

Return Service:  
The Commercial  
Dispatch  
P.O. Box 511  
Columbus, MS  
39703

# SILVER WINGS

STANDARD MAIL  
U.S. POSTAGE  
PAID  
MAILED FROM  
ZIP CODE 39705  
PERMIT NO. 98  
RETURN SERVICE  
REQUESTED

“Cultivate Airmen, Create Pilots, CONNECT”

Columbus Air Force Base, Miss.

May 10, 2019


Vol. 43, Issue 18

Come have  
a meal with us...  
Lord's Supper  
Each Lord's Day



**First Christian Church**  
815 North McCrary Road | 328-2657  
Exciting and Uplifting Music.


**First Cumberland Presbyterian Church**  
seeks part-time secretary  
to work 4 hours per day,  
M-F. Excellent clerical,  
communication, and  
organizational skills  
required. Strong computer  
and social media skills  
imperative including  
experience with Microsoft  
Office products. Applicants  
should email cover letter and  
resume to  
fcpcsecretary@gmail.com




**St. Paul's  
Episcopal Church**  
318 College Street • Columbus

**Holy Communion  
at 8:00 & 10:30 a.m.  
on Sunday**  
(childcare provided)

St. Paul's Episcopal Church  
The Rev. Anne Harris  
328-6673 • www.stpaulscolumbus.com



**It's Termite Season!**



**If it  
crawls, call...**

Jimmy Linley • Richard Linley

**Northeast  
Exterminating  
LLC**

Starkville 662-323-5232  
Columbus 662-329-9992  
West Point 662-494-7555

**DEPOSIT  
A CHECK  
WHEREVER  
YOU ROAM**



"I'm running my business like I run my life. Thinking ahead. That's why I like doing business at **my bank**. They have roam pay that lets me scan a check on my smart phone, and deposit it wherever I roam. I like that thinking."



**BANK OF VERNON**  
Community Banking Since 1911

**205.695.7141**  
bankofvernon.com

MENTAL ILLNESS  
IS NOT A CHOICE,  
BUT RECOVERY IS.




**May is  
Mental Health  
Month**

Stop the Stigma  
Defeat Denial  
Enable Recovery  
Promote Acceptance



**COMMUNITY  
COUNSELING  
SERVICES**

**Mobile Crisis Hotline  
888-943-3022  
24/7/365**



**The church of Christ  
At Magnolia  
Welcomes You**

161 Jess Lyons Road  
Columbus, Mississippi

662-769-5514  
Preacher: David May





**Times of Services:**

**Sunday**  
9:15 a.m., Bible Class  
10:00 a.m., Worship

**Wednesday**  
7:00 p.m., Bible Class

Only 4 miles from CAFB  
Fellowship Meal & Singing  
1<sup>st</sup> Sunday of each month

**Weather**

<b>Friday</b>  Partly Cloudy High 73°F Low 67°F	<b>Saturday</b>  Thunderstorms High 75°F Low 64°F
<b>Sunday</b>  Thunderstorms High 75°F Low 64°F	<b>Monday</b>  Sunny High 77°F Low 57°F

Forecast provided by the 14<sup>th</sup> OSS Weather Flight


**News Briefs**

**Mother's Day Brunch**  
There will be a Mother's Day Brunch at 10:30 a.m., May 12 at the Columbus Club. Visit [www.eventbrite.com/e/mothers-day-brunch-registration-60478639238](http://www.eventbrite.com/e/mothers-day-brunch-registration-60478639238) to reserve your seats.

**SUPT Class 19-10/16 Assignment Night**  
SUPT Class's 19-10/16 Assignment Night starts at 5:30 p.m., May 17 at the Club. Celebrate with 19-10/16 as they receive their new assignments!

**Wing Newcomers Orientation**  
The Wing Newcomers Orientation will occur at 8 a.m., May 21 in the Kaye Auditorium. All new military members and Department of Defense civilian employees are required to attend the orientation. This is an opportunity to learn all about the different organizations on base.

**Inside**



Feature 8

The 14th Comptroller Squadron is highlighted in this week's feature.

**2019 NATIONAL POLICE WEEK**

<b>MONDAY</b> May 13, 2019	<b>8 a.m.</b>	<b>RUCK MARCH</b> Location: Wing HQ Attire: Military ABU's /Civilian athletic clothing weighted rucksack and water source encouraged
<b>TUESDAY</b> May 14, 2019	<b>8 a.m.</b>	<b>Shoot Move &amp; Communicate Competition</b> (Bldg 208. POC SSgt Clement X-1739 to sign up) *Must have CAC to participate*
<b>WEDNESDAY</b> May 15, 2019	<b>1 p.m.</b>	<b>Fallen Defender Memorial</b> Location: Event Center
<b>THURSDAY</b> May 16, 2019	<b>3:45 p.m.</b>	<b>K-9/Redman/Traffic Stop Demo</b> Location: Youth Center
<b>FRIDAY</b> May 17, 2019	<b>7 a.m.</b> <b>4:45 p.m.</b>	<b>5K Donut Run</b> Location: Fitness Center <b>Retreat (Wing Q)</b>
<b>SATURDAY</b> May 18, 2019	<b>11 a.m.</b>	<b>Police Week Parade</b> Location: CAFB Housing



## Police Week: Columbus AFB to celebrate the 'Year of the Defender'

**Senior Airman Keith Holcomb**  
14th Flying Training Wing Public Affairs

Paint splatters on targets as fully geared Airmen hustle to an objective, a military working dog rushes to a man in a green suit who isn't complying to the beret wearing Airman, a final salute is raised and lowered as retreat plays over the 'giant voice' system across the Air Force installation.

The men and women who organize Police Week activities and participate in the many drills, events and retreat don't do it for themselves, but for those who have served in the past, present and future.

Police Week, May 12-18, honors the heritage and history of military police. Every conflict defending the American way of life has a story of honorable defenders, who during their daily duties became extraordinary, not because they wanted to, but because it's their job, explained Maj. Eric Eaton 14th Security Forces Squadron commander.

Staff Sgt. Terrance Jensen, was the first air policeman killed in action during the Vietnam War on July 1, 1965, while conducting post checks on his Airmen.

"Post checks are something we still do every day; in Iraq, Afghanistan, on Columbus Air Force Base; we need to remember See POLICE WEEK, Page 3



## To advertise in Silver Wings, call at 328-2424

COLUMBUS AFB TRAINING TIMELINE									
PHASE II		PHASE III		IFF		WING SORTIE BOARD			
Squadron	Track Select	Squadron	Graduation	Squadron	Graduation	Aircraft	Required	Flown	Annual
37th (20-02)	May 15	48th (19-10)	May 31	49th (19-HBC)	May 29	T-6	760	820	16,736
41st (20-03)	May 30	50th (19-10)	May 31			T-1	270	188	5,506
Brig. Gen. Edward Vaughan, Special Assistant to the Director of Training and Readiness, Deputy Chief of Staff for Operations, Headquarters U.S. Air Force, the Pentagon, is the guest speaker for Specialized Undergraduate Pilot Training Class's 19-10/16 graduation at 10 a.m., May 31 in the Kaye Auditorium.						T-38	336	286	6,485
						IFF	140	137	2,704
						* Mission numbers provided by 14 FTW Wing Scheduling.			





## 14TH FLYING TRAINING WING DEPLOYED

As of press time, 53 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.

