

14TH FLYING TRAINING WING DEPLOYED

As of press time, 52 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.

Deployed 14 SFS K9 handler coined



Courtesy Photo

Senior Airman Raymond Dwoznik, 14th Security Forces Squadron K9 handler for Military Working Dog NNora, was coined by Col. J. Scott Gibson, 407th Air Expeditionary Group, March 7, 2019 at an undisclosed location. Dwoznik was recognized for his outstanding performance in orchestrating MWD demonstrations and performing explosive sweeps for Air Defense Security directly supporting Operation Inherent Resolve.

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
18 National Prayer Break-fasts with re-tired Maj. Gen. Richardson	19 Wing New-comers, 8 a.m. @ Club	20 AFAF Kickoff Breakfast, 8 a.m. @ Club	21 →	22	23/24 23rd: MSU Military Appreciation Game, 2 p.m. @ MSU Baseball Field	April 2: IFF Class 19FBC Graduation April 5: Gold Star Wives Day April 5: SUPT Class 19-08/09 Assignment Night April 12: Chief Recognition Ceremony
25	26	27	28 ALS Class 19-3 Graduation, 6 p.m. @ Club Spring Pilgrimage Kickoff party, 5 p.m. @ Tennessee Williams Home	29 Boy Scouts Camporee Spark Cell Meeting, noon @ Spark Cell Enlisted Pro-motions, 3 p.m. @ Club	30/31 →	April 12: Happy Irby Golf Tournament April 14: Air Force Reserve Birthday April 16: Wing Newcomers April 19: SUPT Class 19-08/9 Graduation

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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Higher, further, faster: ‘Captain Marvel’ embodies the warrior ethos

Staff Sgt. Jannelle McRae
Secretary of the Air Force
Public Affairs

ARLINGTON, Va. — Less than one percent of the American population will know what it’s like to serve in the Air Force. However, major motion pictures give the global audience a glimpse into the service’s history of breaking barriers and a taste of its fighting spirit.

To ensure an accurate depiction of military service, filmmakers and actors immersed with Airmen from across the Air Force during the filming of “Captain Marvel,” starring Brie Larson as Carol Danvers.

Larson’s character is a young Air Force pilot in the late 1980s. After graduating from the U.S. Air Force Academy, she excels in pilot training, flies the F-15 Eagle and moves quickly to the world of test flight. A flight test incident leaves Carol infused with extraordinary powers.

“When I graduated from the Air Force Academy in 1982, there were about 150 women pilots in the United States Air Force, and none of them were fighter pilots because it was actually against the law for women to fly fighters,” said Secretary of the Air Force Heather Wilson during the showcase of “Captain Marvel” at the Smithsonian National Air and Space Museum in Washington, D.C., March 7. “Today, we have 850 women flying for the United States Air Force and the defense of this country, and about 80 of them are fighter pilots.

“I’ve talked to Airmen who have helped with the technical assistance on this film and they were pleased that the co-directors had really captured what it means to be an American Airman ... that ethos of going higher, further, faster,” she added.



DoD photo by Shannon Collins
Actor Samuel L. Jackson poses with Brig. Gen. Jeannie Leavitt after receiving a challenge coin from her during a media event for “Captain Marvel” at Edwards Air Force Base, California, Feb. 20, 2019. Leavitt, the first Air Force female fighter pilot, was a consultant on the movie, and Jackson reprised his Nick Fury role.

Airmen partnered with Marvel Entertainment through the Air Force Public Affairs Entertainment Liaison office, which offered direct access to resources including personnel, aircraft and equipment, technical assistance and military advice and locations. This ensured the portrayal of the Airmen and missions were plausible and realistic.

“Our mission is to project and protect the image of the U.S. Air Force through entertainment media,” said Lt. Col. Nathan Broshear, Air Force Entertainment Liaison Office director. “Major motion pictures, like ‘Captain Marvel,’ provide an incredible platform to educate and inform the American public about the people, culture and heritage

of the U.S. Air Force ... inspiring the next generation of Airmen.”

Ryan Fleck, who co-directed the movie with Anna Boden, expressed his appreciation for every Airman’s professionalism and respect.

“Everyone we met in the Air Force was so selfless and giving to our process, and I was really impressed,” he said. “We couldn’t necessarily figure out what an intergalactic space warrior was up to, but we could come to the Air Force and see what it was like to be a pilot. Every detail, every phase of the process was huge, not only for us in the writing, but for Brie as well when she is playing the character ... from how she held her helmet to

how she walks.”

Additionally, materials collected from Airman Magazine Archives and consultations with Air Force Materiel Command, Edwards Air Force Base, California, and U.S. Air Force Academy historians resulted in period-correct 80s and 90s hardware, uniforms and details.

The Air Force’s involvement also impacted character development and storylines. In December 2017, Larson, Boden, Fleck and producer Jonathan Schwartz visited Nellis AFB, Nevada, and spent one-on-one time with Brig. Gen. Jeannie Leavitt, Air Force Recruiting Service Commander and the Air Force’s first female fighter pilot.

“We put Brie Larson in the backseat of an F-16 (Fighting Falcon) so she could experience being in a high performance fighter aircraft firsthand. I think that helped her understand what it was like,” said Leavitt. “I appreciated the fact that they wanted to get the characters to be an accurate portrayal of a female fighter pilot in the Air Force.”

Continuing cooperation between the Air Force and Hollywood has resulted in support of hundreds of films and television programs to include “Sully,” “Bridge of Spies,” “Man of Steel,” “Godzilla,” “Lone Survivor” and multiple “Transformers” and “Iron Man” films.

“It’s important to know these partnerships are conducted at no cost to the taxpayer—studios reimburse bases for any expenses incurred as a part of the military unit’s participation in selected projects—but our investment of time and energy provides an incredible return on investment for all involved,” Broshear said. “Airmen are able to be a part of cinematic history, ensuring audiences see an accurate portrayal of lives dedicated to excellence, integrity and service before self.”



