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Vol. 42, Issue 9

Weather

Friday  Partly Cloudy High 66°F Low 45°F	Saturday  Thunderstorms High 71°F Low 57°F
Sunday  Rain High 68°F Low 39°F	Monday  Partly Cloudy High 59°F Low 36°F

Forecast provided by the 14th OSS Weather Flight

News Briefs

Daylight Savings Starts March 11

Clocks should be moved one hour ahead at 2 a.m. on March 11, for daylight savings time. Daylight savings will end on Nov. 4, 2018.

SUPT 18-07 Assignment Night

Specialized Undergraduate Pilot Training Class 18-07 will have assignment night 5:30 p.m. March 23, at the Columbus Club.

Happy Irby Golf Tournament

The Happy Irby Golf Tournament is scheduled to be held March 26, at the Lion Hills Golf Club.

Inside



Feature 8

SUPT Class 18-06 graduates today at 10 a.m. at the Kaye Auditorium.

COLUMBUS AFB TRAINING TIMELINE															
PHASE II				PHASE III				IFF				WING SORTIE BOARD			
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required	Flown	Annual
37th (18-15)	-6.94 days	-4.28 days	Mar. 30	48th (18-07)	-0.25 days	3.03 days	Apr. 6	49th (18-FBC)	0.37 days	0.52 days	Apr. 3	T-6	682	414	10,702
41st (19-01)	-7.21 days	-4.10 days	Apr. 23	50th (18-07)	2.21 days	-1.09 days	Apr. 6					T-1	242	220	3,648
												T-38	175	313	5,090
												IFF	97	89	1,904
* Mission numbers provided by 14 FTW Wing Scheduling.															
Retired Col. Caryle "Smitty" Harris, former Vietnam Prisoner of War, is the guest speaker for the Specialized Undergraduate Pilot Training Class 18-06 graduation at 10 a.m. March 9 in the Kaye Auditorium.															

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Our 14th MDG: Air Force award winners

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

Two individuals from the 14th Medical Group earned Air Force level Awards throughout the 2017 year.

They worked hard to be the best of the best in the Air Force with Capt. Jennifer Arce, former 14th MDG Clinical Medicine Flight Commander, who won the Air Force level Company Grade Officer Clinical Excellence in Nursing Award and Senior Airman Gabrielle Achuff, an Aerospace and Operational Physiology technician, who won the Air Force level AOP Airman of the Year.

Each individual made the effort to perform their duties to the highest degree they could, overcoming their own obstacles and exemplifying what it means to be an Airman.

Our 14th MDG: Capt. Jennifer Arce

Capt. Jennifer Arce, now the 336th Medical Group Urgent Care Center element chief, received orders from Columbus Air Force Base, Mississippi around the same time she earned the Air Force level Company Grade Officer Clinical Excellence in Nursing Award.

As the Flight Commander of Flight Medicine, then Flight Commander of Clinical Medicine, she was the sole nurse in charge of executing patient care operations for fliers, active duty, retirees and family members. Arce also had more than 15 airmen she managed within one flight.

"As a mother of three very busy children and a flight commander of more than 15 people I try and keep my days organized and planned as well as I can," Arce said. "Honesty keeping a routine is difficult in the chaos of being a mother and Airman. The key to staying focused for me is to prioritize my time as much as possible as things arise."

Awards are won by Airmen who set the example for their peers and try to bring those around them up as well.

"I do not do what I do to win awards, I simply work hard at the things I believe in and set my goals towards that. I was a civilian nurse for 10 years prior to becoming active duty and



I believe I worked just as hard if not harder to make my patients lives better," she said. "It is not an award that motivates me, it is patients and the people around me that motivate me to be better every day."

She impacted many of her airmen at Columbus AFB, showing them what it meant to strive towards "Excellence in All We Do", mentioned Staff Sgt. Kathleen Staples 14th MDG Flight Medicine Clinic NCO in-charge.

There is room for everyone to grow, professionally and personally; Airmen always strive for excellence. Even with a finite amount of awards given out in a single year, everyone has the ability to win.

"I do not think you have to do everything, but I believe you have to do your best at what you are doing. Know what you are good at and strive to be better, and last but not least learn from your mistakes," Arce said. "We all make mistakes, some are big, some are small, but I believe if we learn from our mistakes they only make us better."

Because of her strength, attitude, and determination to bring everyone to their potential, Arce earned her Company Grade Officer Clinical Excellence in Nursing Award.

"Capt Arce is truly a transformation leader. She inspires everyone around her to work harder, not because she demands it, but because seeing her example fills you with pride knowing



Capt. Jennifer Arce, former 14th MDG Clinical Medicine Flight Commander, won the Air Force level Company Grade Officer Clinical Excellence in Nursing Award, for the year 2017. She was in charge of two different flights, managed over 15 airmen and took care of her three children throughout her time at Columbus AFB and was able to maintain excellence in her field.

See WINNERS, Page 3



14TH FLYING TRAINING WING DEPLOYED

As of press time, 18 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.

Tax Center Hours

The Columbus Air Force Base Tax Center will be open Feb. 13-April 6 in building 926 to prepare taxes for retirees, active-duty military, and their dependents. Hours are from 8 a.m.-1 p.m. Tuesdays and Wednesdays, and from noon-5 p.m. Thursdays and Fridays.

The following are issues that fall outside of the scope of our tax center:

- Net operating loss (current year or carryforward)
- Self-employment income not shown on Form 1099
- Self-employment expenses in the form of payments to employees/independent contractors
- Home office expenses
- Airbnb income
- Extensive investment income
- Health savings accounts
- Returns for 2016 or amended returns

To schedule an appointment, please call the Columbus AFB legal office at Comm. 662-434-7030.

AAFES “Holidays Bill is on us” winner



Courtesy photo

Scott Shuttleworth, 14th Flying Training Wing Operations Security Director, is awarded a check March 6, 2018, on Columbus Air Force Base, Mississippi. Shuttleworth won an Army & Air Force Exchange Services third place prize for \$500 toward his Mil Star account during the “Holidays Bill is on us” campaign sweepstakes.

Silver Wings

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Submission Deadline

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

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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.

TAPS

(Continued from page 14)

casualty officers and caregivers. They rely heavily on current and former military members to provide the support the organization needs to operate.

“It takes a rare spirit to observe a flag-draped casket or to be handed a sobering folded flag, and an even rarer spirit to then carry on with the courage to move forward, continually share your story, connect with others and be a support system for those starting out on their own journey,” said Goldfein.

Military life presents unique challenges. The Air Force is committed to taking care of its Airmen and families and has a wide range force support capabilities available for them. They are part of a truly remarkable family, said Goldfein.

“To those who lost the ones you loved and confided in – you also found yourselves trekking through the unknowns,” said Goldfein. “Nothing can be said that will forever erase the pain, but we owe our endless gratitude for your strength, sacrifice, and commitment. Together, you keep the hope, and you’ve walked in each other’s shoes. You are united by an important cause – providing care, support, and friendship by lending your ear, your heart, your mind and your time to one another.”