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
13 Police Week Ruck March, 8 a.m. @ Wing HQ	14 Shoot, Move & Communicate Competition, 8 a.m. @ Bldg. 208	15 Fallen Defender Memorial, 1 p.m. @ Club	16 K-9/Redman/Traffic Stop Demo, 3:45 p.m. @ Youth Center	17 Retreat Ceremony, 4:45 p.m. @ Wing HQ SUPT Class 19-10/16 Assignment Night, 5:30 p.m. @ Club	18/19 18th: Police Week Parade, 11 a.m. @ Base Housing 18th: Armed Forces Day	May 27: Memorial Day Holiday May 28: Memorial Day Retreat Ceremony May 29: IFF Class 19HBC Graduation May 30: 49th FTS Change of Command May 30: Enlisted Promotions May 31: SUPT Class 19-10/16 Graduation June: LGBTQ+ Month and National Safety Month June 4: Wing Newcomers June 6: D-Day Anniversary
20	21 Wing Newcomers, 8 a.m. @ Kaye Auditorium	22	23	24 AETC Family Day	25/26	

## Columbus AFB surpasses AFAF goal

**Capt. Nancy Lacy**  
14th Medical Operations Squadron

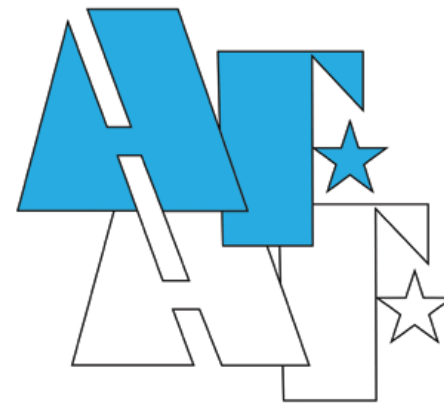
The Air Force Assistance Fund ended May 3 with a resounding final overall base donation of \$31, 896.

The 14th Flying Training Wing's goal for this year's campaign was to reach \$30,740, in which Team BLAZE members helped to reach and surpass.

Thank you to the 14th FTW for raising 103.76% of goal. With your backing, we will be able to support our fellow Airmen during the upcoming year.

Donations began to gradually trickle in with the largest jumps seen beginning in the 4th week of the campaign. At that time, we were at around 75% of our base goal and successfully closed the gap during the last few weeks.

I'd like to thank all of the key workers, group point of contacts and finally all of



you for making this campaign a success.

The AFAF is the official nonprofit, charitable organization of the Air Force. The organization provides support to Airmen and their families – active duty and retired, officers and enlisted.

## Silver Wings

### How to reach us

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

### Editorial Staff

**Col. Samantha Weeks**  
14th Flying Training Wing  
Commander

**Kristina Conwill**  
Chief of Public Affairs

**1st Lt. Kara Crennan**  
**2nd Lt. Steve Dean**  
Public Affairs Officer

**Tech. Sgt. Christopher Gross**  
NCOIC of Public Affairs

**Staff Sgt. Joshua Smoot**  
NCOIC of Media Operations

**Airman Hannah Bean**  
Editor

**Senior Airman Beaux Hebert**  
**Senior Airman Keith Holcomb**  
**Airman 1st Class Jake Jacobsen**  
Photojournalist

**Mrs. Tina Perry**  
Layout Designer

### Submission Deadline

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

Published by the Commercial Dispatch Publishing Company, Inc., a or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication does not constitute endorsement by the DOD, the Department of the Air Force or Service Publications, Inc., of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

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

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

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

## Air Force simplifies promotion recommendation forms for officers

### Secretary of the Air Force Public Affairs

ARLINGTON, Va. — The Air Force announced May 8 it will make adjustments to the way the Air Force Form 709, Promotion Recommendation Form, will be filled out and used for Total Force officer promotion boards beginning in September 2019.

The new policy will reduce the promotion recommendation narrative from nine lines to two and provide guidance for stratification and comments.

“Centralized boards have the critical task of selecting the next generation of leaders,” said Shon Manasco, assistant secretary of the Air Force for manpower and reserve affairs.

“To assist in that effort, senior raters need a simple and effective mechanism to communicate their observations about an officer's

*“This is about building the officer bench we need to fight and win as we accomplish our missions in support of the National Defense Strategy. Over time the PRF has become a summary of an officer's record with significant focus on style and format,” said Lt. Gen. Brian Kelly, deputy chief of staff for manpower, personnel and services. “This adjustment restores the PRF to its original intent of providing a way for senior raters to communicate an officer's potential to serve in the next higher grade directly with promotion boards and is another key step in our officer talent management transformation.”*

potential. These enhancements to the PRF and new stratification guidance allow us to better achieve that goal.”

Endorsements for promotion are based upon an officer's demonstrated character and competence as detailed in the secretary of the

Air Force's Memorandum of Instruction for promotion boards. Comments or recommendations for items that are decided through other processes (e.g. developmental education, jobs, assignments, etc.), will no longer be authorized on the PRF.

“This is about building the officer bench we need to fight and win as we accomplish our missions in support of the National Defense Strategy. Over time the PRF has become a summary of an officer's record with significant focus on style and format,” said Lt. Gen. Brian Kelly, deputy chief of staff for manpower, personnel and services. “This adjustment restores the PRF to its original intent of providing a way for senior raters to communicate an officer's potential to serve in the next higher grade directly with promotion boards and is another key step in our officer talent management transformation.”

Additionally, senior raters will follow new guidance regarding stratification on the PRF. The guidance allows the promotion board to receive pertinent information that directly speaks to an officer's promotion potential.

For more information, log into MyPers or contact the Air Force Personnel Center.

## COMMUNITY

(Continued from page 13)

### Pre-Separation Counseling

This counseling is a mandatory briefing for personnel separating or retiring, and is to be completed at least 90 days prior to separation. It may be completed up to 12 months prior to separation or 24 months prior to retirement. Counseling is held daily at 8:30 a.m., and it takes approximately 60 minutes. Please contact A&FRC at (662) 434-2790 for more information.

### Employment Workshop

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

### Personal Financial Readiness

Need help with financial matters? Want to make the most of your money? The Personal Financial Counselor (PFC) can help you and your family: manage finances, resolve financial problems and reach long-term goals such as education, buying a home and planning for retirement. PFC services are at no cost, private and confidential. Please contact the PFC at (662) 998-0411/434-2790 or e-mail PFC.Columbus.USAF@zeiders.com, located in the A&FRC.

### Survivor Benefit Plan

Are you nearing military retirement? The one decision you will need to make before you retire involves participation in the Survivor Benefit Plan (SBP). As with all good

decision-making, you need to know the facts before you can make a sound decision. Always get the true facts about SBP before making up your mind. Additional details are available by calling your SBP Counselor Mary Chambers at (662) 434-2720/2790.

### Key Spouse Program (KSP)

The mission of KSP is to provide information and resources to military spouses, supporting families in successfully navigating through the military life cycle. The KSP is a CC's program. The CC establishes and maintains the program within the unit, to include choosing team members. Once selected as a KS in writing, you will need to attend initial/refresher KS training and continuing education. For more information, please call (662) 434-3323.

### 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.

### 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://militaryone-source.mil/MOS/f?p=SIS:2:0>. For additional information, please contact the A&FRC Relocation Manager at (662) 434-2701/2790.

**CML SOUTHERN DESIGNZ**  
MONOGRAMS  
SOUNDWAVE ART  
CUSTOM T-SHIRTS  
DECALS & PATCHES  
GIFTS & MORE!  
10% MILITARY DISCOUNT  
3451 NEW HOPE ROAD • 662.570.3401 • FACEBOOK

**COMMERCE CLEANERS**  
2230 Military Road - Columbus  
**662-329-6629**  
On Base Drop off with next day delivery at The Express (Bldg 161 S, Columbus AFB)  
PICKUPS ARE MON. - FRI.

