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"I am going
to do all that
I must to stay
sober to finally
see the
true plan."

Photo for illustration purposes only.

“Before I was in recovery, I thought I could live my life on prescription drugs. Then, I decided that wasn’t enough and added meth to it. I went crazy, but my lowest point was to see my parents, children, and sister’s look of disappointment when they knew for sure what I had been doing. I came to the Pines and Cady Hills because I had nowhere else to go and I intended to only stay for 30 days. Well, God did for me what I couldn’t do for myself. I worked with my counselor on many things that were holding me down. Then, I went to the Last House on the Block. Staying at the Last House helps me to stay sober, as well as going to meetings and working the steps with my sponsor. Prayer and meditation helps a lot with hard times and helps me to understand my part in all matters. All these things make me who I am and influence who I will become. I believe my Higher Power has many plans for me because he brought me to life when I was born dead. He has brought me through many times that should have killed me.”

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Vol. 43, Issue 5

Weather

<div>Friday</div> <div><div><div></div><div>Partly Cloudy</div></div><div>High 72°F Low 45°F</div></div>	<div>Saturday</div> <div><div><div></div><div>Cloudy</div></div><div>High 63°F Low 48°F</div></div>
<div>Sunday</div> <div><div><div></div><div>Cloudy</div></div><div>High 73°F Low 56°F</div></div>	<div>Monday</div> <div><div><div></div><div>Rain</div></div><div>High 76°F Low 61°F</div></div>
Forecast provided by the 14 th OSS Weather Flight	

News Briefs

SUPT Class 19-06 Graduation
Specialized Undergraduate Pilot Training Class 19-06 graduates 10 a.m. Feb. 15 at the Kaye Auditorium.

Presidents' Day Holiday
The 14th Flying Training Wing will recognize the Presidents' Day Holiday Feb. 18. Most base offices will be closed.

Valentine's Day Luncheon
A free Valentine's Day luncheon will be 11:30 a.m. Feb. 4 at the BLAZE Chapel. Everyone is invited to the Chapel for a quick relationship tune-up and a delicious free Italian buffet! Please RSVP with Chapel: (662) 434-2500.

Inside

Feature 8
The 48th Flying Training Squadron 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 (19-20)	Feb. 7	48th (19-06)	Feb. 15	49th (19-DBC)	Feb. 8	T-6	342	482	9,216
41st (19-21)	Feb. 22	50th (19-06)	Feb. 15			T-1	184	145	3,174
						T-38	200	180	3,705
						IFF	78	80	1,474
Gen. Charles Q. Brown Jr., Pacific Air Forces commander, will be the guest speaker for Specialized Undergraduate Pilot Training Class 19-06's graduation at 10 a.m. Feb. 15, 2019, in the Kaye Auditorium.						* Mission numbers provided by 14 FTW Wing Scheduling.			

U.S. Air Force photo by Airman Hannah Bean
A Bobcat T550 Compact Track Loader dismantles a section of Freedom Park Feb. 6, 2019, on Columbus Air force Base, Mississippi. New equipment will be added to the park, replacing the old equipment currently residing there and making the park safer. The new park is scheduled to be completed in April 2019.

Freedom Park demolition begins

Airman Hannah Bean
14th Flying Training Wing Public Affairs
Demolition of Freedom Park began Feb. 6 on Columbus Air Force Base, Mississippi.
The Freedom Park playground was built in 1996, a time when playgrounds were typically constructed with wooden

materials. Since its construction over 20 years ago, several areas have deteriorated in the wooden structure and many features worsened over time, creating an ever-increasing safety hazard.
In September 2018, due to several safety concerns that sur-

See PARK, Page 3



14TH FLYING TRAINING WING DEPLOYED

As of press time, 47 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.

Hercules stops at Columbus AFB



U.S. Air Force photo by Senior Airman Beaux Hebert

A C-130J Hercules, assigned to Little Rock Air Force Base, Arkansas, taxis to the SAC ramp Feb. 5, 2019, on Columbus Air Force Base, Mississippi. Their mission is to forge the world's most expertly trained, professionally competent, and combat effective tactical airlifters.

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
11	12	13	14 Valentine's Day Luncheon, 11:30 a.m. @ Chapel Annex	15 SUPT Class 19-06 Graduation, 10 a.m. @ Kaye	16/17	Feb. 25: ALS Begins
18 President's Day	19	20	21 Lafayette JROTC Tour	22	23/24	Feb. 26: Wing Newcomers
						Feb. 28: Hearts Apart
						March 1: Employee Appreciation Day
						March 1: SUPT Class 19-07 Assignment Night
						March 1: Daedalian's
						March 15: SUPT Class 19-07 Graduation
						March 19: Wing Newcomers
						March 25: Happy Irby Golf Fundraiser

Silver Wings

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Submission Deadline

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

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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.

Air Force, industry meet to discuss rebuilding Tyndall

J. Brian Garmon

Air Force Installation and Mission Support Center Public Affairs

PANAMA CITY, Fla. — Air Force representatives met with more than 450 industry professionals and community leaders Jan. 31 to begin a dialogue and partnership that will eventually lead to the rebuilding of Tyndall Air Force Base, Florida, as an “installation of the future.”

The Tyndall Industry Day held at Florida State University Panama City provided the construction industry with its first look at the damage wrought by Hurricane Michael Oct. 10, 2018, recovery operations and the approach the Air Force will take to rebuild the base as a modern installation that will sustain missions for decades to come.

John Henderson, assistant secretary of the Air Force for installations, environment and energy, Tyndall AFB and Air Force Installation and Mission Support Center leaders presented a state of the base overview, shared their initial rebuild strategy and encouraged industry attendees to partner with them for the unprecedented five-year and more than \$3 billion reconstruction project.

The base includes nearly 1,200 facilities and 100 percent of them will need some level of repair, officials said. Long-term rebuild plans call for multi-use, smart facilities able to withstand severe weather, a more capable flightline to support F-35 operations by 2023 and future weapons platforms in the decades that follow, and walkable campus areas that provide consolidated one-stop-shop facilities for Airmen and their families.

“Today is about gaining a shared understanding of the challenges, the opportunities and the work ahead of us,” Henderson said in opening remarks. “This is also an extremely important opportunity to listen to one another, learn about each other’s ideas, innovations, concerns, and so on. We can’t do this without your help.”

Col. Brian Laidlaw, 325th Fighter Wing commander, and Col. Scott Matthews, Tyndall Program Management Office director, provided a base overview, summarized installation damage from Hurricane Michael, and highlighted recovery efforts and facility assessments.

Matthews and Amy Vandever, Air Force Civil Engineer Center subject matter expert for installation planning, also provided insight into the road ahead for Tyndall AFB.

“For several years, the Air Force has talked about what an installation of the future looks like from several perspectives: sustainable, smart, healthy and resilient,” Vandever said. “Tyndall provides a unique opportunity to make some bold moves and implement multiple strategies aligned with what we envision such an installation will look like.”

Air Force leaders concluded the event with a 90-minute panel question-and-answer session that covered such topics as contracting and community partnerships.

Rep. Neal Dunn thanked Laidlaw for the Tyndall AFB team’s commitment in recovering the base and for the work that lies ahead.

“I can’t say enough good about you, your men and women, the bravery, persistence and dedication they’ve shown in cleaning up the base and helping rebuild already,” Dunn said. “Kudos to your team and their outstanding effort.”

Every speaker underscored the bond Tyndall AFB shares with the Bay County community.

“Shared adversity builds strong bonds,” Henderson said. “By looking around here today and having monitored very closely how this recovery has gone with Tyndall (AFB) and the partnership that exists within the community, I can say the bond between the Air Force and this community has never been stronger.”

A second industry day will be scheduled for May to discuss innovative ideas the Air Force will solicit from industry partners in the next 30-45 days. The call for white papers will focus on facility and infrastructure design and construction, community partnership opportunities and program management.

Industry day presentations and videos, details about the white paper solicitation, announcement of the next industry day, all other information about the Program Management Office and the rebuilding of Tyndall AFB will be posted on the website at www.afimsc.af.mil/tyndallpmo.



