Team BLAZE, showing there are no limits to one’s creativity.

The innovation team said the vision of the podcast is to cover numerous topics from the ground up, to provide hours of information to students and others who are interested, while they are out driving, working out or relaxing.

At the end of the day, the innovation team on Columbus AFB says the purpose of the Spark Cell is to cultivate ideas and connect with other innovators so Columbus AFB can create solutions for the betterment of the Air Force.

CCAF no longer required for promotion

Senior Airman Grace Nichols
19th Airlift Wing Public Affairs

LITTLE ROCK AIR FORCE BASE, Ark. — Due to an update to the enlisted personnel handbook, an associate’s degree from the Community College of the Air Force is no longer required for promotions, however, master sergeants still have to keep education in mind for their enlisted performance reports.

While the CCAF itself is no longer required, an associate’s degree or higher is mandatory for promotion to senior master sergeant, according to the revised Air Force Handbook 36-2618, The Enlisted Force Structure.

For master sergeant EPR’s, the CCAF block will now be marked “yes” if an Airman has been conferred for an associate or higher degree from a regionally or nationally accredited institution prior to the static closeout date. Revisions will be made to AFI 36-2406 Officer and Enlisted Evaluation System, and AF Form 911.

The change in degree requirements may help enlistees coming into the service with credits or completed degrees from the civilian world receive proper education recognition. It may also help those who want to pursue degree programs outside the Air Force during their time in the service.

Changes released for Voter Assistance Program

Kendra Williams
55th Wing Public Affairs

OFFUTT AIR FORCE BASE, Neb. — The Secretary of the Air Force issued new guidance to Air Force Instruction 36-3107 in August implementing changes that re-align Installation Voting Assistance office responsibilities, update Air Force Personnel Center responsibilities, and clarify Unit Voting Assistance Officer responsibilities.

Units with over 25 personnel are required to have a UVAO and larger units will be required to have one per every 50 members.

The Federal Voting Assistance Program and the Installation Voting Assistance office help ensure Airmen and their eligible family members have the tools and resources necessary to exercise their right to vote.

The IVA office is available to assist with voting dates and locations, obtaining absentee ballots,

and a host of other services to ensure members are mission ready and not bogged down with undue stress related to voting.

“As Congress and the courts have repeatedly affirmed, voting is a citizen’s most fundamental right,” said Kevin Dowell, Offutt Air Force Base’s primary Installation Voting Assistance Officer.

Members of the military, their families and U.S. citizens living abroad face unique challenges to participate in U.S. elections, but the IVA office wants to ensure they have the chance to vote wherever they are in the world.

“Your IVA office is here to help you exercise the very right you protect – your right to vote,” said Randy Norwood, Offutt AFB’s alternate IVAO.

Each government department is required to distribute balloting materials and develop a program of information and education for all covered employees and family members.

Hurricane Michael Relief Drive

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

- Those supplies include:
- Non-Perishable Foods
 - Can Openers
 - Bottled Water
 - Hand Sanitizer
 - Bed Linen
 - Batteries

- Hats And Gloves
- Charcoal
- First Aid Kits
- Mosquito Repellent
- Paper Items (Plates, cups, paper towels, utensils)
- Baby Items (Diapers, wipes, unopened formula/food, clothes)
- Personal Hygiene Items (Soap, lotion, towels, toothbrush, toothpaste, etc.)
- School supplies (Backpacks, Pens, pencils, Crayons, Markers, notebooks, etc.)

- Pet Food
- Toys

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

- 14th Operations Group
- 14th Operations Support Squadron
- 14th Mission Support Group
- 14th Medical Group
- 14th Civil Engineer Squadron

- 48th Flying Training Squadron
- Wing Staff Agencies
- RAPCON Tower
- 14th Contracting Squadron
- Chapel
- Fitness Center

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

Drowley to speak at SUPT Class 19-01's graduation

Col. Michael Drowley, 355th Fighter Wing commander at Davis-Monthan Air Force Base, Arizona, will be the guest speaker for Specialized Undergraduate Pilot Training Class 19-01's graduation at 10 a.m. Oct. 26, 2018, in the Kaye Auditorium.

Col. Michael R. Drowley is the Commander of the 355th Fighter Wing, Davis-Monthan Air Force Base, Ariz. He is responsible for one of the largest installations and flying operations in the United States Air Force, with 34 mission partners, more than 11,000 Airmen, 150 aircraft and \$50 billion dollars in assets. He is responsible for organizing, training and equipping a wing comprised of 20 squadrons, two of which are fighter squadrons. The wing provides A-10 Thunderbolt II aircraft for close air support and forward air control, combat support, and medical forces for combatant commander requirements worldwide. The 355th Fighter Wing is also responsible for training A-10C pilots for the entire Total Force and is the Air Combat Command executive agent for Intermediate Range Nuclear Forces and Strategic Arms Reduction Treaty compliance.