**Special Discount Prices for Columbus Air Force Base!**  
**Call 662-245-6133 for Reservations.**  
Pilot Partner Program & Military Affairs Committee Member  
**H Holiday Inn Express & Suites**  
2000 6th St. N., Columbus, MS  
MEMBER

**Finding cures. Saving children.®**  
**800-822-6344 stjude.org**  
A CFC participant. Provided as a public service.  
**St. Jude Children's Research Hospital**



# Air Force Global Housing Symposium aims to correct housing issues

Zoe Schlott

AFIMSC Public Affairs

JOINT BASE SAN ANTONIO-LACKLAND, Texas — “Families First” is the mantra behind the Air Force’s Housing Privatization program improvement plan which is taking front and center attention at the Air Force’s Global Housing Symposium, which kicked off May 7, in downtown San Antonio. The plan, which includes five major lines of effort, outlines 27 initiatives to correct housing issues identified following a service-wide review of health and safety concerns.

Col. Michael Beach, Air Force Housing Program chief, said ensuring Airmen and their families live in safe, quality homes is not a fire-and-forget mission.

“Our most important resource is our people,” he said. “We’ve listened to residents, reviewed survey feedback and have taken a top-to-bottom look at our processes, policies and procedures to identify what’s broken, and fix it.”

Beach is taking that same message to the Global Housing Symposium. There Air Force housing management staff and base civil engineers from across the Air Force are gathering alongside project owners to discuss the current, worldwide status of Air Force housing under one roof.

Commencing with a keynote speech from Hon. John Henderson, assistant secretary of the Air Force for installations, environment and energy, the symposium is slated to update, train and inform attendees on topics that keep them up to date and able to serve the Airmen of their installations with the highest service level possible.

The agenda boasts experts speaking on “everything you wanted to know about mold,” and panel discussions where attendees will have the opportunity to ask questions of the program leaders concerning policy changes, roles and responsibilities and manpower. Included in the agenda is a daylong project owners’ meeting where Air Force leadership and the project owners will discuss the best course of action moving forward for the privatized housing program, with Airmen and their families’ health and safety at the



U.S. Air Force courtesy photo

**The Air Force is using every tool at its disposal to ensure that the housing program, both state-side and abroad, puts its best foot forward this year and the years to come with the one key phrase in mind, “Families First.”**

center of the conversation.

The symposium is a biennial event organized by the Air Force Civil Engineer Center to bring Air Force housing professionals together to improve housing services for Airmen and their families. This year’s event is an opportunity for program leaders to discuss “Families First” and address some of the health and safety concerns they’re working to overcome.

“The Air Force is committed to restoring trust in the privatized housing program and providing military families safe, quality and well-maintained base housing,” Beach said.

The Air Force began to utilize housing privatization in 1996 as a quick and effective vehicle for transforming the base housing inventory and improving the quality of life for Airmen and their families.

Over the past two decades, the housing privatization program aimed to eliminate inadequate housing and expand services for residents, such as community centers and updated shared facilities.

While the program has successfully improved the inventory of homes and community amenities overall, the Air Force is aware that new challenges will continue to surface and is working closely with the project owners to shift the focus to address resident concerns and improve the customer experience.

In response to Airmen families’ concerns and to ensure the long-term success of the privatized housing portfolio, the Air Force Privatized Housing program developed five major lines of effort to provide safe and healthy housing for Airmen and their families: employing and revamping resident empowerment, oversight improvement, leadership engagement, improved oversight and policy standardization.

The five major lines of effort are in response to the 100 percent “boots on the ground” health and safety resident survey conducted by wing leadership in February 2019 to fully gauge resident concerns and housing conditions.

Initial data gathering efforts included a

health and safety review involving 57,453 active duty members living on base. Base leadership visited 9,861 homes as a major part of an extensive review of policies, procedures and best practices.

The Air Force’s campaign to improve privatized housing is already underway. A 24-hour, seven-day-a-week, toll-free helpline for residents to call about their privatized housing concerns, went live on May 1 and can be reached at 1-800-482-6431. A few of the 27 “Families First” initiatives include: a Resident Bill of Rights to inform the lessee of their rights under a lease agreement, a more transparent work order process and a revised performance incentive fee plan.

The Air Force is using every tool at its disposal to ensure that the housing program, both state-side and abroad, puts its best foot forward this year and the years to come with the one key phrase in mind, “Families First.”

For more information on the Military Privatize Housing Program, please visit: [www.afcec.af.mil/What-We-Do/Housing](http://www.afcec.af.mil/What-We-Do/Housing)

## POLICE WEEK

(Continued from page 1)

those individuals who sacrificed and their deep connection with us today,” Eaton said.

Events that showcase Columbus AFB defenders and honor past defenders will be taking place throughout the week. The week’s events were organized by a majority of the NCO’s and Airmen of the 14th SFS, because as Eaton explained, officers aren’t the ones putting their skin in the race, it’s the Airmen at the gate or doing patrol. Those young Airmen and NCO’s

deserve the recognition, he said.

One the events is a Fallen Defender Memorial at the Columbus Club at 2 p.m. May 15, which honor those who paved the way for the 14th SFS Airmen serving today.

Tech. Sgt. Stacy Powell, 14th SFS training NCO in charge stated, most of the events will be interactive. She listed the events, first with the ruck march, which is open to anyone and it will begin at the wing headquarters building at 8 a.m. May 13.

The’ Shoot, Move Communicate’ drill is a competition to see which team can go from start to finish, while clearing the

field of targets. It will be held at 8 a.m. May 14 outside the 14th SFS warehouse building and will be open to anyone with a valid Common Access Card.

A K-9 team and red man demonstrations will take place at the Youth Center starting at 3:45 p.m. May 16 for families to see the importance of law enforcement and meet some of the Airmen keeping them safe every day.

