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SILVER WINGS

"Train World Class Pilots"

Columbus Air Force Base, Miss.

Vol. 45, Issue 8

April 30, 2021



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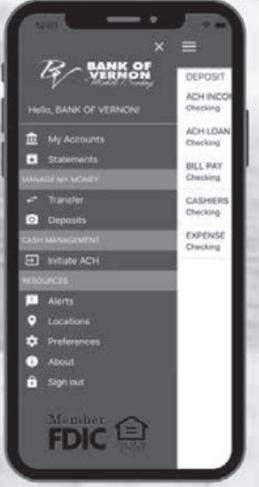
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"After getting busted for possession of meth on June 24, 2015, my life has changed dramatically. I've gone from spending most of my time high, or trying to get high, to now passing every single drug test, working at a local animal shelter, and going to AA/NA meetings daily. My mental and physical health are better and most of my relationships have improved. My personal finances have also untangled. I wake up every day and I'm glad to be alive, when I once used to pray that I would die before I went to bed. Each day gets a little better. The pretrial diversion program probably saved my life. As crazy as it may sound, I'm grateful that I got arrested or I doubt that I would be alive today."

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For more information: www.ccsms.org/pach

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Columbus AFB COVID-19 Information

COVID-19 General Info

The base is focusing on early, prudent steps to slow the spread of COVID-19 and safety of Airmen, families and communities.

Off-limit areas include any business or establishment that does not comply with Federal, State, and local COVID requirements.

Social Gathering Limitations

- Kaye – 92 person limit
- Event Center/Club – 145 person limit
- Phillips Auditorium – 22 person limit
- Walker Center – 112 person limit



Newly graduated pilots from Class 21-08, take part in the tradition of breaking their first set of pilot wings, Apr. 16, 2021, on Columbus Air Force Base, Miss. At the peak of COVID-19 restrictions, family members were not allowed to attend graduations in person and instead watched via social media livestreams.

21-08 applauds their loved ones

Airman 1st Class Jessica Haynie
14th Flying Training Wing Public Affairs

Twenty-five new aviators graduated from Specialized Undergraduate Pilot Training (SUPT), Apr. 16, 2021, on Columbus Air Force Base, Miss.

It was through hard work and dedication that these pilots were able to earn their silver wings after a challenging 52-week training program.

The graduates were reminded numerous times that although they did most of the heavy lifting, friends, family and colleagues played a part that landed them in the front rows, receiving their graduation certificates.

"You are undoubtedly swelling with pride, as you should be, but there are others who are proud of you earning your pilot wings," said retired U.S. Air Force Brig. Gen. John Allen, as he asked the graduates to stand and applaud those who supported them along their journeys.

See GRADUATION, Page 3

CHECK OUT COLUMBUS AFB ON SOCIAL MEDIA

 **YouTube**
Columbus AFB YouTube page

 **columbus_afb**

 **Columbus AFB Facebook page**

 **www.columbus.af.mil**

COVID-19

Coronavirus Disease 2019



U.S. DOD photo by Lisa Ferdinando
Acting Assistant Secretary of Defense for Health Affairs Dr. Terry Adirim delivers remarks during a briefing on COVID-19 at the Pentagon, April 21, 2021.

Defense leaders provide COVID-19 vaccination update

By David Vergun
DOD News

As of this week, all Defense Department personnel and beneficiaries can get a COVID-19 vaccination appointment, Dr. Terry Adirim, acting assistant secretary of defense for health affairs, said today.

"We are encouraging everyone to get vaccinated because these vaccines are very effective and safe and are a critical part of us getting back to normal," Adirim said during a press brief-

ing with Army Lt. Gen. Ronald J. Place, director of the Defense Health Agency.

Adirim said the decision to pause the use of the Johnson & Johnson vaccine has had minimal impact on the department because only a small number of that vaccine were allocated to DOD.

The science is not yet out on whether or not a follow-up booster will be needed for those who have already been vaccinat-

See COVID, Page 4

Silver Wings

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Submission Deadline

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To advertise in Silver Wings, call The Commercial Dispatch Advertising Department at 328-2424



Retired U.S. Air Force Brig. Gen. John Allen, addresses the Specialized Undergraduate Pilot Training graduates of class 21-08 as the keynote speaker, Apr. 16, 2021, on Columbus Air Force Base, Miss. Allen has accumulated more than 6,000 flying hours during his 43 year aviation career, and shared his experiences with the newest aviators. U.S. Air Force photo by Melissa Duncan-Doubling

GRADUATION

(Continued from page 1)

Allen is a career aviator spanning over 43 years of aviation experience, consisting of his service in the United States Air Force and Air Force Reserves, as a General Officer, then as an Executive Regulator in the Federal Aviation Administration (FAA) and also as an executive with a major airline.

Allen shared that, in his experience, technology has become more and more prominent in the aviation world.

"You will see your aircraft systems change through many iterations and capabilities," said Allen. "I challenge you to learn to fly your mission with degraded automation. At JetBlue I urge our pilots to fly at least one approach a month without the autopilot, auto throttles and flight director."