U.S. Air Force photo by 2nd Lt. Michael Dunham

Col. Brian Laidlaw, commander of the 325th Fighter Wing, answers a question from an attendee during Tyndall Industry Day Jan. 31 at Florida State University Panama City. Air Force leaders met with professionals from construction and other industries to begin a dialogue and partnership that will eventually lead to the rebuilding of Tyndall Air Force Base, Florida, as an installation of the future.



Share the road. Watch for motorcyclists.

NEWS AROUND TOWN

WWE Live

World Wrestling Entertainment will be performing at 7:30 p.m. Feb. 23 at the Bancorp South Arena in Tupelo, Mississippi. Tickets and information are available online.

Mason Ramsey (Yodel Kid) Concert

Mason Ramsey, American Country music singer,

will be performing at 9 p.m. March 23 at Rick's Café Americain in Starkville, Mississippi. Ramsey first became famous in 2018 when he was recorded yodeling Hank Williams Sr. in Walmart. Since then, he has performed his debut song “Famous” at the Grand Ole Opry and all around the United States. Tickets are on sale at <https://www.rickscafe.net/event/9090195/mason-ramsey/>.

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 thru 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.

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. Jan. 29. Become a club member and save! For more information, contact 434-2489.

Best Laid Plans Murder Mystery Dinner
Join us on Feb. 14 for this interactive dinner, wear your best flapper dress, zoot suit, feather boas and fedoras...or not! Be part of this fun evening of mystery and intrigue and you decide whodunnit! Limited seating \$55 per person includes: 2.5 interactive show, three course dinner, soft drinks and childcare. Call 434-2489 or 434-2771 or stop by the event center to get your tickets and for more information.

UFC Fight Night
Join us at the Overrun in the Event Center for UFC 234 Whittaker vs. Gastelum on Feb. 9, doors open at 6:30 p.m. Food and drink specials. Club members receive a \$5 food voucher! Call 434-2489 for more information.

Theme Thursdays at the Overrun
Join us every Thursday in February for our Travel the World Edition of Theme Thursday! Featuring \$0.45 wings on Thursdays at the Overrun, Drink specials and sports games on TV’s and DJ Memo on the turntables. Call 434-2489 for more information.

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: Valentine’s Day Crafts from Feb. 1-16, and Celebrate Black History Month Crafts from Feb. 18-23. For more information, contact the Base Library at 434-2934.

Assignment Night Transportation
Book Assignment Night transportation with ITT! Reserve the bus, the van or both! The cost is only \$30 per hour for Columbus and local areas; a \$30 deposit is required and applied to the total cost of reservation. Reservation must be a minimum of four hours and reserved in person. For more information, contact 434-7861.

Martial Arts
Martial Arts classes are available at the Youth Center every Tuesday and Wednesday from 5:30-6:30 p.m. receive two free in-

The Event Center Presents

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February 21 Tokyo

February 28 New Orleans

DOORS OPEN AT 6:00PM

Drink Specials \$0.45 Wings 2 for \$12 Burgers \$6 Nachos

Corn Hole Music Sports games on TV's Pool

For more information call 434-2489



troductory classes, contact the Youth Center for more information at 434-2504.

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 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 ages birth – 2 years. For more information, contact 434-2934.

FSS Gift Cards
Make your shopping easier! Purchase or redeem your FSS 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.

Valentine’s Balloons
Information Tickets and Travel is offering customizable balloon bouquets for Valentine’s Day, they can also fill balloons brought in by customers! For more information, contact 434-7861.

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

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

Play Paintball
Outdoor Recreation offers paintball for groups or individuals. You must book twenty-four hours in advance; 17 years old and under must be accompanied by an adult. The cost is \$15 per person for party of 10 or more; \$20 per person for party of nine or less. You must purchase paint balls at Outdoor Recreation for \$50 per case of 2,000. For more information, contact 434-2505.

The Overrun is Open Friday Nights
The Overrun is open Fridays 4:30 p.m. until midnight. Excluding Graduation nights. For more information, contact 434-2489.

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.

Wood Shop is OPEN!
The Wood Shop is back in business! They are open Mon-Thurs. from 10 a.m.-5 p.m. and Saturday 8 a.m.-4 p.m., call 4347836 for more information

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.

Laser Bowling
The Strike Zone offers laser bowling every Friday and Saturday night starting at 5pm, stop in for a great time! Call 434-3426 for more information.

Smoke detectors save lives

Darren Amos
14th Civil Engineer Squadron



Smoke alarms save lives. Smoke alarms that are properly installed and maintained play a vital role in reducing fire deaths and injuries. If there is a fire in your home, smoke spreads fast and you need smoke alarms to give you time to get out.

Smoke is a poison that can kill you. Without properly working smoke alarms, you may not wake up from the smoke. Home fires at night or when people are sleeping are the most dangerous. Working smoke alarms will alert you if there is a fire and will give you more time to escape.

Columbus AFB Fire & Emergency Services recommends that you install smoke alarms in every sleeping room and on every level of the home. For large homes, more smoke alarms may be needed. Test your smoke alarms monthly by pushing the “test” button. If the battery is chirping, replace the battery immediately. All smoke alarms should be replaced every 10 years from the date of manufacture.

Prevention and planning is key....develop an evacuation plan and practice your plan. If your smoke alarms sounds and you experience a fire, close all doors as you escape to slow the spread of fire. Get outside immediately and stay outside!

Facts and figures about smoke alarms

In 2012-2016, smoke alarms sounded in more than half (53 percent) of the home fires reported to U.S. fire departments

Almost three of every five home fire deaths resulted from fires in homes with no smoke alarms (40 percent) or no working smoke alarms (17 percent)

- No smoke alarms were present in two out of every five (40 percent) home fire deaths
- The death rate per 1,000 reported home fires was more than twice as high in homes that did not have any working smoke alarms compared to the rate in homes with working smoke alarms (12.3 deaths vs. 5.7 deaths per 1,000 fires)
- In fires in which the smoke alarms were present but did not operate, more than two of every five (43 percent) of the smoke alarms had missing or disconnected batteries
- Dead batteries caused one-quarter (25 percent) of the smoke alarm failures



U.S. Air Force photo by Airman Hannah Bean
Construction workers disassemble pieces of Freedom Park during demolition Feb. 6, 2019, on Columbus Air force Base, Mississippi. The Freedom Park playground was built in 1996, a time when playgrounds were typically constructed with wooden materials.

PARK

(Continued from page 1)

faced, base leadership made the decision to close the playground, keeping in mind the safety of families and their kids.

“The safety of it is important so that families can bring their children out there and not be concerned with their children being injured and at the same time, having somewhere safe to play, grow, exercise and have fun,” said 2nd Lt. Brett Albertson, 14th Civil Engineer Squadron chief of project management.

In addition to making the park safer, new equipment will be added to the park, replacing the old equipment currently residing there.

The playground will be built into two separate sections. One section will be for a 2-5-year-old area and the other section is a 5-12-year-old area, with equipment varying based on age range.

Some of the equipment includes two swing sets, various climbing structures, sun shades and a jet theme throughout the playground.

“It gives them a safer and more modernized place because the current one was built over 20 years ago,” said Allison Lewis, 14th Contracting Squadron infrastructure flight chief. “Times have changed, especially for kids, the safety requirements have changed ... It also gives something for your younger kids while also providing something

“It gives them a safer and more modernized place because the current one was built over 20 years ago,” said Allison Lewis, 14th Contracting Squadron infrastructure flight chief. “Times have changed, especially for kids, the safety requirements have changed ... It also gives something for your younger kids while also providing something for your older kids. Kids of all ages can actually utilize the structure and not get bored.”

for your older kids. Kids of all ages can actually utilize the structure and not get bored.”

While Freedom Park is being reconstructed, everything else, including the track, will remain open. The new playground is projected to be completed in April 2019.