U.S. Air Force photo by Staff Sgt. Rusty Frank

Chief of Staff of the Air Force Gen. David L. Goldfein accepts the Tragedy Assistance Program for Survivors Honor Guard Military Award on behalf of the Air Force's 670,000 Airmen and their families during the 10th Annual TAPS Honor Guard Gala March 6, 2018, in Washington, D.C. The award recognized the Air Force's enduring commitment to families of fallen.



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Easter Sunday, April 1	1000 Main Campus, East Columbus 1830 Airbase Hill, North Columbus

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NEWS AROUND TOWN

March 10
Celebrate the 8th Annual Golden Triangle Music Awards 6-9 p.m. March 10, at the Charity Mission Full Gospel Baptist Church. Honoring Gospel Artists, producers, pastors, ministry leaders, etc. throughout the Golden Triangle area, Mississippi, Alabama, Tennessee, Arkansas, and Louisiana. The entrance fee is \$10 and are non-refundable.

April 5-14
Columbus, Mississippi will be hosting the 78th Annual Spring Pilgrimage April 5-14, 2018. It's an award-winning event that has been recognized by some as one of the best and most authentic home tours in the South. There will be special events throughout Pilgrimage such as home tours, carriage rides, a half-marathon and 5k run and more

BARGAIN LINE

The deadline for submitting ads is noon Monday before the desired publication date. Ads turned in after the deadline will run the following week. Ads can be mailed to or dropped off at the public affairs office in the 14th Flying Training Wing Headquarters building, e-mailed to silverwings@us.af.mil or faxed to 434-7009. Calling Ext. 7068 by noon Monday can extend the run date of ads already submitted. Silver Wings reserves the right to limit ads based on content, space and frequency of requests. Advertisements for private businesses or services providing a continuous source of income may not appear in the Bargain Line. They may, however, be purchased through The Commercial Dispatch, 328-2424.

Transportation

For sale: 1994 Nissan pick-up truck for sale. Has a tool box, bed liner, new windshield and was recently repainted. Asking price is \$2,700. For more information please contact 662-356-4292.

TAPS honors fallen Airmen by presenting Military Award to the Air Force

Staff Sgt. Rusty Frank
Secretary of the Air Force
Public Affairs

WASHINGTON — “Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices.” – President Harry S. Truman.

Chief of Staff of the Air Force Gen. David L. Goldfein accepted the Tragedy Assistance Program for Survivors Honor Guard Military Award during the 10th Annual TAPS Honor Guard Gala March 6, 2018, in Washington, D.C.

“It is a distinct privilege to accept this

particular award on behalf of our 670,000 amazing Airmen and their families who own the high ground in air and space each and every day,” said Goldfein. “Our loved ones are drafted alongside us to make a commitment to accept a life of service supporting those who maintain the demands of fighting and winning in the sky, on the ground and on the sea.”

According to TAPS, the Air Force was given the award because of their enduring commitment to families of fallen.

Founded in 1994, TAPS provides worldwide care to family members who are grieving the death of a service member and have assisted more than 75,000 surviving families,

See TAPS, Page 15



U.S. Air Force photo by Staff Sgt. Rusty Frank
Chief of Staff of the Air Force Gen. David L. Goldfein speaks during the 10th Annual Tragedy Assistance Program for Survivors Honor Guard Gala March 6, 2018, in Washington, D.C. TAPS provides worldwide care to family members who are grieving the death of a service member.

Be the change: The power of representation

Col. Eries L.G. Mentzer
National Defense Fellow

WASHINGTON — Comic book illustrator Shawn Martinbrough met with Pentagon Airmen to speak about the power of representation Feb. 20, 2018. A native New Yorker, he has illustrated Black Panther, Batman, Luke Cage Noir, Captain America, and Hellboy characters for Marvel and Detective Comics.

“You’ve got to keep your hustle,” he said. “You need to continually survey your environment, embrace emerging technologies, learn the business side of their industry, and reinvent yourself to remain relevant.”

Martinbrough said diversity was not deliberately excluded in the comic book industry. The comics were developed through the lens of illustrators in an industry lacking diversity. As a black illustrator in high demand, he said that creating images representative of his race is empowering.

“Shawn’s experience resonated with me because I am usually the only cyber female and African American in the room, and as I grow in rank, it is even more pronounced,” said Maj. Dee Randolph, Cyber and Space Strategy Branch chief. “As a minority you need to have tenacity, so you can be eventually recognized for the abilities you bring to the table. You too can be the first if it hasn’t been done.”

Martinbrough elevated black comic characters from sidekicks and villains to leading characters and heroes. When he illustrated Luke Cage, he altered Luke Cage’s image from a street image to a more professional representation with a



U.S. Air Force photo by Andy Morataya
Comic book illustrator Shawn Martinbrough speaks to Airmen about the power of diversity and inclusion in the comic book industry at the Pentagon Conference Center Feb. 20, 2018. Martinbrough is a former TEDx Mid-Atlantic presenter and an acclaimed author.

classic suit and a fedora to show a strong superhero.

“As a parent, it is my job to reduce my children’s exposure to racial stereotypes. I do not want them to be influenced by negative perceptions,” said Maj. Chris Owens, Air Force Reserve Policy Integration chief of Congressional Inquiries.

“As a parent, it is my job to reduce my children’s exposure to racial stereotypes. I do not want them to be influenced by negative perceptions,” said Maj. Chris Owens, Air Force Reserve Policy Integration chief of Congressional Inquiries.

“It’s important to constantly ensure that diversity is represented because it helps people who are not familiar with other cultures to be more informed.”

Martinbrough was commissioned to illustrate a book without any specifics about the characters from the author, so he drew the lead female character to represent the strong black female role models in his life. The response from his editor, “Oh, she is black now. Cool.”

The lack of diversity and inclusion in his childhood comics inspired him to illustrate the representation he desired. “You just need to illustrate your story through your lens,” Martinbrough said. “Use your power to be the change you want to see in your field.”

Col. Eries L.G. Mentzer is a National Defense Scholar at the Woodrow Wilson International Center for Scholars. The views expressed are her own.

Produce Pilots, Advance Airmen, Feed the Fight

WINNERS

(Continued from page 1)

that the Air Force has people like her in it,” Staples said. “Even when her husband was deployed for 6 months, she was an amazing mother, the first one in the clinic and the last one out, supervised several individuals, and still excelled in her work performance and physical standards. She is an Airman everyone should want to emulate.”

Our 14th MDG: Senior Airman Gabrielle Achuff

Senior Airman Gabrielle Achuff, the Aerospace and Operational Physiology technician, who won the Air Force level AOP Airman of the Year, was stationed at Columbus Air Force Base, Mississippi for the last few years.

