

FRIENDLY CITY mini warehouses

662-327-4236 · friendlycitymini.com

TWO COLUMBUS LOCATIONS 308 Shoney Drive | 903 Alabama Street

- Security Cameras New Units
- Alabama Street Location Fenced and Gated

MINI STORAGE BEST PRICE GUARANTEE

PHASE Squadron 37th (20-22) 41st (20-05) Brig. Gen. Edward Vaug Headquarters U.S. Air Fo

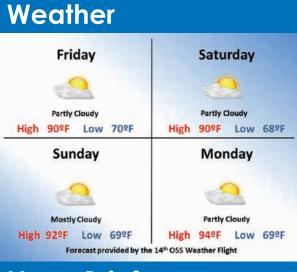
graduation at 10 a.m., N

Inside



Columbus Air Force Base, Miss.

May 31, 2019



News Briefs

D-Day Anniversary

Return Service: The Commercial Dispatch P.O. Box 511

Columbus, MS

Vol. 43, Issue 20

Friday

Partly Cloudy

Sunday

Mostly Cloud

High 929F Low

On June 6, 1944, more than 160,000 Allied troops landed along the beaches of Normandy, France. More than 5,000 ships and 13,000 aircraft supported the invasion. Take time to remember the more than 9,000 Allied service members that were killed or injured that day.

Wing Diversity Day

Wing Diversity Day is from 10 a.m. to 2 p.m., June 7 in the Columbus Club. Enjoy cultural performances, educational booths, food demonstrations and free food tastings!

National Flag Week

National Flag Week is June 9-15, with Flag Day occur-ring on June 14. Celebrate National Flag Week and Flag Day by displaying the American flag.



raduates today at 10 a.m. the Kave Auditorium.



U.S. Air Force photo by Airman 1st Class Hannah Bear

Attendees pay tribute to Master Sgt. John Chapman, Medal of Honor recipient, and 1st Lt. David Albandoz, Specialized Undergraduate Pilot Training Class 17-14 graduate, in front of the Richard "Gene" Smith Plaza during a Memorial Day ceremony May 28, 2019, on Columbus Air Force Base, Miss. The Memorial Day ceremony honored the nation's fallen Airmen, Soldiers, Sailors and Marines, and included a special memorial service for Chapman and Albandoz,

Memorial Day ceremony honors Medal of Honor recipient, pilot graduate

Airman 1st Class Hannah Bean 14th Flying Training Wing Public Affairs

Members of the 14th Flying Training Wing gathered in front of the Richard "Gene" Smith Plaza here during a Memorial Day ceremony May 28, paying tribute to Master Sgt. John Chapman, Medal of Honor recipient, and 1st Lt. David Albandoz, a former student pilot here.

"Today is not a day of celebration, but a day to remember reflect and be grateful for the men and women who selflessly sacrificed for their nation," said Col. Samantha Weeks, 14th Flying Training Wing commander. "We remember the sacrifices of our steadfast Soldiers, Sailors, Airmen and Marines."

Chapman was posthumously awarded the Medal of Hon-

See CEREMONY, Page 3

Со	LUMBU	s AF	B T R	AININ	G TI	MELI	NE	
II	Phase	SE III	IFF		WING SORTIE BOARD			
Track Select	Squadron	Graduation	Squadron	Graduation	Aircraft	Required	Flown	Annual
June 11	48th (19-17)	June 28	49th (19-IBC)	June 25	T-6	2,404	2,550	18,406
June 25	50th (19-17)	June 28			T-1	855	663	5,976
ghan, Special Assistant to the Director of Training and Readiness, Deputy Chief of Staff for Operations,						1,062	929	7,125
orce, the Pentagon, is the guest speaker for Specialized Undergraduate Pilot Training Class's 19-10/16						446	395	2,962
May 31 in the Kaye A	Auditorium.			* Mission nun	nbers provided by 14 F	TW Wing Scheduling.		

NEWS

As of press time, 53 TEAM BLAZE members are telephysical and their families while they are away.					<section-header><section-header><section-header><section-header><section-header><section-header><text><text><text><text><text></text></text></text></text></text></section-header></section-header></section-header></section-header></section-header></section-header>				
Readiness Office. Mon	Tue	Wed	 Thu	Jr	Fri	Sat/Sun	Long Range	1	
3	4 Wing New- comers, 8 a.m. @ Kaye Auditorium	5	D -Day Anniversary 37th FTS Change of Command, 9:37 a.m. @ Fire Station Enlisted Partnering, 6 p.m. @ Huck's Place		7	9th: National Flag Week	Events June 18: Wing Newcomers June 25: IFF Class 19JBC Graduation June 27: Post Traumatic Stress Disorder Awareness Day June 27: Enlisted Promotions	imatic	
10 Jational Flag – Veek	11	12	13		14 Flag Day SUPT Class 19-17/18 As- signment Night	15/16 16th: Father's Day	June 27: 14th SFS Change of Command June 28: SUPT Class 19- 17/18 Graduation July 2: Wing Newcomers July 2: 14th FSS Change of Command July 3: 14th CONS Change of Command	au co ha pi Fl M all ph D fi (6	

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

Rita Felton Chief of Public Affairs

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

Tech. Sgt. Christopher Gross NCOIC of Public Affairs

Airman 1st Class 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, nc., a or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force.