Quality of Life survey results

The 14th Flying Training Wing leadership recently asked for your input in a Quality of Life survey to gain feedback on nine questions. We carefully reviewed all 5,059 responses to determine what we can do to help improve your quality of life here on Columbus Air Force Base.

The intent of this article is to provide feedback on your responses, while at the same time providing education on some of the processes and procedures that must be followed to address some of these issues. While we cannot address every single response, we will address the most common responses in order to give you a look into what leadership is doing to improve your experience here on the base and also provide transparency where limited resources are a factor.

Q1. What would you do to improve the Columbus AFB quality of life?

The most common recommendations were improve playground areas, reopen the auto hobby shop, provide more dining options, add an indoor playground, and provide a child area in the fitness center for parents to use while exercising. The following are some of the projects/activities underway to address these recommendations:

Unfortunately, Freedom Park had to be closed due to safety concerns and Team BLAZE has been working very hard to deliver a much-improved playground area to the community. Freedom Park's current wooden structure is slated to be demolished in the beginning of February and a new playground will be constructed in the same location with an estimated completion date of April 2019. The new playground will offer both shaded areas and rubberized, safety-focused flooring.

We are currently exploring options to reopen the auto hobby shop. The request for any services activity requires approval from the Air Force Services Agency (AFSVA) and requires a comprehensive business case analysis. Although the survey provides evidence that there is interest in an auto hobby shop on Columbus AFB, the challenge will be securing funding to renovate the building and supply the equipment as well as justifying to AFSVA why Columbus AFB again needs an auto hobby shop. Ultimately, the establishment of any new Force Support Activity such as an auto hobby shop should be financially self-sufficient and not negatively impact the overall Morale, Welfare and Recreation Fund.

The 14th Force Support Squadron (FSS) and AAFES are exploring various food options, to include adding options closer to the 14th Operations Group and Maintenance hangars. Progress is underway to obtain funds as part of the Air Force Smart Fueling Initiative along with AFSVA. Options being looked at by the FSS include expanding Club dining hours of operation, purchasing a food truck, and establishing a mobile food transport vehicle through which FSS can sell breakfast sandwiches on location. Additionally, AAFES is currently in negotiation with Rajun Cajun to provide a healthy menu option at the location formerly occupied by Taco Bell in the Food Court area, as well as analyzing potential food truck options for the flight line side of the base.

The FSS is currently working on a proposed way ahead and options for constructing an indoor playground in the current Blaze Community Commons facility. Potential options

will soon be briefed to wing leadership and we are exploring local and headquarters funding options to see which results in getting a playground in the shortest timeframe and at the best cost.

The desire for a child area that allows parents to monitor their children while conducting fitness activities is brought up often. The challenge we have is that the current fitness center is undersized for the population we service at Columbus AFB, and taking space away from the current facility will negatively impact other customers. This is the same reason the Alpha Warrior site was built outside the fitness center and provided a canopy. For those that may not be aware, a new Fitness Center has been the wing's No. 1 military construction unfunded requirement for the past 14 years. Unfortunately, until it elevates high enough on the Air Force priority list to receive funding, we have limited options. With that said, we are looking to close the Whispering Pines Café by the end of the year in order to convert that facility to a satellite fitness center that would have a child area. This project will take time, but is in the works.

Q2. What food options would you like to see changed or added to Columbus AFB?

The most common recommendations were the addition of chain restaurants and food trucks with a focus on healthy options.

With the departure of Taco Bell in December, AAFES has worked very hard to find a replacement vendor for that location. Unfortunately, factors such as potential sales volume, base population size, and concerns about return on investment make it difficult to solicit to large national brands as well as local vendors. That being said, we are excited to have a local vendor, Rajun Cajun, in negotiations with AAFES to fill the former Taco Bell location. Their menu includes a large variety of quick and healthy options as well as classic Cajun favorites. AAFES is also working to supplement the on-base lunch options with the addition of mobile food vendors that will be located close to the flight line. The goal is to provide more variety and expedient options for the students and IPs that have limited time for lunch breaks.

Q3. What facilities/activities would you go to after hours (7:30 a.m.-4:30 p.m.) and on weekends, if opened? Auto hobby, gym, bowling alley, etc.?

The most common recommendations were reopening the auto hobby shop and golf course as well as providing extended hours for the bowling alley and movie theater.

The 14th FSS is looking into which facilities might be able to benefit customers with after-hours and extended-weekend hours. The two activities we see potential for expansion are the Club/Event Center and Bowling Center and we will look more closely at this while also engaging with customers.

For those that may not be aware, the Fitness Center does allow 24/7 access. Authorized patrons can register their ID cards (CACs) with the Fitness Center staff and utilize the fitness center during times the staff is not present at the facility by accessing the side entrance.



The golf course was closed in March 2017 and all assets/equipment were divested around December 2017, to include the demolition of the maintenance facility. The existing golf course cart path has been converted into the 2-mile BLAZE Fit Trail with three exercise stations spaced out in roughly half-mile intervals. We are working on securing funding to resurface the trail with a rubberized material, and are also looking into lighting options for nighttime use. We have received some funding from AFSVA for this project and are working to secure additional funding to execute the entire project.

Q4. What activities/programs have you seen at other bases that you think would work at CAFB?

The most common responses were child care in the gym, indoor playground, splash pad, MWR trips and more robust movie theater options.

Wing leadership has discussed the potential for installing a splash pad at various locations around the base. Obviously, access to an existing water source would be optimal and most cost effective. One potential location that has been discussed with Hunt Housing is near the base pool. Numerous details need to be assessed and planned before any courses of action will be implemented.

The 14th FSS is working to improve its programming and is focusing on three areas: The Event Center, Outdoor Recreation, and Information Tickets & Travel (ITT). The Event Center has recently increased programming to include a Boss & Buddy Night each month, Theme Thursday every week, special event nights (i.e., Super Bowl Party), Salsa Nights and an upcoming Dinner Theater. We also intend to utilize all of our enhanced entertainment funding to bring in various local bands a few times throughout the year. We have also targeted funds to put into the Outdoor Recreation and ITT operations to be able to fund travel for MWR trips and adventure activities. One additional point to add is that ITT can arrange group outings if squadrons or neighborhoods would like to travel by bus to Memphis, Nashville and other locations.

The 14th FSS began offering a free monthly movie matinee on a Saturday back in October. We plan to collect attendance data over the course of six to eight months to determine if the demand is actually present on base to expand movie offerings.

Q5. What improvements or enhancements to the BLAZE Fit Trail should be implemented?

The suggestions to improve the BLAZE Fit Trail varied widely, but common inputs included: lighting for use during hours of darkness; general repairs and improvements to the trail itself, such as surface levelling, rubberized surface, and

See SURVEY, Page 12

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.)

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

Wing Newcomers Orientation

The next Wing Newcomers Orientation is from 8 a.m.-noon Feb. 26. 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 is from 5-7 p.m. Feb. 28. 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 is from 7:30 a.m.-4 p.m. March 4-8 in the A&FRC 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.

Preparation counseling is required before attending, and recommended attendance is 12-24 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.

Air Force Recovery Coordination Program

A Recovery Care Coordinator (RCC) will be providing assistance from 8 a.m.-5 p.m.

8 promoted at January Enlisted Promotion Ceremony



U.S. Air Force photo by Melissa Doublin

Airmen from the 14th Flying Training Wing pose for a photo after an Enlisted Promotions ceremony Jan. 31, 2019, on Columbus Air Force Base, Mississippi. The enlisted promotions were followed up by the Wing Quarterly Awards Ceremony, awarding Airmen for their exceptional work across the wing.

Feb. 7; 8 a.m.-noon Feb. 8; and noon-5 p.m. March 6 at the A&FRC. The Recovery Coordination Program (RCP) streamlines and improves the way care and support is delivered to wounded, ill, and injured Airmen and their families. The RCP provides the support of a RCC who guides the Airman and family along their road to recovery. Those eligible include wounded, ill and injured Airmen who: (1) have a serious illness or injury, (2) are unlikely to return to duty within a specified amount of time, (3) may be medically separated from the military. Additional details are available by contacting the Columbus AFB A&FRC at (662) 434-2790.

