

Columbus AFB bids farewell to Weeks

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

Col. Samantha Weeks has lead the 14th Flying Training Wing, Columbus Air Force base, Mississippi, for the past two years since taking command on Aug. 6, 2018.

The 14th FTW conducts Specialized Undergraduate Pilot Training for U.S. Air Force and allied officers, as well as training for Afghan and Lebanese pilots and aircraft maintainers in the A-29 Super Tucano at Moody



Col. Samantha Weeks, 14th Flying Training Wing commander, stands with Shawn Ricchuito, 14th Civil Engineering Squadron fire chief, and Sparky with the 2019 Fire Prevention Week proclamation, Sept 16, 2019, on Columbus Air Force Base, Miss. Columbus AFB will be hosting an open house and a parade on Oct. 5 to kick off Fire Prevention Week.



Col. Samantha Weeks, 14th Flying Training Wing commander, and Chief Master Sgt. Raul Villarreal Jr., 14th FTW command chief, walk in the Columbus Christmas Parade on Dec. 2, 2019, in Columbus, Miss. Members of the Columbus AFB Fire Department drove one of their trucks in the parade and were led by Weeks and Villarreal.



Col. Samantha Weeks, 14th Flying Training Wing commander, and Elaine Hobson, former 43rd Flying Training Squadron secretary, cuts the ribbon at the dedication ceremony Sept. 28, 2018, on Columbus Air Force Base, Mississippi. The 43rd FTS is one of several units at Columbus AFB that aids in creating pilots.



Staff Sgt. Jonathan Rosales, former 14th Flying Training Wing command chief executive assistant, throws a ball at the dunk tank while Col. Samantha Weeks, 14th Flying Training Wing commander, sits on a dunk stool during BLAZE Fest July 3, 2019 on Columbus Air Force Base, Miss. A variety of activities and contests were held throughout the festival for attendees to participate in.



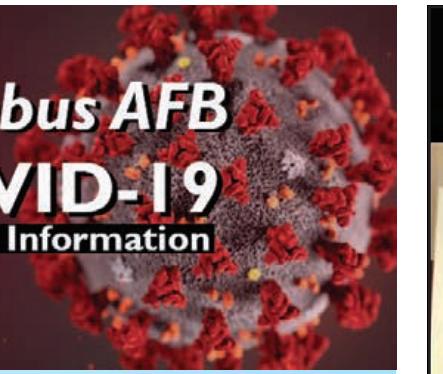
Col. Samantha Weeks, 14th Flying Training Wing commander, gives an award to 1st Lt. Sanni Kafayat, 14th Student Squadron student pilot, at the Special Undergraduate Pilot Training Class's 19-21/22 graduation ceremony Aug. 16, 2019, at Columbus Air Force Base, Miss. Kafayat is Nigeria's first female fighter pilot.



Col. Samantha Weeks, 14th Flying Training Wing commander, welcomes everyone to the Quality of Life Town Hall March 5, 2020, at the Columbus Club on Columbus Air Force Base, Miss. Weeks was the primary speaker for the town hall, which was also livestreamed on the Columbus AFB Facebook page for added participation and connection.

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The Commercial
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P.O. Box 511
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39703

Vol. 44, Issue 9



COVID-19 General Info

The base is going to execute a measured approach to reopening in order to protect our people and our mission.

Permitted areas:

- Salons and barber shops are permitted for military members.
- State and local parks are allowed.
- Outdoor rec will open to facilitate activities at parks May 15.
- Freedom park is now open from 6 a.m.-8 p.m. You must wash your hands or use hand sanitizer before and after playing at the park. 20 people maximum in line with Governor's outdoor guidance.
- The pool will open on Memorial Day weekend.
- The gym will open on Memorial Day weekend.

Off-limits:

- No dining-in at restaurants or bars. Take out and drive thru are still authorized.
- Gyms on and off base are prohibited.