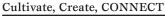
The appearance of advertising in this publication does not onstitute endorsement by the DOD, the Department of the Air Force or Service Publications, Inc., of the products or services

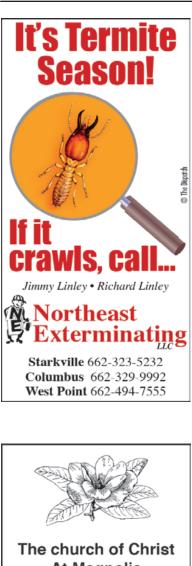
Everything advertised in this publication shall be made vailable for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical nandicap, political affiliation or any other non-merit factor of the urchaser, user or patron.

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

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 blication date. The advertising department can be reached at (662) 328-2424.





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 1st Sunday of each month



"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."



Go behind the scenes and see what it takes to put out a daily newspaper!

Call 662-328-2424 today to schedule a tour for your group or organization.

Cultivate, Create, CONNECT

Need for speed: Air Force meets acquisition acceleration "Century Challenge" milestone

Secretary of the Air Force Public Affairs

ARLINGTON, Va. — Secretary of the Air Force Heather Wilson announced the Air Force met its "Century Challenge" milestone this month, cutting 100.5 years of innecessary schedule from existing weapons development programs since May 2018.

The challenge to streamline and accelerate programs was put forth to the service's cquisition community as the Air Force focuses on adversaries who are rapidly innovating.

"We have to get critical technologies to the warfighter faster," Wilson said. "Cost ind performance matter a lot. So does speed."

Wilson credited the Air Force's success to Congressional support that provided new legal authorities to rapidly prototype and test weapons in Section 804 of the Fiscal 2016 National Defense Authorization Act, which the Air Force is implementing

"History will look back on this era and see how the Air Force outpaced its compettors because of these authorities," Wilson said. "The Air Force established guidelines or rapid prototyping and fielding in May of last year. This put greater control in the nands of our program managers, at a level where decision-making is critical."

"We're able to dismiss things that don't add value to our programs while remaining exceptionally disciplined on things that do," said Dr. Will Roper, the assistant secreary of the Air Force for acquisition, technology and logistics.

Roper challenged each program executive office to track both schedule and deliv ry acceleration over traditional approaches in a May 2018 memorandum to the force.

Among the systems that have benefitted from this streamlined approach are comnunications and defensive systems on the F-22 Raptor and F-15 Strike Eagle, cyber networks, satellites, hypersonic weapons and key intelligence technologies.

Underscoring a broader cultural shift beyond the Century Challenge, the Air Force also recently released a new science and technology strategy for 2030 and beyond The strategy is a blueprint for maximizing its technological advantage.

The Air Force's rapid acquisition efforts have been supported by a number of other highly targeted practices, including expedited software development at new Air Force software factories" and streamlined small business outreach efforts that have resulted in some initial contract awards made in hours, not months

FSS

(Continued from page 10)

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 5 p.m., stop in for a great time! Call 434-3426 for more information.

TREATMENT

(Continued from page 12)

oriented. There was no real friendship making, no personal interactions; everything was something I 'had' to do. Whether it was going to work or attending meetings, I just focused on getting through it. But, the minute I didn't have anything to do, that's when the ghosts would come out and play.'

Corvin's PTSD began to manifest after events during his deployment in Afghanistan. The events took a major toll on him, and as a result he began suffering both physically and mentally.

"During the beginning of my counselling I realized I had become paranoid; I thought everyone was out to get me," he exclaimed. "That was hard to deal with, because you're fighting with yourself – you're not fighting facts but with made-up stuff that's in your head."

The Mental Health Clinic at Holloman Air Force Base worked with him on getting past the irrational thoughts of not trusting his own personal decisions or trusting others. The providers helped him realize the decisions he made during his deployment were good.

"But I realized this was not all manufactured in my own head — people do want to hear about the experiences I went through — to help them figure out how they can be resilient and get the hard stuff done."

The development of PTSD can be brought on by the exposure to death, serious injury, sexual violence or some other traumatic or stressful experience. Individuals may be exposed to these traumas through their job, by witnessing them or by experiencing them firsthand.

According to Santiago, while there is still a stigma to get help, more individuals are seeking the support they need than when they were 20 vears ago.

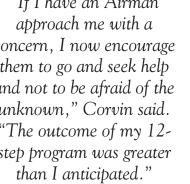
"If I have an Airman approach me with a program."

"If I have an Airman approach me with a concern, I now encourage them to go and seek help and not to be afraid of the unknown," Corvin said. "The outcome of my 12step program was greater than I anticipated."

concern, I now encourage them to go and seek help and not to be afraid of the unknown," Corvin said. "The outcome of my 12-step program was greater than I anticipated."

Now recently retired, the time has finally come for him to let go of the reins and hand over the responsibilities to someone else. As a side-effect of his PTSD, Corvin said he had also been dealing with control issues, and described how letting go and having faith in another person's ability to take care of the unit has been difficult — but he's coming to terms with it.

"In all of this, faith and family are the two things that have kept me going," he said. "While I tried to be strong, back then I wasn't able to seek the help I needed. But, my faith was stronger – when I was asking for help, the Lord stepped in and became my sword and my shield. He made me realize I needed the help of a team - my family was that team, and they pushed me to seek the professional help I so badly needed. I'm much stronger now, thanks to my wife and daughter and now I get to spend the time with them that they deserve. We can finally look forward to the future as a family, now that I've received the strength and clarity after the 12-step



U.S. Air Force photo by Airman 1st Class Hannah Bear Col. Samantha Weeks, 14 Flying Training Wing commander, hugs Nicoleta Padureanu, U.S. Air Force photo by Melissa Doublin A five-ship formation performs a flyover during a Memorial Day ceremony practice run widow of 1st Lt. David Albandoz. 198th Airlift Saugdron C-130 Hercules pilot. Puerto Rico during a Memorial Day Ceremony May 28, 2019, at the Richard "Gene" Smith Plaza on May 21, 2019, at the Richard "Gene" Smith Plaza on Columbus Air Force Base, Miss. The lead aircraft, a T-1A Jayhawk, was the same aircraft that 1st Lt. David Albandoz, Spe-Columbus Air Force Base, Miss. Nicoleta and her daughter, Aeliana, visited Columbus cialized Undergraduate Pilot Training Class 17-14 graduate, flew during his last flight AFB to attend a Memorial Day Ceremony in his honor where his name was unveiled on as a student pilot in SUPT here. the memorial wall in the Richard "Gene" Smith Plaza.