Career Exploration and Planning Track Workshop

The next Career Exploration and Planning Track workshop is from 8 a.m.-3 p.m. March 11-12 in the A&FRC. This workshop helps members identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. To register or for more information, please call A&FRC at (662) 434-2790.

Federal USA Jobs Workshop

The next Federal USA Jobs workshop is from 9-10:30 a.m. March 13. 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 April 11 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.

Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop is from 8 a.m.-3 p.m. May 9-10 in the A&FRC. This workshop is conducted by the Small Business Administration for veterans and all base personnel interested starting up and operating their own business. To register or for more information, please call A&FRC at (662) 434-2790.

Installation Voting Assistance Office

A&FRC houses the Voting Assistance Office (VAO) which is open Monday - Friday, 7:30 a.m.-4:30 p.m. 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). The VAO also leads and trains all installation unit voting assistance officers. For more information, please contact the Installation VAO at (662) 434-2701/2790 or e-mail: vote.columbus@us.af.mil.

Military and Family Life Counselor Program

Military and Family Life Counselors (MFLCs) 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.

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 Long Blue Line

Lt. Col. Jason Richardson
48th Flying Training Squadron
commander

On any standard sunny day, you can turn your ear to the Columbus sky and be treated to sounds reminiscent of the World War II-era as the T-6A Texan II flies over base housing interspersed with the growl of afterburners lighting off as T-38C Talon formations are propelled into the air.

If you listen closely on these days, you might also hear the melodious whistle of the mighty T-1 Jayhawk as it levels off at 700 feet before climbing and disappearing from sight and mind for the next 6.5 hours.

Yet, if you also listen on the days when the propellers and afterburners are quiet, the clouds are hanging low and you can only see

half a mile down the road, you'll hear that same beautiful whistle. That is the sound of instructor pilots and students training to maintain the greatest asymmetric advantage the U.S. holds over our enemies: Rapid Global Mobility.

The 48th Flying Training Squadron and our two sister squadrons at Vance and Laughlin Air Force Bases repeat this process daily. Each year, we create two-thirds of the Air Force's pilots. At the end of 105 training days, those that complete the program have wings affixed to their chest. We look them in the eye and tell them "Great job ... but you're not done!"

On graduation day, they will barely understand the terms "tanker bridge" or "infil/exfil" or "AMP 4 assault landing." But as they arrive at their follow-on bases, they will be-

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come the descendants of Airmen who defeated the Soviet Union without firing a shot but instead executed an 11-month humanitarian resupply, we remember as the Berlin Airlift, by landing or taking off aircraft in the city every 30 seconds.

They will become the cousins of Airmen that performed a 20-ship airdrop of the U.S. Army into Northern Iraq during the opening night of Operation Iraqi Freedom.

But more importantly, they will become

the future of our Air Force and be responsible for charting a course that keeps the scales always tipped in our favor.

Make no mistake, airpower is a team sport! However, as our adversaries develop fifth-generation fighters and radars that can detect stealth aircraft, it is America's ability to project power across the globe at a moment's notice that sets us apart. This is the portion of the Long Blue Line that our students are preparing to join and lead.

with no impact to installation missions. As recently as Jan. 25, 2019, the 100 percent ID check led to the discovery of a vehicle passenger attempting entry onto the installation in possession of marijuana and a firearm. The addition of a mobile barrier at the exit lane of the main gate is another effort to prevent unauthorized base access while also deterring a recurring issue of speeding by outbound vehicles following the serpentine around the bollards.

With regard to weapons on base, the 14th FTW only recognizes individuals that qualify under the Law Enforcement Officers Safety Act (LEOSA) that are assigned to the 14th Security Forces Squadron, possess a LEOSA credential, and are current with Security Forces weapon qualifications. For individuals that wish to maintain their weapons on base, the weapons must be stored in the 14th Security Forces Armory. When transporting a weapon on base, it must be unloaded. If you are stopped by Security Forces while transporting your weapon, please inform the Security Forces member that you are transporting an unloaded weapon and the location of the weapon.

Q9. How would you prefer to receive information regarding events and programs available on CAFB app?

The two most popular responses were the Wing App and "BLAZE All" emails.

The addition of the new 14 FTW App has brought an entirely new level of connectivity and expedient notifications to those that have downloaded it to their Apple or Android device. So much so, that many other bases are in the process of replicating our app. We understand that not everyone is using the app so we will continue to push notifications through "BLAZE All" emails and social media to keep members informed and up to date on all the happenings throughout Team BLAZE.

SURVEY

(Continued from page 11)

widening; and improved amenities for users of the trail, such as more water stations, improved signage, and waste receptacles. Many of the items, such as the trash receptacles and signage, will be addressed quickly for a relatively low cost. Others will require significant resources and project planning, with trail lighting requiring a comprehensive technical solution, design, and project funding. Another suggestion was to reopen the golf course, which would require a complete shift in the usage of the trail. Ultimately, we want the trail to attract many different users for different purposes to maximize utilization of this great asset. In order to do that, we will have to balance recommendations against what is feasible, affordable, and will provide the most gain to the diverse customers that utilize the trail.

Q6. Are there adequate sidewalks available on base for locations you frequently walk to/from?

The most common response was a need for a sidewalk from the 14th OG campus to the BX/Commissary along with a possible crosswalk.

Leadership is aware of the safety concern and the 14th Civil Engineer Squadron will paint a crosswalk near the side entrance of the BX for pedestrians transiting between the OG Campus and the BX area as soon as weather conditions allow. The longer term solution being explored is to include fences and sidewalks as well as additional safety measures. Our goal is to quickly provide pedestrians a safe area to cross Simler Boulevard and end the common scene of members having to navigate thru traffic to get to the BX area. We are also reviewing the survey responses for other locations where sidewalks were suggested and will prioritize sidewalk installations with other competing construction projects.

Q7. What type of food option would you like to see replace Taco Bell?

The most common response was the addition of a Chick-fil-A or Chipotle.



The Mission Support Group and AAFES have worked very hard to meet the desires of Team BLAZE in finding the right fit for a vendor to fill the Taco Bell location. The most popular request was Chick-fil-A. Unfortunately, AAFES has been unable to place a Chick-fil-A on any military base, to include bases with much larger populations. AAFES solicited numerous national brands as well as popular local restaurants over the past several months. We are excited to have a local vendor, Rajun Cajun, in the works to fill the old Taco Bell location. Their menu includes a large variety of quick and healthy options as well as classic Cajun favorites. AAFES is also working to supplement the on-base lunch options with the addition of mobile food vendors that will be located close to the flight line.

Q8. What type of law enforcement concerns do you have on CAFB?

Common responses included speeding in base housing, removing the necessity for 100 percent ID checks, and maintaining personal weapons on base.

The safety and security of all Columbus AFB members remains a top priority for wing leadership. Security Forces will continue to conduct random radar traffic enforcement throughout base housing. We encourage you to report locations in base housing where you note continuous problems. Currently, Security Forces ticket reports do not show any identifiable trends. However, we are understanding of community concerns and will increase enforcement in locations that get reported.

Across the Department of Defense, installations are experiencing problems with individuals running installation gates, including unauthorized personnel accessing installations. In an effort to reduce risks to the installation regarding access control, fulltime, 100 percent identification checks were recognized as a reasonable measure that buys down security risks



THE SECRETARY OF THE AIR FORCE
CHIEF OF STAFF, UNITED STATES AIR FORCE
WASHINGTON DC

FEB 5 2019

Teammates,

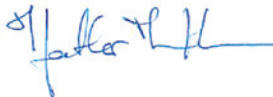
We have lost 11 Airmen over the last 4 weeks and more than 100 Total Force Airmen in 2018. Despite our collective efforts and responsibility for their well-being, suicide remains the leading cause of death for Airmen. These losses know neither grade, AFSC, status nor unit boundaries. They represent all of us.

One suicide is too many. Each of us must act *now* to drive our Total Force suicides down. Our ultimate goal is ZERO. Suicide has devastating effects on individuals, families, units, communities, our readiness and our nation. We must collectively work toward preventing those who are in despair from dying by suicide.