Colonel Drowley earned a Bachelor of Science in Engineering and his commission from the United States Air Force Academy in 1996. He is a command pilot with more than 2,200 fighter hours in the A-10, including more than 200 combat hours. Colonel Drowley has commanded at the flight, squadron, and group levels. Additionally, he has served on the staffs of the Superintendent, United States Air Force Academy and the Office of the Secretary of Defense. Prior to his current assignment, Colonel Drowley served as Chief of Staff, Headquarters United States Air Forces Central Command, Al Udeid Air Base, Qatar.

EDUCATION

- 1996 Bachelor of Science in Engineering, United States Air Force Academy, Colo.
- 2001 Distinguished Graduate, USAF Squadron Officer School, Maxwell Air Force Base, Ala.
- 2002 Academic, Flying, Distinguished Graduate Award,



- USAF Weapons Instructor Course, Nellis AFB, Nev.
- 2008 Air Command and Staff College, Maxwell AFB, Ala., by correspondence
- 2008 Master of Advanced Studies in Psychology-Counseling-Leadership, University of Colorado-Colorado Springs
- 2011 Air War College, Maxwell AFB, Ala., by correspondence
- 2013 Master of Advanced Studies in Joint Campaign Planning and Strategy, Joint Advanced Warfighting School, National Defense University, Naval Station Norfolk, Va.

ASSIGNMENTS

1. September 1996 – July 1997, Student, Joint Specialized Undergraduate Pilot Training, NAS Whiting Field, Fla.
2. July 1997 – February 1998, Student, Joint Specialized Undergraduate Pilot Training, Vance AFB, Okla.
3. December 1998 – March 2000, Assistant Chief of Plans/Scheduling-Battalion Air Liaison Officer, 25th Fighter Squadron, Osan AB, Republic of South Korea
4. April 2000 – June 2002, Assistant Chief of Weapons and Tactics, Chief of Training, 354th Fighter Squadron, Davis-Monthan AFB, Ariz.
5. June 2002 – July 2004, Chief, Squadron Weapons and Tactics/Flight Commander, 75th Fighter Squadron, Pope AFB, N.C.
6. July 2004 – July 2005, Weapons School Instructor/Flight Commander, 66th Weapons Squadron, Nellis AFB, Nev.
7. July 2006 – May 2007, Chief of Fighter Standardization and Evaluation, 57th Wing, Nellis AFB, Nev.
8. May 2007 – May 2008, Student, University of Colorado-Colorado Springs, Colo.
9. May 2008 – June 2009, Commander, Cadet Squadron 15, USAF Academy, Colo.
10. June 2009 – July 2010, Director, Commander's Action Group, USAF Academy, Colo.
11. September 2010 – February 2011, Assistant Director of Operations 66th Weapons Squadron, Nellis AFB, Nev.
12. February 2011 – July 2012, Commander, 66th Weapons Squadron, Nellis AFB, Nev.
13. July 2012 – June 2014, Student, Joint Advanced Warfighting School-National Defense University, Naval Station Norfolk, Va.

14. June 2013 – May 2015, Senior Plans Advisor to the Secretary of Defense, Office of the Secretary of Defense, Pentagon, Washington, D.C.
15. May 2015 – June 2017, Commandant, United States Air Force Weapons School, Nellis AFB, Nev.
16. July 2017 – June 2018, Chief of Staff, United States Air Forces Central Command, Al Udeid AB, Qatar
17. June 2018 – Present, Commander, 355th Fighter Wing, Davis-Monthan AFB, Ariz.

SUMMARY OF JOINT ASSIGNMENTS

1. June 2013 – May 2015, Senior Plans Advisor to the Secretary of Defense, Office of the Secretary of Defense, Pentagon, Washington, D.C., as a colonel
2. July 2017 – June 2018, Chief of Staff, United States Air Forces Central Command, Al Udeid AB, Qatar

FLIGHT INFORMATION

Rating: Command Pilot
Flight hours: More than 2,200
Aircraft flown: T-34, T-38, F-15E, F-16
Primary aircraft: A-10C

MAJOR AWARDS AND DECORATIONS

Defense Superior Service Medal
Legion of Merit
Distinguished Flying Cross with Valor one oak leaf cluster
Meritorious Service Medal with three oak leaf clusters
Air Medal with five oak leaf clusters
Aerial Achievement Medal
Joint Service Commendation Medal
Air Force Commendation Medal
USAFWS Robbie Risner Award 2003
Order of Daedalians USAF Exceptional Pilot Award 2003

EFFECTIVE DATES OF PROMOTION

Second Lieutenant, May 29, 1996
First Lieutenant, May 29, 1998
Captain, May 29, 2000
Major, May 1, 2006
Lieutenant Colonel, Mar 1, 2010
Colonel, Oct 1, 2014
(Current as of June 28, 2018)

Air Force Readiness Programs

(Editor's note: All activities are offered at the Airman & Family Readiness Center unless otherwise specified. For more information about any of the activities listed, call 434-2790.)

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

The next Transition Assistance Program (TAP) workshop will be held 7:30 a.m.-4:00 p.m. Nov. 5-9 and includes seminars on: Transition, Military Occupational Code 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.

