

## Jeffery Sands Video Log

00:00 Introduction

00:30 Early Life & Family

03:05 Joining the Air Force

04:40 Basic Training

07:05 Weapons School

09:20 474<sup>th</sup> Tactical Fighter Wing

15:00 Duties in Nakhon Phanom

21:45 Vietnam & Thailand

26:50 Major Al Lundy

29:50 Connecting with Lundy's Family

42:00 Son Tay Prison Raid

44:15 Leaving the Air Force

51:00 Message to Future Generations