Suicide prevention is really about a culture shift. Culture is our collective beliefs, actions and values; the things each of us say and do contributes to our Air Force culture. We need an Air Force culture where it is more common to seek help than to try to go at it alone. We expect each of us to know what resources are available, help those in need, and stand alongside our Wingmen throughout a crisis or challenge. No one is alone and we are all valued members of our Air Force family.

Please read the attached "What I Can Do Today" to learn how else you can arm yourselves in the pursuit of ZERO suicides and visit www.resilience.af.mil for more prevention tools. Additionally, we have several innovative programs at a number of installations (Task Force True North, Zero Suicide Systems Approach, Wingmen Connect/Sources of Strength) aimed at increasing resilience and the understanding that seeking help is considered a strength. We encourage you to open up and share your own stories of struggle and triumph; use this experience to help others. If you want more information about these initiatives, contact your installation Community Support Coordinator.


Suicide is a difficult and complex issue but it is preventable. It requires each of us to be involved and steadfast in our commitment to stop suicides. We expect each and every one of you to join our efforts in creating an environment where every Airman and family member can thrive.






Heather Wilson
Secretary of the Air Force



David L. Goldfein
General, USAF
Chief of Staff



Kaleth O. Wright
Chief Master Sergeant of the Air Force



AF RESILIENCE
LEADERSHIP TOOLS FOR CRISIS PREVENTION, INTERVENTION, & POSTVENTION

Thriving Airmen and Families

Multiple Air Force initiatives are working towards a common goal: **Empowering Leaders and Airmen to increase morale, cohesion, and readiness by recognizing when Airmen need help, decreasing barriers to help-seeking, and creating a culture in which Airman and their families thrive.** Here are actionable steps you can take today to advance this common goal:

- **Communicate** in a way in which people feel valued and their contributions are meaningful;
- **Set norms** that convey intolerance of any form of harassment or interpersonal violence;
- **Establish the expectation** that everyone is responsible for preventing negative outcomes/increasing positive ones.

The small choices that foster a culture of help-seeking and connectedness can seem separated from stopping an assault or suicide; but cultural norms will only be established by a lot of people making these choices every day.

Here are some small things you can do today to establish norms that contribute to a culture in which everyone thrives:

- **Talk** about times you struggled and the support — mental, physical, spiritual, social — that helped you get through it;
- **Encourage** all Total Force Airmen (civilians, enlisted, officers, family members) to seek help early;
- **Dispel** the myth that seeking help — especially seeking help early — will have negative career impact (for related facts, see "Career Impact" handout on www.resilience.af.mil).

Identify the specific opportunities you have to shape norms across your sphere of influence and leverage them:


- **Newcomers:** Check in often with newcomers and their family members. Ask how you can help them ... don't wait for them to ask for help. This contributes to a culture in which help-seeking is expected.
- **Helping Agencies:** Proactively learn about your installation's helping resources. Use the ones that will help you and/or your family and encourage coworkers to do the same.
- **Informal mentoring:** Check-in regularly with Airmen and discuss their personal and/or professional stressors and ensure they are connected to helping resources. Distress may result from:
 - Perceived dissolution of relationship, includes family relationships and especially romantic relationships
 - Occupational problems, especially related to a high stress job and lack of perceived social support
 - Legal problems, especially related to crimes of sexual nature and divorce
 - Mental health diagnoses, history of suicidality/extreme anger, and impulsive behavior
 - Alcohol and substance use-related problems
 - Financial problems
 - **Note:** Multiple and compounding problems place someone at highest risk

Remember ACE: Ask, Care, Escort when concerned about someone and download the **ACE card/Save a Life Questionnaire on the free "Air Force Leaders" app on your phone** (found on app store for androids and iPhones)


Self-care is essential to serving effectively and to our ability to create a culture in which Airmen and families thrive. Balance is often elusive in the face of the demands of personal and professional commitments and responsibilities. However, research is clear that as stress increases, our ability to cope with stressors decreases and often unhealthy behaviors increase. When we don't take care of ourselves, we place ourselves in jeopardy of making poor decisions and performing less effectively. Here are some actionable steps you can take to practice and model self-care:

2-8/10-5-7: Aim for balance each day: 2 hours of "me time", 8-10 hours of work, 5 hours of unplugged/social/family time, and 7 hours of sleep. While this may not be achievable every day, this formula helps guide daily balance efforts.


Self-Assessment: Take an honest assessment of your physical, mental, spiritual and social health and seek help when needed. Choose a mentor that exhibits strong well-being and be a well-being for others. Your self-care is contagious and will motivate and inspire others' self-care.



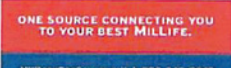
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For more tools visit www.resilience.af.mil

PACAF commander to speak at SUPT Class 19-06 graduation

Gen. Charles Q. Brown Jr., the Commander, Pacific Air Forces; Air Component Commander for U.S. Indo-Pacific Command; and Executive Director, Pacific Air Combat Operations Staff, Joint Base Pearl Harbor-Hickam, Hawaii, will be the guest speaker at Specialized Undergraduate Pilot Training Class 19-06's graduation Feb. 15 at the Kaye Auditorium. PACAF is responsible for Air Force activities spread over half the globe in a command that supports more than 46,000 Airmen serving principally in Japan, Korea, Hawaii, Alaska and Guam.



General Brown was commissioned in 1984 as a distinguished graduate of the ROTC program at Texas Tech University. He has served in a variety of positions at the squadron and wing level, including an assignment to the U.S. Air Force Weapons School as an F-16 instructor. His notable staff tours include aide-de-camp to the Chief of Staff of the Air Force; Director, Secretary of the Air Force and Chief of Staff Executive Action Group; and Deputy Director, Operations Directorate, U.S. Central Command. He also served as a National Defense Fellow at the Institute for Defense Analyses, Alexandria, Va.

General Brown has commanded a fighter squadron, the U.S. Air Force Weapons School, two fighter wings, and U.S. Air Forces Central Command. Prior to his current assignment, he served as the Deputy Commander, U.S. Central Command.

The general is a command pilot with more than 2,900 flying hours, including 130 combat hours.

EDUCATION

- 1984 Bachelor of Science degree in civil engineering, Texas Tech University, Lubbock, Texas
- 1991 U.S. Air Force Fighter Weapons School, Nellis AFB, Nev.
- 1992 Squadron Officer School, Maxwell AFB, Ala.
- 1994 Master of Aeronautical Science degree, Embry-Riddle Aeronautical University, Daytona Beach, Fla.
- 1997 Distinguished graduate, Air Command and Staff College, Maxwell AFB, Ala.
- 2000 Air War College, Maxwell AFB, Ala.
- 2004 National Defense Fellow, Institute for Defense Analyses, Alexandria, Va.
- 2008 AF Senior Leadership Course, Center for Creative Leadership, Greensboro, N.C.
- 2012 Joint Force Air Component Commander Course, Maxwell AFB, Ala.
- 2014 Joint Flag Officer Warfighting Course, Maxwell AFB, Ala.
- 2015 Pinnacle Course, National Defense University, Fort Lesley J. McNair, Washington, D.C.
- 2017 Leadership at the Peak, Center for Creative Leadership, Colorado Springs, Colo.