The Retired Brig. Gen. advised them, that with cyber

"You will see your aircraft systems change through many iterations and capabilities," said Allen. "I challenge you to learn to fly your mission with degraded automation. At JetBlue I urge our pilots to fly at least one approach a month without the autopilot, auto throttles and flight director."

warfare, they may not be able to rely on all the automation during combat emergency situations.

Allen said he was really glad to learn about the virtual reality training systems that were recently moved to the officer dorms, providing student pilots' 24-hour access to augmented reality training.

"When I went through training I was doing my own chair flying to prepare for flights," said Allen. "Training time is so

precious and so limited to stay up with the learning curve. I wish I had this, I had a racquetball racket and a tennis racket, this is much better."

Two out of the twenty-five graduates will return to Columbus Air Force Base as First Assignment Instructor Pilots (FAIPS). The rest will spread their wings at different locations around the world, becoming experts in their respective aircrafts.



U.S. Army photo by Russell Toof

Army Pfc. Sara Jennings, a medic assigned to Landstuhl Regional Medical Center, Germany, prepares doses of Moderna's COVID-19 vaccine, April 19, 2021.



U.S. Navy photo by Elizabeth Kearns

A Navy corpsman prepares his station before administering COVID-19 vaccines at Naval Support Activity in Washington, D.C., April 16, 2021.

COVID

(Continued from page 2)

ed, she said. The department will follow any new guidance on that from the Food and Drug Administration and the Centers for Disease Control and Prevention.

Place said the vaccine is being administered as fast as it's received. As of yesterday afternoon, we have administered over 2.62 million doses to those eligible within the department and at least another 440,000 doses have been administered to beneficiaries in the Tricare pharmacy and provider network."

Regarding those DOD personnel and family members stationed overseas, Place said that by June 1, 80% of that population should be able to receive a first dose.

The department is closely monitoring the FDA's review of the Pfizer vaccine for adolescents age 12 to 15, he noted. "We're already developing plans to deliver this vaccine to our family member population — both overseas and in the United States — should it be approved for use in this age group."

Place added: "We continue to see vaccine uptake rates increased with each passing week. We're thankful for those who have taken this step, protecting themselves, their teammates, their families and those most vulnerable. I truly expect this trend to continue."

RIGHT: Air Force Senior Airman Brianne Canada inoculates a soldier with the Georgia Army National Guard with the vaccine against COVID-19 at Clay National Guard Center in Marietta, Ga., April 20, 2021.



U.S. Army National Guard photo by Army Capt. Bryant Wine

COMMUNITY

(Continued from page 11)

Installation Voting Assistance Office

A&FRC houses the Voting Assistance Office (VAO) which is open Monday - Friday, 7:30 a.m. - 4:30 p.m. and closed weekends/holidays. The VAO offers voting assistance including voter registration, absentee ballot requests and voting, change of address, and provides answers for other general voting questions to uniformed service members, their family members and civilians with access to A&FRC. Assistance includes but is not limited to aid in preparing and submitting Federal Post Card Application (FPCA) SF-76, Federal Write-in Absentee Ballot (FWAB) SF-186 and National Mail Voter Registration Form (NVRF). The VAO also leads and trains all installation unit voting assistance officers. For more information, please contact the Installation VAO at (662) 434-2701/2790 or e-mail: vote.columbus@us.af.mil.

Discovery Resource Center

The Columbus A&FRC has 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.

FSS

(Continued from page 12)

Coffee House on 5th

Coffee House on 5th, located in the Blaze Commons, is back open to 50% capacity inside. Drive through or come in to enjoy a cup of coffee or a tasty treat. Their hours are Monday-Friday, 6 a.m.-5 p.m. and Saturday, 8 a.m.- noon. Call for more information at (662) 434-2233.

Information, Tickets & Travel (ITT)

Local ITT Customer Service will be temporarily handle by Keesler AFB. Please call Holly or Trish at (228) 377-3818 Tuesday - Friday from 10 a.m.-5 p.m..

Local Shuttle Service will be handled by ODR on Monday, Thursday and Friday, 10 a.m.-5 p.m. and Saturday & Sunday 9 a.m.-1 p.m.. This includes shuttle service to the airport of your choice. Stop by ODR or call (662) 434-2505 for more information.

Assignment Night Transportation

Book Assignment Night transportation with ITT! Reserve the bus, the van or both! The cost is only \$30 per hour for Columbus and local areas; a \$30 deposit is required and applied to the total cost of reservation. Reservation must be a

minimum of four hours and reserved in person. For more information, contact (662) 434-7861.

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. Please contact A&FRC at (662) 434-2794/2790 to schedule a briefing and/or for more information.

Pre-Separation Counseling

This counseling is a mandatory briefing for personnel separating or retiring, and is to be completed at least 90 days prior to separation. It may be completed up to 12 months prior to separation or 24 months prior to retirement. Please contact A&FRC at (662) 434-2790 to schedule a counseling session and/or for more information.

Employment Workshop

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

minimum of four hours and reserved in person. For more information, contact (662) 434-7861.