Gathering limitations:

- 10 people indoors
- 20 people outdoors
- Personal hygiene is key
- 6' physical distancing
- Cloth face covering if you can't physical distance

For more information on COVID-19 please see pg. 2

SILVER WINGS

"Cultivate Airmen, Create Pilots, CONNECT"
Columbus Air Force Base, Miss.

May 15, 2020



zoom

Courtesy screenshot

Col. Samantha Weeks, 14th Flying Training Wing commander, speaks with retired Air Force Gen. Lori Robinson, former commander of U.S. Northern Command and North American Aerospace Defense Command, May 11, 2020, during the Air Force Women's Virtual Fly-In hosted on the Columbus Air Force Base Facebook page. The Facebook live event was an opportunity to unite aviatrixes to enable learning, coaching, mentorship and connectedness.

Forging the future, first-ever virtual Air Force Women's Fly-In boldly leads the way

14th Flying Training Wing Public Affairs

Columbus Air Force Base hosted the first-ever Air Force Virtual Women's Fly-In during a Facebook Live event May 11.

With a nod to female aviation pioneers as the backdrop, the event was open to all Airmen regardless of gender or career field, and helped Airmen create networks to learn more about experiences, leadership and life.

"The vision of the original event was to connect aviatrixes and build a supportive network to grow our diverse and inclusive force, as well as connect our operators with their long blue line and origin in the Women Air force Service Pilots of World

War II," said Col. Samantha Weeks, 14th Flying Training Wing commander and lead organizer of the event. "Today, with the realities of coronavirus, a physical fly-in isn't possible, but a virtual venue to connect provides an even greater opportunity and outreach across the Air Force."

The event featured 10 guest and keynote speakers who talked and discussed a variety of topics ranging from senior leadership perspective, rated diversity initiatives, unconscious bias, and leading with an infinite mindset.

Secretary of the Air Force Barbara Barrett talked about the advances in the air and space forces while also highlighting

See FLY-IN, Page 4

COLUMBUS AFB TRAINING		TIMELINE	
PHASE II	PHASE III	IFF	SUPT CLASS 20-14/15 GRADUATION
Squadron 37th (21-03) 41st (21-02)	Track Select Jun. 12 May 20	Squadron 48th (20-15) 50th (20-15)	Graduation May 15 May 15
Squadron 49th (20-HBC)	Graduation May 29	Squadron 49th (20-HBC)	Graduation May 29

SUPT Class 20-14/15 graduates today at 10 a.m. at the Kaye Auditorium.



DoD, Department of the Air Force take steps to protect military families moving during COVID-19

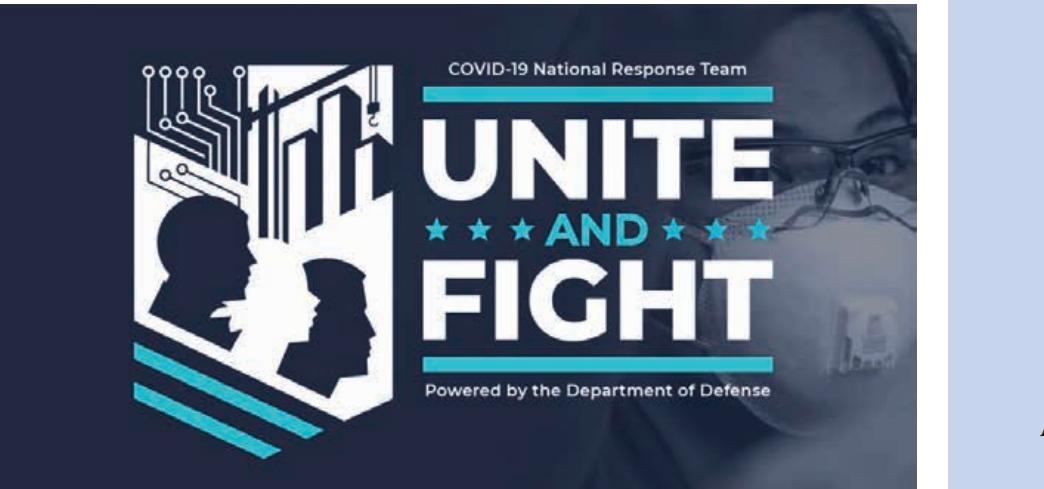
Secretary of the Air Force
Public Affairs