CEREMONY

(Continued from page 1)

or for actions on Takur Ghar Mountain in Afghanistan on March 4, 2002, when his team was ambushed by the enemy and came under heavy fire from multiple directions.

Despite severe wounds, he fought relentlessly, sustaining a violent engagement with multiple enemy personnel before making the ultimate sacrifice. With his last actions, Chapman saved the lives of his teammates and dozens of members of his rescue team.

Albandoz dedicated over 16 years of his life to the U.S. Air Force. Most recently, Albandoz attended Specialized Undergraduate Pilot Training at Columbus Air Force Base, Mississippi, graduating in 2017 as a member of SUPT Class 17-14. After completing C-130H training at Little Rock AFB, Arkansas, he returned to the 198th Airlift Squadron at Muñiz Air National Guard Base, Puerto Rico, as a qualified C-130H co-pilot.

"I had the distinct honor of being one of David's instructors during pilot training," said Capt. Joshua Mote, 48th Flying Training Squadron instructor pilot. "Everyone enjoyed the joyful and mature perspective that David brought to the country flight room. He was always seeking ways to help his classmates and instructors, even if that just meant bringing a smile to band, father, brother, son, friend and wingman." Family and friends of Albandoz attended the ceremony to their face with a funny joke or comment, even in the early honor his contributions to the country and to Columbus AFB. morning or late night.

The names of Chapman and Albandoz were added to the Albandoz logged over 2,000 flying hours while assigned to memorial wall in the plaza. Since Columbus AFB became a the 198th Airlift Squadron. He died on May 2, 2018, at the age of 37 in a non-combat related incident involving a WCpilot training base in 1971, 87 pilot training graduates and 130 Hercules aircraft departing from Savannah, Georgia. instructor pilots have died in the line of duty and their names "David was an outstanding wingman, a servant leader, and have been added to the memorial wall in the plaza.

Commander's Action Line 434-1414

In an effort to stay Connected, the Commander's Action Line is your direct link to he 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.





a true jokester," Mote said. "His legacy continues to influence the lives he touched, and those fortunate enough to call him a friend. We will forever remember Lt. Albandoz for his kindness, generosity, humor, heroism, and love as a cherished hus-



U.S. Air Force photo by Elizabeth Owens

A Columbus Air Force Base Honor Guardsman reveals the name of Master Sgt. John Chapman, Medal of Honor recipient, inscribed on the Richard "Gene" Smith Plaza wall during a Memorial Day ceremony May 23, 2019, on Columbus AFB, Miss. After the unveiling of names of Chapman and 1st Lt. David Albandoz, the playing of taps was performed and a moment of silence was held in honor of all who had lost their lives in service to the

man and Lt. Albandoz represent our best. Airmen that em- dure and live for the memory of their fallen."

U.S. Air Force photo by Airman 1st Class Hannah Bee

Col. Samantha Weeks, 14 Flying Training Wing commander, gives Aeliana, daughter of 1st Lt. David Albandoz, 198th Airlift Squadron C-130H pilot, Puerto Rico a coin after a Memorial Day Ceremony May 28, 2019, on Columbus Air Force Base, Miss. Aeliana visited Columbus AFB with her mother, Nicoleta Padureanu, to attend a Memorial Day Ceremony in honor of her late father where his name was unveiled on the memorial wall in the Richard "Gene" Smith Plaza.

body what it means to be an American, a child, parent, spouse neighbor and a friend. They died for us. We must remember them, speak of them, smile with them and live for them.

During the ceremony, Weeks also stressed the importance of not forgetting and remembering the sacrifices those have made in defense and support of America.

"The nation is grateful for our fallen Airmen's sacrifice, but we must acknowledge the family's sacrifice too," Weeks "We honor our fallen by our daily actions, by the lives we continued. "It is every bit as much as the military members live moving forward, for the families and community we love, themselves. When the parades are over, and the flowers and and for our country," Weeks said. "Master Sgt. John Chap- wreathes wither away, these brave Americans carry on, en-

New T-6 paint scheme unveiled, first of six CAFB aircraft to receive new look

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

4 SILVER WINGS May 31, 2019

The 14th Flying Training Wing unveiled its first of six heritage flag ship aircraft during a ceremony at the fire department May 29 on Columbus Air Force Base, Mississippi.

Members of the 37th Flying Training Squadron were able to see their freshly painted T-6 Texan II which represents the squadron's patch, a Bengal tiger mother with a cub in her mouth. The T-6 is primarily yellow and its black stripes represent their lineage and heritage here.

"This is about having pride in our unit and across the base as a whole," said Lt. Col. William Free, 37th FTS commander. "Now that the plane is finished up and painted it will be an opportunity for people to come together to honor and celebrate the great traditions that we have at Columbus AFB and the squadrons that are represented."

Future generations of student pilots at Columbus AFB will have the opportunity fly specially designed flag ship planes. the aircraft's new look.