U.S. Air Force photos by Airman Hannah Bean
Maj. Andrew Pence, 49th Fighter Training Squadron instructor pilot, and 2nd Lt. Kennan Allen, 49th FTS student pilot, taxi on a runway before a training sortie, March 7, 2019, on Columbus Air Force Base, Mississippi. The 49th FTS holds a high standard in Introduction to Fighter Fundamentals to ensure the pilots that leave the squadron are highly capable of adapting and overcoming challenges when needed with their wingmen in an extremely challenging career.



Maj. Michael Overstreet, 49th Fighter Training Squadron assistant director of operations, and Maj. Andrea Matesick, 49th Fight Training Squadron weapons system officer, check over a T-38C Talon in preparation for a sortie March 7, 2019, on Columbus Air Force Base, Mississippi. Pilots dedicate a great deal of time and effort to ensure the aircraft is fully prepared for flight and soundly running.

IFF

(Continued from page 1)

Before a pilot enters IFF, they must earn their wings by graduating Specialized Undergraduate Pilot Training, a 53-week course designed to teach students aircraft flight characteristics, emergency procedures, takeoff and landing procedures, aerobatics and formation flying.

To ease the transition into more complex fighter aircraft, such as the F-22 Raptor and the F-35A Lightning II, IFF builds upon training learned in SUPT with a focus on the basic fundamentals of tactical aviation in the familiarity of the T-38C Talon.

“We try to help shallow the learning curve from pilot training to that B-course, or formal training,” said Capt. Cole Stegeman, 49th FTS chief of scheduling. “That’s why we use this program as a means of that indoctrination of fighter culture and what it means to be a fighter pilot.”

In addition to learning the basic fundamentals, students are taught how to become better wingmen. As a fighter pilot, you never fly alone. The term ‘wingman’ is not just a phrase, it’s a specific term that means so much more in IFF and carries a lot of responsibility in the world of avi-

ation. Wingmen have the supporting role in the flight. They help the flight lead plan and organize the mission. They have visual lookout and sensor responsibilities and provide backup navigation for the flight as required. Wingmen execute as briefed or when directed by the flight lead and provide mutual support throughout all phases of the mission.

Columbus AFB is one of three Air Education and Training Command bases that train students to become fighter wingmen including Randolph AFB and Sheppard AFB, Texas. Communication and connecting with the other IFF squadrons is vital to ensuring they create pilots who are consistent and high quality.

“The mission of each IFF squadron is closely aligned to produce a high-caliber wingman,” Stegeman said. “We want to make sure that our buddies that are still in those fighter airframes get a good [pilot] they can further mold into a tactical aviator specific to that major weapon system.”

IFF is the first step toward building a mindset designed for the diverse and challenging environments of fighter aviation. As pilots progress through training, they gain self-confidence and develop a respect for the career field’s heritage.

BUDGET

(Continued from page 13)

Nevada Test and Training Range, the Joint Pacific Alaska Range Complex, the Utah Test and Training Range, the Space Test and Training Range and several smaller range complexes will receive targeted funding to better replicate the capabilities of peer adversaries.

Related to that focus, the fiscal 2020 budget includes funding to underwrite 1.1 million peacetime flying hours, the

maximum amount of sustainable training, to prepare pilots and Airmen to be effective members of joint forces.

While the Air Force budget proposal is carefully crafted and is a proxy for the service’s priorities, the document represents an early, and uncertain, starting point of a months-long process. Congress retains the ultimate authorities on how tax dollars are spent with deliberation expected to stretch until the current fiscal year ends Sept. 30 and possibly beyond.

NEWS AROUND TOWN

Mumford and Sons Concert

Mumford and Sons, British Alternative Rock band, will perform at 7:30 p.m. March 23 at the Legacy Arena in Birmingham, Alabama. Tickets available online.

Spring Pilgrimage Kickoff Party

Columbus Spring Pilgrimage festivities kick off on March 28, from 5-8 p.m., with an outstanding evening of great food and music! The annual community-wide Kickoff Party takes place on the lawn of the Tennessee Williams Home and Welcome Center at 300 Main Street. Boiled crawfish and shrimp plates by Huck’s will be available for purchase, complete with all the trimmings. There will be a free concert, and everyone is invited!

Columbus AFB leans in to mentor Airmen

Senior Airman Beaux Hebert

14th Flying Training Wing Public Affairs

In 2016, Capt. Katy Boshears conducted a survey with 68 captains in six different career fields at 20 installations focusing on mentorship for a project while attending Squadron Officer School (SOS) at Maxwell Air Force Base, Alabama.

Boshears, now the 14th Flying Training Wing director of staff, learned there was a lack of mentorship for female Specialized Undergraduate Pilot Training students and company grade officers from the survey.

The results showed that only 16 percent of female captains were getting mentored more than twice a month, compared to 39 percent of male captains. This indicated a major gap in mentorship between genders.

After graduating from SOS, Boshears teamed up with Capt. Afton Brown, 48th Flying Training Squadron Bravo Flight commander, to establish a Lean In Circle Chapter at Columbus Air Force Base, Mississippi. Lean In was established in 2015 by the Department of Defense to ensure that, regardless of gender, all Airmen were getting the mentoring they need and deserve.

Their goal is to motivate Airmen to succeed to the highest levels of professional success, promote inclusivity and provide an avenue for networking.

The Columbus AFB chapter offers monthly small-group meetings, which both men and women can attend, to provide a range of topics that are applicable to Airmen of all ranks, career fields, race and gender. Topics include how to find a mentor, mindfulness, career planning and much more.

"We encourage men to come in order to promote equalization and diversity amongst our Airmen," Brown said.

Every Air Force aviator, regardless of gender, can find inspiration from the Women Air Service Pilots who served in World War II. Although it was a non-combat role, the WASPs were the first women to fly a military aircraft.