Her hard work has earned her a number of awards, at all kinds of levels within the Air Force, notably earning Airman of the Year at the 14th Flying Training Wing in January.

“I’m task oriented, if I want something done it will get done,” Achuff said. “I also want to make sure the Airmen around me see that whatever I’m doing is how their supposed to do things to set an example for them.”

The AOP flight as a whole has won back to back Best AOP Flight awards with Achuff on the team. Achuff said she doesn’t work hard for the awards, she

believes in her job and wants to work hard no matter what her task is that day.

“I’m second in charge of overseeing new Airmen in my section, I keep records for pilots and make sure it’s complete so they can fly, I help operate chamber flights and teach a number of classes to incoming pilots,” she said.

Airman Troy Powell, Aerospace and Operational Physiology technician was an airmen she mentored when he arrived in 2017.

“Getting here it was me trying to figure out what I’m supposed to be doing here,” Powell said. “She took me under and showed me how to do things and set me on a good path to success. She works hard, she makes sure everything is done correctly. I strive to be the Airman she is.”

With the handful of years in the Air Force that she has, her flight commander Maj. Eric Chase, said she works very hard alongside the other Airmen in their flight. He pushes his airmen to be the best they can be every day and said he is glad they performed well enough to earn the awards they had during 2017.

“It’s cool to be recognized, but I never think to myself I’m going to win an award today,” she said. “I don’t always understand why they put me up for awards; I do my job and I try to do it well, and make sure I do additional duties I enjoy.”



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

Senior Airman Gabrielle Achuff, the Aerospace and Operational Physiology technician, who won the Air Force level AOP Airman of the Year, prepares to drop a student for parachute training Oct. 24, 2017, on Columbus Air Force Base, Mississippi. Students spend the first seven days of pilot training with the AOP flight to learn about their bodies and the effects flying can have on the body.



Courtesy photo

Senior Airman Gabrielle Achuff, the Aerospace and Operational Physiology technician, won the Air Force level 2017 AOP Airman of the Year, on Columbus Air Force Base, Mississippi. Her hard work has earned her a number of awards, at all kinds of levels within the Air Force, notably earning Airman of the Year at the 14th Flying Training Wing in January.

Enlisted Promotions recognize eight Airmen



U.S. Air Force photo by Melissa Doublin

Airmen were promoted and recognized at the February Enlisted Promotions Feb 28, 2018, on Columbus Air Force Base, Mississippi. Eight enlisted Airmen were promoted to their next rank, giving them more responsibility and opportunity to grow themselves and the enlisted force they represent.

SPRING BREAK AT THE LIBRARY

CALENDAR OF EVENTS

434-2934

Monday, March 12

Lego Day
10 am-5 pm A day of fun with Legos
Free Movie
3 pm Featuring: The Lego Ninjago (PG)

Tuesday, March 13

Storytime
10 am Storytime for ages 3-6 years old
Free Movie
3 pm Featuring: Captain Underpants (PG)

Wednesday, March 14

Teen Activity
9 am-3pm Teen resume writing and interviewing skills (sign up by March 12)
Free Movie
3 pm Featuring: The Nut Job 2 (PG)

Thursday, March 15

Infant/Toddler Storytime
1 pm Storytime for ages birth to 2 years old
Free Movie
3 pm Featuring: Ferris Bueller's Day Off (PG-13)

Friday, March 16

Game Day
10 am-5 pm All day board games available
Free Movie
3 pm Featuring: So B It (PG)

JASDF visits Columbus AFB, strengthens relationship

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

Col. Kunihiro Fujinaga, Director of the Education Division, Personnel and Training Department, Air Staff Office, and Lt Col. Mitsuhiro Saito, JASDF Flight Training Section Director, toured here February 28.

The JASDF referred to as K k Jieitai in Japanese, visit Columbus AFB periodically to see their students, learn firsthand about our training program operates, and hold meetings with base leadership.

"I came here to see the training environment of the Specialized Undergraduate Pilot Training with the Japanese students," Fujinaga said. "It will be a good opportunity to get something that could be helpful to our training programs in Japan."

The SUPT program is one of two training programs at Columbus AFB open to certain foreign countries to train their students alongside U.S. student pilots. There are currently nine Japanese students participating in pilot training at Columbus AFB.

"[Some] Japanese SUPT students train at Columbus AFB," Fujinaga said. "We have our Country Liaison Officer, Maj. Shinji Isayama, here, so we [always] have a close coordination with the 14th Flying Training Wing."

One of the benefits of having students train with some of the top aviators in the world is the 14th FTW's ability to train not only professional aviators, but develop leaders as well.

Not only are their abilities as aviators excellent once they return home, but their spirit, or mind, is in the right place because they always want to continue to improve, noted



Col. Kunihiro Fujinaga, Director of the Education Division, Personnel and Training Department, Air Staff Office, and Lt Col. Mitsuhiro Saito, JASDF Flight Training Section Director, speak with some of the 48th Flying Training Squadrons leadership February 28, 2018 on Columbus Air Force Base, Mississippi. The SUPT program is one of two training programs at Columbus AFB open to certain foreign countries to train their students alongside U.S. student pilots. There are currently nine Japanese students participating in pilot training at Columbus AFB.

Fujinaga.

Another benefit to training Japanese students at Columbus AFB is the cross exposure to one another's militaries, training, operation methods and cultures.

"This kind of program is not only effective in giving students their skills but also indispensable to develop their ability to keep the relationship, joint operations, joint exercises ... and mutual understanding [constantly im-

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

proving]," Fujinaga said.

These kinds of pilot training programs are also helpful for the pilot shortages in both countries. The JASDF is thankful to have help from the U.S. Air Force by continuously accepting our students, mentioned Lt Col. Mitsuhiro Saito.

As the Japanese pilots continue to train and improve alongside the American students they build friendships and comradery

"I came here to see the training environment of the Specialized Undergraduate Pilot Training with the Japanese students," Fujinaga said. "It will be a good opportunity to get something that could be helpful to our training programs in Japan."

unlike any other military training program. These relationships are what builds trust in the air and on the ground.

"Generally speaking this kind of program where many foreign officers get together promotes strength and mutual understanding for friendly countries," Fujinaga said. "In the future this will develop the mutual understanding of air force to air force; military to military; and furthermore country to country. It's a very important thing."

Fujinaga and Saito were showed the workings of Columbus AFB as well as met with every flying training squadron's commanders to learn how and why the students are trained the way they are. They spent time discussing different strategies, successes, and challenges in an effort to produce even higher quality aviators as well as officers.

"We are really grateful to all of the staff at this Air Force base for the acceptance of Japanese pilots in SUPT and continuous cooperation," Fujinaga said. "Thank you very much from the bottom of my heart for all of you."