ASSIGNMENTS

- 1. May 1985 - April 1986, student, undergraduate pilot training, 82nd Student Squadron, Williams AFB, Ariz.
- 2. May 1986 - July 1986, student, lead-in fighter training, 434th Tactical Fighter Training Squadron, Holloman, AFB, N.M.
- 3. August 1986 - March 1987, student, F-16 training, 62nd Tactical Fighter Training Squadron, MacDill AFB, Fla.
- 4. April 1987 - October 1988, F-16 pilot, 35th Tactical Fighter Squadron, Kunsan Air Base, South Korea
- 5. November 1988 - April 1991, F-16 instructor pilot, wing electronic combat officer, and wing standardization and evaluation flight examiner, 307th and 308th Tactical Fighter Squadrons, Homestead AFB, Fla.
- 6. April 1991 - August 1991, student, U.S. Air Force Fighter Weapons Instructor Course, Nellis AFB, Nev.
- 7. August 1991 - August 1992, F-16 squadron weapons officer and flight commander, 307th Fighter Squadron, Homestead AFB, Fla.
- 8. September 1992 - October 1994, weapons school instructor, and standardization and evaluation flight examiner, F-16 Division, U.S. Air Force Weapons School, Nellis AFB, Nev.
- 9. October 1994 - July 1996, aide-de-camp to the Chief of Staff, Headquarters U.S. Air Force, Washington, D.C.
- 10. August 1996 - June 1997, student, Air Command and Staff College, Maxwell AFB, Ala.
- 11. June 1997 - September 1997, student, Armed Forces Staff College, National Defense University, Norfolk, Va.
- 12. September 1997 - November 1999, air operations officer, Current Operations Division, Operations Directorate, U.S. Central Command, MacDill AFB, Fla.
- 13. November 1999 - June 2003, F-16CJ instructor pilot and assistant operations officer, 79th Fighter Squadron; weapons and training flight commander, 20th Operations Support Squadron; operations officer, 55th Fighter Squadron; and Commander, 78th Fighter Squadron, Shaw AFB, S.C.
- 14. July 2003 - June 2004, National Defense Fellow, Institute for Defense Analyses, Alexandria, Va.
- 15. June 2004 - June 2005, Deputy Chief, Program Integration Division, Directorate of Programs, Headquarters U.S. Air Force, Washington, D.C.
- 16. July 2005 - May 2007, Commandant, U.S. Air Force Weapons School, 57th Wing, Nellis AFB, Nev.
- 17. May 2007 - May 2008, Commander, 8th Fighter Wing, Kunsan AB, South Korea
- 18. June 2008 - May 2009, Director, Secretary of the Air Force and Chief of Staff Executive Action Group, Headquarters U.S. Air Force, Washington, D.C.
- 19. June 2009 - April 2011, Commander, 31st Fighter Wing, Aviano AB, Italy
- 20. May 2011 - March 2013, Deputy Director, Operations Directorate, U.S. Central Command, MacDill AFB, Fla.
- 21. April 2013 - February 2014, Deputy Commander, U.S. Air Forces Central Command; Deputy, Combined

Force Air Component Commander, U.S. Central Command, Southwest Asia

22. March 2014 - June 2015, Director, Operations, Strategic Deterrence, and Nuclear Integration, Headquarters U.S. Air Forces in Europe - Air Forces Africa, Ramstein Air Base, Germany

23. June 2015 - July 2016, Commander, U.S. Air Forces Central Command; Combined Force Air Component Commander, U.S. Central Command, Southwest Asia

24. July 2016 - July 2018, Deputy Commander, U.S. Central Command, MacDill AFB, Fla.

25. July 2018 - present, Commander, Pacific Air Forces; Air Component Commander for U.S. Indo-Pacific Command; and Executive Director, Pacific Air Combat Operations Staff, Joint Base Pearl Harbor-Hickam, Hawaii

SUMMARY OF JOINT ASSIGNMENTS

- 1. September 1997 - November 1999, air operations officer, Current Operations Division, Operations Directorate, U.S. Central Command, MacDill AFB, Fla., as a major
- 2. May 2011 - March 2013, Deputy Director, Operations Directorate, U.S. Central Command, MacDill AFB, Fla., as a brigadier general
- 3. April 2013 - February 2014, Deputy Commander, U.S. Air Forces Central Command; Deputy, Combined Force Air Component Commander, U.S. Central Command, Southwest Asia, as a major general
- 4. June 2015 - July 2016, Commander, U.S. Air Forces Central Command; Combined Force Air Component Commander, U.S. Central Command, Southwest Asia, as a lieutenant general
- 5. July 2016 - July 2018, Deputy Commander, U.S. Central Command, MacDill AFB, Fla., as a lieutenant general

FLIGHT INFORMATION

- Rating: command pilot
- Flight hours: more than 2,900, including 130 combat hours
- Aircraft flown: F-16A/B/C/D, AC-130U, AH-64, AT-38, B-1B, B-2A, B-52H, C-130J, E-8C, HH-60G, KC-135, MV-22, T-37 and T-38

MAJOR AWARDS AND DECORATIONS

- Defense Distinguished Service Medal with oak leaf cluster
- Defense Superior Service Medal
- Legion of Merit with three oak leaf clusters
- Bronze Star
- Defense Meritorious Service Medal
- Meritorious Service Medal with two oak leaf clusters
- Aerial Achievement Medal
- Joint Service Commendation Medal
- Air Force Commendation Medal with two oak leaf clusters
- Combat Readiness Medal
- National Defense Service Medal with bronze star

See **GEN. BROWN**, Page 7

Do you enjoy hiking, backpacking, rock climbing, waterfalls? This is the season.

Patrick Wilson
14th Student Squadron

February through early May is the best time to hike, backpack, rock climb and go waterfall sightseeing in the South. No bugs, poison ivy/sumac/oak, snakes, spider webs and humidity. More importantly, during this time of year, the leaves are off the trees, so all the views are open. It is also the wet season, so all the waterfalls are flowing well, and if you are a camper, the weather is great for a fire and some snuggling. So, grab your gear and get going.

One of the best places for hiking, backpacking and waterfall hunting is the Sipsey Wilderness located in the Bankhead National Forest in Northwest Alabama. It is well worth the less than two-hour drive. Just prior to arriving in the Bankhead you may want to stop at Haleyville for any last-minute supplies and, if you plan on returning, stop at the only building, a museum/trading post, in Rabbit Town and purchase a laminated trail map of the Bankhead National Forest.

There are some unique terrain features and numerous seasonal waterfalls that you will want to check out. Most of the popular features are found on the '209' trail. Here are some of the most popular destinations in the Bankhead.

East Bee Branch Falls & Big Tree – This 50-foot waterfall is active year-round and the base holds one of the largest trees in Alabama. It is the No. 1 destination for serious hikers. There are numerous trails that lead here but all of them will be around 10 miles round-trip and, depending on your choice, can include some rugged terrain. If you like rugged trails or rock climbing, there is a beautiful unmarked shortcut trail that can save about 5 miles compared to the other trails but is still 5 miles round trip.

Eye Of The Needle & Ship Rock – The 'Eye' is a small hole thru the cliff created when the rock walls collapsed and is also part of Ship Rock, a rock formation which looks like a bow of a ship bursting out of the ground. It is the destination for many hikers and overnight guests. You can climb through the 'Eye' and cutoff about 0.4 miles of trail. Both sides of the 'Eye' have great campsites, but the southside has numerous creek-front campsites with rapids and sunning rocks. From Thompson Trailhead, it is about 6 miles round-trip and includes two seasonal waterfalls and a small creek crossing. Many people camp near here before exploring East Bee Branch Falls and the Big Tree.

Ripsey Cabin – An abandoned cabin near the 'Eye' and Ship Rock. It has a hikers log to sign and some bunks for hikers to crash in the event of inclement weather. It is close to the Sipsey Fork Creek crossing and Heart Falls. Although not the most popular destination, it is close to some excellent campsites and a wet crossing across Sipsey Fork Creek that will lead to Ship Rock and the 'Eye'. If you choose not to cross the waist deep Sipsey you can visit the off-trail seasonal Heart Falls.



Eye of the Needle



Turkey Creek Falls

Trailheads

There are seven trailheads to begin your adventure; Randolph, Sipsey, Borden Creek, Flannagin, Gum Pond, Braziel and Thompson, but the best adventures, in order, will be from Thompson, Sipsey, or Randolph.

Thompson Trailhead – You can not go wrong by starting from Thompson, but beware the road to Thompson is rocky and potholed most of the year and may require a clearance vehicle. Make sure you download your maps beforehand because you will have no cell service. From Thompson you can easily visit Ship Rock, Eye of the Needle, the Big Tree, East Bee Branch Falls and some seasonal waterfalls. There are many great campsites along this trail with the best site being between Ship Rock and the Big Tree. If you are planning a day hike, the best activities will be between 5-10 miles round-trip, depending on what you wish to visit.