"I feel that young Airmen sometimes only succeed if they can see themselves in leaders of today and of yesterday, it



U.S. Air Force photo by Sharon Ybarra

Columbus Air Force Base Lean In Circle leaders, Capts. Afton Brown and Katy Boshears created a patch for the Lean In-sponsored 2018 AETC Women Fly-In. The patch features the original Women Air Service Pilots mascot, Fifiella, in her traditional flying pose, but with the modern Air Force flight suit and T-6/T-38 helmet.

makes success and ambition easier to internalize and envision," Boshears stated. "By looking back to the WASPs, we at Lean In hope to give our young female aviators something they can really connect with and be proud of, a lineage and heritage of women supporting women in aviation."

With the creation of the Lean In Circle at Columbus AFB, both female and male Airmen are starting to get the mentoring and guidance they need in order to cultivate the next generation of Air Force leaders.

Professional Organization Corner

Company Grade Officers Council

The council — second and first lieutenants, and captains — promotes the development of CGOs throughout the 14th Flying Training Wing. They maintain an informational network to enhance the professional development and officer camaraderie the throughout the wing.

Meets last Thursday of every month at 11 a.m. at the BLAZE Commons.

President: Capt. Amessia Brown

Vice President: Capt. Daniel Wilson

Air Force Sergeants Association

The Air Force Sergeants Association (AFSA) is an association dedicated to representing enlisted men and women and their families. AFSA fights for more than benefits and pay, they have a by-name seat at the influential tables in both Congress and the Pentagon to help shape the tough policy decisions affecting the enlisted corps today.

Meets 3rd Thursday of the month at noon at the Columbus Club.

President: Senior Master Sgt. Thomas Ryan

Vice President: Master Sgt. Brent Shields

BLAZE Top 3

The Top 3 establishes and maintains a spirit of comradeship and esprit de corps that will enhance the prestige of all senior NCOs, encourage an attitude of unified purpose and set an example for all enlisted personnel according to the standards, traditions and customs of the Air Force.

Meets the third Thursday of every month at 3 p.m. at the Columbus Club.

President: Master Sgt. Arkelia Hamlet

Vice President: Master Sgt. Joi Washington

BLAZE 5/6

The 5/6 represent motivated staff and technical sergeants. They provide an opportunity to meet Airmen and to network with peers. The organization mentors junior enlisted, assists other private organizations, and are heavily involved with community relations.

Meets the last Wednesday of every month at noon at the Columbus Club.

President: Tech. Sgt. Stacy Powell

Vice President: Tech. Sgt. Crayton Felder

First Four

The First Four functions as a social and professional organization established to enhance morale, esprit de corps, and cooperation between members from E1-E4. This is accomplished through fundraisers, on and off base, volunteer opportunities, and events or trips for those eligible to become members.

Meets the last Thursday of every month at noon at the Montgomery Village.

President: Senior Airman Kiara Rodriguez

Vice President: Senior Airman Brittani Amavizca-Waddington

Air Force's fiscal 2020 budget focuses on modernization, readiness, confronting global threats

Charles Pope

Secretary of the Air Force Public Affairs

ARLINGTON, Va. — The Air Force's budget would rise to \$165 billion in fiscal year 2020 under the White House spending plan unveiled March 12, a \$10 billion increase that allows the service to grow, modernize and effectively adapt to an array of changing global threats.

As written, the proposed budget attaches numbers to larger strategic goals that include the need to meet challenges posed by China and a resurgent Russia, provide a safe, secure and effective nuclear deterrent while continuing to disrupt violent extremists in a cost-effective manner.

The spending plan provides funding for the Air Force to continue restoring readiness with special attention on training, maintenance, spare parts and flying hours.

The proposed budget for fiscal 2020 provides money to modernize nuclear ballistic missile operations, strategic bombers, nuclear air-launched cruise missiles, intercontinental ballistic missiles as well as associated nuclear command, control and communications systems.

One of the more significant additions to this year's budget is a \$14 billion investment in the Air Force's space portfolio, a 17 percent increase over the previous year. This investment includes \$72.4 million to establish the headquarters for Space Force, which will be a new service within the Department of the Air Force.

The budget allows the Air Force to continue its dominance in space while also providing funding to train 1,480 new pilots, an increase from 1,211 trained this year. Overlaying all of it is funding to continue the progress on improving readiness across the Air Force's 690,000 total force. Related is a 3.1 percent pay raise for service members as part of the larger Department of Defense budget.

Taken as a whole, the proposed budget for fiscal year 2020, which begins Oct. 1, 2019, continues Air Force efforts to add equipment and personnel, training and support to offset an era of lean budgets. As Air Force Secretary Heather Wilson has said, the new budget is crafted to align the Air Force closer to the National Defense Strategy.

To get there the budget calls for purchasing an additional 48 F-35A Lightning II and eight upgraded F-15EX Strike Eagle fighters. It provides funding for 12 KC-46A Pegasus tankers as well as funds for third-generation GPS satellite and money to finance four launches of space vehicles for national security.

Additionally, the budget proposal includes funds for training and for modernizing live and virtual ranges and infrastructure that provide realistic – and crucial – training capabilities against the most advanced threats. The

See BUDGET, Page 14



U.S. Air Force photo by Wayne A. Clark

Secretary of the Air Force Heather Wilson testifies before the Senate Judiciary Committee in Washington, D.C., Dec. 6, 2017.

SECAF announces resignation

Secretary of the Air Force Public Affairs

ARLINGTON, Va. — Upon a favorable final vote by the regents, Secretary of the Air Force Heather Wilson announced her resignation March 8, after serving in her position as the service's top civilian since May 2017, to accept the role as president of the University of Texas at El Paso.

Wilson will continue to serve as the 24th Secretary of the Air Force until May 2019.

"It has been a privilege to serve our Airmen over the past two years," said Wilson in her letter of resignation to the President of the United States. "I am proud of the progress we have made to restore our nation's defense."