"People take great pride in these planes so when all six squadron would again deactivate May 1, 1960. planes are done they will be the showcase of flying operations on our base representing the history of our squadrons and the 37th FTS and assigned to the 14 Flying Training Wing on heritage that we bring," said Col. Derek Stuart, 14th Opera- Columbus AFB. Here they conducted Undergraduate Pilot tions Group commander.

to the Army Air Corps in the 1940's. It was initially a pur- Force. They continued to fly the T-37 until 2006 when they suit squadron assigned to the 55th Pursuit Group at Hamilton Field, California. Air defense was their mission and they flew the P-43 Lancer, a U.S. Army Air Corps aircraft. Today this similar mission is owned by the North American Aerospace Defense Command (NORAD) and they're responsible for controlling and defending airspace in the Alaska, Canada and the Continental United States.

During World War II, the 37th Fighter Squadron conducted combat operations with their P-38 Lightning in the Distinguished Unit Citation for their actions.

Also during WWII, Maj. William L. Leverette, the 37 Fighter Squadron Commander, was awarded the Distinguished Service Cross for leading a formation of P-38s on a mission to protect Royal Navy warships. During this mission mission partner, Vertex Aerospace. Maintainers began striphe identified a formation of 30 German JU-87 Stuka dive ping paint and preparing the aircraft for a fresh coat during bombers in which he took out seven of those aircraft and his many labor-intensive hours where aircraft panels and doors squadron shot down an additional nine.

After WWII the 37th FS was inactivated and redesignated several times. In November 1952 they were designated as the 37th Fighter-Interceptor Squadron at Ethan Allen AFB, Ver- new and exciting project to work on, and one they enjoyed mont, where they flew P-51 Mustangs and later F-86 Sabres and know the entire base population will appreciate. and F-102 Delta Daggers for their interceptor mission. The



Air Force photo by Senior Airman Keith Holcomb

The new paint schemes will reflect the heritage of that air- The 37th Flying Training Squadron's new flagship T-6 Texan II is shown to Col. Derek Stuart, 14th Operations Group craft's squadron. The squadrons are responsible for designing commander, in the corrosion control lab, May 14, 2019, on Columbus Air Force Base. The 37th FTS has a strong history, dating back to the Army Air Corps in the 1940's; the painted T-6 shows this rich history through its new design.

On March 22, 1972, the squadron was redesignated the Training with the T-37 Tweet, a small twin-engine jet trainer The 37th FTS has a strong line of heritage that dates back which flew for decades as the primary trainer for the U.S. Air transitioned to the T-6 which they fly today.

With a strong legacy to uphold, the 37th FTS continues its mission to create pilots and will use this newly painted T-6 to reach the next generation of aviators, giving them the opportunity to connect with their heritage and build the future.

These paintings are also part of the Air Force chief of staff's initiative to revitalize squadrons and enable them to connect to the long blue line.

In order for squadrons at Columbus AFB to have flag ship European and Mediterranean Theater of Operations. They paint schemes, they identified aircraft that were already in also utilized the P-47 Thunderbolt to escort reconnaissance need of a new coat of paint, thus not costing the Air Force aircraft during Operation Dragoon, earning the squadron a any extra funding. The heritage repaint of the T-6 and future aircraft repaints were approved at the wing level and then routed and approved by Air Education and Training Command.

> Aircraft paint requires a lot of hard work on the part of our are removed, cracks are filled, sand blasting is done, to ensure the surface is clean and free debris.

Stuart said for a lot of the Vertex maintainers this was a

Free added a lot of hard work and dedication went into



The 37th Flying Training Squadron's new flagship T-6 Texan II is showcased alonaside the maintainers who painted it May 30, 2019, on Columbus Air Force Base. Members of the 37th FTS took inspiration for their design from their history to celebrate their past, present and future.

making this T-6 look as good as it does.

"Our instructor pilots are the heartbeat of what we do here at Columbus AFB," Free said. "On behalf of all them it is a proud moment for me to see this jet and acknowledge the pride we have in it and knowing it represents the hard work they do day in and day out for our Wing and our Air Force."

With each flag ship aircraft representing the rich history behind the flying squadron and connecting the different generations of Airmen, Columbus AFB is helping to preserve their predecessors' stories and marking a new chapter for the 14th FTW.

KIRTLAND AIR FORCE BASE, N.M. - While June 21st is the official beginning of summer, Memorial Day weekend acts as the unofficial kickoff to the summer season for many Air Force families. The weather is in that sweet spot between not too hot, and not too cold. Many families are enjoying an extended weekend together. Friends gather to barbeque and take time to honor those who died while serving the United States. Simply put, it is a great jump-start for the season to come.

As Airmen approach and plan for summer activities, leadership at all levels should take the time to discuss risk management and highlight hazards Airmen may encounter during the upcoming months. The Air Force's top three leaders began that conversation in a tri-signature memorandum recently sent to al Airmen.