Exclusive Military Vacation Packages

Did you know that you can book exclusive military vacation packages at ITT and save up to 60%? American Forces Travel is now serving APF and NAF civilians. Packages include Universal Studios and Disney destinations. To book your vacation at www.americaforcestravel.com

CAFB Library

The Base Library is offering virtual board games, live craft demonstrations, STEM activities, book clubs and much more on their Facebook page: @columbusairforcebaselibrary. For more information, contact (662) 434-2934 or send them a direct message on their Facebook page, Columbus Air Force Library.

FSS Gift Cards

Make your shopping easier! Purchase or redeem your FSS Gift Card at the following locations: Arts and Crafts, Bowling Center, Child Development Center, Columbus Club, Information Tickets and Travel, Outdoor Recreation or the Youth Center. For more information, stop by any of these locations.

Survivor Benefit Plan

Are you nearing military retirement? The one decision you will need to make before you retire involves participation in the Survivor Benefit Plan (SBP). As with all good decision-making, you need to know the facts before you can make a sound decision. Always get the true facts about SBP before making up your mind. Additional details are available by calling your SBP Counselor Mary Chambers at (662) 434-2720/2790.

Personal Financial Readiness

Need help with financial matters? Want to make the most of your money? The Personal Financial Counselor (PFC) can help you and your family: manage finances, resolve financial problems and reach long-term goals such as education, buying a home and planning for retirement. PFC services are at no cost, private and confidential. Please contact the PFC at (662) 998-0411.

Key Spouse Program (KSP)

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

Horse Boarding Available

The CAFB Riding Stables usually has stall space available. For pricing and more information, contact Outdoor Recreation at (662) 434-2505.

Free Mango Languages

Learn a new language today! Free Mango Languages available at the Base Library; real-life conversations in over 70 languages. For more information, contact (662) 434-2934.

Lawn Mower and Bicycle Repair

Outdoor Recreation is now offering lawn mower repair and a self-help bicycle repair station that patrons can use for free. For more information, contact (662) 434-2507.

Hobby and Craft Instructors Needed

Do you have a hobby or craft project you can share with others? Arts & Crafts is looking for craft instructors. For more information, contact (662) 434-7836.

Wood Shop Has Reopened!

The Wood Shop is now open Tuesday-Friday from 9 a.m.-5 p.m. and on Saturday from 8 a.m.-3 p.m. The cost is \$5 for first hour and \$3

for every hour after the first. Please call (662) 434-7836 for any questions.

Military and Family Life Counselor Program

Military and Family Life Counselors (MFLCs) provide non-medical counseling to help Airmen (single and married), spouses and other family members cope with stressful situations created by deployments, reintegration and life challenges such as martial issues, parenting, career stress and anger. All counselors are licensed mental health providers, and they can meet either on or off base. There is no charge for services, and appointments can usually be made within one to two days. To contact the MFLC, please call (662) 435-1110.

Sponsorship Training

An electronic version of sponsorship training called eSponsorship Application & Training (eSAT) is the required training course to become a sponsor. It can be found in Military One Source's MilLife Learning training Course Catalog at this link: <https://milifilearning.militaryonesource.mil/MOS/f?p=SIS:2:0: More online resources are available on Columbus AFB Living at https://www.columbusafbliving.com/airmen-family-readiness-center/relocation-assistance/electronic-sponsor-resources/>. For additional information, please contact the A&FRC Relocation Manager at (662) 434-2701/2790.

Referees Needed

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

RV Storage Lot

Don't clutter your home space, park with us. Outdoor Recreation offers a great place to store your RV year around. You will have 24-hour access and can pay monthly or yearly. For more information, call (662) 434-2505.

Instructors Needed

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

Space A Lodging

The Magnolia Inn usually has openings for Space A family and single units. Contact the lodging desk at (662) 434-2548. Guest Services staff is on duty from 6 a.m.-10 p.m. daily. For reservations 24/7, visit <https://af.dodlodging.net/properties/Columbus-AFB>. After hours services call (662) 251-2931.

Columbus Air Force Base Information and Events

Join our Facebook page at Columbus AFB Living, Instagram at columbus_afb_living, or visit our website at 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 Base App!

As a way to connect people together, Columbus Air Force Base launched a new app to connect Airmen and families to the mission and community! The app is available on all app stores and can be found by searching 'Columbus Air Force Base'.

Back to School Planning

During these times of uncertainty, we want you to be certain of one thing... Columbus AFB School Age Care (SAC) is here to support your needs. During the 2020-2021 School Year, SAC will be offering both after school and full day care services daily. Register today! Please call the Youth Center at 662-434-2504.

Youth Center Upcoming Events

The Youth Center has a full slate of activities scheduled throughout the month of May including a Cinco De Mayo party with a taco bar, bike day, Asian American & Pacific Islander heritage celebration, homemade slushes for National Juice Slush day, burger day, and much more! See more activities at ColumbusAFBLiving.com and the 14 FTW app.