Wing Newcomers Orientation

The next Wing Newcomers Orientation will be from 8 a.m.-noon Nov 13. This event is mandatory for all newly arrived active duty and civilian personnel, and spouses are encouraged to attend. The orientation is held at the Columbus Club. To register or for more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

Hearts Apart

The next Hearts Apart will be from 5-7 p.m. Oct. 25. This monthly social event is for family members whose sponsor is deployed, on a remote tour, or TDY for more than 30 days. To register or for more information, please call A&FRC at (662) 434-2790.

Heart Link

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

Federal USAJobs Workshop

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

Bundles of Joy

The next Bundles of Joy workshop is from 1-3:30 p.m. Feb. 21, in the A&FRC. This program is designed for active-duty Air Force members and/or their spouses who are pregnant or have a child four months old or less. Attendees

Pilot training graduate earns Order of Daedalians Orville Wright Achievement Award



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

Second Lt. Chad Black, 14th Student Squadron assistant director of operations, is presented the Order of Daedalians Orville Wright Achievement Award by Col. William Denham, 14th Flying Training Wing vice commander, Oct. 22, 2018, on Columbus Air Force Base, Mississippi. Black received the award for his extraordinary performance through all phases of pilot training across all three pilot training bases and exemplifying the high standards established by the Orville Wright Achievement Award.

will learn about finances, labor and delivery, and infant care. A \$50 gift card sponsored by the Air Force Aid Society will be provided for each qualifying child. To register or for more information, please call A&FRC at (662) 434-2790.

Discovery Resource Center

The Columbus A&FRC has 12 computers with internet access available for job searches, assessments, resumes, cover letters, state and federal applications, and companies' employment information. A printer and fax machine is available. A lending library of books, DVDs, and periodicals on transition and EFMP topics are available for check out. These resources are available on a first-come-first-serve basis.

Volunteer Opportunities

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

Military and Family Life Counselor Program

Military and Family Life Counselors provide non-medical counseling to help Airmen (single and married), spouses, and other family members cope with stressful situations created by deployments, reintegration, and life challenges such as

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

Employment Workshop

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

Pre-Separation Counseling

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

Pre- and Post-Deployment Tour Briefing

These briefings are mandatory for active duty personnel who are either deploying or returning from deployment or a remote tour. The briefings

are held daily at the A&FRC. Pre-deployment is at 9:30 a.m., and post-deployment is at 1:30 p.m. Please contact A&FRC at (662) 434-2794/2790 for more information.

Survivor Benefit Plan

Are you nearing military retirement? The one decision you will need to make before you retire involves participation in the Survivor Benefit Plan (SBP). As with all good decision-making, you need to know the facts before you can make a sound decision. Always get the true facts about SBP before making up your mind. Additional details are available by calling your SBP Counselor Mary Chambers at (662) 434-2720/2790.

Installation Voting Assistance Office

A&FRC houses the Voting Assistance Office which is open 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-

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)

14TH FLYING TRAINING WING DEPLOYED

As of press time, 27 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.

Cultivate Airmen
Create Pilots
CONNECT

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.

Free Breakfast for Club Members

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

Lunch Buffets at the Overrun

Enjoy daily lunch buffets Tuesday – Friday at the Columbus Club. Daily buffets include: Tuesday – Taco and Nacho \$9, Wednesday – Chicken Wings and Pasta \$10, Thursday – Southern Style \$10 and Friday – Fried Catfish \$10. Club Members receive a \$2 discount. For more information, contact 434-2489.

Lunch Brunch

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

Exclusive Military Vacation Packages

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

Storytime Schedule

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



Force Support Squadron Gift Cards

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

Game Night at the Library

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

Horse Boarding Available

The 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 Man-

go 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 4:30 p.m. until Midnight. For more information, contact 434-2419.

Lawn Mower and Bicycle Repair

Outdoor Recreation is now offering lawn mower repair and self-help bicycle repair. For more information, contact 434-2507.

Hobby and Craft Instructors Needed

Do you have a hobby or craft project you can share with others? Arts & Crafts is looking for craft instructors. For more information, contact 434-7836.

Referees Needed

Referees needed for various sports at the Fitness Center. For more information or to sign up, contact 434-2772.

RV Storage Lot

Don't clutter your home space, park with us. Outdoor Recreation offers a great place to store your RV year around. You will have 24-hour access and can pay monthly or yearly. For more information, call 434-2505.

Instructors Needed

The Youth Center is seeking instructors for tumbling classes, dance classes, piano and guitar lessons. For more information, contact the Youth Center.

Fitness on Request

The Fitness Center offers a truly comprehensive group fitness platform that is available all day and completely customizable to meet your needs with 119 different classes on the Fitness on Request system. For more information, call 434-2772.

Space A Lodging

The Magnolia Inn usually has openings for Space A family and single units. Contact the lodging desk at 434-2548.

Ride in Style

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

Transportation for Assignment Nights

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

BLAZE Hangar Tails: A-10 Thunderbolt II

Mission

The A-10 Thunderbolt II has excellent maneuverability at low air speeds and altitude, and is a highly accurate and survivable weapons-delivery platform. The aircraft can loiter near battle areas for extended periods of time and operate in low ceiling and visibility conditions. The wide combat radius and short takeoff and landing capability permit operations in and out of locations near front lines. Using night vision goggles, A-10 pilots can conduct their missions during darkness.