"As you execute our Air Force mission or participate in summer activities with your family and friends, please use what you have learned about risk management," the memo read. "Plan for the unexpected, make wise choices and avoid unnecessary risks."

mer months. While Airmen commonly acknowledge these involved alcohol. The memo also emphasized how personal safety directly risks, they do not always register risks in the moment. "It's not that Airmen don't know that alcohol impairs their decision making ability, because I'm confident the Air "Many of us tend to want to turn our brains off and relax when summer hits, however the opposite needs to happen," Force takes every opportunity to emphasize and re-emphasize that message," Rauch said. "What's missing is a well thought said Bill Parsons, Air Force Safety Center's Occupation Safe-"A loss of life to a preventable accident impacts not only ty division chief. "Don't let your guard down in the summer." out plan before engaging in their chosen activities. Excessive Parsons continued that one hazard in particular stands alcohol, poor judgement and summer activities with the lack out as often overlooked. of a plan simply don't mix." Summer is a time that every Airman should rejoice. The "Every year we lose Airmen to water-related activities and many times it's simply due to lack of preparation," Par- beautiful weather is cause to explore the corners of not only sons said. "Airmen must intimately understand the hazards the United States, but also countries across the globe, as presented by water, whether it is temperature, depth, cur- Airmen are engaging in worldwide operations. With those rents, or adding alcohol and sleep deprivation into the mix." adventures come risks. Airmen are encouraged to have a Alcohol is another major hazard that often impairs good plan, understand their local hazards, and practice good risk Rising temperatures lead to more time spent outdoors,

ties to Air Force readiness. Over the past decade, preventable accidents on and off duty have tragically claimed 16 Airmen lives on average per year during the summer months. the Airmen and their families, but the entire Air Force and how we get the mission done," said Maj. Gen. John T. Rauch, Air Force chief of safety. "That's why it's so important for Airmen and leaders to understand risk management isn't something that you simply focus on part time. It is a method of understanding what your hazards are, mitigating those risks where possible, and accepting risk at the appropriate levels, both on and off duty.' traveling to enjoy family vacations and increased chances of risk management. Over the last five years, 66 Airmen deaths management.

Summer – A time to enjoy family, friends, and practice good risk management

Josh Avcock

Air Force Safety Center Public Affairs

"Every year we lose Airmen to water-related activities and many times it's simply due to lack of preparation," Parsons said. "Airmen must intimately understand the hazards presented by water, whether it is temperature, depth, currents, or adding alcohol and sleep deprivation into the mix.



Summer is a time that every Airman should rejoice. The beautiful weather is cause to explore the corners of not only the United States, but also countries across the globe, as Airmen are engaging in worldwide operations. With those adventures come risks. Airmen are encouraged to have a plan, understand their local hazards and practice good risk management

dehydration, exposing Airmen to more risk during the sum- occurred throughout the summer. At least 22 of those deaths

12 SILVER WINGS May 31, 2019

Seeking mental health treatment: Chief shares his experience with PTSD

AF News

Staff Sgt. Christine Groening 49th Wing Public Affairs

HOLLOMAN AFB, N.M. - "Dealing with a traumatic event from 2011 in Afghanistan, I realize now that I probably needed help long before 2018, but at the time I felt like I'd figured out how to control the ghosts in my head. I forced myself to keep them at bay, and instead of dealing with my problems, I just let them fester," recalled Chief Master Sgt. Eric Corvin, 49th Maintenance Group Quality Assurance superintendent, as he opened up about his post-traumatic stress disorder.

Many service members struggle with the thought of seeking mental health treatment, thinking of it as a career ender, or possibly that others may think they are weak for seeking help. Corvin said he wrestled with the thought of whether or not to get help, and eventually decided he needed to make a change — not only for himself, but for his

The stresses and strains Corvin was undergoing didn't just affect him personally, but also his family

He described how his wife and daughter noticed the change in his demeanor, and they tried to talk to him about it on several occasions, even offering to look into getting a PTSD dog for him. But, Corvin refused to take a dog he thought would be more beneficial for someone else.

"Once we got home, my daughter sat down with me and told me in no uncertain terms that I needed to get help," Corvin said. "She told me that although I might not seem to be suffering as much as some others, or physically injured, I still needed help. I tried explaining to her about everything going on in my head and my body was starting to suffer as a result of that stress. She just told me, 'that's even more reason to go get help.""

It soon reached a point when his wife told him she wanted back the man she married. She told him his PTSD was affecting him to the point they couldn't even walk down the street or go out to eat as a normal couple.

"I'm currently geographically separated from them, so I finally have time to think on my own, contemplate things and determine how I need to react," he said. "My wife and daughter deserve to have the old me back."

Chief Master Sgt. Eric Corvin, 49th Maintenance Group Quality Assurance superintendent, sought PTSD treatment with the 49th Medical Group at Holloman Air Force Base, N.M. He enrolled in a 12-week program, which focused on the many aspects of PTSD and ways of coming to terms with the issues it causes.

In October 2018, Corvin finally found the courage to seek help, after coming to the realization of how much it was affecting his family and faith.

He enrolled in a 12-week program with the 49th Medical Group Mental Health Clinic, which focuses on the many aspects of PTSD and ways of coming to terms with the issues it brings, along with coping mech-

"We view PTSD as something that you can resolve," said Capt. Kyra Santiago, 49th Medical Group licensed clinical social worker. "When we go through trauma, we kind

of shove it all into a filing cabinet and just push it away. It comes out at times when we don't want it to, but (the practice of) cognitive processing has you open up that drawer, pull everything out and reorganize it to make better sense of something that was probably illogical."

During the program, individuals go through learning what PTSD is, analyze the meaning of the event or trauma they went through, learn to identify thoughts and feelings relating to PTSD and determine where they got stuck. Issues that impact the individual's life, such as safety, trust, power and con-

trol, esteem and intimacy are also addressed.

"One of my goals in counselling was to get back to the way I was when my wife married me," Corvin said.

The QA superintendent explained that prior to getting treatment, his way of dealing with PTSD only resulted in him feeling isolated, being afraid to lose control of a situation and hiding what he was really feeling and seeing inside, both at work and at home.

"I turned everything into a mission," he said. "My day-to-day life was literally task

See **TREATMENT**, Page 14

Mission

The F-22 Raptor's combination of stealth, super cruise, maneuverability and integrated avionics, coupled with improved supportability, represents an exponential leap in warfighting capabilities. The Raptor performs both air-to-air and air-toground missions allowing full realization of operational concepts vital to the 21st century Air Force.