ARLINGTON, Va. — The Department of Defense, in conjunction with U.S. Transportation Command, has adopted a set of safety measures and protocols designed to protect military personnel and their families who are required to move household goods to new assignments during the coronavirus pandemic.

Secretary of Defense Mark Esper authorized the measures, which went into immediate effect.

Under the new standards, moving industry personnel must adhere to all Centers for Disease Control and Prevention COVID-19 health protection protocols while in the service member's residence. That means moving personnel must wear face coverings, clean frequently touched surfaces and sanitize their hands often. They must also minimize the number of personnel at the member's residence in order to meet social distancing requirements.

In addition to prescribing health and safety standards that all moving companies and their employees must meet, the standards also outline specific powers that any military member can use. For



example, the member can deny entry to moving personnel or question them about adhering to health protection protocols. They also are specifically empowered to terminate the move entirely if they feel the moving crew is compromising their safety. The move would be rescheduled at a later date.

"It's important that DoD families know they are empowered to make decisions on the spot and that they have a voice in the process," said Rick Marsh, director of the Defense Personal Property Program at USTRANSCOM.

Visit move.mil to read the latest guidance for Defense Personal Property Program customers.

14TH FLYING TRAINING WING DEPLOYED



As of press time, 35 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.



Visit us online!
www.columbus.af.mil

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

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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.

Cultivate, Create, CONNECT



This is personal.



My mother died of colon cancer when she was only 56.

Terrence Howard, actor/musician



Colorectal cancer is the 2nd leading cancer killer in the U.S., but it's largely preventable. If you're 50 or older, please get screened.

1-800-CDC-INFO (1-800-232-4636)
www.cdc.gov/screenforlife



CDC
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National Colorectal Cancer Research Alliance
Entertainment Industry Foundation Program

CDFA
Entertainment Industry Foundation

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COMMUNITY

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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. These resources are available on a first-come-first-serve basis.

Pre- and Post-Deployment Tour Briefing

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

Pre-Separation Counseling

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

Employment Workshop

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

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) 998-0411/434-2790 or e-mail PFC.Columbus.USAF@zeiders.com, located in the A&FRC.

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/refreshers KS training and continuing education. For more information, please call (662) 434-3323.

Military and Family Life Counselor Program

Military and Family Life Counselors (MFLCs) provide non-medical counseling to help Airmen (single and married), spouses and other family members cope with stressful situations created by deployments, reintegration and life challenges such as marital 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://millifelearning.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.

FSS SERVICES

(Continued from page 14)

Wood Shop is temporarily closed.

The Wood Shop is closed. Sorry for any inconvenience, please call 434-7836 for any questions.

Referees Needed

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

RV Storage Lot

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

Instructors Needed

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

Fitness on Request

The Fitness Center offers a truly comprehensive group fitness platform that is available all day and completely customizable to meet your needs with 119 different classes on the Fitness on Request system. For more information, call 434-2772.

Space A Lodging

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

Ride in Style

Information Tickets and Travel offers a shuttle service to the airport of your choice. For more information, contact 434-7861.