During her service, Wilson has been responsible for the affairs of the Department of the Air Force, including organizing, training and equipping and providing for the welfare of all active-duty, Guard, Reserve and civilian forces as well as their families.

Moreover, she has been leading the way in improving the lethality and readiness of the Air Force. What was once 660,000 Total Force in 2017 is now 685,000 Total Force today.

She oversees the Air Force's annual budget of more than \$138 billion and directs strategy and policy development, risk management, weapons acquisition, technology investments and human resource management across a global enterprise.

"We hit the lottery with Secretary Wilson," said Air Force Chief of Staff Gen. David L. Goldfein. "Under her leadership, we became a better U.S. Air Force and our Airmen will continue rowing hard, becoming even faster, smarter. As she takes her talent and leadership to my home state of Texas, I wish her the very best."

Prior to assuming the secretary of the Air Force position, Wilson was president of the South Dakota School of Mines and Technology, a member of the U.S. House of Representatives, a member of the National Security Council staff and also served in the private sector.

"My greatest appreciation and thanks to Secretary Wilson for her premier leadership of the world's greatest Airmen and Air Force," said Under Secretary of the Air Force Matthew P. Donovan. "We wish her the best at the University of Texas El Paso."

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

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. March 19. Become a club member and save! For more information, contact 434-2489.

Boss & Buddy
Ready to unwind? Join us at the Overrun in the Event Center for a Boss & Buddy meet at 3:30 p.m. March 22. Call 434-2489 for more information.

Family Fun Friday
Join us on March 22 starting at 6 p.m. Bouncy houses and games will be set up in the Event Center. Food and drinks will be available for purchase. Call 434-2489 for more information.

Memphis Redbirds vs. Omaha Storm Chasers Trip
Hop on the bus and ride in comfort to AutoZone Park in Memphis, Tennessee. Enjoy the ball game as well as a BBQ picnic buffet, a Redbirds hat, and a fireworks show after the game. Tickets are \$40 per person ages 3 and up, children 2 and under are free. Depart the BX parking lot at 2 p.m. Sign up by March 22. No refunds. No cancellations. For more information, contact 434-7861.

Skydive Alabama
Outdoor Recreation is hosting a Skydiving trip to Vinemont, Ala. on March 23 from 7 a.m.-5 p.m. \$50 per person includes admission, instructors, transportation, snacks and drinks. Must be 19 or over to sign up. Deadline to sign up is March 18. For more information, contact ODR 434-2505.

Casino Trip
Hop on the bus and ride in comfort to the Silver Star and Golden Moon Casinos March 23, the bus will depart from the BX parking lot at 3 p.m. \$30 per person. Each participant will receive \$20 in Bonus Bucks to use at the Casinos. Sign up by March 21. Must be 21 and older to participate, event takes place rain or shine. No refunds. No cancellations. For more information, contact 434-7861.

Theme Thursdays at the Overrun
Join us every Thursday in March as we enter into March Madness! Themed trivia along with \$0.45 wings, drink specials and sports games on TV's. Call 434-2489 for more information.

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Depart the BX parking lot at 2:00pm

CALL 434-7861 FOR MORE INFORMATION



paintball battle March 30 from 9 a.m.-noon, teams of 8 vs 8 will compete. \$25 per participant, paintballs included. For more information, contact 434-2505.

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 introductory 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 (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. and 3:30 p.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.

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 434-7836 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.



Courtesy Photo/Edited

Maj. Richard Schafer, 49th Fighter Training Squadron instructor pilot, poses for a photo with his wife Ashley Schafer in the cockpit of a T-38C Talon. Schafer passed away following a general aviation crash on August 31, 2014, near Abilene Regional Airport in Texas. An experienced military pilot, Schafer had 2,385 hours in the T-38C Talon and F-16 Fighting Falcon.



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

Ashley Schafer, a Folds of Honor speaker and Team BLAZE member, speaks to 49th Fighter Training Squadron pilots, March 11, 2019, on Columbus Air Force Base, Mississippi. After the death of her husband, Maj. Richard Schafer, a 49th FTS instructor pilot, in August 2014, she has traveled and spoke to military members and families educating them on how to prepare for the worst.

Widow uses tragedy to educate Team BLAZE

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

Ashley Schafer stood in front of familiar faces March 11 in the Mullinax Auditorium on Columbus Air Force Base, Mississippi; some were pilots she had known for almost a decade. The pilots were silent as her voice echoed around the room while photos of a fighter pilot with the call sign “Tracer” passed on a screen behind her. He can be seen sporting a 49th Fighter Training Squadron patch in one photo and in the next photo, he and his wife, Ashley, pose in a T-38C Talon. “When you go on leave, have a fun vacation and tragedies happen... we can’t understand why they happened,” Ashley said. “But I’m here to talk to you about everything that happened after August 31, 2014.” Ashley’s husband, Maj. Richard “Tracer” Schafer III and his brother, Matthew Schafer, were killed while flying Richard’s privately owned plane in Texas while on vacation. He was an instructor pilot with the 49th FTS in 2014. He helped stand up the squadron years earlier and was respected and loved by his peers. “In our case, we had things prepared in the will and the way we had the Service members’ Group Life Insurance set up, I received only 50 percent and each of our daughters got 25 percent,” Ashley said. “Because of the money my daughters