Sipsey Trailhead – By far the most popular trailhead. The Sipsey Trailhead has a large paved parking area next to Sipsey Fork Creek. Pay \$5for parking and begin your adventure because the scenery starts immediately. From the parking area, you can enjoy a picnic at the nearby picnic area and relax in the creek or hike north into a beautiful wooded canyon with seasonal waterfalls, a short rock-slide cave and Fall Creek Falls, all within a 2-4 miles round trip. If you wish to go to Fall Creek Falls, you will get wet crossing a small creek so bring a towel to dry your feet. If you choose to not cross the creek you will find a rock-slide cave about two miles up the trail. A flashlight would help, but isn't necessary.

Randolph Trailhead – This is the easiest trailhead to start from because it is right off the hardtop and is closest to Columbus. The scenery on the trail for the first 1-2 miles is a little bland but the trails from Randolph eventually lead you to some ideal sights. You can visit Ripsey Cabin, Heart Falls, nice campsites, and if you are adventurous and don't mind getting wet, you can cross the Sipsey Fork Creek for additional campsites near Ship Rock and the Eye of the Needle. If you



Parker Falls

take the '202' trail you will pass two old cemeteries and a seasonal fall. Most people will elect to cross the Sipsey and make it an overnight loop visiting the Big Tree, Ship Rock, and the 'Eye'. If you are planning a day hike, the best activities will be 5-10 miles round-trip, depending on what you wish to see.

Unofficial Trailheads – If you are more adventurous and don't mind trails that are a little bit difficult to follow then you will definitely enjoy these hikes. The key is knowing where they start and where they lead. Here are some great day hikes along unofficial trails with their round trip mileage; Parker Falls (2.2), Eagle Creek Falls (2.0), Deer Skull Falls (3.8), Clifty Creek Falls (9.2) and Turkey Falls (0.4). Deer Skull and Turkey Falls are the best two falls in the Bankhead. Many of these trails are shorter and include some of the best waterfalls in the Bankhead.

The Sipsey Wilderness is beautiful this time of year and the best experience is to go out and explore on your own but if you need more information, to include detailed directions and pictures, contact the author.



Medical Corner



HEART HEALTH

The Skinny on Fats

What you eat can affect your LDL (bad) cholesterol. Knowing which fats raise LDL cholesterol and which ones don't can help you lower your risk of heart disease and stroke. Your body naturally produces all the LDL cholesterol you need. Eating foods containing saturated and trans fats causes your body to produce even more LDL, raising the level of “bad” cholesterol in your blood.

Saturated fats are fat molecules that are “saturated” with hydrogen molecules. They are typically solids at room temperature and occur naturally in many foods – primarily meat and dairy products.

For people who need to lower their cholesterol, the American Heart Association recommends reducing saturated fat to no more than 5 to 6 percent of total daily calories. For someone eating 2,000 calories a day, that’s about 11 to 13 grams of saturated fat.

Trans fats (or trans fatty acids) are created in an industrial process that adds hydrogen to liquid vegetable oils to make them more solid. Another name for trans fats is “partially hydrogenated oils.” Trans fats raise your bad (LDL) cholesterol levels and lower your good (HDL) cholesterol levels.

Trans fats are found in many fried foods. Baked goods, such as pastries, pizza dough, pie crust, cookies and crackers can also contain trans fats. Since 2006, the FDA has required trans fat content to be listed on the Nutrition Facts panel of packaged foods. The American Heart Association recommends that adults who would benefit from lowering LDL cholesterol eliminate trans fat from their diet.

There are two kinds of **unsaturated fats**: monounsaturated and polyunsaturated. Monounsaturated fats have one (“mono”) unsaturated carbon bond in the molecule. Polyunsaturated fats have more than one (“poly,” for many) unsaturated carbon bonds. Both of these unsaturated fats are typically liquid at room temperature.

Eaten in moderation, both kinds of unsaturated fats may help to improve your blood cholesterol when used in place of saturated and trans fats. Unsaturated fats are found in fish (such as salmon, trout and herring), and in plantbased foods such as avocados, olives and walnuts. Liquid vegetable oils, such as soybean, corn, safflower, canola, olive and sunflower, also contain unsaturated fats.


The Skinny on Fats. Retrieved from <https://www.heart.org/en/health-topics/cholesterol/preventionand-treatment-of-high-cholesterol-hyperlipidemia/the-skinny-on-fats>

Limiting Saturated and Trans Fats

Here are some ways to lower your intake of saturated and trans fats:

- **Maintain a diet that emphasizes fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts.**
- **Also limit red meat as well as sugary foods and beverages.**
- **Opt for naturally occurring unhydrogenated vegetable oils such as canola, safflower, sunflower or olive oil.**
- **Look for processed foods made with unhydrogenated oil rather than saturated fat or hydrogenated (or partially hydrogenated) vegetable oils.**
- **Use soft margarine as a substitute for butter and choose soft margarines (liquid or tub varieties) over harder stick forms. Look for “0 g trans fat” on the Nutrition Facts label.**
- **Doughnuts, cookies, crackers, muffins, pies and cakes are examples of foods high in trans fat. Don't eat them often.**
- **Limit commercially fried foods and baked goods made with shortening or partially hydrogenated vegetable oils. These foods are very high in fat, and it's likely to be trans fat.**
- **Limit fried fast food. Commercial shortening and deep-frying fats are still made by hydrogenation and contain saturated and trans fats.**
- **Consider using a food diary to keep track of what you eat. It's a handy way to evaluate the healthy, not-so-healthy and unhealthy foods you're making a part of your everyday diet.**

A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,

I have been trying to eat healthier and don't know what to believe when it comes to conflicting information about good vs bad fats. I have heard that butter is better for you than the margarine tub spread. Is this true?

Sincerely,
Which Fat is the Best Fat?

Dear Which Fat is the Best Fat?,

No. Margarine usually tops butter when it comes to heart health. Margarine is made from vegetable oils, so it contains unsaturated “good” fats — polyunsaturated and monounsaturated fats. These types of fats help reduce low-density lipoprotein (LDL), or “bad,” cholesterol when substituted for saturated fat. Butter, on the other hand, is made from animal fat, so it contains more saturated fat.

However, not all margarines are created equal. Some margarines contain trans fat. In general, the more solid the margarine, the more trans fat it contains. So stick margarines usually have more trans-fat than tub margarines do. Trans fat, like saturated fat, increases blood cholesterol levels and the risk of heart disease. In addition, trans-fat lowers high-density lipoprotein (HDL), or “good,” cholesterol levels. So skip the stick and opt for soft or liquid margarine instead. Look for a spread that doesn't have trans fats and has the least amount of saturated fat. When comparing spreads, be sure to read the Nutrition Facts panel and check the grams of saturated fat and trans fat. Limit the amount you use to limit the calories.

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.afmsa.mbx.hpo@mail.mil. Make sure to include in the subject line “Health Myth Buster.” For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>

BLAZE Hangar Tails: F-16 Fighting Falcon

Mission

The F-16 Fighting Falcon is a compact, multi-role fighter aircraft. It is highly maneuverable and has proven itself in air-to-air combat and air-to-surface attack. It provides a relatively low-cost, high-performance weapon system for the United States and allied nations.

Features

In an air combat role, the F-16's maneuverability and combat radius (distance it can fly to enter air combat, stay, fight and return) exceed that of all potential threat fighter aircraft. It can locate targets in all weather conditions and detect low flying aircraft in radar ground clutter. In an air-to-surface role, the F-16

General Characteristics

Primary Function: Multirole fighter
Contractor: Lockheed Martin Corp.

can fly more than 500 miles, deliver its weapons with superior accuracy, defend itself against enemy aircraft, and return to its starting point. An all-weather capability allows it to accurately deliver ordnance during non-visual bombing conditions. In designing the F-16, advanced aerospace science and proven reliable systems from other aircraft such as the F-15 and F-111 were selected. These were combined to simplify the airplane and reduce its size, purchase price, maintenance costs and weight. The light weight of the fuselage is achieved without reducing its strength. With a full load of internal fuel, the F-16 can withstand up to nine G's — nine times the force of gravity — which exceeds the capability of other current fighter aircraft.