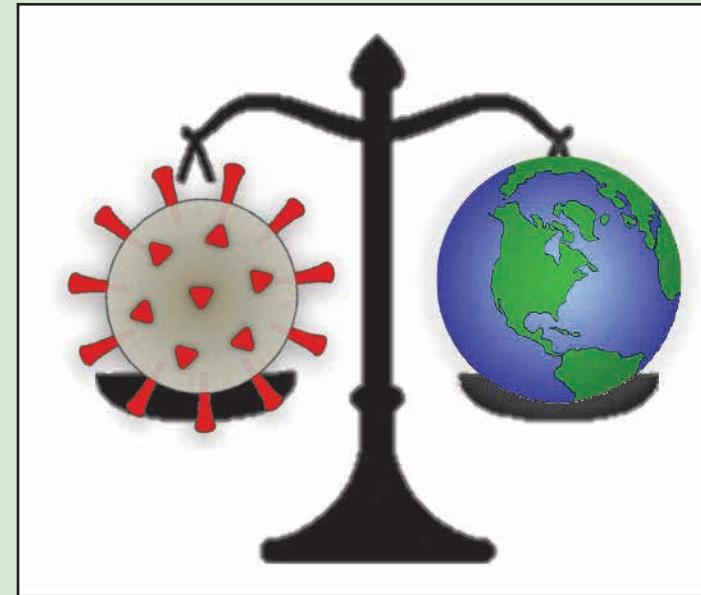
Buckle up! It's the law.



Share the road. Watch for motorcyclists.



Balancing virus, sustainability

Tracy Mullins14th Civil Engineer Squadron
Environmental Management Systems Coordinator

Sustaining a virus is about preventing the spread of contagions while also minimizing the environmental impact.

The current pandemic has led to much panic, and it has become all-consuming for many people's lives. It is all anyone talks about with their family and friends, it is the only thing being covered in the news and it is fundamentally changing lives and the way people live. Of course health, human safety and preventing the spread of disease should always be the number one priority; however, that does not mean forgetting about protecting the environment.

In efforts to minimize chances of infection many people are wearing masks and gloves, using disinfecting wipes and sprays, washing their hands numerous times per day, using hand sanitizer and ordering groceries and take-out food online for home delivery. These are all viable measures of protection of personal health; however, it is often done without consideration to environmental impacts.

Efforts to stay healthy should also be balanced with efforts to minimize environmental impacts. Following is a list of a few simple ways to consciously maintain both personal and environmental health:

- 1) Handwashing is a more effective virus protection than hand sanitizer. Minimize the use of hand sanitizer which often comes in small disposable plastic bottles, and reach for a bar of soap. Environmentally speaking, bar soap is preferable over liquid. Using bar soap reduces the amount of plastic containers going to landfills.
- 2) Another consideration while handwashing is hand drying. Most people use more paper towels than truly required to completely dry their hands. To learn how to use only one paper towel per handwashing, watch the Joe Smith TED Talk: "How to use a paper towel" (https://m.youtube.com/watch?v=PlyQE_Q_ZsU).

- 3) It is important to daily disinfect touched surfaces such as door knobs; however, disposable wipes are extremely wasteful and most are not biodegradable as they are made from synthetic fibers. Aerosol disinfecting sprays eliminate the disposal of synthetic wipes, and the steel can is recyclable. Another option is to use a non-aerosol spray disinfectant as the plastic spray bottle can easily be recycled.

- 4) Rather than ordering take-out food in non-recyclable Styrofoam or plastic containers; cook at home using fresh, unprocessed ingredients. This not only reduces packaging going to landfills, and greenhouse gas emissions from multiple trips, but you can also ensure it is thoroughly cooked at temperatures sufficient to kill viruses, and not be touch by another person after.

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

National Police Week honors heroes



May 10-16 is National Police Week. These Defenders provide base defense through security and law enforcement operations at home and abroad in austere conditions. Often unseen, they keep watch over you; controlling base access and providing immediate emergency responses to safeguard the population and resources of Team Blaze. Trained for precision to execute lethal results. The 14th Security Forces Squadron boasts 24/7 all-weather Defenders. They hold the line, day and night.