inherited, I had to gain legal guardianship of them, even as their biological mother.” She noted how important it is for everyone to understand exactly where and how money, items and guardianship will transfer if one or both parents were to pass away. Ashley explained how the 49th FTS took care of her the best they could, but nobody could help with the legal battles she’d have to fight, even years later. Ashley recommends anyone with a spouse should give 100 percent of the SGLI to their partner, while having additional life insurance as well. She also mentioned to the pilots another way to relieve legal stresses after the passing of them or a partner would be to make sure both individuals’ names are on everything from bank accounts to magazine subscriptions. A Joint Tenancy With Right of Survivorship essentially gives co-owners a right of survivorship, meaning if one owner dies, that owner’s interest in the property will pass to the surviving owner. This, as well as bank accounts with set up to Transfer On Death (TOD), can also be extremely helpful financially and allow the spouse to focus more on grieving. “Nobody wants anything bad to happen,” Ashley said, “but we cannot always control what happens. Prepare your wills, include guardianship, and even create a living will. Make sure to have this conversation with your loved ones ... sit down and read over your wills, it’s that important.” Soon after Ashley’s life was turned upside-down, Richard’s

will was shredded in the legal office by accident. She mentioned how, because of a single moment, everything became infinitely more complicated. Ashley recommended making copies of every document, password, as well as titles of ownership and storing them in safes or with trusted family members. Lt. Col. Darin “Switch” Elgersma, 49th FTS director of operations, was stationed with Richard and Ashley Schafer in 2009. Richard was one of the more senior instructors and the Schafers lived down the street from Elgersma and his family. “She is still so close with so many families in this squadron even five years later,” Elgersma said. “There’s a comradery when you wear the uniform. There’s an informal support across the Air Force because we all put on the uniform and swore the oath. Everyone here understands the inherent risks involved, especially within the aviation communities.” Elgersma mentioned how impactful it was to hear the widow of one of his peers look at the crowd, reminding them accidents can happen to anyone. “I want to pay it forward in my husband’s name and hopefully give some people some hard things to think about in case the worst scenario was to happen,” Ashely said. “In my case my husband was a fighter pilot, he was very good at his job, and he trained future wingmen to go into combat... but he died in an accident. It doesn’t matter what you’re doing, you’re never invincible.”

BLAZE Hangar Tails: B-52 Stratofortress

Mission

The B-52 is a long-range, heavy bomber that can perform a variety of missions. The bomber is capable of flying at high subsonic speeds at altitudes up to 50,000 feet (15,166.6 meters). It can carry nuclear or precision guided conventional ordnance with worldwide precision navigation capability.

Features

In a conventional conflict, the B-52 can perform strategic attack, close-air support, air interdiction, offensive counter-air and maritime operations. During Desert Storm, B-52s delivered 40 percent of all the weapons dropped by coalition forces. It is highly effective when used for ocean surveillance, and can assist the U.S. Navy in anti-ship and mine-laying operations. Two B-52s, in two hours, can monitor 140,000 square miles (364,000 square kilometers) of ocean surface.

All B-52s can be equipped with two electro-optical viewing sensors, a forward-looking infrared and advanced targeting pods to augment targeting, battle assessment and flight safety, thus further improving its combat ability.

Pilots wear night vision goggles to enhance their vision during night operations. Night vision goggles provide greater safety during night operations by increasing the pilot's ability to visually clear terrain, to increase the peacetime and combat situational awareness of the aircrew and visually acquire other aircraft.

B-52s are currently upgrading from the Litening Advanced Targeting Pod to the Sniper Advanced Targeting Pod. Sniper pods provide improved long-range target detection/identification and continuous stabilized surveillance for all missions, including close air support of ground forces. The pod's advanced targeting and image processing technology significantly increases the combat effectiveness of the B-52 during day, night and under-the-weather conditions in the attack of ground targets with a variety of standoff weapons (i.e., laser-guided bombs, conventional bombs and GPS-guided weapons).

The use of aerial refueling gives the B-52 a range limited

only by crew endurance. It has an unrefueled combat range in excess of 8,800 miles (14,080 kilometers).

Background

For more than 40 years, B-52 Stratofortresses have been the backbone of the manned strategic bomber force for the United States. The B-52 is capable of dropping or launching the widest array of weapons in the U.S. inventory. This includes gravity bombs, cluster bombs, precision guided missiles and joint direct attack munitions. Updated with modern technology, the B-52 will be capable of delivering the full complement of joint developed weapons and will continue into the 21st century as an important element of our nation's defenses. Current engineering analyses show the B-52's life span to extend beyond the year 2040.

The B-52A first flew in 1954, and the B model entered service in 1955. A total of 744 B-52s were built with the last, a B-52H, delivered in October 1962. The first of 102 B-52H's was delivered to Strategic Air Command in May 1961. The H model can carry up to 20 air launched cruise missiles. In addition, it can carry the conventional cruise missile that was launched in several contingencies during the 1990s, starting with Operation Desert Storm and culminating with Operation Iraqi Freedom.

The aircraft's flexibility was evident in Operation Desert Storm and again during Operation Allied Force. B-52s struck wide-area troop concentrations, fixed installations and bunkers, and decimated the morale of Iraq's Republican Guard. On Sept. 2 to 3, 1996, two B-52Hs struck Baghdad power stations and communications facilities with 13 AGM-86C conventional air launched cruise missiles, or CALCMs, as part of Operation Desert Strike. At that time, this was the longest distance flown for a combat mission involving a 34-hour, 16,000 statute mile round trip from Barksdale Air Force Base, Louisiana.

In 2001, the B-52 contributed to the success in Operation Enduring Freedom, providing the ability to loiter high above the battlefield and provide close air support through the use of

precision guided munitions.

The B-52 also played a role in Operation Iraqi Freedom. On March 21, 2003, B-52Hs launched approximately 100 CALCMs during a night mission.

Only the H model is still in the Air Force inventory and is assigned to the 5th Bomb Wing at Minot AFB, North Dakota, and the 2nd Bomb Wing at Barksdale AFB, which fall under Air Force Global Strike Command. The aircraft is also assigned to the Air Force Reserve Command's 307th Bomb Wing at Barksdale AFB.

General characteristics

Primary function: heavy bomber

Contractor: Boeing Military Airplane Co.