Thoughts Regarding Sexual Assault Response & Prevention Training

Marcia Stewart
14th Flying Training Wing
Sexual Assault Prevention & Response
Program Manager

The mentality of "SAPR Training" among the ranks of members of the military is well known and prevalent. "It's a waste of my time," and "I don't know anyone who has been sexually assaulted," or "Why are we doing this training?"

These are all valid questions for anyone to ask. The better you can understand the purpose behind all of this training the better you can support it.

Imagine, for a minute, that we were all trained in the



basics of medical care and could perform all the duties of an EMT. Imagine how many people's lives would be saved as a

result. This is the reason for the training. We hope that we never have to use it but, giving it to everyone in the military equips them with the information to be a dependable responder.

Recognizing sexual assault is the first step in the process. That's where your Victim Advocates take over. We are just like the First Sergeants of all things SAPR; we can point anyone in the right direction to get whatever help they need.

Victim Advocates are here if you or someone else needs us, but hopefully you never will. All we ask is that next time you get handed a little freebie from the SAPR office, think of it as a bookmark to a page that you hopefully never turn to.

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.)

Pre-separation Counseling

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

Pre- and Post-Deployment Tour Briefing

These briefings are mandatory for active-duty personnel who are either deploying or returning from deployment or a remote tour. The briefings are held daily at the A&FRC. Pre-deployment is at 9:30 a.m., and post-deployment is at 1:30 p.m. Please contact A&FRC, 434-2839/434-2790 for more information.

Heart Link

The next Heart Link will be held on 8:30 a.m.-noon May 23, 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.

Hearts Apart

The next Hearts Apart will be held on 5-7 p.m. March 22, in the A&FRC. This monthly social event is for family members whose sponsor is deployed, on a remote tour, or TDY for more than 30 days. To register or for more information, please call A&FRC at (662) 434-2790.

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

This workshop is from 7:30 a.m.-4 p.m. April 2-6, at the Airman and Family Readiness Center. The Transition Assistance Program (TAP) Workshop has seminars on: transition, military occupational code crosswalk, financial planning, health benefits, Mississippi Department of Employment Security, Veterans Affairs, Disabled TAP, Department of Labor (TAP portion). Preseparation counseling is required before attending. Recommend attendance eight to 12 months prior to separation/retirement. Spouses are encouraged to attend with their sponsor. To register, call 434-2631.

Career Technical Training Track Workshop

The next Career Technical Training Track Workshop will be held 8 a.m.-3 p.m. May 7, in the A&FRC. This workshop covers the impor-

SUPT Class 19-06 Pilot Partner Welcome



U.S. Air Force photo by 2nd Lt. Kara Crennan

Second Lt. Thessa Washington, SUPT class 19-06 senior ranking officer, and Daniel Harold with Gregory Construction pose during the Pilot Partner Welcome Dinner March, 6, 2018. This shows off their new certificates signifying their partnership through the next year.

tance and how to go about obtaining skills required to make better decisions about your technical goals. To register or for more information, please call A&FRC at (662) 434-2790.

Wing Newcomers Orientation

This brief will be from 8 a.m.-12:15 p.m. March 27, at the Columbus Club. The orientation is mandatory for newly arrived active-duty and civilian personnel. Spouses are encouraged to attend. For more information, call 434-2790.

Military Life Cycle

The next Military Life Cycle will be from 1-2 p.m. March 27, VA contractors explain to service members (whether first term, separating, retiring or a veteran) what services the VA offers and what they are able to provide throughout the member's military career and how to apply for benefits. To register or for more information, please call A&FRC at (662) 434-2790.

Federal USAJobs Workshop

This workshop is from 9:10:30 a.m. April 11, This is a workshop on writing resumes, applications and job search, using USAJobs. Call 434-2790 to register.

Smooth Move

The next Smooth Move workshop is scheduled for 10-11 a.m. March 13, in the A&FRC. This monthly venue provides information for relocating members and families. Here you'll learn what to expect before you move from agencies such as Traffic Management Office (TMO), Housing, Military Pay, Lodging, Tri-Care,

School Liaison Officer and A&FRC. To register or for more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

Bundles of Joy

The next Bundles of Joy workshop is scheduled for 1-3:30 p.m. May 17, in the A&FRC. This program is designed for active duty Air Force members and/or their spouses who are pregnant or have a child four-months old or less. Attendees will learn about finances, labor and delivery, and infant care. A \$50 gift card sponsored by the Air Force Aid Society will be provided for each qualifying child. To register or for more information, please call A&FRC at (662) 434-2790.

Entrepreneurship Track Transition Workshop

This workshop is from 8 a.m.-3 p.m. May 10-11. The entrepreneurship workshop is conducted by the Small Business Administration for veterans and all base personnel interested starting up and operating their own business. To register and more information call 434-2790.

Linked-In Workshop

The Linked-In workshop is from 2-5 p.m. May 14-15. The workshop will teach you how to establish and use a Linked-In account. To register and more information, please call 434-2790.

Bundles of Joy

The next Bundles of Joy workshop is scheduled for 1-3:30 p.m. May 17, at the A&FRC. This program is designed for active duty Air

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

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 member's 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.

Sponsorship Training

An electronic version of sponsorship training called eSponsorship Application & Training (eSAT) is now available. It can be found on the Military Installations homepage military-installations.dod.mil, under "Are You A Sponsor?" For additional information, please contact the A&FRC Relocation Manager at (662) 434-2701/2790.

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:
3:45 p.m. – Religious Education, grades K-9 (Chapel Annex) Start date TBA
4 p.m. – Choir Practice (Chapel Sanctuary)
4 p.m. – Confession (or by appointment)
5 p.m. – Mass
Fellowship Dinner after Mass on 1st and 3rd Sundays of every month
Tuesdays:
11:30 a.m. – Daily Mass
Wednesdays:
11:30-12:30 p.m. – Adoration

Protestant Community

Sundays:
9 a.m. – Adult Sunday School (Chapel Library)
10:45 a.m. – Traditional Worship Service
Wednesdays:
4 p.m. - Music Rehearsal
Thursdays:
5:30 p.m. – Student Pilot Bible Study (Chapel Library)

Ecumenical services

Wednesdays:
6 p.m. – AWANA, a religious education program for children ages three years old to 6th grade
6 p.m. – Adult Bible study on the Gospel of John
6 p.m. – Youth Group

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.

Lunch Buffets at the Overrun
Buffets are back! Enjoy daily lunch buffets Tuesday thru Friday at the Columbus Club. Daily buffets include: Tuesday–taco and nacho \$9, Wednesday–chicken wings and pasta \$11, Thursday–southern style \$11 and Friday-fried catfish \$11. Club members receive a \$2 discount. For more information, contact 434-2489.

BLAZE Teen Book Club
Stop by the Base Library and pick up “The Dog Days of Charlotte Hayes” by Marlane Kennedy. Book discussion will be held at 4 p.m. March 21. For more information, contact 434-2934.