The F-22, a critical component of the Global Strike Task Force, is designed to project air dominance, rapidly and at great distances and defeat threats attempting to deny access to our nation's Air Force, Army, Navy and Marine Corps.

Features

A combination of sensor capability, integrated avionics, situational awareness, and weapons provides first-kill opportunity against threats. The F-22 possesses a sophisticated sensor suite allowing the pilot to track, identify, shoot and kill air-to-air threats before being detected. Significant advances in cockpit design and sensor fusion improve the pilot's situational awareness. In the air-to-air configuration the Raptor carries six AIM-120 AMRAAMs and two AIM-9 Sidewinders.

The F-22 has a significant capability to attack surface targets. In the air-to-ground configuration the aircraft can carry two 1,000-pound GBU-32 Joint Direct Attack Munitions internally and will use on-board avionics for navigation and weapons delivery support. In the future, air-to-ground capability will be enhanced with the addition of upgraded radar and up to eight small diameter bombs. The Raptor will also carry two AIM-120s and two AIM-9s in the air-to-ground configuration. The F-22 will have better reliability and maintainability



show, March 30, 2019. Maj. Lopez has over 1,500 hours flying both the F-15 Eagle and the F-22 Raptor and is in his second year as the commander of the F-22 Raptor Demonstration Team.

BLAZE Hangar Tails: F-22 Raptor

than any fighter aircraft in history. Increased F-22 reliability and maintainability pays off in less manpower required to fix the aircraft and the ability to operate more efficiently.

The Advanced Tactical Fighter entered the Demonstration and Validation phase in 1986. The prototype aircraft (YF-22 and YF-23) both completed their first flights in late 1990. Ultimately the YF-22 was selected as best of the two and the engineering and manufacturing development effort began in 1991 with development contracts to Lockheed/Boeing (airframe) and Pratt & Whitney (engines). EMD included extensive subsystem and system testing as well as flight testing with nine aircraft at Edwards Air Force Base, California. The first EMD flight was in 1997 and at the completion of its flight test life this aircraft was used for live-fire testing.

The program received approval to enter low rate initial production in 2001. Initial operational and test evaluation by the Air Force Operational Test and Evaluation Center was successfully completed in 2004. Based on maturity of design and other factors the program received approval for full rate production in 2005. Air Education and Training Command, Air Combat Command and Pacific Air Forces are the primary Air Force organizations flying the F-22. The aircraft designation was the F/A-22 for a short time before being renamed F-22A in December 2005.

General characteristics

Primary function: air dominance, multi-role fighter Contractor: Lockheed-Martin, Boeing

Power plant: two Pratt & Whitney F119-PW-100 turbofan engines with afterburners and two-dimensional thrust vectoring nozzles.

Thrust: 35,000-pound class (each engine)

Wingspan: 44 feet, 6 inches (13.6 meters)

Length: 62 feet, 1 inch (18.9 meters) Height: 16 feet, 8 inches (5.1 meters)

Weight: 43,340 pounds (19,700 kilograms)

Maximum takeoff weight: 83,500 pounds (38,000 kilo-

grams)

Fuel capacity: internal: 18,000 pounds (8,200 kilograms); with 2 external wing fuel tanks: 26,000 pounds (11,900 kilograms)

Payload: same as armament air-to-air or air-to-ground loadouts; with or without two external wing fuel tanks.

Speed: mach two class with supercruise capability

Range: more than 1,850 miles ferry range with two external wing fuel tanks (1,600 nautical miles)

Ceiling: above 50,000 feet (15 kilometers)

Armament: one M61A2 20-millimeter cannon with 480 rounds, internal side weapon bays carriage of two AIM-9 infrared (heat seeking) air-to-air missiles and internal main weapon bays carriage of six AIM-120 radar-guided air-to-air missiles (air-to-air loadout) or two 1,000-pound GBU-32 JDAMs and two AIM-120 radar-guided air-to-air missiles (air-to-ground loadout)

Crew: one Unit cost: \$143 million Initial operating capability: December 2005 **Inventory:** total force, 183

U.S. Air Force photo by 2nd Lt. Samuel Eckholm U.S. Air Force Maj. Paul 'Loco' Lopez, F-22 Demo Team commander/pilot, performs a minimum radius turn during his aerial demonstration at the Thunder over the Bay air

U.S. Air Force photo by Staff Sat. Micaiah Anthony

A U.S. Air Force F-22 Raptor, assigned to the 525th Fighter Squadron from Joint Base Elmendorf-Richardson, Alaska, flies away after refueling from a KC-135 Stratotanker assigned to the 909th Air Refueling Saugdron from Kadeng Air Base, Japan, during exercise Northern Edge, May 16, 2019, over Alaska. Northern Edge is designed to sharpen participants' tactical combat skills, to improve command, control and communication relationships and to develop plans and programs across the Joint Force.

Medical Corner

MENTAL HEALTH MONTH Smoking, 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.'

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 ymptoms 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."

Mood changes

Mood changes are common after quitting smoking. Some people feel increased sadness. You might be irritable estless, or feel down or blue. Changes n mood from quitting smoking may be part of withdrawal. Withdrawal is your body getting used to not having icotine. Mood changes from nicotine rithdrawal usually get better in a week or two. If mood changes do not get better in a couple of weeks, you should talk to your doctor. Something else, like depression, could be the reason.