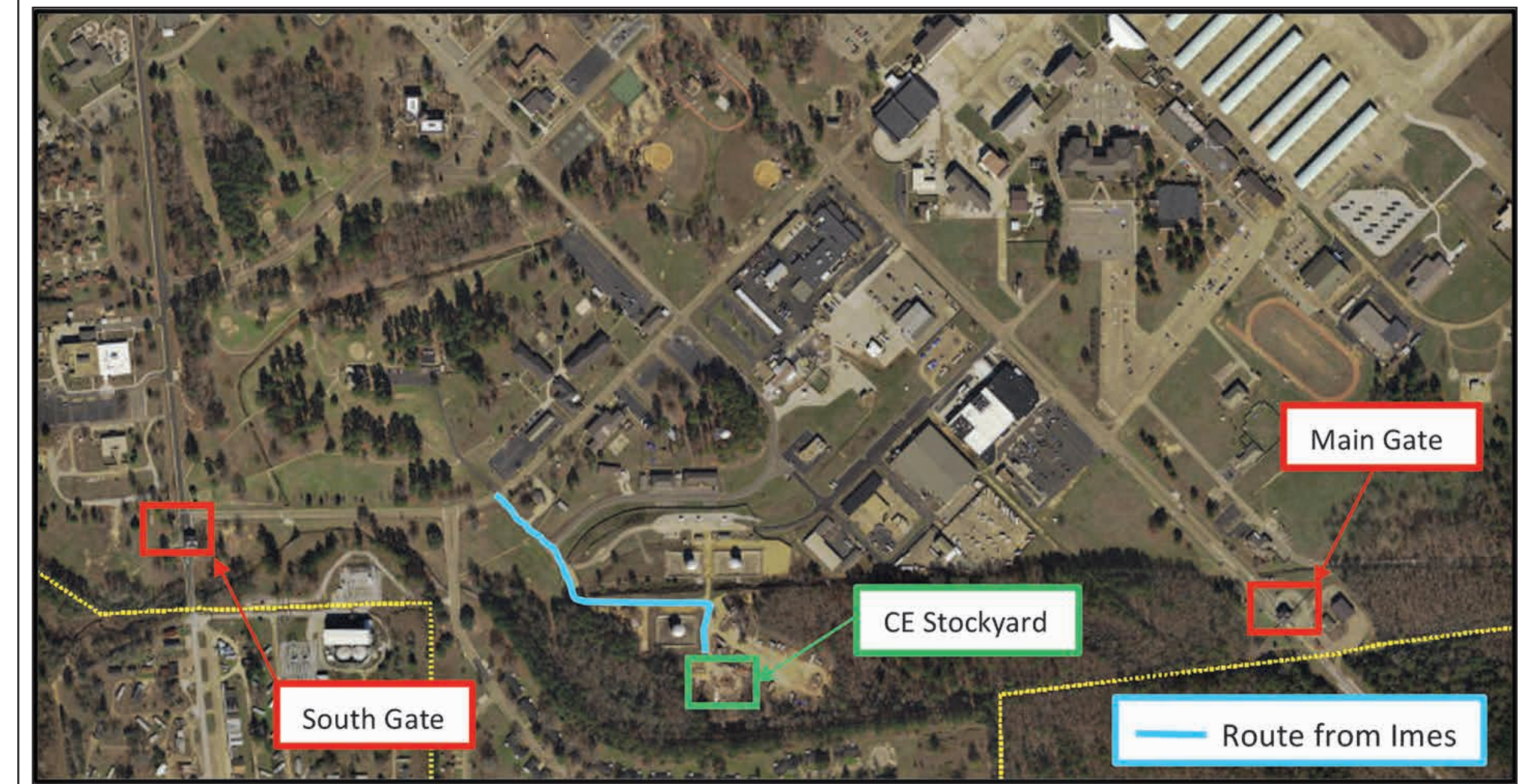
“I think we are all grateful to be recognized during Police Week,” said Senior Airman Tyler Wise, 14th SFS patrolman. “It’s not every day we get recognition. It can be a thankless job sometimes.”

# Squadron Spring Cleaning

14th Civil Engineer Squadron

Is your squadron performing spring cleaning? The 14th Civil Engineer Squadron will be providing a large roll off dumpster capable of accepting bulk items May 13-16 from 8 a.m. to 4 p.m. The dumpster will be located in the civil engineer stockyard and can accept large loads of materials such as broken chairs. This opportunity is self-serve and the access gate will be locked before and after hours of operation. To get there, look for the Drug Demand

Reduction facility on Imes Street and turn onto Bradt Street. Once on Bradt Street, continue east onto a dirt road which will take you to the stockyard. If bringing furniture type items from your squadron, ensure to perform the proper coordination first prior to disposal. Hazardous waste is not permitted, to include fluorescent lightbulbs, batteries, oils or chemicals. Additionally, no electronics such as computers. Please do not dispose recyclable materials in the dumpster. For questions or clarification please contact Mr. Brian Carter at DSN 724-7415 or [brian.carter.13@us.af.mil](mailto:brian.carter.13@us.af.mil).



Visit [www.columbus.af.mil](http://www.columbus.af.mil) to learn about Columbus AFB agencies and other important information.



# Maintaining the fleet: Aircraft maintenance ensure pilots safety

**Senior Airman Keith Holcomb**  
14th Flying Training Wing  
Public Affairs

With some jets flying three or more training sorties a day, five days a week, it's no easy task to keep up with fixing minor and occasionally major issues that may come up.

On average, 53,000 training missions are flown out of Columbus Air Force Base, Mississippi. Over 337,560 hours were spent maintaining Columbus AFB's three airframes during fiscal year 2018 to ensure the fleet of over 230 aircraft stayed in top shape, playing a vital role in creating pilots.

"As they accumulate hours of flying time, there's certain time change requirements and scheduled maintenance that must be complete," said Brett Treece, T-1A Jayhawk maintenance manager. "Normal aircraft that break throughout the day are considered unscheduled maintenance."

Treece is one of three individuals in the T-1 section who manage the maintenance from before dusk until after dawn. Each of the other maintenance teams, T-6 Texan II and T-38 Talon, works similarly, but accommodate their schedules around the flow of their aircraft.

Each airframe has crews who launch and



**(Left to right) Alex Rayner, Terrence Herring and Billy Jackson, 48th Flying Training Squadron T-1A Jayhawk maintainers, take a break April 22, 2019, on Columbus Air Force Base, Miss. There are day, night and swing shifts maintaining 14th Flying Training Wing aircraft consistently to ensure pilots safety in the skies.**

receive the aircraft. Before launch and after landing, the aircraft are inspected by main-

tainers and their crew to ensure Columbus AFB is consistent with quality checks.

*"As they accumulate hours of flying time, there's certain time change requirements and scheduled maintenance that must be complete," said Brett Treece, T-1A Jayhawk maintenance manager. "Normal aircraft that break throughout the day are considered unscheduled maintenance."*

While the Vertex Aerospace maintenance team continues to do the hands-on maintenance of the aircraft, active-duty and civilian Airmen help the teams meet every project's tough military standards.

Contracted aircraft maintenance have quality assurance professionals looking over every crews work and operating systems, said See **MAINTENANCE**, Page 5



**Columbus Air Force Base utilizes contracted maintenance to keep the three fleets of training aircraft in outstanding condition every day.**



**Maintainers from the 48th Flying Training Squadron complete tasks to fix a T-1A Jayhawk April 22, 2019, on Columbus Air Force Base, Miss. Depending on aircraft issues, some parts will be quickly repaired and other times maintainers will have to completely disassemble and replace parts, ensuring aircrews' safety.**

## 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.)*

### 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.

### Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. May 15 in the A&FRC. Highly encouraged for first-time and over-seas relocating members. Get the very latest moving information straight from base-wide relocation assistance agencies. Learn what to expect before you move with information from Tri-Care, Housing, Military Pay, TMO, Medical Records and A&FRC. Be sure to bring and ask any relocating questions you may have during his event.

### 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 AF 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.-2:30 p.m. May 21. This event is mandatory for all newly arrived military and DoD civilian personnel, and spouses are encouraged to attend. This base-wide CONNECTION orientation begins at the Kaye Auditorium and consists of a guided base tour. To register, please contact your unit CSS, 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. May 30. 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

## Gordo Elementary students visit Columbus AFB



**Gordo Elementary School, Alabama students bowl May 9, 2019, on Columbus Air Force Base, Mississippi. The students were able to see the base and Airmen who create the next generation of military aviators.**

or for more information, please call A&FRC at (662) 434-2790.

### Air Force Recovery Coordination Program

A Recovery Care Coordinator (RCC) will be providing assistance from noon-5 p.m. June 5; 8 a.m.-5 p.m. June 6; and 8 a.m.-noon June 7 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.

### Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop is from 8 a.m.-3 p.m. June 12-13. 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.

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

The next Transition Assistance Program (TAP) workshop is from 7:30 a.m.-4 p.m. July 8-12 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.

### Heart Link

The next Heart Link is from 8:30 a.m.-noon July 25 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.

### 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.

### 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.

### Pre- and Post-Deployment Tour Briefing

These briefings are mandatory for active duty personnel who are either deploying or returning from deployment or a remote tour. The briefings are held daily at the A&FRC. Pre-deployment is at 9:30 a.m., and post-deployment is at 1:30 p.m. Please contact A&FRC at (662) 434-2794/2790 for more information.