Baseball, Tee Ball and Girls Softball Registration
Registration is now open for youth 3–18 years of age. The cost is \$35 for ages 3–4 years and \$40 for ages 5–18 years. Register by March 2 and save \$5 per registration. Volunteer coaches needed. Sports physical required. For more information, contact 434-2504.

Tennis Registration
Registration is now open for youth 8–18 years of age. The cost is \$40 per participant. Register by March 2 and save \$5 per registration. Volunteer coaches needed. Sports physical required. For more information, contact 434-2504.

Youth Center Open Recreation
The Youth Center’s open recreation area will be open from 1-6 p.m. March 12-16. The following open recreation trips will be offered: March 13 at Skate Zone, March 14 at Malco Columbus Cinema and March 15 at Applebee’s. For more information, contact 434-2504.

Youth Center Spring Break Camp
The Youth Center is offering Spring Break Camp from 7 a.m.-6 p.m. March 12-16 for grades kindergarten-sixth grade. Fees are based on annual family income. Activities include field trips, arts and crafts, fitness, S.T.E.M., cooking and more. Current immunization records required. Register at the Youth Center no later than March 7. For more information, contact 434-2504.

St. Patrick’s Day 5K Fitness Run
The Fitness Center is offering a St. Patrick’s Day 5K run at 7 a.m. March 16. Free hats to participants while supplies last. For more information, contact 434-2772.

Wine and Cheese Tasting
Look, swirl, taste. The Columbus Club is offering a wine and cheese tasting at 7 p.m. March 16. Non-alcoholic fruit cocktails will be available. For more information, contact 434-2489.

Running Clinic
The next Running Clinic will be 2:30 p.m. March 20, on the base track. Please bring running gear of any kind. Contact physical therapy by email adrian.marrero.1@us.af.mil or by phone 434-2120 to sign-up.

March Madness Lunchtime three-on-three Basketball Tournament
Are you ready to shoot some hoops? Sign up by March 22 at the Fitness Center for a lunchtime three-on-three basketball tournament. The tournament begins at 1 p.m. on March 26. Games

Columbus Club Event Center

St. Patrick’s Day

PARTY

Be IRISH, Drink Beer, and Win Prizes!

MARCH 16

Friday 5 pm

Irish Buffet with Corned Beef and Cabbage

CHEERS!

Irish beers and whiskeys available for purchase

\$2 Green Beers

\$8 Members

\$10 Non-Members

The Columbus Club | Event Center

844g, 944 | Phone: 434-2489

CLUB

FORCE

All Patrons receive a raffle entry

Wear Green or Irish Attire to Double Your Chances

MASCOT SEARCH

MASCOT CONTEST

The 14th Force Support Squadron is looking for a mascot and we need your help

Submit a photo or illustration of your design to: columbusfsk@gmail.com by Monday, April 9th

Winner will have their design featured as the mascot for the squadron and win a \$50 FSS gift card

Let your creativity chime!

FORCE SUPPORT SQUADRON

Horse Boarding Available
The Columbus Air Force Base 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 Open Friday Nights
The Overrun is open Fridays 4:30 p.m. until midnight. For more information, contact 434-2419.

Library Hours of Operation
The Base Library hours of operation are Monday, Tuesday, Wednesday and Friday 10 a.m.-5 p.m.; Thursday 10 a.m.-7 p.m.; Saturday 8 a.m.-noon. For more information, contact 434-2934.

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.

Elmore awarded BLAZE 5/6 Leadership Highlight

Name: Airman 1st Class Jaidan A. Elmore
Hometown: Vancouver, Wash.
Unit: 14th Operations Support Squadron
Duty Title: Air Traffic Controller

Airman 1st Class Jaidan Elmore, 14th Operations Support Squadron air traffic controller, volunteered 10 hours for the MSU basketball concession stands raising \$2,500 for the Boys and Girls Clubs.

She was also selected to lead a four hour comprehensive Columbus Air Force Base, Mississippi tour for 40 JROTC cadets, where they elucidated Air Force culture and the benefits of serving. They were commended by the JROTC Commander for an excellent job.

Additionally, they maintained composure and professionalism during three in flight emergencies, in which the aircraft needed immediate assistance to return to base. They expertly handled the situation and ensured no mishap without degradation of service, saving 6 lives and \$18.1 million in AF assets.

Finally, she was the lowest ranking individual to be elected 14th OSS Booster Club President, and has already revised and improved the club constitution and devised a battle plan for the year.



Airman 1st Class Jaidan Elmore, 14th Operations Support Squadron air traffic controller, receives the BLAZE 5/6 Award Feb. 27, 2018, on Columbus Air Force Base, Mississippi. She is the lowest ranking individual to be elected 14th OSS Booster Club President, and has already revised and improved the club constitution and devised a battle plan for the year.

100 Years of Military Aviation in the Golden Triangle

Rufus Ward
Columbus native and local historian

Payne Field, 4 miles north of West Point near the community of White’s Station, is a little known, but very historic air field that has been called Mississippi’s first airport. It was 100 years ago on March 10, 1918, that the first squadron of JN-4 “Jennys” arrived and the field became active training Army Air Service pilots.

Just 10 years after the Wright brothers had delivered the first airplane to the newly formed U.S. Army Air Service, World War I showed the importance air power. With the need to rapidly increase the number of pilots, the Air Service, which was a part of the Army Signal Corps, began establishing pilot training bases around the country.

In 1917 West Point, Mississippi, was selected as the site for one of those pilot training bases. The field was constructed on 533 acres of open prairie about four miles north of town. It was named in honor of Capt. Dewitt Payne. Payne, the commander of the 182nd Aero Squadron at Kelly Field, Texas, was flying to the aid of a pilot who had crashed into the top of a tree when his plane crashed. He died on Feb. 1, 1918, from injuries suffered in the crash.

The pilots at Payne Field trained in Curtiss JN-4 airplanes which were called “Jennys.” The Jenny had a top speed of 75 miles per hour and a ceiling of 11,000 feet. The first squadron arrived on March 10, 1918. By May 1 the field was fully operational with 125 Jennys in the air. Most people around West Point had never seen an aircraft before and called the Jennys “buzz wagons.” The aviators were called “birdmen.”

In all some 1,500 pilots trained at Payne field during its operation. There were about 1,000 military personnel stationed at the field under the command of Maj. Jack Heard. Heard came to Payne Field from Kelly Field in Texas where

he had commanded flying operations. Payne Field ended pilot training early in 1919 and closed in March 1920. Shortly after it closed the Inter-State Airplane Co. of Dallas, Texas, purchased much of the field. Their plan was to develop a “municipal flying field” with passenger service from the east to Shreveport, Dallas, Ft. Worth and Wichita Falls. Apparently it was a plan that never materialized and the former air field is now agricultural land and thickets with no readily visible sign that it had once been a busy military base.