Thunderbolt IIs have Night Vision Imaging Systems, or NVIS, goggle compatible single-seat cockpits forward of their wings and a large bubble canopy which provides pilots all-around vision. The pilots are protected by titanium armor that also protects parts of the flight-control system. The redundant primary structural sections allow the aircraft to enjoy better survivability during close air support than did previous aircraft. The aircraft can survive direct hits from armor-piercing and high explosive projectiles up to 23mm. Their self-sealing fuel cells are protected by internal and external foam. Manual systems back up their redundant hydraulic flight-control systems. This permits pilots to fly and land when hydraulic power is lost.

The A-10 has received many upgrades over the years. In 1978, the aircraft received the Pave Penny laser receiver pod, which sensed reflected laser radiation from a laser designator. Pave Penney has now been discontinued in favor more capable advanced targeting pods. The A-10 began receiving an inertial navigation system in 1980. Later, the Low-Altitude Safety and Targeting Enhancement (LASTE) upgrade provided computerized weapon-aiming equipment, an autopilot, and a ground-collision warning system. In 1999, aircraft began to receive Global Positioning System navigation systems

and a new multi-function display. In 2005, the entire A-10 fleet began receiving the Precision Engagement upgrades that include an improved fire control system (FCS), electronic countermeasures (ECM), upgraded cockpit displays, the ability to deliver smart bombs, moving map display, hands on throttle and stick, digital stores management, LITENING and Sniper advanced targeting pod integration, situational awareness data link or SADL, variable message format, or VME, GPS-guided weapons, and upgraded DC power. The entire A-10 fleet has been Precision Engagement modified and now carries the A-10C designation.

The Thunderbolt II can be serviced and operated from austere bases with limited facilities near battle areas. Many of the aircraft's parts are interchangeable left and right, including the engines, main landing gear and vertical stabilizers. Avionics equipment includes multi-band communications; Global Positioning System and inertial navigations systems; infrared and electronic countermeasures against air-to-air and air-to-surface threats. And, it has a heads-up display to display flight and weapons delivery information.

The Thunderbolt II can employ a wide variety of conventional munitions, including general purpose bombs, cluster bomb units, laser guided bombs, joint direct attack munitions or JDAM, wind corrected munitions dispenser or WCMD, AGM-65 Maverick and AIM-9 Sidewinder missiles, rockets, illumination flares, and the GAU-8/A 30mm cannon, capable of firing 3,900 rounds per minute to defeat a wide variety of targets including tanks.

General Characteristics

Primary Function: Close air support, Airborne Forward Air Control, Combat Search and Rescue

Contractor: Fairchild Republic Co.
Power Plant: Two General Electric TF34-GE-100 turbofans

Thrust: 9,065 pounds each engine
Wingspan: 57 feet, 6 inches (17.42 meters)
Length: 53 feet, 4 inches (16.16 meters)
Height: 14 feet, 8 inches (4.42 meters)
Weight: 29,000 pounds (13,154 kilograms)
Maximum Takeoff Weight: 51,000 pounds (22,950 kilograms)

Fuel Capacity: 11,000 pounds (7,257 kilograms)
Payload: 16,000 pounds (7,257 kilograms)
Speed: 450 nautical miles per hour (Mach 0.75)
Range: 2580 miles (2240 nautical miles)
Ceiling: 45,000 feet (13,636 meters)

Armament: One 30 mm GAU-8/A seven-barrel Gatling gun; up to 16,000 pounds (7,200 kilograms) of mixed ordnance on eight under-wing and three under-fuselage pylon stations, including 500 pound (225 kilograms) Mk-82 and 2,000 pounds (900 kilograms) Mk-84 series low/high drag bombs, incendiary cluster bombs, combined effects munitions, mine dispensing munitions, AGM-65 Maverick missiles and laser-guided/electro-optically guided bombs; infrared countermeasure flares; electronic countermeasure chaff; jammer pods; 2.75-inch (6.99 centimeters) rockets; illumination flares and AIM-9 Sidewinder missiles.

Crew: One
Unit Cost: \$18.8 million
Initial operating capability: A-10A, 1977; A-10C, 2007
Inventory: Active force, 187; Reserve, 49; ANG, 107




Air National Guard by Tech. Sgt. Dan Heaton

An A-10 Thunderbolt II, flown by the 107th Fighter Squadron, 127th Wing, taxis in to the parking ramp at Selfridge Air National Guard Base, Michigan, Oct. 14, 2018. The A-10 is the Air Force's premier air-to-ground attack aircraft. The 127th Wing is a component of the Michigan Air National Guard.




U.S. Air Force photo by Senior Airman Missy Sterling

An A-10 Thunderbolt II pilot with the 163d Fighter Squadron from Fort Wayne Air National Guard Base, Indiana, makes a strafe pass during Hawgsmove at Cannon Range, Missouri, Oct. 18, 2018. The A-10 can shoot up to 70 rounds per second and holds approximately 1,100 rounds of ammunition.