School Age Care Summer Camp

It's gonna be a knockout summer at the Youth Center! Registration is open for SAC Summer Camp which will feature sports activities, field trips, arts & crafts, STEM, and much more. Step one in the process is to go to MilitaryChildCare.com and request care. Then, registration packets can be picked-up at the Youth Center. Families may sign up for individual weeks or all weeks. Call the Youth Center at (662) 434-2504 for more information and requirements.

T-Ball / Coach Pitch Hybrid Program

Youth Programs presents a T-Ball/Coach Pitch hybrid program for ages 3-8. Registration is open from now – 28 April. The cost for ages 3-4 is \$35 and \$40 for ages 5-8. Register by April 21st and save \$5. Register at the Youth Center. For more information, call (662) 434-2504

Columbus Club & The Overrun Bar

The Columbus Club and the Overrun Bar are now open Wednesday – Friday from 4-8 p.m. for dinner and drinks. Quick bites done just right featuring favorites such as Wings, Chicken Tenders, Pulled Pork Sandwich, Mozzarella Sticks, Shrimp & Grits, and much more!

Also, don't forget the Club offers Catering services. Call (662) 434-2490 for more information.

Let's Connect! Boss & Buddy Night at the Club Wednesdays from 3:30 – 5:30 p.m. and enjoy a few brews with your boss and buddies.

Strike Zone Grill at the Bowling Center!

The Strike Zone Grill (also known as the Snack Bar) has moved back to the Bowling Center with DINE-IN and TAKE-OUT service. The expanded eating area will allow for social distancing. Grab'n go products will be available including during bowling. The hours are Monday-Friday: 6:30 a.m. – 2 p.m., Sat & Sun: Closed. Breakfast is offered until 10:30 a.m. For take-out orders, call (662) 434- 3426.

Library

Exciting news! The Library is now open for in-house customers! It is open Tuesday-Friday 10 a.m.- 5 p.m. and Saturday 8 a.m.-noon. In case you didn't know, the Library is located in the Commons building next to the base chapel. For everyone's safety, masks are required for patrons ages 3 and up and parents must remain with their children at all times. Curb-side service will continue Tuesday-Friday.

The Library is hosting Story Time at the Park every Tuesday in April and May at 10 a.m. at Freedom Park. Social distancing will be observed.

See all of the Library's activities on their Facebook page: @ColumbusAirForceBaseLibrary.

The library will continue to offer curbside delivery. Find your book at www.columbusafb.mil. Email your order to the library at 14.fss.fsd.library@us.af.mil. A confirmation email will be sent when your order is ready! Orders received before 11 a.m. will be ready during 1-4 p.m. that same day. Before picking up, please make sure you get a confirmation email stating your book is ready for pickup. When you park in the back parking lot, please give the library a call at (662) 434-2934 so the library knows you are there. When returning books, you can drop them off anytime at the book drop off located in the back parking lot of the library. To return DVDs and audiobooks, please call us at (662) 434-2934 on Monday-Friday from 1-4 p.m. for an employee to meet you at the back parking lot to pick it up from your car. Please note, all rentals are first come, first serve.

Star Wars Movie Night

"May the 4th be with you!" Tuesday, May 4th is national Star Wars day and to celebrate, the Library is presenting Star Wars Movie Night at Kaye Auditorium. Wear your Star Wars costume, grab your favorite snack, and head over to the Kaye for the movie

which will be Episode 4: A New Hope. The doors open at 5:30 p.m. and the movie starts at 6:30 p.m. A photo area will be available for costume photos.

Arts and Crafts and Woodshop

Stop by Arts & Crafts for all you Framing and Engraving needs! They are open Monday – Friday from 9 a.m.- 4 p.m. The Woodshop is also available Tuesday – Friday from 9a.m.-5 p.m. and Saturday from 8 a.m.- 3 p.m.. The cost is \$5 for the first hour and \$3 for every additional hour. Call A&C at (662) 434-7856 if you have any questions or visit ColumbusAFBLiving.com/arts-crafts/.

Auto Skills Center & Hobby Shop is Now Open!

For all you shade tree mechanics, the Auto Skills Center is now open and features lifts, air hoses, equipment for self-serve oil and filter changes, tire balance and rotation, and tools for repair and maintenance. Open Friday 3-7 p.m., Saturday and Sunday from 10 a.m.- 6 p.m.

Fitness Center

The Fitness Center will host a 3-on-3 Basketball Tournament on 3-5 May at 6 p.m. Each team can have up to 5 players (3 starters and 2 subs). Follow this link to register: SignUpGenius.com/go/3on3basketballtournament

Call (662) 434-2772 for event rules or for more information.

To celebrate Fitness Month, the Fitness Center will also host a 5K Fun Run on Saturday, 8 May at 10 a.m. The fun run is FREE and open to the entire family (with DoD card access).

24/7 access is back! Time is on your side, so contact the Fitness Center to enroll for 24 hour access. This is currently limited to Active Duty only. CAC must be registered at the front desk.

Also, the locker rooms and showers are once again available.

The Columbus AFB Fitness Center no longer requires you to sign-up for fitness sessions! Swing by anytime during normal operating hours to get your workout in! Hours of operation are Monday-Friday: 5 a.m.- 9 p.m., Saturday & Sunday: 8 a.m.- 6 p.m. Now serving all eligible DoD cardholders!