Power plant: eight Pratt & Whitney engines TF33-P-3/103 turbofan

Thrust: each engine up to 17,000 pounds

Wingspan: 185 feet (56.4 meters)

Length: 159 feet, 4 inches (48.5 meters)

Height: 40 feet, 8 inches (12.4 meters)

Weight: Approximately 185,000 pounds (83,250 kilograms)

Maximum takeoff weight: 488,000 pounds (219,600 kilograms)

Fuel capacity: 312,197 pounds (141,610 kilograms)

Payload: 70,000 pounds (31,500 kilograms)

Speed: 650 miles per hour (Mach 0.84)

Range: 8,800 miles (7,652 nautical miles)

Ceiling: 50,000 feet (15,151.5 meters)

Armament: approximately 70,000 pounds (31,500 kilograms) mixed ordnance: bombs, mines and missiles. (Modified to carry air-launched cruise missiles)

Crew: five (aircraft commander, pilot, radar navigator, navigator and electronic warfare officer)

Unit cost: \$84 million (fiscal 2012 constant dollars)

Initial operating capability: April 1952

Inventory: active force, 58; ANG, 0; Reserve, 18



A U.S. Air Force B-52 Stratofortress assigned to the 23rd Expeditionary Bomb Squadron from Andersen Air Force Base, Guam performs a flyover during the opening ceremonies of Aero India 2019 at Air Force Station Yelahanka, India Feb. 20, 2019. The U.S. is honored to participate in this year's exhibition and is committed to strengthening its partnership with India while furthering military-to-military relationships and cooperation.



Two U.S. Air Force B-52H Stratofortress bombers fly over the Pacific Ocean during a routine training mission Aug. 2, 2018. This mission was flown in support of U.S. Indo-Pacific Command's Continuous Bomber Presence operations, which are a key component to improving combined and joint service interoperability.

Air Force Readiness Programs

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

Wing Newcomers Orientation

The next Wing Newcomers Orientation is from 8 a.m.-noon March 19. 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. March 26 and will be held at the Base Chapel. 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 workshop is from 7:30 a.m.-4 p.m. April 1-5 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 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 noon-5 p.m. April 3 and 8 a.m.-noon April 5 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 have a serious illness or injury, are unlikely to return to duty within a specified amount of time, and/or may be medically separated from the military. Additional details are available by contacting the Columbus AFB 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

Class 20-07/08's Pilot Partner Welcome



Attendees socialize during Class 20-07/08's Pilot Partner Welcome dinner March 12, 2019, in Columbus, Mississippi. The Pilot Partner Program is a program that aims to connect Specialized Undergraduate Pilot Training pilots with business and civic leaders from the Columbus-Lowndes community and build relationships.

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.

Career Exploration & Planning Track Workshop

The next Career Exploration & Planning Track workshop is from 8 a.m.-3 p.m. May 13-14 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. May 15. 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 for Babies

The next Bundles for Babies workshop is from 1-3:30 p.m. May 16 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.

Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition

workshop is from 8 a.m.-3 p.m. May 23-24. 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.

Sponsorship Training

An electronic version of sponsorship training called eSponsorship Application & Training (eSAT) is the required training course to become a sponsor. It can be found in Military One Source's MilLife Learning training course catalog at this link <https://milfilearning.militaryonesource.mil/MOS/f?p=SIS:2:0>. For additional information, please contact the A&FRC Relocation Manager at (662) 434-2701/2790.

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.

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 Coun-

selor Mary Chambers at (662) 434-2720/2790.

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.

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.

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)

Pre-Deployment Process

Master Sgt. David Pennington
14th Operations Group First Sergeant

Time to deploy, are you ready? I've had the opportunity to deploy six times in my career, five as an aerospace ground equipment technician and the most current as a first sergeant. I'd like to share some things I've learned and believe can help you with your next deployment. If utilized, they could make the process a little smoother for everyone involved.

It's your deployment and the process will only be as good as you make it. It's your responsibility to complete training requirements and bring the correct equipment. A good place to start is Air and Space Expeditionary Force Online. A deployment check list, reporting instructions, packing list and readiness training requirements can all be found on this website.

Utilize your Unit Deployment Manger to assist you if you get stuck. They are the experts and will help you schedule training, order equipment and track all your requirements. Start early and double check everything! Don't be that Airman that shows up to a combat zone with ammo and no

weapon and believe me it happens. In the end it's on you, so own it.

Communication is a must, reach out and get a sponsor. The UDM can assist you with finding the contact information. This communication helps everyone and it allows the deployed unit to arrange travel, housing, and access badges for your area of responsibility. It also allows you to get answers to your unknowns like housing, threats, duties, services offered and so on. Even with today's technology and tracking systems, people fall through the cracks. You don't want to be the Airman that shows up and gets stuck in a holding terminal for hours because the proper access paper wasn't complete. It happens, so be sure to reach out.