See **COMMUNITY**, Page 15

## Chapel Schedule

Whether you are new to Columbus Air Force Base or have been around for a while, our parish communities welcome you to join us as we worship, fellowship, and encourage one another. For more information, please call 434-2500.

### Catholic Community

#### Sundays:

3:30 p.m. - Religious Education, grades K-9 (Start in Fall)  
4 p.m. - Choir Practice  
4 p.m. - Confession (or by appointment)  
5 p.m. - Mass  
1st and 3rd Sunday - Fellowship Meal following Mass

#### Tuesdays:

11:30 a.m. - Daily Mass (Phillips Auditorium)

#### Wednesdays:

11:30 a.m. - Adoration (Phillips Auditorium)  
2nd Saturday of each month - Faith Ablaze

### Protestant Community

#### Sundays:

9 a.m. - Adult Sunday School  
10:45 a.m. - Community Worship Service (Donut Fellowship following)  
3rd Sunday of Each Month - Protestant Faith Ablaze

#### Wednesdays:

6 p.m. - AWANA: Begins September 26th (Open to all denominations)

#### Thursdays:

5:30 p.m. - Student Pilot Bible Study (Open to all denominations)



**Columbus Air Force Base Information and Events**  
Join our Facebook page at Columbus AFB Living, Twitter at @columbusafbliving, Instagram at columbus\_afb\_living, or visit our website at [www.columbusafbliving.com](http://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 (662) 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 through Friday at the Columbus Club. Daily buffets include: Tuesday – Tacos and Nachos \$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 (662) 434-2489.

**Lifeguards Wanted**  
Columbus AFB is in need of lifeguards for the 2019 summer season. If you are interested or know someone that is, the YMCA in Columbus is holding a lifeguard certification course. For more information call (662) 434-2507.

**Focus on Your Mental Health at the Library**  
Join us at the library May 15 at noon as we discuss Mental Health and Spirituality. Call (662) 434-2934 for more information.

**Financial Fitness Friday**  
May 17 at 11 a.m. and 3:30 p.m. stop by the Airman & Family Readiness Center for this informational session regarding preparing for college! Call (662) 434-2790 to sign up.

**America’s Kids Color Run**  
This FREE event is for the whole family! May 18 starting at 8:30 a.m., with modified distances for each group up to 2 miles. The first 50 participants to sign up ages 5 and up receive a free shirt! Register online at <http://www.americaskidsrun.org/>, call (662) 434-2504 for more information.

**Cork Club**  
Join us at the Columbus Club on May 15 at 6 p.m. for the third class of the Cork Club, with Sommelier Gabriela Blanco as we explore wine pairings and cheese boards. Sign up by May 14. Call (662) 434-2489 for more information.

**Movie and Foster Care Information Session: Instant Family**  
May 18 at 2 p.m. the movie Instant Family will be shown in the Kaye Auditorium, followed by an informational session and Q&A in the Chapel Annex with foster parents and representatives from Mississippi Child Protective Services and Palmer Home. Free childcare provided, must register by May 15 and child must be potty trained. Contact the Library at 434-2934 for more information.

**Youth Summer Camps**  
The Youth Center offers a variety of camps during the summer to keep the kids from getting bored. Contact the Youth Center for a full list of camps available through August. For more information call (662) 434-2504.

**Assignment Night Transportation**  
Book Assignment Night transportation with ITT! Reserve the

Instant Family:  
Movie and Foster Care Information Session

Kaye Auditorium // Chapel Annex

May 18th at 2pm

The movie “Instant Family” will be shown in the Kaye Auditorium at 2pm.  
Rating: PG-13

Childcare  
Provided!



Parent required to attend one or both events to qualify for free childcare; must register at the library by May 15 and child must be potty trained.

There will be an optional information session and Q&A in the Chapel Annex after the movie with foster parents and representatives from Mississippi Child Protective Services and Palmer Home.



Call 434-2934 for details or more information.



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 (662) 434-7861.

**Martial Arts**  
Martial Arts classes are available at the Youth Center every Tuesday and Wednesday from 5-6 p.m. receive two free introductory classes, contact the Youth Center for more information at (662) 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 at [www.americaforcestravel.com](http://www.americaforcestravel.com) or visit 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, Fridays at 10 a.m. and 3:30 p.m. for ages birth – 2 years, and 10 a.m. on Saturdays for all ages. For more information, contact (662) 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 (662) 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 (662) 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 (662) 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 (662) 434-2489.

**Lawn Mower and Bicycle Repair**  
Outdoor Recreation is now offering lawn mower repair and self-help bicycle repair. For more information, contact (662) 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 (662) 434-7836.

**Wood Shop is OPEN!**  
The Wood Shop is back in business! They are open Mon-Thurs. from 10 a.m. to 5 p.m. and Saturday 8 a.m. to 4 p.m., call (662) 434-7836 for more information.

**Referees Needed**  
Referees needed for various sports at the Fitness Center. For more information or to sign up, contact (662) 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 (662) 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 (662) 434-2772.

**Space A Lodging**  
The Magnolia Inn usually has openings for Space A family and single units. Contact the lodging desk at (662) 434-2548.

**Ride in Style**  
Information Tickets and Travel offers a shuttle service to the airport of your choice. For more information, contact (662) 434-7861.

**Laser Bowling**  
The Strike Zone offers laser bowling every Friday and Saturday night starting at 5 p.m., stop in for a great time! Call (662) 434-3426 for more information.

U.S. Air Force photo by Senior Airman Keith Holcomb  
**A T-6 Texan II taxis for takeoff July 2, 2018, on Columbus Air Force Base, Miss. Maintainers and crew chiefs launch and receive aircraft from the start of the training day until the very last training mission. Over 337,560 hours were spent maintaining Columbus AFB’s three airframes during fiscal year 2018 to ensure the fleet of over 230 aircraft stayed in top shape, playing a vital role in creating pilots.**

**MAINTENANCE**  
(Continued from page 4)  
Tech. Sgt. Leandrew Lloyd III, 14th Flying Training Wing contracting officer representative. He explained his job is to follow the quality assurance team to ensure the work meets Air Force standards.  
The partnership between uniformed and civilian members in Maintenance Authority Quality is that of a close knit family, said Lloyd. “We are always willing to help each other out or pull from each other’s vast aircraft experience.”

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.

U.S. Air Force photo by Senior Airman Keith Holcomb  
**A T-38 Talon taxis for takeoff Dec. 19, 2018, on Columbus Air Force Base, Mississippi. Talons are the oldest training aircraft on Columbus AFB, some of them being from the late 1960’s.**

er and time waiting for parts or being repaired, it takes an aircraft away from training; for instance, if an engine of any trainer airframe needs repairs, it could be waiting for a small part to be ordered and shipped to Columbus AFB before it will fly again.  
The high demand of the mission at the 14th FTW requires all aircraft to be ready and efficient at all times to help train and create future pilots. Maintainers have the responsibility to ensure these aircraft have the equipment it needs and is in top condition to successfully train the next generation of aviators.

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](http://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.



# Voting made easy through Columbus AFB voting assistance office

**Airman Hannah Bean**  
14th Flying Training Wing  
Public Affairs

Voting is an essential part of society, providing citizens the ability to voice their opinions and choose the leaders of tomorrow.

It's a fundamental right and privilege every citizen has in the U.S.

The Federal Voting Assistance Program works to ensure service members, their eligible family members and overseas citizens are aware of their right to vote and have the tools and resources to successfully do so from anywhere in the world.