Please note there will 100% ID card check, limited rental equipment available, and other risk mitigation plans still apply. For more information, call the Fitness Center at (662) 434-2772.

Also, the basketball and racquetball courts are now available! Check-in at the front desk required.

The Alpha Warrior Tent at the Fitness Center is open Friday 5 a.m.-6:30 p.m. and Saturday & Sunday 8 a.m.-3:30 p.m. Sign-ups no longer required! Open to all eligible DoD Cardholders. 10 customers per session. 100% ID Check. Check in at the Fitness Center. Mask required to enter and exit. For more information call (662) 434-2772.

Outdoor Recreation

Outdoor Recreation's (ODR) hours are Monday, Thursday, and Friday, 10 a.m.-5:00 p.m.(closed Tuesday and Wednesday) and Saturday/Sunday, 9 a.m.-1 p.m. ODR offers all sorts of rental for the water, camping, and much more! Call ODR at (662) 434-2505 for all of your outdoor activities.

Independence Pool

Are you ready to splash into summer? Independence Pool is set for its grand re-opening on Memorial Day weekend, 28-31 May! Visit ColumbusAFBLiving.com for updates on swim times and activities.

MISSION

Train World Class Pilots

VISION

A diverse and cohesive team that embodies the core values, is dedicated to the mission and finds purpose in their shared identity as Airmen.

Be a good neighbor and help keep our home clean.

Litter, yard chemicals, and dog waste can all negatively impact surface water and wildlife habitat. Please be neighborly.

- Reduce single use plastics
- Use limited amounts of pesticides and fertilizers
- Clean up litter around the home
- Pick up after Fido

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ITS SENTRY AND AVENGER.
I DEFEND MY COUNTRY WITH MY LIFE.

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I WILL NEVER LEAVE AN AIRMAN BEHIND,
I WILL NEVER FALTER,
AND I WILL NOT FAIL.

Security and policy review

Did you know that as a military member you must coordinate all information relating to speeches, presentations, academic papers, multimedia visual information materials and information proposed for release to a publicly accessible Worldwide Website, with exception of Air Force publications, through the 14th Flying Training Wing Public Affairs Office? For more information contact the 14th FTW/PA at 434-7068.

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Japan-American partnership builds cyber defense capacity

Pacific Air Forces Public Affairs

TINKER AIR FORCE BASE, Okla — Members of U.S. Pacific Air Forces and Japan Air Self-Defense Force visited the 552nd Air Control Networks Squadron to build cyber-defense capacity, April 4-10.

The 552nd ACNS is the Air Force lead Mission Defense Team for tactical command and control systems, including the E-3 Sentry Airborne Warning and Control System and ground-based Control and Reporting Centers. They are the only MDT in the Air Force to perform missions inside the skin of an aircraft, defending against adversaries in cyberspace.

“The knowledge and experience gained by visiting the 552nd ACNS will help shape the overall cyber defense strategy for the Japanese Weapon Systems,” said U.S. Air Force Capt. Ali Syed, Pacific Air Forces Cyber Defense and Mission Assurance deputy chief. “At PACAF we will incorporate the knowledge gained into our command’s MDT force array and employment concepts as we execute our staff mission to organize, train, and equip.”

Koku-Jieitai, JASDF, Lt. Col. Akio Ohigashi, is a liaison to PACAF Headquarters from Air Defense Command, deployed for coordination and information sharing about network operations with PACAF staff.

“Ministry of Defense is currently conducting the study of technology for responding to cyber attacks targeting intelligence processing system within equipment,” Ohigashi said. “The achievement from this visit will make JASDF’s future cyber defense posture strong.”

During the visit, members of the 552nd ACNS MDT composed of cyber operators from a variety of backgrounds, explained the capabilities of a deployable cyber defense weapon system, Cyberspace Vulnerability Assessment/Hunter.

When a cyber-defense mission is tasked, a MDT crew plans and briefs the mission before operating on an AWACS or Control and Reporting Center cyber terrain, just like an aircrew.

“I was able to learn how 552nd ACNS developed their MDT and how their MDT is protecting their mission system from cyber threats,” said Capt. Shumpei Kawano, an exchange officer from Japan working as the Assistant Director of Operations for the 747th Communications Squadron at Joint Base Pearl Harbor-Hickam, Hawaii.

“The 747 CS is now transforming from a Communications Squadron to a Cyber



Air Force photo by Kimberly Woodruff

Senior Airman Gabriel Coleman, 552nd Air Control Networks Squadron, and Master Sgt. Christopher Bailey, Pacific Air Command A3/6, explain the capabilities of the deployable cyber defense weapon system to Lt. Col. Akio Ohigashi and Capt. Shumpei Kawano from the Japanese Air Self-Defense Force, April 8, 2021, Ticker Air Force Base, Okla. The system is used by the 552nd ACNS Mission Defense Team to defend the 552nd Air Control Wing’s Control & Reporting Centers and E-3 Sentry fleet and ground systems from cyber threats.