Accidents were frequent and in the first four months of operation there were four fatal plane crashes. Airplane crashes, however, were not the primary health concern. In June 1918, the Surgeon General of the Public Health Service stated that Payne Field; “was located in one of the worst malaria belts of the U.S.” Physicians there reported that 20 percent of their practice consisted of malaria cases.

Payne Field played a role in one of the milestones of aviation. The first North American transcontinental round trip flight occurred in 1919. The flight by Maj. Theodore Macauley and his mechanic, Pvt. Staley, began in January 1919. He departed Taliaferra Field in a De Haviland DH-4 airplane.

Near Montgomery, Ala., Macauley was flying through a rain storm when his propeller was damaged. He detoured to the Army Air Service’s Payne Field as it had a propeller shop that could provide a replacement for the De Haviland’s damaged propeller. There a new propeller was made for the airplane so that it could complete its historic flight.

Payne Field had what was considered to be a top-notch sports program. The program competed with colleges in the area but had some practice games with local high school teams. In the fall of 1918, the football team was considered one of the best teams in the south and defeated both Ole Miss and Mississippi A&M (Mississippi State) in games. In November, the football team played a practice game with Tupelo

High School shortly before a scheduled game with Tulane. The Payne Field team flew to Tupelo High School and landed there in their Jennys. It was probably the first time a football team had ever flown to a high school football game.

Another unusual use of aircraft from the field made news in the fall of 1918. In what must have been one of the earliest law enforcement uses of aircraft, base intelligence officers and the Columbus police used Payne Field aircraft to search for stills and moonshine operations in west Alabama and east Mississippi.

My grandmother, Lenore Hardy Billups, lived at Billups Gate (on the railroad just south of GTR Airport) during World War I. She told me stories about how she and my grandfather would go to parties at Payne Field and pilots would fly down to Billups Gate for dove hunts and barbecues. They would land in a pasture beside the house. The dove hunts were always followed by a party with plenty of libations. After the party was over, the pilots would fly back to the base.

Heard left Payne Field after pilot training ended and in the spring of 1919 helped organize “The Victory Loan Flying Circus” for the Army Air Service. That flying circus consisted of three groups of aircraft that toured the U.S. putting on exciting air shows to promote the sale of Victory Bonds to help pay off the nation debt incurred during World War I. Though the Navy Blue Angels are said to be the first U.S. military aerial demonstration team, they were not formed until 1946 some 27 years after the Air Service Flying Circus thrilled the public with its aerial acrobatics. That means the Army Air Service Victory Loan Flying Circus should be considered the first U S military aerial demonstration team and the forefather of the U S Air Force Thunderbirds.

All of which brings to mind the Wings Over Columbus air show at Columbus Air Force Base on April 21st and 22nd where the Thunderbirds will be a highlight of the show.

Dorm Dinner provides Airmen home cooked meal

RIGHT: Col. Douglas Gosney, 14th Flying Training Wing commander, speaks to his Airmen during a dorm dinner March 2, 2018, on Columbus Air Force Base, Mississippi. Dorm dinners are held for senior leaders to show appreciation to the airmen by making them a home cooked meal.

BOTTOM LEFT: Chief Master Sgt. Johnathan Hover, 14th Flying Training Wing command chief, spreads sand across the shuffleboard table March 2, 2018. Through dorm dinners senior leaders show the junior enlisted members they can provide a positive service to others no matter the rank on their uniforms.

BOTTOM RIGHT: Staff Sgt. Braxton Crismore, 14th Civil Engineer Squadron Firefighter, takes a seat next to the freshly lit dorm fire pit March 2, 2018, on Columbus Air Force Base, Mississippi. Throughout the dorm dinner the fire pit was used for s'mores and a place for conversation.

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



Closed for Training Day to support you

Lt. Col. Jennifer T. Baggott
14th Medical Support Squadron Commander

Decontamination tents, bandages, litter carries, tourniquets and medical evacuation forms. Computer-based training through ADLS and SWANK, Basic Life Support and Automated External Defibrillator Training. Group education on the latest Air Force Surgeon General's initiatives, learning how to operate new medical equipment and in-service sessions to hone medical and administration skills. What is this laundry list of items? It represents just a few of the many our medical group Airmen must cover to stay proficient in our war and peacetime missions.

All personnel, to include civilian and contractor Airmen, must maintain currency in their specialties in order to best serve our customers. With 166 personnel spanning 46 AFSCs, all with different readiness skills, the requirements are abundant and diverse. Our skills to provide care in a peacetime environment can be very different from care

on the battlefield—our ultimate mission as medical providers.

Imagine needing to know everything about ambulatory care within the clinic but still remaining proficient with traumatic amputations, eye blast injuries, blood transfusions and aeromedical evacuation procedures—all with the ultimate goal of providing zero harm to our valued service members and their families.

"The medical group uses the Comprehensive Medical Readiness Program (CMRP) that divides medical readiness training into categories to support targeted application of requirements for specific specialties, personnel, and missions across the full spectrum of Air Force military medical operations" said 1st Lt. Jamion Lewis, 14th Medical Group Medical Readiness flight commander.

"We have also established Contingency Response Teams based on local capabilities and mission requirements. These teams require hands-on and practical application training to ensure members are ready to respond to a real world disaster" said Lewis.

Add in an airshow and you've got a

need to train a large amount of people for a unique scenario in a very small amount of time. Additionally, with two squadrons in the medical group, this time is also utilized for squadron and commander's calls. Patient care team members also utilize this time to coordinate complex care between departments, a luxury that the average day may not afford.

In order to minimize impact to our very important patients, we have done studies to analyze the volume of patients which led our team to select the third Thursday of each month as the best time to conduct the crucial training. We have a marquee in front of the clinic to advertise closures and every month we post multiple signs throughout the clinic to remind our beneficiaries. While many Air Force clinics have opted to close for a full day to satisfy training requirements, the 14th MDG has elected to keep the pharmacy open during the morning hours from 0730-1100 to meet our customers' needs.

When we're closed, whether for a training day, a holiday, or even after hours, we still have multiple ways to assist our patients. For

emergencies, defined as medical care necessary to save life, limb or eyesight, please call 911 or go to the closest emergency room. For non-emergent care, all patients can contact their primary care manager using our Relay Health secure messaging system at www.relayhealth.com.

For immediate advice regarding medical symptoms, Tricare beneficiaries may speak to a nurse 24/7 using the Nurse Advice Line at 1-800-TRICARE (874-2273), Option 1. Enrollees may make primary care or optometry appointments anytime at www.tricareonline.com, which also provides convenient text message reminders of appointments booked in using that method.

Finally, new in 2018, non-active duty patients can seek Urgent Care from a network facility without a referral, but for continuity of care patients should always ensure their healthcare team is aware of all medical visits.

Avoid making the trip to the 14th MDG when we are closed: stay tuned to 14th MDG events and closures by liking our Facebook page at <https://www.facebook.com/14MDG/>.