"I think it's important to make people aware of their right to vote," said James Brady, 14th Force Support Squadron community readiness specialist and installation voting assistance officer (IVAO). "It's also important to ensure they know they can continue to vote even though they're displaced from their home that they'd typically vote at."

There are 34 voting officers on Columbus Air Force Base, Mississippi. Two of those officers are an IVAO and an alternate IVAO, with the remaining 32 assigned to

various units across base as Unit Voting Assistance Officers (UVAO).

These officers are tasked with ensuring residents understand their right to vote and are aware of the various tools and resources available to them.

"People get confused on where they're supposed to vote, whether it's at their new base or from their home state," said 2nd Lt. Nicolette Hallmark, 14th Civil Engineer Squadron community planner and UVAO. "The Voting Assistance Office (VAO) is their single point of contact that helps simplify the process of voting and registration with the right knowledge and information they need. By utilizing the VAOs and asking questions, people gain easy access to the information and forms needed."

Though federal election years have a large effect on the voting community and activity, elections are happening across the country every year.

"Though each state varies, we can help connect you with your home state," Hallmark said. "We have easy access to that information and can get you what you need. If they ever have questions, they can contact us."

Brady said everybody is entitled to have

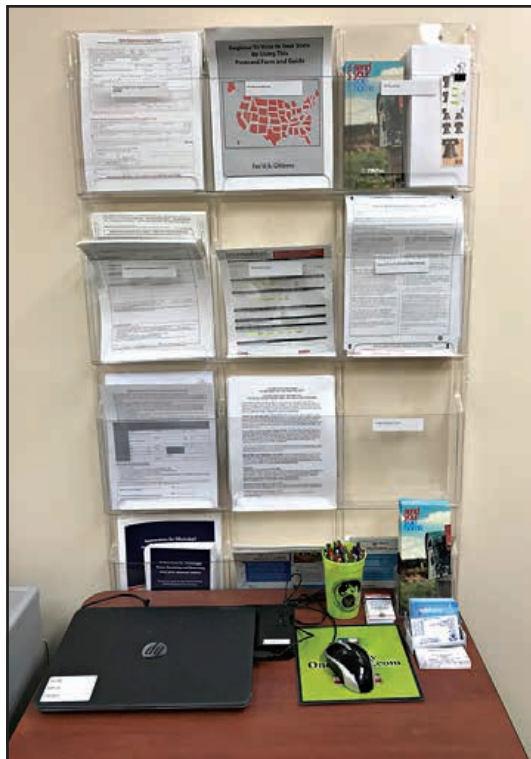
opinions. He noted it's easy to say, "What's my one vote going to mean? It's not going to make a difference."

"That's not true. There's been a lot of decisions made in recent years in where very few numbers did make a big difference," Brady said. "If you took a couple thousand people that have that mentality, it would majorly affect an election. No matter what your opinion is, whether you're with the majority or minority, you at least voiced your opinion and you can walk away feeling good about it."

Earlier this year Brady was recognized as the Voting Assistance Officer of the first quarter for the Department of Defense.

"Mr. Brady has done a phenomenal job keeping us on track," Hallmark said. "He's really on top of stuff and makes our job easier. He arms us with the capability, training and information on how to help Team BLAZE members."

For more information and/or questions on voter registration, call (662) 434-2701/2790 or email [vote.columbus@us.af.mil](mailto:vote.columbus@us.af.mil). You can also visit [www.columbus.af.mil/Portals/39/documents/other/IVA%20Website%20Info.docx](http://www.columbus.af.mil/Portals/39/documents/other/IVA%20Website%20Info.docx).



Courtesy photo

**The Voting Assistance Office resides in the Airman and Family Readiness Center and is easily accessible year-round for voter registration and information about voting. The Federal Voting Assistance Program works to ensure service members, their eligible family members, and overseas citizens are aware of their right to vote and have the tools and resources to successfully do so from anywhere in the world.**



U.S. Air Force photo by Senior Airman Keith Holcomb

**James Brady, 14th Force Support Squadron community readiness specialist and installation voting assistance officer for Columbus Air Force Base, talks with people during Armed Forces Voters Week, June 27, 2018, in the Base Exchange on Columbus AFB, Miss. Voting is an essential part of society, enabling citizens the ability to voice their opinions and choose the leaders of tomorrow.**



U.S. Air Force photo by Senior Airman Keith Holcomb

**James Brady, 14th Force Support Squadron community readiness specialist and Installation Voting Assistance Officer for Columbus Air Force Base, talks with Staff Sgt. Cory Henning, 14th Civil Engineer Squadron NCO in charge of emergency management, during Armed Forces Voters Week, June 27, 2018 in the Base Exchange on Columbus Air Force Base, Miss. Though federal election years have a large effect on the voting community and activity, elections are happening across the country every year.**

## Last Look Area

Recycling is what the Last Look Area provides! Slightly used furniture and equipment is available to all Columbus Air Force Base facilities for free. Pick-up and delivery is the customer's responsibility. There is a three-day maximum for customers who wish to reserve items.

**Facility hours are from 8 a.m. - 4 p.m.  
Monday through Friday.**

**Need more information?  
Contact Inspections at 434-7231 or 434-7332.  
Parking is available at the back  
of building 158.**



**Ride Safe,  
Wear a helmet  
and protective  
gear.**

**Buckle up!  
It's the  
law.**



**Don't be a litter bug.  
Keep America beautiful.**

# Finding balance

**Master Sgt. Jacelyn Jesseph**  
14th Comptroller Squadron

How many times have we all said, "There's not enough time in the day," or that "The weekend just wasn't long enough"? We seem to need longer breaks from work and yet there's never enough time in the work day to get everything accomplished.

We often hear that people seem to be "burnt out". We are losing Airmen at an alarming rate to suicide. We are tired, and sometimes, it seems we are not connected with our leaders or our subordinates. So, how do we solve this wide and all-encompassing issue? The answer is to find our balance. To some, balance seems to be a buzzword; to others, it is considered common sense. But, if either of those were the case, then why do so many people feel the lack of balance within their lives?

First and foremost, to find a balance in life, you need to decide what our leaders and subordinates want and need, then compare that to what really matters to you. Assess your life and your career as it is right now, being totally honest with yourself. Make a list of tasks or goals you want to complete and then prioritize them. We also have to realize that, if we overcommit to something that is not important to us, it can, and more than likely will burn us out faster. It is also essential for us to work to become powerful observers and listeners. Sometimes it is hard to know what individuals in our chain of command (or even in relationships) want from us. We have to observe and sometimes read between the lines. We also need to be fully aware of which tasks are important to others and which tasks are just a distraction. A part of this process that may often be overlooked is to be sure to express these goals and feelings to those in our chain of command and our loved ones. We've all heard the age old saying: communication is key.

Once you finally determine what really matters the most to you and your organization, then comes the hard part--learn to say no to the distractions. According to the book, "Essentialism" by Greg McKeown, it is important to "Remember that a clear 'no' can be more graceful than a vague or noncommittal 'yes.'"

It is often hard as military members for us to say no, but even more difficult for us to admit our limitations, faults and breaking points. We worry about what our superiors, Airmen and loved ones think about us. We feel as though we have to be highly productive all the time and we assume highly productive people do not have

*To focus on the mission,  
we need to set small and  
attainable goals then learn  
to celebrate them! To stay  
balanced and motivated, it is  
important to celebrate these  
"small wins".*


limitations. The reality is that, to be successful, you also have to be selective. Additionally as subordinates, we must give candid, yet respectful, feedback to our superiors. Some leaders will learn to respect your "no's" if you use them sparingly and only when you really need to. They will grow to understand and trust the rationale behind your decisions. Younger Airmen will see you as human and respect the fact that you know when your plate is full and, hopefully, admire that you were honest with them.