“The knowledge and experience gained by visiting the 552nd ACNS will help shape the overall cyber defense strategy for the Japanese Weapon Systems,” said U.S. Air Force Capt. Ali Syed, Pacific Air Forces Cyber Defense and Mission Assurance deputy chief. “At PACAF we will incorporate the knowledge gained into our command’s MDT force array and employment concepts as we execute our staff mission to organize, train, and equip.”

Squadron and developing their own MDT, this experience and knowledge will be helpful for us,” Kawano said.

Kawano is a part of the U.S. Air Force

Defense Personnel Exchange Program which allows a foreign air forces officer the opportunity to embed. He will be the first exchange officer to attend the U.S. Air Force Cyber

Protect and Defend Course at the I.G. Brown Training and Education Center in East Tennessee. Following graduation he will work as a MDT operator with the 747 CS.

“Information sharing with partners such as the U.S. Forces is one of the six pillars of our comprehensive defense measures against cyber attack,” Ohigashi said. “This opportunity will be a trigger to strengthen our partnership.”

Syed emphasizes the importance of fostering international relationships with coalition and global partners for future contingencies.

“Response to any future competition, crisis, or conflict in our Area of Responsibility will be as a joint force, with all our military branches and most importantly with our allies and partners, in this case the Koku Jieitai,” Syed said.

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.)

“Please note events are subject to change due to COVID-19, so please contact A&FRC to confirm all events”

Transition Assistance Program Workshop

The next Transition Assistance Program (TAP) workshop is from 7:30 a.m.-4 p.m. May 3-7 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 is from 9-10:30 a.m. May 12. This is a workshop on writing resumes, applications, and job search using the USAJobs website. To register or for more information, please call A&FRC at (662) 434-2790.

Bundles for Babies

The next “Zoom” Bundles for Babies workshop is from 1-3:30 p.m. May 13. 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.

Department of Labor Transition Vocational Track Workshop

The next DoL Transition Vocational Track Workshop is from 8 a.m.-3 p.m. May 17-18 and will be held in the A&FRC. This workshop helps members identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. To register or for more information, please call A&FRC at (662) 434-2790.

Team BLAZE Runs the Runway



U.S. Air Force photo by Sharon Ybarra

Members of the 14th Flying Training Wing participate in a Run the Runway event hosted by Air Force Assistance Fund campaign members, Apr. 24, 2021, on Columbus Air Force Base, Miss. All proceeds from the event went to the AFAF campaign, whose mission is to raise funds for the charities that provide support to our Air Force family in need consisting of active duty, retirees, reservists, guard and our dependents, including surviving spouses.

Wing Newcomers Orientation

The next Wing Newcomers Orientation will be held on May 25 from 8- noon in the Columbus Club. This event is mandatory for all newly arrived military and DoD civilian personnel. The event’s foundation is the base’s mobile App, so if you are registered, please locate and download the Columbus Air Force Base App from the App Store prior to attending. Pre-registration is required, so please contact your unit CSS to be registered. For more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. May 27 in the A&FRC. This workshop is highly recommended 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 ask any relocating questions you may have during this event. Pre-registration is required, so call A&FRC at (662) 434-2790 to register or for more information.

Hearts Apart

The next Hearts Apart will be June 11, 11:30 a.m.-1:30 p.m. This quarterly 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.

Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop will be held on June 17-18 from 8 a.m.-3 p.m. 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.

Heart Link

The next “Zoom” Heart Link / Spouse Welcome is from 8:30 a.m.-noon July 8. 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.

EFMP-FS

Exceptional Family Members Program-Family Support, EFMP-FS, establishes, implements and maintains the FS (community support) entity of the Air Force EFMP in coordination with the Medical & Assignments components by enhancing the quality of life of special needs family members. Feel free to contact (662) 434-3323/2790 for any questions related to EFMP or for one-on-one assistance. We can assess your needs and make the proper community referral for you and your family!

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.

See COMMUNITY, Page 13

Chapel Schedule

Chapel services are now available.

Catholic Services: 5 p.m. on Sun

Protestant Services: 10:45 a.m. on Sun

Daily Mass: 10 a.m. on Tues and Wed

As we gather for services there is a 50 person limit inside the chapel. Thank you all for your help during this time and we are looking forward to seeing you all soon!

Medical Corner



SLEEP HEALTH

Why is sleep so important for athletes?

For both athletes and non-athletes, sleep is essential for overall health and wellbeing. Everyone needs sleep in order to feel restored and function their best the next day. Other physical benefits include:

- Allowing your heart to rest and cells and tissue to repair. This can help your body recover after physical exertion. Also, as you progress through the stages of sleep, the changes in your heart rate and breathing throughout the night promote cardiovascular health.
- Preventing illness or recovering from illness. During sleep, your body produces cytokines, which are hormones that help the immune system fight off infections.



How sleep affects an athlete's mental state

Sleep is also essential for cognitive processing. Loss of sleep is associated with a decline in cognitive function. This can have adverse effects on athletes whose sports require a high level of cognitive function, such as decision making and adapting to new situations.