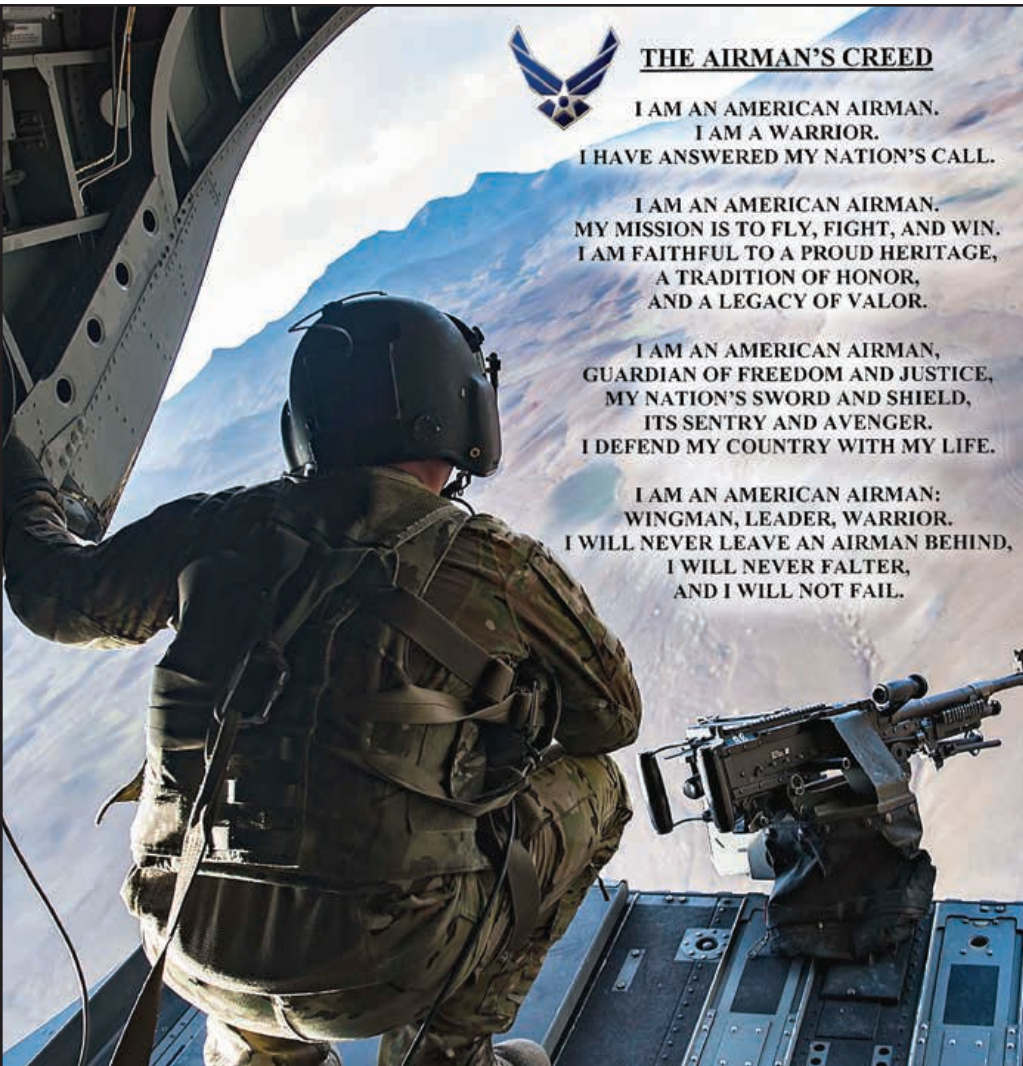
Having a positive attitude will get you a long way in what can be a long and drawn out process. Keep the negative thoughts out and believe that things will turn out well in the end. Negative thoughts are contagious and could ruin not just yours but, everyone's day, month or entire deployment.

Mission requirements can change at any time. Don't be that person that shows up to a deployment and throws a fit because you're not doing exactly what you thought you would

Having a positive attitude will get you a long way in what can be a long and drawn out process. Keep the negative thoughts out and believe that things will turn out well in the end. Negative thoughts are contagious and could ruin not just yours but, everyone's day, month or entire deployment.

be doing. You don't embarrass yourself and your unit, so stay positive!

Whether it's your first or sixth deployment, keeping these things in mind will help you though the pre-deployment process. They will assist you and the deployed location with arrival preparation. Most importantly they will help ensure you are prepared and equipped to execute the mission at your deployed location.



THE AIRMAN'S CREED

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

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

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

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


Commander's Action Line

434-1414

In an effort to stay Connected, the Commander's Action Line is your direct link to the commander for comments and suggestions on how to make Columbus AFB better.

Although the Commander's Action Line is always available, the best way to resolve problems is through the chain-of-command. The Commander's Action Line can be reached at 434-1414. Leave your name and phone number or email if you would like to receive an answer. All names will be kept confidential.

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



Cycle safe, wear a helmet

Medical Corner

SLEEP HEALTH

Smoking and sleep



It seems to be common knowledge that smoking is bad for health. The thousands of toxic chemicals in cigarettes are known to cause cancer, heart disease, anxiety, and depression, as well as many other health issues. There is another effect of smoking that some may not realize, and that is how smoking cigarettes affects sleep. Nicotine, which is the addictive substance found in cigarettes disrupts sleep in a couple ways.

First of all, nicotine is a stimulant. Many people that smoke have a nightly cigarette as a part of their routines to "relax" them for the night. But since it's a stimulant, nicotine makes it difficult to fall asleep, kind of like having a cup of coffee before bed. Even though most people feel relaxed after smoking, the nicotine raises heart rate and increases alertness.

Not only is nicotine a stimulant, it's highly addictive. When consumed, nicotine enters the bloodstream and reaches the brain within just seconds. Within only a couple hours of consumption, half the nicotine has left the body and smokers begin to feel the need for more. People that smoke have a dependence on nicotine. They may experience withdraw symptoms throughout the night when going hours without a cigarette. Since their bodies start craving more nicotine, they may wake up. As a result, their sleep cycles are disrupted. Smokers take longer to fall asleep and wake up more frequently, they sleep less than nonsmokers, and have a less deep sleep. Because of this, smokers are more likely to wake up feeling tired and not well rested.

Smoking can cause insomnia, which is the inability to fall asleep or stay asleep. This can lead to fatigue, difficulty concentrating, mood swings, irritability, and can affect performance at work or school.

Smoking also increases the risk of sleep apnea and snoring, which are caused by obstructions of tissue in the airway when we sleep. The air moving in and out of the nose and mouth causes vibration of the tissue, which makes the snoring sound. There are irritants in cigarettes that may cause swelling of these tissues, leading to the obstruction that causes snoring and sleep apnea.

Studies show that if you quit smoking, sleep problems do not linger. Over time, your addiction will fade and you will begin to sleep better.

Smoking and Sleep. Retrieved from <https://www.sleepassociation.org/blog-post/smoking-and-sleep/>

The emotional and mental dependence (addiction) make it hard to stay away from nicotine after you quit.