Another reason some guard against saying no is because a majority of us have a fear of social awkwardness. We want our subordinates, peers and leaders to respect, trust and depend on us, yet when we tell someone "no," we often feel as if we are letting them down. This is not necessarily the case. We do let them down by saying yes when we should not. The decision to say no is separate from the relationship. Declining a request or task is not the same as saying no to the person as a whole. Once we decide what is important and gracefully decline other tasks or commitments, then we are free to focus on our mission and our goals.

To focus on the mission, we need to set small and attainable goals then learn to celebrate them! To stay balanced and motivated, it is important to celebrate these "small wins". Why is it so easy for us to blame others or ourselves for small failures, but we have a hard time applauding small successes? This keeps not only yourself, but also your team members motivated. When progress is not celebrated, tasks become a burden. The process may seem too long or tedious. Celebrating the small wins also allows us to connect with our team and builds confidence among members and within ourselves.

We cannot sustain a well-fulfilled life if we are not planning and achieving our goals. Find the balance within. Figure out what is important, do not feel scared or ashamed to say a graceful no. Lastly, celebrate the small wins! Just remember that the journey is just as (or even more) important than the destination.



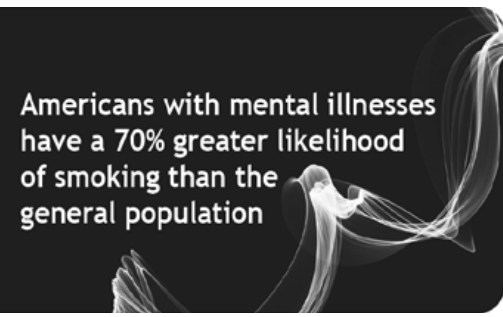
Medical Corner

MENTAL HEALTH MONTH

# Smoking and mental illness

People with behavioral health conditions are more likely to smoke. Psychologists are among those working to understand why and helping them quit.

Tobacco-related illnesses including cancer, heart disease and lung disease are among the most common causes of death in this population. And people with mental illnesses also smoke more often than smokers without mental illness, says Tim McAfee, MD, director of the CDC’s Office on Smoking and Health. “We can’t just ignore this population.”



Americans with mental illnesses have a 70% greater likelihood of smoking than the general population

Experts attribute the link between smoking and mental illness to a number of factors. Biochemistry probably plays some part. “Nicotine is a very powerful drug, and that’s true whether somebody has a mental illness or not,” says Judith Prochaska, PhD, MPH, a psychologist at the Stanford Prevention Research Center at Stanford University.


In some cases, people with mental illness may be using tobacco to mask symptoms or medication side effects, McAfee says. Some might also be more affected by nicotine withdrawal. “People with panic attacks, for instance, may have a harder time quitting because the symptoms of withdrawal — such as increased heart rate — can trigger an attack,” he says.

Biochemistry only goes so far toward explaining the high rate of tobacco use in people with mental illnesses. Social and environmental factors are also to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use: They’re more likely to have lower socioeconomic status and to experience more homelessness or other stressful living situations, for instance. Plus, they often lack medical insurance and access to resources that could help them quit.

Questions remain about how best to help smokers with mental illnesses. Gradually, health-care practitioners are becoming aware of the issue of smoking among mental health patients, says McAfee. As more and more patients developed lung cancer or suffered heart attacks, physicians realized “they weren’t doing their patients any favors by ignoring tobacco status,” he says. Psychologists today are finally having the same realization, he adds. “I think we’re almost at the beginning of a paradigm shift in mental health treatment.”

*Smoking and mental illness. Retrieved from <https://www.apa.org/monitor/2013/06/smoking>*

## A personal message from your health promotion Health Myth Busting Team



*Dear Health Myth Busters,*

*Lately I’ve been feeling a little out of sorts - a little down. My friend says that it’s probably because I smoke and vape. I say that’s ridiculous because smoking has always helped me calm down. Will you settle the argument? I think she is just making up reasons to get me to quit.*

*Sincerely,  
Who’s right?*

Dear Who’s Right?,

The answer is “it depends”. Smokers are more likely to be depressed than non-smokers. Are you a little down or are you depressed? There is a big difference. Feeling down is usually temporary and your mood can be lifted with exercise or the company of other people, among other things. Depression is felt on most days of the week and usually lasts more than 2 weeks. It also tends to interfere with everyday life. Treatments for depression include counseling, medication, or both. To distinguish between depression and feeling down, I urge you to start with a visit to your health care provider who can refer you for the correct intervention.

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

# BLAZE Hangar Tails: E-8C Joint STARS

**Mission**  
The E-8C Joint Surveillance Target Attack Radar System, or JSTARS, is an airborne battle management, command and control, intelligence, surveillance and reconnaissance platform. Its primary mission is to provide theater ground and air commanders with ground surveillance to support attack operations and targeting that contributes to the delay, disruption and destruction of enemy forces.

**Background**  
Joint STARS evolved from Army and Air Force programs to develop, detect, locate and attack enemy armor at ranges beyond the forward area of troops. The first two developmental aircraft deployed in 1991 to Operation Desert Storm and also supported Operation Joint Endeavor in December 1995. Team JSTARS men and women have contributed tremendously to overseas contingency operations, flying more than 85,000 combat hours in support of Operations Enduring Freedom, Iraqi Freedom, New Dawn Odyssey Dawn, and Unified Protector. Their operational resume includes support of six Combatant Commands including U.S. Pacific Command, U.S. Northern Command and U.S. Southern Command, U.S. Africa Command, U.S. Europe Command.

Team JSTARS was the first organization in the U.S. Air Force to activate under the Air Force’s Total Force Initiative as a “blended” wing. America’s first “Total Force” wing, the former 93rd Air Control Wing, an active-duty Air Combat Command unit, and the 116th Bomb Wing, a Georgia Air National Guard unit, were deactivated Oct.1, 2002. The 116th Air Control Wing was activated blending Guard and active-duty Airmen into a single unit. In October 2011, the capability to detect helicopters, rotating antennas and low, slow-moving fixed wing aircraft.

As a battle management and command and control asset, the E-8C can support the full spectrum of roles and missions from peacekeeping operations to major theater war.

**General Characteristics**  
**Primary function:** airborne battle management  
**Contractor:** Northrop Grumman Corp.  
**Power plant:** four Pratt and Whitney TF33-102C  
**Thrust:** 19,200 pounds each engine  
**Wingspan:** 145 feet, 9 inches (44.4 meters) Length: 152 feet, 11 inches (46.6 meters) Height: 42 feet, 6 inches (13 meters)  
**Weight:** 171,000 pounds (77,564 kilograms)  
**Maximum takeoff weight:** 336,000 pounds (152,409 kilograms)  
**Fuel capacity:** 155,000 (70,306 kilograms)  
**Payload:** electronic equipment and crew  
**Speed:** 449 - 587 mph (optimum orbit speed) or Mach 0.52 - 0.65 (390 - 510 knots)  
**Range:** nine hours  
**Ceiling:** 42,000 feet (12,802 meters)  
**Crew:** (flight crew), four; (mission crew) normally 15 Air Force and three Army specialists (crew size varies according to mission)  
**Unit Cost:** \$244.4 million  
**Initial operating capability:** December 1997  
**Inventory:** total force, 16



U.S. Air Force photo by Airman 1st Class Bailee A. Darbasie

An E-8C Joint STARS (JSTARS) assigned to Robins Air Force Base, Ga., prepares to take off Jan. 24, 2019 at Nellis AFB, Nev. JSTARS, Joint Surveillance Target Attack Radar System, participated in several Green Flag exercises.