Commander's Action Line

434-1414

The Commander's Action Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB a better place. 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 phone number is 434-1414. Callers should leave their name and phone number to receive an answer. All names will be kept confidential. Message may be answered in the Silver Wings without names.

Written questions may also be brought to the PA office in the Wing Headquarters building, BLDG. 724, suite 210. Questions and answers may be edited for brevity and style.



You're Invited!

78th Annual
Columbus, Mississippi
April 5 - 14
SPRING PILGRIMAGE

Please join us for cake and coffee as we register to host these lovely homes exclusively for Columbus Air Force Base Volunteers. The coffee will take place Friday morning, February 23, 10 am - 12 pm at the Visit Columbus office located at 117 3rd Street South.

We hope you can join us! Please RSVP to Claudia Denham, claudiamargaret@gmail.com

Visit **COLUMBUS** MISSISSIPPI
The Columbus Executive Convention and Visitors Bureau

The Columbus Club Presents

Wine & Cheese Tasting

Friday, March 16th 7 PM - 9:30 PM

*Non-alcoholic fruit cocktails will be available.

\$26 Member price
\$29 Non-Member price

Limited Seating Available
Ticket Purchase Deadline
Tuesday, March 13th

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BLAZE Hangar Tails: MQ-9 Reaper

Mission

The MQ-9 Reaper is an armed, multi-mission, medium-altitude, long-endurance remotely piloted aircraft that is employed primarily as an intelligence-collection asset and secondarily against dynamic execution targets. Given its significant loiter time, wide-range sensors, multi-mode communications suite, and precision weapons, it provides a unique capability to perform strike, coordination, and reconnaissance against high-value, fleeting, and time-sensitive targets.

Reapers can also perform the following missions and tasks:

Intelligence, surveillance, reconnaissance, close air support, combat search and rescue, precision strike, buddy-laser, convoy/raid overwatch, route clearance, target development, and terminal air guidance. The MQ-9's capabilities make it

uniquely qualified to conduct irregular warfare operations in support of combatant commander objectives.

General Characteristics

Primary Function: Intelligence collection in support of strike, coordination, and reconnaissance missions

Contractor: General Atomics Aeronautical Systems, Inc.

Power Plant: Honeywell TPE331-10GD turboprop engine

Thrust: 900 shaft horsepower maximum

Wingspan: 66 feet (20.1 meters)

Length: 36 feet (11 meters)

Height: 12.5 feet (3.8 meters)

Weight: 4,900 pounds (2,223 kilograms) empty

Maximum takeoff weight: 10,500 pounds (4,760 kilograms)

Fuel Capacity: 4,000 pounds (602 gallons)

Payload: 3,750 pounds (1,701 kilograms)

Speed: Cruise speed around 230 miles per hour (200 knots)

Range: 1,150 miles (1,000 nautical miles)

Ceiling: Up to 50,000 feet (15,240 meters)

Armament: Combination of AGM-114 Hellfire missiles, GBU-12 Paveway II and GBU-38 Joint Direct Attack Munitions

Crew (remote): Two (pilot and sensor operator)

Unit Cost: \$56.5 million (includes four aircraft with sensors, ground control station and Predator Primary satellite link) (fiscal 2011 dollars)

Initial operating capability: October 2007

Air Force unmanned aerial vehicle pilots go to training at Randolph and Holloman Air Force Base. The Air Force drones can be flown by pilots stationed at Creech, Holloman, Cannon, Ellsworth and Whiteman Air Force Base.



U.S. Air Force photo by Airman 1st Class Haley Stevens

An MQ-9 Reaper assigned to the 432nd Wing/432nd Air Expeditionary Wing sits on the flightline as the U.S. Air Force Thunderbirds fly overhead at the 2017 Aviation Nation Air and Space Expo, Nov. 11, 2017, at Nellis Air Force Base, Nevada. The two day event showcased some of the Air Force's premier aircraft and personnel dedicated to air superiority and served as the closing ceremony for the 70th birthday anniversary.



U.S. Air Force photo by Ilka Cole

An MQ-9 Reaper sits on the flight line as remotely piloted aircraft crews wait for the fog to clear during Combat Hammer Nov. 6 at Duke Field, Florida. Air National Guard units brought two MQ-9s and a complete launch and recovery system. ANG operators planned and executed missions with active duty units for the four-day live-drop evaluation. This was the first multi-unit weapons systems evaluation program for the ANG units and their maintainers. The 86th Fighter Weapons Squadron's Combat Hammer is a weapons system evaluation program for air-to-ground munitions.



To advertise in Silver Wings, call 328-2424



Medical Corner

Nutritional Fitness

In today's modern family, sitting around the dinner table eating healthy wholesome meals is something that not every family does anymore. Some families cook wonderful healthy meals on the weekends, then rely on fast food and take out during the week. The dangers of fast food and take out is that you may not always know what you are really eating. You might think that what you ordered is nutritious but is in fact full of fats, calories and sugars.

Although there has been a resurgence of buying foods from places like farmers markets, health food grocery chains, and organic markets, getting it from where you purchased it to the table sometimes does not work out the way that you may have thought. With a little extra planning, and a few changes in how you do things, your weekends can be enjoyed instead of standing over the stove.

Establish A Routine

"Preparing several meals on the weekends can provide balanced meals that can easily be reheated throughout the week," says registered dietitian nutritionist and Academy of Nutrition and Dietetics Spokesperson Kristen Smith. "It's also a great way to eat healthfully, save time during the week and reduce food waste." Preparing in advance, and establishing a routine will help you to "Go Further with Food," which is this year's National Nutrition month theme and message.

Lack of planning can also cost you money and extra trips to the store. If you know what your week's schedule will be like, or if your weekly schedule is usually the same, making a plan should be a walk in the park.

If you live in a dorm, you might believe that eating healthy and



well is hard. This might be your first time living on your own and away from friends or family that shared the responsibility of ensuring that you had a healthy and nutritious meal every day. But living dorm-style is also a place you can start establishing healthy eating patterns. The best part is, you don't even have to cook the foods that you eat every day when dining options are close by and available loaded with all types of healthy and nutritious already made foods.

Whether you live in a house, or dorm-living, following these planning tips will help create a healthy eating pattern and routine.

1. See What You Already Have Look in your freezer, cabinets, and refrigerator. Make a note of what you currently have on hand. You can save money by using these items in the upcoming week's meals. Use a worksheet to plan your meals and create a grocery game plan.

2. Discover Your "Food-spiration" Before going out shopping, or deciding on what you plan to eat that day or the next, check out what healthy delicious looking foods others are talking about on the web and social media. You might see something that looks good and is good for you other than that greasy cheeseburger. Apply the Go4Green principles when dining at the local dining facility.