Also, just as exercise can help improve or maintain mental health, sleep is important for maintaining athlete's mental health. Quality sleep is associated with improving overall mood. Healthy sleep prevents irritability and decreases the risk of developments such as depression.

While quality sleep has positive effects specifically on athletic performance, a lack of sleep is detrimental to performance. A great number of concerns can arise when athletes do not receive adequate sleep:

- Inhibited ability. In a study of male team-sport athletes who were sleepdeprived, average and total sprint times decreased.
- Decreased accuracy. After sleep deprivation, male and female tennis players had decreased serve accuracy of up to 53% when compared to performance after normal sleep.
- Quicker exhaustion. In a study of male runners and volleyball players, both groups of athletes exhausted faster after sleep deprivation.
- Risk for injury. Research of middle and high school athletes revealed that a chronic lack of sleep is associated with increased rates of injury.

The link between regular exercise and sleep quality has been studied extensively. Moderate exercise during the day can help people sleep better, while not getting enough sleep may lead to lower levels of daily physical activity.

Sleep, Athletic Performance, and Recovery. Retrieved from <https://www.sleepfoundation.org/physicalactivity/athletic-performance-and-sleep>

Exercise tips for getting better sleep

The best exercises for sleep vary from person to person. Below are a few recommendations for finding the best workout routines to improve your sleep.

Experiment with timing and intensity: Historically, intense or late-night workouts have been discouraged due to the negative effects these activities could pose on sleep quality. However, some contemporary studies argue workouts before bed do not affect sleep to a significant extent. Try exercising during the day, in the afternoon, and within a few hours of bedtime to see which routine improves your sleep the most. The same goes for moderate- and vigorous-intensity workouts.

Getting better sleep can help you exercise more often: Due to the bidirectional relationship between exercise and sleep, you may be less inclined to engage in physical activities after a poor night's rest. Getting enough high-quality sleep before days when you plan to exercise is an effective way to commit to your workout regimen.

No need to overdo it: While longer or more vigorous workouts can lead to more physical improvements, just 30 minutes of moderate exercise per day can alleviate anxiety and help you sleep better at night. Rather than focusing on daily allotments, you should commit to daily exercise for longer periods. One study found that moderate aerobic exercise routines lasting six months in length can be highly effective at improving sleep as well as mood and overall quality of life.

The Best Exercises for Sleep. Retrieved from <https://www.sleepfoundation.org/physical-activity/best-exercises-sleep>

BLAZE Hangar Tails: B-52 Stratofortress

Mission

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

Features

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

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

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

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

The use of aerial refueling gives the B-52 a range limited only by crew endurance. It has an unrefueled combat range in excess of 8,800 miles (14,080 kilometers).

Background

For more than 40 years, B-52 Strato-



U.S. Air Force photo by Airman 1st Class Gerald R. Willis

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



U.S. Air Force photo by Airman 1st Class Tessa B. Corrick

A B-52 Stratofortress ascends during Global Thunder 19, Oct. 31, 2018 at Barksdale Air Force Base, Louisiana. Global Thunder is a globally integrated exercise that provides training opportunities that assess all U.S. Strategic Command (USSTRATCOM) mission areas and joint and field training operational readiness, with a specific focus on nuclear readiness. USSTRATCOM has global responsibilities assigned through the Unified Command Plan that includes strategic deterrence, nuclear operations, space operations, joint electromagnetic spectrum operations, global strike, missile defense, and analysis and targeting.

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

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

The aircraft's flexibility was evident in Operation Desert Storm and again during Operation Allied Force. B-52s struck wide-area troop concentrations, fixed installations and bunkers, and decimated the

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

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

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

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

General characteristics

Primary function: heavy bomber

Contractor: Boeing Military Airplane Co.

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

Thrust: each engine up to 17,000 pounds

Wingspan: 185 feet (56.4 meters)

Length: 159 feet, 4 inches (48.5 meters)

Height: 40 feet, 8 inches (12.4 meters)

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

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

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

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

Speed: 650 miles per hour (Mach 0.84)

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

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

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

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

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

Initial operating capability: April 1952

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



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



GTR CAP assigns new commander

Airman 1st Class Jessica Haynie
14th Flying Training Wing Public Affairs

Cadets from the local Golden Triangle Composite Squadron, Civil Air Patrol (CAP), held a change of command ceremony, at the Base Chapel, Apr. 15, 2021, on Columbus Air Force Base, Miss. Cadet Major Hunter Chunn, cadet commander could not attend due to COVID-19 restrictions, however, cadet Chief Master Sgt. Dakota Oswald, stood in his place to relinquish command to the incoming cadet commander, cadet 2nd Lt. Matthew Carden.

“There is a Civil Air Patrol Wing in every state,” said 1st Lt. Corey Goodwin, Golden Triangle Composite Squadron commander. “In the Mississippi Wing we presently have 112 cadets and 300 senior members. Nationally there are almost 21,000

“CAP is often the first to overfly an area after a disaster, such as tornados, to take photo and video for the Federal Emergency Management Agency (FEMA), so they can plan how to respond,” said Goodwin.

cadets and 33,000 senior members in numerous squadrons servicing the communities, state, and nation as volunteers.”