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



Autocross visits CAFB for last time until 2019



Racers prepare in their vehicles Oct. 20, 2018, on Columbus Air Force Base, Mississippi. Community members and base members are able to race their personal vehicles during the autocross events.



Todd Jardee, autocross participant, checks his vehicle's tire pressure Oct. 20, 2018, before racing again on Columbus Air Force Base, Mississippi. Each type of vehicle has its own class, so trucks don't race sports cars and a four door sedan doesn't race against formula vehicles.



Chuck Bigelow, Sports Car Club of America Mississippi region member, races Oct. 20, 2018, on Columbus Air Force Base, Mississippi. Bigelow raced his own Porsche 914 and helped score other racers during the event.



Chuck Bigelow, Sports Car Club of America Mississippi region member, prepares to time a racer Oct. 20, 2018, on Columbus Air Force Base, Mississippi. The times for each course are different, as no track is exactly the same every day.



Mississippi State University students check their formula car before racing in an autocross event Oct. 20, 2018, on Columbus Air Force Base, Mississippi. During its first few runs their car needed to be tweaked to make their times more desirable.



Hayden Hawk, Mississippi State University student, prepares to race on an autocross course Oct. 20, 2018, on Columbus Air Force Base, Mississippi. The 14th Flying Training Wing hosts multiple autocross events a year to engage with the local community and have a weekend activity for Team BLAZE families to enjoy.



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

A timer counts up during an autocross event Oct. 20, 2018 on Columbus Air Force Base, Mississippi.

Update on Freedom, Lil' BLAZEr parks

Col. Samantha Weeks

14th Flying Training Wing commander

Team BLAZE, thank you for your feedback and interest in making our base a better place to Connect! We received inquiries regarding the Freedom and Lil' BLAZEr parks and wanted to share an update with how the installation is moving forward with these two areas.

To provide some history, the current Freedom Park playground was constructed in 1996. During the timeframe it was built, playgrounds were typically constructed with wood materials, similar to ours. Over the 22 years since construction, the wooden structure deteriorated in several areas and many features degraded over time, creating an ever-increasing maintenance cost burden and safety hazard. In response to this, base leadership initiated a project earlier this year to construct a new playground that provides modern equipment and boosts the quality of life for our younger dependents. The initial plan was to wait to demolish the current playground until after the new playground was funded, designed, and a contractor ready to start the work. This would keep the playground available as long as possible before the new one was built. However, base leaders made the tough decision to close the playground earlier than planned due to several safety concerns that recently surfaced. Although unfortunate, the decision to close the playground was made out an abundance of caution with safety and protection of our children in mind.

The good news is the new playground is now funded, and currently in design! Your Force Support, Contracting, and Civil Engineer Squadrons are working diligently with a contractor to develop

a fantastic design for the new playground. The new playground will have a similar footprint and will offer new and exciting features with modern construction materials. Additionally, the playground will meet applicable compliance measures, to include the ADA Accessibility Guideline and the U.S. Consumer Product Safety Commission Handbook for Public Playground Safety. Furthermore, the selected contractor is a member of the International Play Equipment Manufacturers Association (IPEMA), a member-driven organization whose mission is to provide safe environments for children's play. This all means that we are confident that the new playground will be built to very high quality, safety, and accessibility standards that the base can enjoy for years to come. We anticipate the entire project to complete during the spring of next year and we will provide updates as the project moves forward.

We revitalized the Lil' BLAZEr park as well! We had a team of volunteers go to the park to clean-up debris and equipment. This will be a recurring activity to ensure the parks are enjoyable for our families. Dates for future cleanups will be announced early to allow for your planning and participation.

Until then, I thank you for your understanding and patience as we continue to provide world-class community support to Team BLAZE. This new park will be a huge win for Columbus AFB, and my family and I look forward to joining you at the new Freedom Park this coming spring!

Be Bold!

BLAZE 1

(Editor's note: This was a response to a Commander's Action Line submission.)

VIEWPOINT

Preventing suicide – starting with myself

Glenn S. Robertson

90th Missile Wing Public Affairs

F. E. WARREN AIR FORCE BASE, Wyo. — Other days, and even on good ones, the thought creeps up out of nowhere – an insidious sense of doubt. Of worthlessness and a sense of purposelessness that whispers in my ear and tells me that I will never accomplish the goals I have set for myself. The thoughts that make me ask why I shouldn't just call it quits and end the sadness that plagues me.

I am just one of nearly a quarter of the population who has suffered with this illness for most of my life. Just like all of them, depression is present nearly every day of every year. If this sounds familiar to you, you are not alone. There are millions in this country who know the daily struggle of depression.

But I do not and I will not allow this disease to define me – and I ask anyone reading this who might be going through hard times to do the same. Maybe your situation is different. Maybe Post-Traumatic Stress Disorder haunts you and the things you've seen and experienced make you never want to

open your eyes again. Maybe the stress of your job or your life seems to be too much to bear and you can't see any end in sight. Overwhelming anxiety. Brain injury. The effects of substance abuse. So many different mental troubles can lead to suicidal ideation, which can complicate finding a solution for an individual thinking about hurting themselves.