U.S. Air Force photo by Senior Airman Zachary Bumpus

A U.S. Air Force E-8 Joint STARS takes off from Andersen Air Force Base, Guam, in support of exercise Valiant Shield 18, Sept. 17, 2018. Valiant Shield is a U.S.-only, biennial field training exercise (FTX) with a focus on integration of joint training among U.S. forces in relation to current operational plans. This training enables real-world proficiency in sustaining joint forces through detecting, locating, tracking and engaging units at sea, in the air, on land, and in cyberspace in response to a range of mission areas.





U.S. Air Force photo by Airman 1st Class Jake Jacobsen

The 14th Mission Support Group building provides essential services including financial, contracting and personnel management with a five-squadron/two-division, 750-plus person work force and \$38 million budget.



U.S. Air Force photo by Airman 1st Class Jake Jacobsen

A group of Airmen from the 14th Comptroller Squadron stands at the reception counter in the Mission Support Group building, May 7, 2019, on Columbus Air Force Base, Mississippi. The Airmen here provide financial support for the bases active duty, civilian and retired community to ensure that they are paid the correct amount and help to resolve issues.

# The 14th CPTS: Safeguarding the finance

Airman 1st Class Jake Jacobsen  
14th Flying Training Wing Public Affairs

Serving Airmen, supporting the mission and financing the fight, the 14th Comptroller Squadron works behind scenes to help the wing's mission by handling the 14th Flying Training Wing's annual budget and ensuring all Airmen assigned to the base are paid the right amount at the right time.

The 14th CPTS's role encompasses more than military and civilian pay, travel, relocation, separation and retirement pay. They also ensue at handling basic housing allowances, LeaveWeb inquiries, MyPay PIN access, Government Travel Card (GTC), debt and auditing CAFB non-appropriated activities as well.

Some of the Non-Appropriated Fund Financial Analyst (NAFFA) activities include the bowling center, outdoor recreation, child development center and the horse stables which are all crucial to cultivating an environment where we feel connected. It is Airmen like Lakezia Ham, 14th CPTS accountant, who are responsible for ensuring the activities are financially compliant so families are supported.

Ham ensures they are in compliance and fall under federal regulations and that government funds are being utilized like they are supposed to be. She confirms there are no abuse of funds, no fraud or waste while simultaneously looking for ways of improvement.

"I do surprise cash counts at a minimum of once a year where I go to a NAFFA activity center and say 'Hey, I am here to do your surprise count cash,'" and proceed to count their money to compare with their receipts and sales to check if there is any shortage or overage so far," Ham said. "This surprise can help deter anyone from getting too comfortable and not correctly managing their funds."

Auditing is when you have rules and regulations that are demanded by the federal law and government, therefore requiring a person to go check the activity of a business for their specific tasks dealing with finance to see if they are following exactly what they are supposed to do. When auditing, the auditor will check to see if the business is in compliance or not and determine if what they are doing needs

to be fixed or if it is correct. The auditor can then give suggestions or recommendations of how it can be improved to be on target with what the rules are.

"I think of myself as more of a help tool, because I audit locally and try to help the NAFFA activity fix any complications before the higher ups come and look for problems," Ham said. "There is a lot of interaction between my job and

the NAFFA activity managers, budget analysts, resource flight chiefs, other accountants on base."

There are NAFFA positions on almost every base. For the most part there are no backups for this position, but Ham can reach out to other auditors in the Air Force Auditing Agency for help.

"Anytime I cross over into the non-appropriated fund area, I always touch base with Mrs. Ham to review the final reports and inspections

done in the area to fix issues," said Traci Mattox, an auditor with the Air Force auditing agency. "Even though our jobs are separate, we collaborate together to share the knowledge we have gained to get the big picture and fill in anything the other might not have."

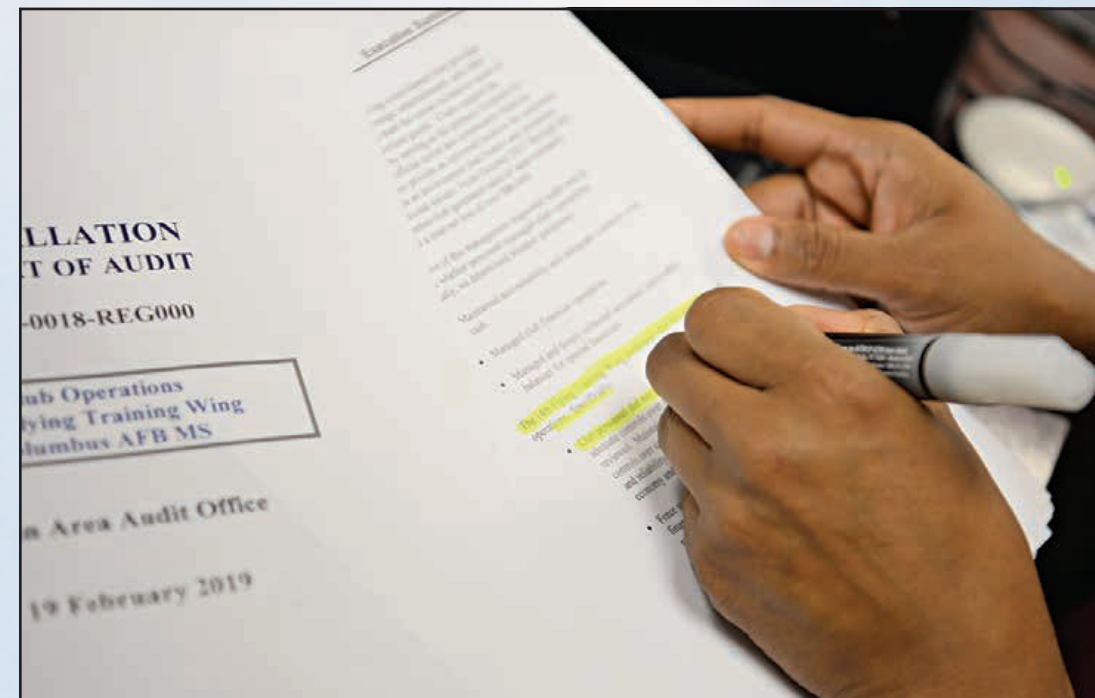
If there is any activity that goes on that a manager on base might have a concern about dealing with auditing, they can contact the auditor to come check it out and receive some outside help to figure out what is going on and get clarification.

There are many behind-the-scenes personnel who ensure the 14th FTW continues to cultivate and create an environment to support the mission. Many go unrecognized but are valuable in the day-to-day operations. It's Airmen like Ham working diligently as an auditor to make sure CAFB's NAFFA activities continue in support so that families feel connected to one another and the mission.



U.S. Air Force photo by Airman 1st Class Jake Jacobsen

Lakezia Ham, an accountant with the 14th Comptroller Squadron, works at her desk in the 14th Mission Support Group building May 7, 2019, on Columbus Air Force Base, Mississippi. Ham works as an auditor for the base to make sure her clients are following the rules and regulations set up by the federal government.



U.S. Air Force photo by Airman 1st Class Jake Jacobsen

Lakezia Ham, an accountant with the 14th Comptroller Squadron highlights some of the auditing paperwork May 7, 2019, on Columbus Air Force Base, Mississippi. Notetaking and highlighting can be an important tool for grabbing important information on documents and paperwork with a lot of information.