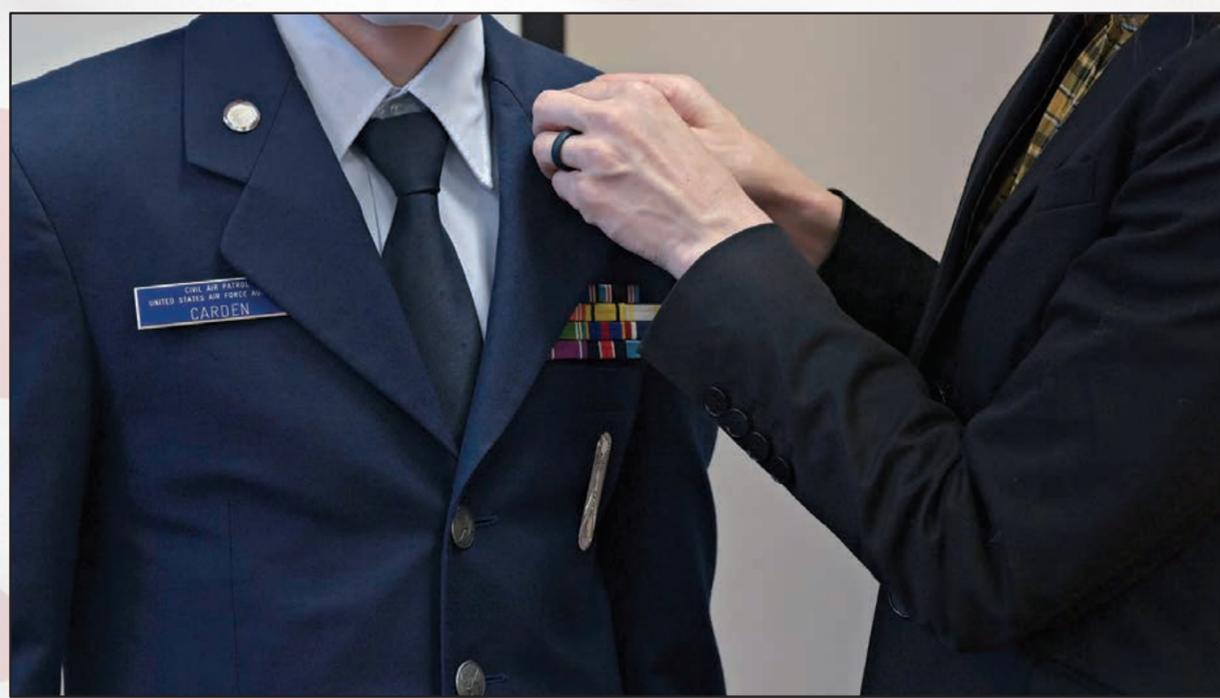
As of Apr. 6, 2021, CAP is credited with search and Rescue operations resulting in the safe return

of 53 people by the Air Force Rescue Coordination Center.

“CAP is often the first to overfly an area after a disaster, such as tornados, to take photo and video for the Federal Emergency Management Agency (FEMA), so they can plan how to respond,” said Goodwin.

According to Goodwin, although the learning curriculum is similar, what sets CAP apart from school based ROTC programs is that CAP is an Auxiliary of the U.S. Air Force and a part of the Total Force. CAP can be called out to help in a time of crisis by the U.S. government, school based ROTC programs cannot.

The Civil Air Patrol will turn 80 on Dec.1, 2021. For more information you can visit www.gocivilairpatrol.com.



Golden Triangle Composite Squadron Civil Air Patrol cadet 2nd Lt. Matthew Carden, promotes from cadet Chief Master Sgt. to cadet 2nd Lt., during a change of command ceremony, Apr.1, 2021, on Columbus Air Force Base, Miss. Carden took over command of the Golden Triangle Composite Squadron within two years of being a Cadet of the Civil Air Patrol.



Golden Triangle Composite Squadron Civil Air Patrol cadet 2nd Lt. Matthew Carden, incoming cadet commander is pinned by his mother, Kristina Carden, during a change of command ceremony, Apr.1, 2021, on Columbus Air Force Base, Miss. Nationally there is almost 21,000 cadets and 33,000 senior members in numerous squadrons servicing the communities, state, and Nation as volunteers.



Members of the Golden Triangle Composite Squadron Civil Air Patrol, participate in a change of command ceremony, Apr. 15, 2021, on Columbus Air Force Base, Miss. As a Total Force partner and Auxiliary of the U.S. Air Force, Civil Air Patrol performs search and rescue operations, provide comfort in times of disaster and work to keep the homeland safe.

RIGHT: Cadets with the Golden Triangle Composite Squadron Civil Air Patrol, practice drill after a change of command ceremony, Apr. 15, 2021, on Columbus Air Force Base, Miss. The origins of Civil Air Patrol date to 1936, when Gill Robb Wilson, World War I aviator and New Jersey director of aeronautics, returned from Germany convinced of impending war.

U.S. Air Force photos by Airman 1st Class Jessica Haynie