Whatever personal challenge you're fighting with, please do everything you can to remind yourself that life is worth living. It's a challenge and often even a struggle, absolutely. But, no matter what you're struggling through, there are people who care about you with the resources available to help guide you through the darkness.

Whether it's an anonymous phone call to a hotline, a visit to a chaplain or a whole host of options in between, there are people – real people – out there who want to bring you back from the brink and help you realize that life is too precious to turn your back on. I have lost three people I considered friends – including one as close to me as a brother – to suicide. I will never forget the day I received the message that he died. It has stuck with me for 11 years now, a dull ache of loss for a friend torn away too soon. I ask myself if there was

more I could have done to keep him from this end. He, and each of the others, left holes in those left behind when they died, and they are missed terribly by many people every day, even 11 years later.

For those of you who have made it this far and cannot relate to anything written above, I have a request for you as well. Go to <https://www.af.mil/Suicide-Prevention/> and read about some of the programs and other resources available. If you see someone who's clearly not themselves, struggling with some unseen torture, ask them how they're doing. Ask them to get coffee or grab lunch. Sometimes all it takes to support someone in this situation is just being there. Or you can go a few steps further and learn the signs. Sign up for A.S.I.S.T. training through the chaplain's office or take a similar program that will help you notice warning signs before they become tragedies.

September is officially Suicide Prevention Month, but there is no timeline on reaching out to someone in need and you can learn how to be more aware of the subtle signs shown by those at risk twelve months a year. You may be the one to save a life.

Commander's Action Line


434-1414

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



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


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



Medical Corner

Getting it right

Optimizing food choice for a healthy heart and better weight management



What you eat affects your chances of getting high blood pressure as well as contribute to any unwanted weight gain. Chronically high blood pressure — hypertension — can cause damage to your blood vessels and internal organs including your heart. Currently affecting 1 in 3 adults in the United States, hypertension has been called a silent threat because the condition itself has no symptoms. However, the effect on your body can be life-threatening over time. Engaging in healthy lifestyle behaviors at all stages of life, regardless of race or ethnicity, can help keep your risk for hypertension in check and decrease or limit unwanted weight gain.

Being overweight or obese increases your risk of developing high blood pressure. In fact, your blood pressure rises as your body weight increases. Losing even 10 pounds can lower your blood pressure — and losing weight has the biggest effect on those who are overweight and already have hypertension. Overweight and obesity are also risk factors for heart disease. And being overweight or obese increases your chances of developing high blood cholesterol and diabetes — two more risk factors for heart disease.

The most commonly used tools for determining if someone is overweight are the body mass index, or BMI, and waist circumference. But BMI does not alone determine any risks that might be associated with weight gain. To have the most affect on changing your weight from overweight and obese to a healthy weight, implementing healthy eating habits must be the focus. Keep these three tips at the forefront of your mind:


- **REFLECT** on all of your specific eating habits, both bad and good and your common triggers for unhealthy eating
- **REPLACE** your unhealthy eating habits with healthier ones
- **REINFORCE** your new, healthier eating habits

For a more optimized eating plan, consider DASH, which stands for “Dietary Approaches to Stop Hypertension.” You can reduce your blood pressure and lower your weight by eating foods that are low in saturated fat, total fat, and cholesterol, and high in fruits, vegetables, and low-fat dairy foods. The DASH eating plan includes whole grains, poultry, fish, and nuts, and has low amounts of fats, red meats, sweets, and sugared beverages. It is also high in potassium, calcium, and magnesium, as well as protein and fiber. Eating foods lower in salt and sodium also can reduce blood pressure.

The DASH eating plan shown below is based on 2,000 calories a day . The number of daily servings in a food group may vary from those listed, depending upon your caloric needs.		
Food Group	Daily Services (Except As Noted)	Serving Size
Grains and grain products	7-8	1 slice bread 1 cup ready-to-eat cereal* 1/2 cup cooked rice, pasta, or cereal
Vegetables	4-5	1 cup raw leafy vegetable 1/2 cup cooked vegetable 6 ounces vegetable juice
Fruits	4-5	1 medium fruit 1/4 cup dried fruit 1/2 cup fresh, frozen, or canned fruit 6 ounces fruit juice
Lowfat or fat free dairy foods	2-3	8 ounces milk 1 cup yogurt 1 1/2 ounces cheese
Lean meats, poultry, and fish	2 or fewer	3 ounces cooked lean meat, skinless poultry, or fish
Nuts, seed, and dry beans	4-5 per week	1/3 cup or 1 1/2 ounces nuts 1 tablespoon or 1/2 ounce seeds 1/2 cup cooked dry beans
Fats and oil†	2-3	1 teaspoon soft margarine 1 tablespoon Lowfat mayonnaise 2 tablespoons light salad dressing 1 teaspoon vegetable oil
Sweets	5 per week	1 tablespoon sugar 1 tablespoon jelly or jam 1/2 ounce jelly beans 8 ounces lemonade

* Serving sizes vary between 1/2 cup and 1 1/4 cups. Check the product's nutrition label.
† Fat content changes serving counts for fats and oils: For example, 1 tablespoon of regular salad dressing equals 1 serving, 1 tablespoon of Lowfat salad dressing equals 1/2 serving, and 1 tablespoon of fat free salad dressing equals 0 servings.