To quit and stay quit, tobacco users must deal with both the physical and mental dependence. Fortunately, there are counseling services, self-help materials, and support services available to help you get through this time.

Quit-tobacco programs: All 50 states and the District of Columbia offer some type of free, telephone-based program that links callers with trained counselors. These specialists help plan a quit method that fits each person's unique pattern of tobacco use. People who use telephone counseling have twice the success rate in quitting smoking as those who don't get this type of help.

Support groups for quitters can be helpful, too: One long-standing peer help program is Nicotine Anonymous® (NicA).

This group holds regular meetings and applies the 12-step program of Alcoholics Anonymous (AA) to tobacco addiction.

You can find out if there's a NicA group near you at 1-877-879-6422 or www.nicotine-anonymous.org.

Check with your employer, health insurance company, or local hospital to find a support group that fit your needs. Or call your American Cancer Society 1-800-227-2345 to find out what support services might be available where you live.

Getting Help with the Mental Part of Tobacco Addiction. Retrieved from <https://www.cancer.org/healthy/stay-away-from-tobacco/guidequitting-smoking/getting-help-with-the-mentalpart-of-tobacco-addiction.html>

A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,

I finally stopped smoking and dipping by quitting cold turkey. I thought I was prepared for cravings and had a plan to ride them out. However, I was totally surprised about being unable to sleep. Smoking used to relax me, but now I'm totally wired. Should I go back to smoking so that I can get enough rest and do my job?

Sincerely,
Wide Awake

Dear Wide Awake,

A lot of smokers light up to "relax". In reality, the nicotine in tobacco is a stimulant that disrupts sleep patterns, causing insomnia and difficulty concentrating. Smoking also increases inflammation of nose and throat tissues. This increases your risk for sleep apnea and snoring. Don't give up. If cold turkey nicotine withdrawal symptoms are disrupting your sleep and daily routine, consider talking with your health care provider about safe options that may work for you. In the long run, your body will adjust to the point that many of the affects of smoking will decrease and over time your risks will approach those of a nonsmoker.

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/>



T-1A Jayhawk



T-38C Talon

SUPT Class 19-07/8 earns silver wings



1st Lt. Joaquin Estrella
Bariloche, Argentina
T-6C



1st Lt. Bilegtborzaya Sainbold
Undurkhan, Mongolia
TBD



2nd Lt. Matthias Anderson
Quito, Ecuador
KC-135

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

Specialized Undergraduate Pilot Training Class 19-07/8 graduates at 10 a.m. today during a ceremony at the Kaye Auditorium. Brig. Gen. Jim Sears, Director of Plans, Programs and Requirements, Headquarters Air Education and Training Command, Joint Base San Antonio Randolph, Texas, 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.

Second Lts. Travis Foote and Billy Mullis, T-38C Talon, and 2nd Lt. Brandon Dumais, T-1A Jayhawk, 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 Foote, 2nd Lt. Benjamin Fischer, T-38, and 2nd Lt. Garren Plemmons, T-1A. 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.

Foote, Dumais and Mullis were named the distinguished graduates of SUPT Class 19-07/8.

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, Miss. 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 19-07/8's pilot partner is Thai by Thai.



2nd Lt. Brandon Dumais
Hemet, New Hampshire
A-10



2nd Lt. Travis Foote
Hemet, California
A-10



2nd Lt. Ben Fischer
Southampton, Massachusetts
F-15C



2nd Lt. Oliver Harrison
Senatobia, Mississippi
C-146



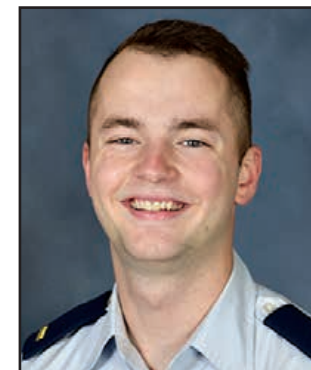
2nd Lt. Marcos Hernandez
San Salvador, El Salvador
A-37



2nd Lt. Träger Kviten
Marietta, Georgia
KC-135



2nd Lt. Chis Marookian
Frenchtown, New Jersey
C-17



2nd Lt. Billy Mullis
Raleigh, North Carolina
F-35



2nd Lt. Hussein Moubarak
Lebanon
A-29



2nd Lt. Niko Ouano
Ft. Lauderdale, Florida
KC-135



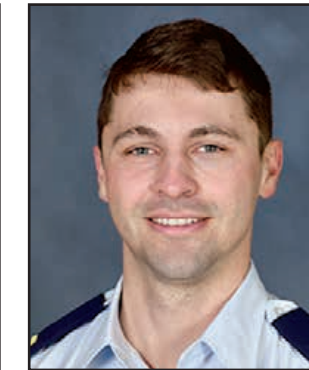
2nd Lt. Marcello Peray-Genovese
San Francisco
KC-10



2nd Lt. Nick Radosevich
Temecula, California
C-146



2nd Lt. Nawaf Alshahrani
Saudi Arabia
TBD



2nd Lt. Ian Bonner
Savannah, Georgia
F-16



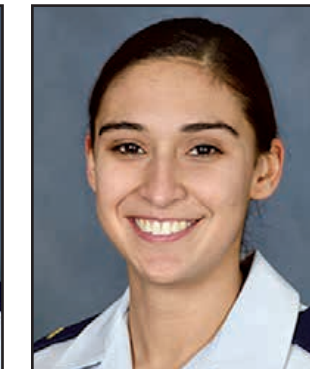
2nd Lt. Brenda Carrillo
Madera, California
C-5M



2nd Lt. Ben Fulcher
Powder Springs, Georgia
T-6A



2nd Lt. Garren Plemmons
Asheville, North Carolina
C-17



2nd Lt. Leah Gerlach
Grand Junction, Colorado
C-130J