3. Shop on Saturday, Cook on Sunday When shopping, check the "sell by" or "use by" dates and buy

the freshest food possible. Store food right away in the refrigerator or freezer to keep it fresh and safe. Planning and then preparing a couple of meals on the weekend provides quick dinners or lunches at work for the week. If you live in a dorm, stock up on easy to store healthy staples like nuts, seeds, dried fruit, and multi-grain crackers. Apples, pears, and some citrus fruits can sit out for up to two weeks and raw veggies with hummus are a good healthy snack to have on hand as well. If eating at a dining facility, get an extra meal to go. Don't forget to transfer it to a partitioned air-tight container when you get home.

4. Cook in Bulk If you buy a large amount of fresh food, like meat, poultry, or fish, divide it into meal-size packages, label the food, and freeze it for later use as frozen food will stay safe for a lot longer. Next, cook twice as much of whatever you are making for your Saturday or Sunday dinner. If eating the same food day after day gets boring, mix it up. You can use the same ingredients and already prepared food in different ways.

5. When In Doubt, Toss It Out Remember, leftovers don't last forever. Obviously, do not eat leftovers that are green and fuzzy or smell like a pair of old sneakers. Harmful bacteria, causing a foodborne illness, cannot be seen or smelled. Use caution and toss all refrigerated leftovers out after three to four days.



A personal message from your health promotion Health Myth Busting Team

*Dear Health Myth Busters,
I live in the dorm and there is no way I can eat healthy. What can I do to make it easier to eat healthy while living in the dorm?*

*Sincerely,
Dorm Dweller*

Dear Dorm Dweller,
You are not alone if believing that it is impossible to eat and live healthy when relying on others to provide the room and board. I appreciate your concern as it is a myth that you cannot choose health despite your circumstances. First, take control of what you can....set up a routine that includes daily activity that keeps you fit. In addition be an active leader in support of quiet hours that ensure adequate sleep for all, while living in the dorm. Next look at the meal card as a benefit that allows you the freedom from cooking and then cleaning. With that freedom, take time to learn what choices are available to you and learn more about nutrition.

The Air Force dining facilities use a standardized menu that does have selections that are labeled "Green" which means eat frequently. If you are already aware of the Go for Green program and are trying to take more control of your individual nutrition, there are many resources you can use. First, living in the dorm on an installation is like living in a dorm on a college campus. There are wonderful cookbooks and internet recipes that help with cooking in a dorm using a small refrigerator and microwave. (The USDA has a great handout of how to stock a healthy dorm refrigerator) This will allow for some flexibility in case your work schedule goes long and you want to grab something fast in your dorm. Also check out your DFAC's ability to provide Grab and Go items. Choose cut fruit or salad bar to Grab and Go because these take a lot of preparation and space that you would not have in a dorm room; yet are ready to go and convenient.

Within your dorm, keep whole fruit, vegetables, raw nuts and seeds that you could pack as snacks. With the small refrigerator space think of shelf sustainable protein sources such as canned lentils, chickpeas, beans, legumes and lean packets of tuna, chicken and turkey to keep on hand. Individual fruit cups, applesauce and low sodium vegetable juice are also good quick snacks.

On most Air Force installations there is no lack of food options, very few food deserts so to speak. So one of the most important points to remember when eating healthy is knowing you must navigate the food environment. There are numerous selections of quick food items that taste good because of added fat, sugar, salt and excess calories. Take control of your food environment by making a list and stocking items that are better choices. If you lack sleep, are hungry, or just don't plan....chances are high you will make choices that are easy and taste good but may not be the healthiest choice.

Focus on a variety and pre-plan your meals so you are not selecting what to eat when you are most vulnerable.

*Sincerely,
Health Myth Busters*



T-1A Jayhawk

SUPT Class 18-06 earns silver wings



T-38C Talon



Capt. Samuel Kniskern
Birmingham, Ala.
KC-135



2nd Lt. Haval Aarif
Salt Lake City, Utah
C-130J



2nd Lt. Tyler Brennan
Valrico, Fla.
F-15C

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

Specialized Undergraduate Pilot Training Class 18-06 graduates at 10 a.m. today during a ceremony at the Kaye Auditorium. Retired Col., Carlyle "Smitty" Harris, former Vietnam War POW, is the graduation guest speaker.

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

Second Lts. Connor Colas, T-38C Talon, and Ryan Smithies, T-1A Jayhawk, received the Air Education and Training Command Commander's Trophy for being the most outstanding students overall in their classes.

The Air Force Association Award was presented to 2nd Lt. Eric Wermuth, T-38, and 2nd Lt. Carson Lomas, T-1A. The award is presented to a graduate in each flight who excelled in training and typified the tenets of the association; promoting aerospace power and a strong national defense.

Colas and Smithies were named the distinguished graduates of SUPT Class 18-06.

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, turbo-prop T-6A Texan II at Columbus AFB, Miss. Students learn aircraft flight characteristics, emergency procedures, takeoff and landing procedures, aerobatics and formation flying. Students also practice night, instrument and cross country navigation flying.

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

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

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

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

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

Each class is partnered with business or civic organizations during their year of training. This program is designed to foster closer ties between the community and Columbus AFB.

Today, each student will be given a set of pilot wings with their names engraved on the back as a token of good luck from their partners. SUPT Class 18-06 pilot partners are Brandt Galloway, Galloway, Chandler & McKinney and Kevin Stafford, Neel-Schafer, Inc.



2nd Lt. Christopher Cecil
Richland, Wash.
C-130J



2nd Lt. Lauren Christian
Chapel Hill, N.C.
C-21



2nd Lt. Connor Colas
Temecula, Calif.
F-16



2nd Lt. Hunter Corpus
Coronado, Calif.
C-17



2nd Lt. Nathaniel Dickman
Detroit, Mich.
F-16



2nd Lt. Austin Ellwein
Kansas City, Mo.
CV-22



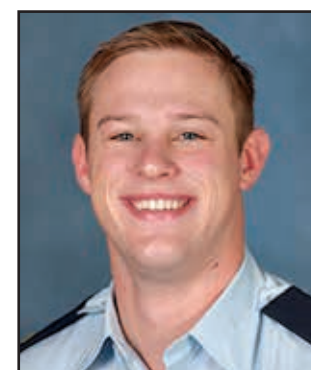
2nd Lt. Lucas Lambrecht
Sheboygan Falls, Wisc.
C-130J



2nd Lt. Carson Lomas
Pendleton, S.C.
U-28



2nd Lt. Tyler Rico
Tucson, Ariz.
F-16



2nd Lt. Matthew Robbins
Tupelo, Miss.
KC-135



2nd Lt. Timothy Shenk
Cleveland, Ohio
KC-135



2nd Lt. Ryan Smithies
Pensacola, Fla.
WC-130J



2nd Lt. Bryant Tran
Reseda, Calif.
EC-130



2nd Lt. Abbie Wendelken
Pickens, S.C.
KC-135



2nd Lt. Eric Wermuth
Colorado Springs, Colo.
B-52H