A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,
I took some leave to see family over the holidays and now my uniform seems a little tight. Alright, I admit, it is uncomfortably tight. I need to get this weight off quickly. My buddy followed a diet that sounds perfect. He could eat all the bacon, meat and fried foods he wants and still lose weight. I do have a strong family history of heart disease so I would like to reach a healthy weight and keep it that way. Can someone eat that much fat and meat and still lose weight?

Sincerely,
Uncomfortable in Uniform

Dear Uncomfortable,

I congratulate you for establishing a healthy weight goal. Although it is easy to go for the fastest results, (and eat all the bacon you want!) it is important to accept that your weight did not suddenly appear overnight. Changes in eating patterns and activity level and even environmental factors such as stress and sleep can affect your weight. In addition to reviewing your current activity level and ensuring you are active daily, take a look at your current eating pattern that delivered you into a tight uniform.

You mentioned a strong family history of heart disease and may want to re-evaluate your goals. Because you have a family history of heart disease.....keeping a healthy heart should be a primary goal. You can do this by adopting an eating pattern that directly decreases the risk of heart disease. A diet like you mention is not recommended—as it is high in saturated fats, trans fats, and cholesterol— that increases the “bad” cholesterol and therefore increases your risk of heart disease.

Choosing the right eating pattern is the first step towards getting that healthy weight. Quick weight loss is not difficult. The challenge is sustaining an eating pattern that eliminates the very energy your body craves....carbohydrates. A well-chosen diet such as the DASH diet eating plan can lower your risk of heart disease and includes; more vegetables, fruits and whole grains; eating fat-free or low-fat dairy products, fish, poultry, beans, peas, lentils, nuts, and vegetable oils; limiting foods that are high in saturated fat, such as fatty meats (sorry, no bacon), full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils; and limiting sugar-sweetened beverages and sweets. It should go without saying that any time your goal includes weight loss, alcohol should be limited if not eliminated otherwise added calories can undermine your best efforts.

Avoid fad diets and focus on changing to eating patterns that are sustainable and easily integrated into your daily routine and lifestyle.

A healthy lifestyle includes being physically active, maintaining a healthy weight, limiting alcohol intake, and managing stress.

If you smoke, make a plan to quit and make sure to get plenty of sleep. Make the change and your uniform will thank you!

Sincerely,
Health Myth Busters



Free Dinner Date Night & Marriage “Tune-Up”

For all married couples or those considering

At the Blaze Chapel

6 p.m. on Nov. 5: Impact of Social Media on Marriages

Sponsored by: BLAZE Chapel
Facilitated by: CAFB Helping Agencies
Childcare: Hosted at the Child Development Center
Call or email the chapel for a child reservation

Drive Smart, Save Lives

Don't text while driving



National Radiologic Technology Week® Kicks Off November 5th – 9th

Providing patients with safe medical imaging examinations is the prime goal for the nation's radiologic technologists. To recognize the vital work of its registered technologists, the Koritz Clinic's Radiology Flight is celebrating National Radiologic Technology Week®, Nov. 5-9.

NRTW was created by the American Society of Radiologic technologists in 1979. The event is celebrated each year during the week of Nov. 8, the day that German physicist Wilhelm Conrad Roentgen discovered the X-ray in 1895.

Medical imaging and radiation therapy professionals' work with some of the most innovative equipment in the medical field to help identify pathologies, plan and administer treatment and restore patient health. Radiology technologists may specialize in breast imaging, computed tomography, cardiac-interventional procedures, magnetic resonance imaging, nuclear medicine, ultrasound, radiation therapy and general diagnostic radiology. The Koritz Clinic currently has general diagnostic radiology capabilities for beneficiaries, all other modalities services are referred off base.

The department has two double nationally certified radiology technologists and is currently staffed with one active duty technologist and one G.S. civilian technologist.

Please stop by the department anytime during the week 8:30 a.m.-5 p.m. on Monday–Friday if interested in learning more about this exciting medical imaging profession. For more information, contact Master Sgt. Eric Severs or Torrie Gates at the 14th Medical Group.

About the American Society of Radiologic Technologists

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



U.S. AIR FORCE
THE AIRMAN'S CREED

I AM AN AMERICAN AIRMAN.
I AM A WARRIOR.
I HAVE ANSWERED MY NATION'S CALL.

I AM AN AMERICAN AIRMAN.
MY MISSION IS TO FLY, FIGHT, AND WIN.
I AM FAITHFUL TO A PROUD HERITAGE,
A TRADITION OF HONOR,
AND A LEGACY OF VALOR.

I AM AN AMERICAN AIRMAN,
GUARDIAN OF FREEDOM AND JUSTICE,
MY NATION'S SWORD AND SHIELD,
ITS SENTRY AND AVENGER.
I DEFEND MY COUNTRY WITH MY LIFE.