Smoking may seem to help you with lepression. You might feel better in the noment. But there are many problems with using cigarettes to cope with depression. There are other things you can ry to lift your mood:

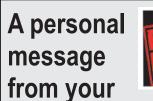
Exercise. Being physically active can elp. Start small and build up over time nis can be hard to do when you're de pressed. But your efforts will pay off.

Structure your day. Make a plan to tay busy. Get out of the house if you can. Be with other people. Many peoble who are depressed are cut off from ther people. Being in touch or talking vith others every day can help your nood.

Reward yourself. Do things you enjoy ven small things add up and help you el better.

Get support. If you are feeling down after guitting smoking, it may help to alk about this with friends and family. Your doctor also can help.

Smoking & Depression. Retrieved from https:// mokefree.gov/challenges-when-quitting/ mood/smoking-depression



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. 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/

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. to 2:30 p.m. June 4. This event is mandatory for all newly arrived military and Department of Defense civilian personnel. 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.

Air Force Recovery Coordination Proaram

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.

Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. June 6 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.

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.

The next Career Exploration & Planning Hearts Apart Track workshop is from 8 a.m.-3 p.m. July 22-23 in the A&FRC. This workshop helps members The next Hearts Apart is from 5-7 p.m. June 27. This monthly social event is for family memidentify skills, increase awareness of training and credentialing programs, and develop an action bers whose sponsor is deployed, on a remote tour or TDY for more than 30 days. To register or for plan to achieve career goals. To register or for more information, please call A&FRC at (662) ians with access to A&FRC. Assistance includes more information, please call A&FRC at (662) 434-2790. 434-2790.

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

COMMUNITY

MSgt selects recognized during release party



U.S. Air Force photo by Elizabeth Owen:

Leadership from the 14th Flying Training Wing stand with newly selected master sergeants during the Master Sergeant Release Party May 22, 2019, at the Columbus Club on Columbus Air Force Base, Mississippi. The new promotees will soon enter the senior NCO tier where they will continue to take more responsibilities and challenges.

Transition Assistance Program GPS Heart Link (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.

Federal USA Jobs Workshop

The next Federal USA Jobs workshop i from 9-10:30 a.m. July 17. 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.

Career Exploration & Planning **Track Workshop**

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.

Bundles for Babies

The next Bundles for Babies workshop is from 1-3:30 p.m. Aug. 22 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.

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 civilbut is not limited to aid in preparing and submit-

ting 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.

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.

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 vou 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 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

Lunch Buffets at the Overrun

Enjoy daily lunch buffets Tuesday thru 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 434-2489.

Kids Triathlon

Starting at 5:30 p.m. June 7 at Independence Pool. Open to children ages 5-13. Swim, bike, and run to the finish line. \$15 per person includes-T-shirt, Race bib, Swag bag, and participation medal. Call 434-2772 to sign up!

Blaze Triathlon

Starting at 6:30 a.m. June 8 at Independence Pool. First heat begins at 7:30 a.m. \$20 per person ages 14 and up, includes-T-shirt, Race bib, Swag bag, and participation medal. Packet pickup will be June 4-5. Call 434-2772 to sign up!

Autobahn Indoor Speedway

Feed your need for speed! From 8 a.m.-3 p.m. June 8. \$40 per person includes transportation, equipment and two hours of unlimited driving. Must be 18 and up. Call 434-2547 or formation, contact 434-7861. stop by ODR to sign up.

Geyser Falls

ser Falls Water Park in Philadelphia, Mississippi. Guests can move about the water park and purchase food on their own. All participants will need to bring extra dry clothes for the bus ride back

The cost is \$15 per person for Single Airmen, and families of deployed military. \$20 per person for general participants, includes: admission to Water Park and transportation. Children under 3 are free. Call 434-7861 for more information.

BLAZE FEST

Get ready for Fun, Food and FIREWORKS July 3! Join us for a day full of bounce castles, mechanical children's rides, a.m. for ages 3–6 years, Fridays at 10 a.m. and 3:30 p.m. for food trucks, vendors, beer garden, bands, contests and many

Youth Summer Camps

The Youth Center offers a variety of camps during the sum-

FSS Services

June 8, 2019



mer to keep the kids from getting bored. Contact the Youth Center for a full list of camps available through August. For more information call 434-2504.

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 in-

Martial Arts

Martial arts classes are available at the Youth Center ev-Join us on June 14, for a fun day in the sun for all at Gey- ery Tuesday and Wednesday from 5 p.m.-6 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 at www.americaforcestravel.com or visit your ITT office at (662) 434-7861.

Storvtime Schedule

The Base Library is offering Storytime on Tuesdays at 10 ages birth-2 years, and 10 a.m. on Saturdays for all ages. For more information, contact 434-2934.

FSS Gift Cards

Make your shopping easier! Purchase or redeem your FSS

Cultivate, Create, CONNECT

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 Monday through Thursday from 10 a.m.- 5 p.m. and Saturday 8 a.m.- 4 p.m., call 4347836 for more information

Referees Needed

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

RV Storage Lot

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

Instructors Needed

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

Cultivate, Create, CONNECT

Airman on the Street:



Name: Airman 1st Class Cedrik Tyler Job Title: 14th Security Forces Squadron patrolman Hometown: (N/A) **Answer:** Working in security forces is thrilling and we always push each other to continue learning, it's been a great experience.

Team BLAZE Summer Safety Message Maj. Jen Prouty

14th Flying Training Wing Chief of Safety

For numerous years the Air Force has highlighted the Memorial Day Holiday weekend with the kick-off of the Critical Days of Summer campaign. Gone are the days of the official campaign, but not the necessity to highlight the dangers and risks associated with many of our summer activities. While we all want to enjoy the beautiful weather reliving glory days and chasing adventure with our family and friends, we would do well to remember this sobering note: the Air Force has lost an average of 13 Airmen each of the past five summers to off-duty mishaps.