The cockpit and its bubble canopy give the pilot unobstructed forward and upward vision, and greatly improved vision over the side and to the rear. The seat-back angle was expanded from the usual 13 degrees to 30 degrees, increasing pilot comfort and gravity force tolerance. The pilot has excellent flight control of the F-16 through its “fly-by-wire” system. Electrical wires relay commands, replacing the usual cables and linkage controls. For easy and accurate control of the aircraft during high G-force combat maneuvers, a side stick controller is used instead of the conventional center-mounted stick. Hand pressure on the side stick controller sends electrical signals to actuators of flight control surfaces such as ailerons and rudder. Avionics systems include a highly accurate inertial navigation system in which a computer provides steering information to the pilot. The plane has UHF and VHF radios plus an instrument landing system. It also has a warning system and modular countermeasure pods to be used against airborne or surface electronic threats. The fuselage has space for additional avionics systems.

GEN. BROWN

(Continued from page 6)

Armed Forces Expeditionary Medal
Global War on Terrorism Expeditionary Medal
Global War on Terrorism Service Medal
Korea Defense Service Medal
Nuclear Deterrence Operations Service Medal
NATO Medal
Republic of Korea Order of National Security Merit


(Samil Medal)

PUBLICATIONS

“Developing Doctrine for the Future Joint Force: Creating Synergy and Minimizing Seams,” Air University Press, September 2005


EFFECTIVE DATES OF PROMOTION

Second Lieutenant Feb. 28, 1985
First Lieutenant Feb. 28, 1987



U.S. Air Force photo by Senior Airman Kevin Sommer Giron

A U.S. Air Force F-16 Fighting Falcon gains altitude, Jan. 28, 2019, near Aviano Air Base, Italy. The 31st Fighter Wing is home to the 555th and 510th Fighter Squadrons, capable of offensive and defensive air combat operations.



U.S. Air Force photo by Staff Sgt. Keith James

A U.S. Air Force F-16 Fighting Falcon assigned to the 157th Expeditionary Fighter Squadron receives in-flight fuel from a KC-135 Stratotanker during an aerial refueling mission in support of Operation Inherent Resolve over Iraq, Sept. 28, 2018. The F-16 Fighting Falcon is a compact, multi-role fighter aircraft. It is highly maneuverable and has proven itself in air-to-air combat and air-to-surface attack. It can locate targets in all weather conditions and detect low flying aircraft in radar ground clutter. U.S. and Coalition aircraft provide unmatched combat capability in support of U.S. Central Command military objectives.

Power Plant: F-16C/D: one Pratt and Whitney F100-PW-200/220/229 or General Electric F110-GE-100/129	Ceiling: Above 50,000 feet
Thrust: F-16C/D, 27,000 pounds	Armament: One M-61A1 20mm multibarrel cannon with 500 rounds; external stations can carry up to six air-to-air missiles, conventional air-to-air and air-to-surface munitions and electronic countermeasure pods
Wingspan: 32 feet, 8 inches	Crew: F-16C, one; F-16D, one or two
Length: 49 feet, 5 inches	Unit cost: F-16A/B, \$14.6 million (fiscal 98 constant dollars); F-16C/D, \$18.8 million (fiscal 98 constant dollars)
Height: 16 feet	Initial operating capability: F-16A, January 1979; F-16C/D Block 25-32, 1981; F-16C/D Block 40-42, 1989; and F-16C/D Block 50-52, 1994.
Weight: 19,700 pounds without fuel	Inventory: Total force, F-16C/D, 1,280
Maximum Takeoff Weight: 37,500 pounds	
Fuel Capacity: 7,000 pounds internal; typical capacity, 12,000 pounds with two external tanks	
Payload: Two 2,000-pound bombs, two AIM-9 and 1,040-gallon external tanks	
Speed: 1,500 mph (Mach 2 at altitude)	
Range: More than 2,002 miles ferry range (1,740 nautical miles)	



Capt. Jordon Cosgrove, 48th Flying Training Squadron instructor pilot (IP), plans a training sortie with a Specialized Undergraduate Pilot Training student Feb. 5, 2019, on Columbus Air Force Base, Mississippi. While planning a training sortie, IPs and student pilots must factor in weather conditions and many other variable obstacles that may happen during their flight.



A C-130J Hercules, assigned to Little Rock Air Force Base, Arkansas, prepares to land while a T-1A Jayhawk, assigned to the 48th Flying Training Squadron, waits for takeoff Feb. 5, 2019, on Columbus Air Force Base, Mississippi. Pilots who are selected to fly airlift or tanker aircraft must first fly the T-1 in Specialized Undergraduate Pilot Training.

Alley Cats lead the way in T-1 pilot production

Senior Airman Beaux Hebert
14th Flying Training Wing
Public Affairs

Last year, the 48th Flying Training Squadron “Alley Cats” were the leading creator of Air Force pilots, graduating 233 pilots.

Due to their hard working instructor pilots and staff, the Alley Cats are excelling at meeting the demands of the Air Force during the current pilot shortage.

In Specialized Undergraduate Pilot Training, each class starts out flying the T-6A Texan II. After that phase of training, based off of their track select, some students will fly the T-1A Jayhawk and that’s where the 48th FTS comes into play.

The 48th FTS flew 9,100 sorties last year, more than any other SUPT T-1 squadron. Those sorties resulted in 19,500 flying hours which put the Alley Cats second overall out of 23 ‘white jet’ squadrons (a non-operational/distinguished visitor airlift style aircraft) in the Air Force.

However, being the No. 1 pilot creator doesn’t come without its fair share of challenges. Between the ever changing weath-

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er conditions, syllabus updates, aircraft maintenance and unforeseen circumstances, the Alley Cats have mastered the art of “adapt and overcome.”

In Richardson’s opinion, flying T-1s at Columbus is one of the most sought after white jet assignments for aviators in the

Air Mobility Command and Air Force Special Operations Command. With a long list of volunteers, he and the Air Force Personnel Center work together to select the officers for this highly coveted assignment.

“There’s something to be said about people wanting to be at an assignment versus being told to go to an assignment,” Richardson said. “We enjoy what we do

here and we know our purpose.”

Richardson also said that first assignment instructor pilots (FAIP) are a vital piece of the Alley Cats’ SUPT puzzle.

“FAIPs are the backbone of creating pilots,” Richardson said. “They were the students we identified as having the perfect mix of flying talent and leadership skills. It is phenomenal what they do every day to ensure the next generation of pilots are

highly trained.”

Some pilots like Capt. Richard Casburn, 48th FTS D-Flight commander, flew the KC-10 Extender after SUPT and went on to have a worldwide impact on a daily basis. Casburn has since returned to be an instructor pilot and said the work has been very rewarding.

“It’s great working with the students and IPs, they are very determined and

eager to get the job done,” Casburn said. “I’ve worked in many different squadrons but I’ve never been in one that works so cohesively as a unit to achieve the same goal.”

The 48th FTS won’t stop leading the way anytime soon. The Air Force will always need more high quality, top-of-the-line pilots and the Alley Cats will be there to do it.



An instructor pilot (IP) and student pilot from the 48th Flying Training Squadron go over pre-flight procedures in a T-1A Jayhawk Feb. 5, 2019, on Columbus Air Force Base, Mississippi. IPs instill discipline in student pilots when it comes to completing all pre-flight requirements to prevent dangerous errors while flying.



The 48th Flying Training Squadron’s fleet of T-1A Jayhawks sit on the flight line at Columbus Air Force Base, Mississippi, Feb. 5, 2019. The T-1 is used in Specialized Undergraduate Pilot Training for the students who are selected to fly airlift or tanker aircraft.

U.S. Air Force photos by Senior Airman Beaux Hebert