I AM AN AMERICAN AIRMAN:
WINGMAN, LEADER, WARRIOR.
WILL NEVER LEAVE AN AIRMAN BEHIND.
I WILL NEVER FALTER,
AND I WILL NOT FAIL.



T-1A Jayhawk



T-38C Talon

SUPT Class 19-01 earns silver wings



Capt. Christopher Brinkmann
C-146A



Capt. Jenna Dolata
C-17



2nd Lt. Alexandru Beraczko
F-16



2nd Lt. Morgan Burris
MC-12



2nd Lt. Benjamin Dorsey
C-130J



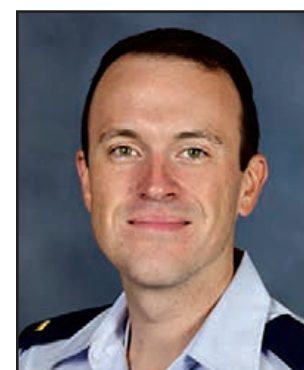
2nd Lt. Zachary Elkins
E-3



2nd Lt. Atsushi Furuichi
F-2/F-35



2nd Lt. Steven Griffith Jr.
T-6



2nd Lt. Garrett Matney
C-17



2nd Lt. Kevin Meeks
C-17



2nd Lt. Paul Mueller
B-1



2nd Lt. Alfred Vitacco
C-130H

Sixteen officers have prevailed during a year of training, earning the right to become Air Force pilots.

Specialized Undergraduate Pilot Training Class 19-01 graduates at 10 a.m. today during a ceremony at the Kaye Auditorium. Col. Michael Drowley, 355th Fighter Wing commander at Davis-Monthan Air Force Base, Arizona, is the graduation guest speaker.

Students will receive their silver pilot's wings at the ceremony, and students who excelled in their respective training tracks are recognized.

Capt. Christopher M. Brinkman, T-1A Jayhawk, and 2nd Lt. Mark Cruickshank, T-38 Talon, received the Air Education and Training Command Commander's Trophy for being the most outstanding students overall in their classes.

The Air Force Association Award was presented to 2nd Lt. Robert A. Davis, T-1, and Cruickshank. The award is presented to a graduate in each flight who excelled in training and typified the tenets of the association; promoting aerospace power and a strong national defense.

Brinkmann and Cruickshank were named the distinguished graduates of SUPT Class 19-01.

The 52-week pilot training program begins with a six-week preflight phase of academics and physiological training to prepare students for flight. The second phase, primary training, is conducted in the single-engine, turboprop T-6A Texan II at Columbus AFB, Mississippi. Students learn aircraft flight characteristics, emergency procedures, takeoff and landing procedures, aerobatics and formation flying. Students also practice night, instrument and cross country navigation flying.



Primary training takes approximately 23 weeks and includes 254.4 hours of ground training, 27.3 hours in the flight simulator and 89 hours in the T-6A aircraft.

After primary training, students select, by order of merit, advanced training in the fighter-bomber or airlift-tanker track.

Both tracks are designed to best train pilots for successful transition to their follow-on aircraft and mission.

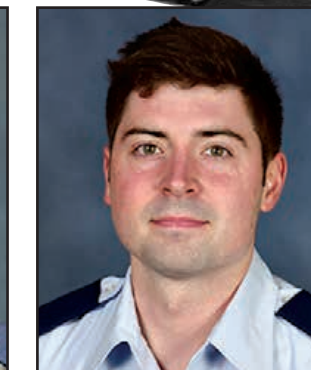
Advanced training for the fighter track is done in the T-38C Talon, a tandem-seat, twin-engine supersonic jet. T-38 training emphasizes formation, advanced aerobatics and navigation. Training takes approximately 26 weeks and includes 381 hours of ground training, 31.6 hours in the flight simulator and 118.7 hours in the T-38C aircraft.

The airlift-tanker track uses the T-1A Jayhawk, the military version of a multi-place Beech Jet 400 business jet. Instruction centers on crew coordination and management, instrument training, cross-country flying and simulated refueling and airdrop missions. Training takes about 26 weeks and includes 185 hours of ground training, 53.6 hours in the flight simulator and 76.4 hours in the T-1A.

Each class is partnered with business or civic organizations during their year of training. This program is designed to foster closer ties between the community and Columbus AFB. Today, each student will be given a set of pilot wings with their names engraved on the back as a token of good luck from their partners. SUPT Class 19-01 pilot partner is Financial Concept and Zachary's.



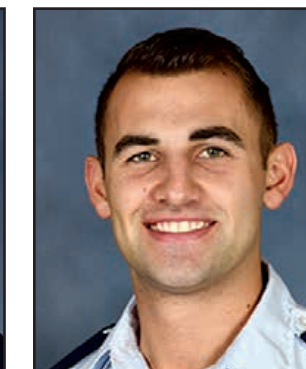
1st Lt. Ruzigana Fernand
Rwanda



2nd Lt. George Bacik III
KC-135



2nd Lt. Mark Cruickshank
F-22



2nd Lt. Robert Davis
T-1