What do you appreciate about your coworkers?

Name: Airman 1st Class Anna Barrios Job Title: 14th Operations Support Squadron air traffic controller

Hometown: Miami

Answer: Everyone here is like a family, they're always willing to help no matter what's going on and there's nothing else like it.



Name: Kimberly Havnes

Job Title: 14th Force Support Squadron operations

Hometown: Columbus, Mississippi

Answer: Love the friendly Airmen who I get to meet everyday and my coworkers always make the job fun. what's work without some fun?



Name: 2nd Lt. Evan Ulinski Job Title: 14th Student Squadron student pilot Hometown: Elmore, Ohio Answer: Working with other student pilots everyday is a good time, we always have a good competitive environment and we grow close through the intense training.

VIEWPOINT

Safety is the responsibility of every BLAZE Airmen and an integral part of our culture here at Columbus Air Force Base. As you take the time to enjoy the warm weather and outdoor activities this season, please remember to be a good wingman, avoid unnecessary risks, and make safety a priority in your summer plans.

June as National Safety Month, and rightfully so as the number of traumatic injuries treated this year's national campaign include hazard in emergency rooms around the country near-recognition, slips, trips and falls, fatigue and ly doubles when summer begins. According impairment. In an effort to keep, the BLAZE to the Mayo Clinic, avoidable injuries are the community well informed and vigilant this

The National Safety Council recognizes leading cause of death for Americans aged 1 to 40 during this time of year. The topics for

summer, your Wing Safety office will highlight the 2019 National Safety Month by featuring a weekly series of safety messages to increase awareness of the risks we all may face this summer season. These messages will include a variety of topics such as distracted driving, boating safety, fireworks safety, and how to safely host a backyard barbecue.

Safety is the responsibility of every BLAZE Airmen and an integral part of our culture here at Columbus Air Force Base. As you take the time to enjoy the warm weather and outdoor activities this season, please remember to be a good wingman, avoid unnecessary risks, and make safety a priority in your summer plans.

Maj. Jason Bondurant

Waxhaw, North Carolina

2nd Lt. Trevor Britt

Newcomb. New York

KC-46

C-17



FEATURE SUPT Class 19-10/16 earns silver wings

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

Specialized Undergraduate Pilot Training Class 19-10/16 graduates at 10 a.m. today during a ceremony at the Kave Auditorium.

Brig. Gen. Edward Vaughan, the Special Assistant Director of Training and Readiness, Deputy Chief of Staff for Operations, Headquarters U.S. Air Force, the Pentagon, 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 will be recognized.

Second Lt.'s Rex Ritchie, Andrew Jones and Andrew Norris 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 Ritchie, 2nd Lt. Mark Lawson and Maj. Jason Bondurant who excelled in training and typified the tenets of the association; promoting aerospace power and a strong national defense.

The distinguished graduates of classes 19-10/16 recognized were Ritchie, Jones, Norris, and Lawson for outstanding performance in academics, officer qualities and flying abilities.

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

F-35



2nd Lt. Eduardo Rodriguez

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

AZE-ING THE T

hours in the T-38C aircraft. The airlift-tanker track uses the T-1A Redlands, California Jayhawk, the military version of a multi- KC-135 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 part- 2nd Lt. Grant Higham ners. SUPT Class 19-10/16's pilot partners are Bank-First Financial Services and Mugshots Grill & Bar.



2nd Lt. Nicholas Mever Mission Viejo, California



2nd Lt. Cameron Duley Atlanta, Georgia KC-135



Capt. Domenic Trewett

Laquey, Missouri

B-52

2nd Lt. Rohaise Firth-Butterfield Exeter, England



Capt. Toai Dang

Vietnam

2nd Lt. Stan Forron Tallahassee. Florida KC-10

1st Lt. Daniel Caddigan Chicago, Illinois KC-135



KC-135





Charleston. South Carolina C-130H



2nd Lt. Crespo Rodriguez San Lorenzo, Puerto Rico C-146

2nd Lt. Edward Sanetti Sebastian. Florida



2nd Lt. Michael Nault Powder Springs, Georgia T-6



York, Pennsylvania K-10



2nd Lt. Andrew Norris Malvern, Arkansas C-130H



2nd Lt. Rex Ritchie Helotes. Texas A-10

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



1st Lt. Zachary Gerlach

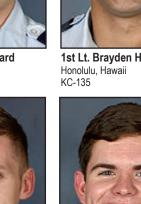


Beaverton, Oregon KC-135

T-38C Talon



1st Lt. Robert Grizzard Hefin. Alabama U-28



1st Lt. Brayden Hill



U.S. AIR FORCE

1st Lt. Garrett Newman Oregon, Illinois KC-135



1st Lt. Christofer Valasek Saginaw, Michigan RC-135



2nd Lt. Mark Lawson Highland Park, New Jersey



2nd Lt. Vanessa McCollom Orlando, Florida T-38



2nd Lt. Daniel Schultz San Antonio. Texas F-16



2nd Lt. Kenneth Soyars Tallahassee. Florida C-5



2nd Lt. Andrew Jones

Leonardtown, Maryland

C-17

2nd Lt. Alex Statler Gresham, Oregon C-17



2nd Lt. McCall Kerkman

Boise. Idaho

F-16

2nd Lt. Zacharv Stoller Ashburn, Virginia C-17



2nd Lt. Gregory Sullivan Purcellville, Virginia AC-130



2nd Lt. Balaji Thoguluva Melbourne, Florida KC-10