The Airman's Creed

I am an American Airman.**I am a Warrior.****I have answered my nation's call.****I am an American Airman.****My mission is to fly, fight, and win.****I am faithful to a proud heritage.****A tradition of honor,****And a legacy of valor.****I am an American Airman.****Guardian of freedom and justice,****My nation's sword and shield,****Its sentry and avenger.****I defend my country with my life.****I am an American Airman.****Wingman, leader, warrior.****I will never leave an Airman behind.****I will never falter,****And I will not fail.**

FLY-IN

(Continued from page 1)

some historic milestones of American women in aviation history.

"Women have been leading and continue to lead the Department of the United States Air Force," Barrett said.

"There is no better time to be part of the air and space forces," she said. "We're thrilled that you are a part of it."

Harriett Quimby was one of those women in aviation history who have made a big impact. In 1911, she was awarded a U.S. pilot's certificate by the Aero Club of America, becoming the first woman to gain a pilot's license in the United States. Born May 11, 1875, Quimby lived only to the age of 37, but she influenced the role of women in aviation. She died in a plane crash July 1, 1912, at the third annual Boston Aviation Meet.

Among the keynote speakers was retired Air Force Gen. Lori Robinson, former commander of U.S. Northern Command and North American Aerospace Defense Command. Robinson used a majority of her time to address questions from the audience, which included topics from her biggest leadership challenge, choosing mentors, conscious and unconscious bias challenges, combating perceptions while staying true to oneself, and how the Air Force can move forward with protecting people.

Providing an answer to a viewer's question, Robinson said when people start incorporating gender into how issues or topics are brought forward and dealt with, it can essentially be detrimental to moving forward.

"When we start worrying about that, then we worry about things that add to our problem and not add to a solution," Robinson said.

Robinson said that during her time in service, as she became an air battle manager in the 1990s', there were no other female mentors in the Combat Air Forces to look toward. However, she said she was very fortunate in that her male mentors were very supportive in propelling her forward.

"What they cared about, wasn't that I was woman, what they cared about was that I cared about doing my job, and being the best at all of that," she said. She said she feels that Airmen today should be taking that same approach, and when they're seeking a mentor, they should really be looking at someone they want to resemble.

"It's not are you a man or are you a woman, in my opinion," she said. "Who has the traits that you relish and who has the traits that you want to be like; so that as you grow older you can share those traits to make those who work for and with you better than you."

Conversely, Simon Sinek, British-born American author and motivational speaker who has done work with the



Col. Samantha Weeks, 14th Flying Training Wing commander, speaks with Simon Sinek, British-born American author and motivational speaker who has done work with the RAND Corporation, May 11, 2020, during the Air Force Women's Virtual Fly-In hosted on the Columbus Air Force Base Facebook page. The Facebook live event was an opportunity to unite aviatices to enable learning, coaching, mentorship and connectedness.

RAND Corporation said, "there is tremendous value in serving." He went on to discuss the meaning behind having "an infinite mindset."

"It's all about constant improvement, that's what it is," Sinek said. "The infinite mindset is about the journey."

Part of this journey is learning how to constantly improve not only as an individual but as a team too, and one of the most foundational aspects of a team is trust.

"You can't build trust quickly," Sinek said. "But what you can do is be open and honest and a part of honesty is providing regular and constructive feedback."

"Everybody wants feedback. We want to know how we're doing," he said. "But we don't always receive it the same way."

Sinek said he has known some leaders with hard personalities but their people adore them because they put the interest of their people first.

He also shared that, "Toxic leadership isn't always about screaming and yelling, that's not what toxicity necessarily means. Toxicity is someone who puts themselves before their team to make decisions to advance themselves. They would rather sacrifice their people before themselves, and they don't take the time and attention to learn how the team needs to be spoken to, or how they function best."

Sinek ended by saying, "make your 'yeses' have an impact and take care of each other."

Recognizing outstanding Columbus AFB athlete

Each year, the Air Force Services Center recognizes an outstanding Male and Female Military Athlete of the Year. Congratulations to Maj. Andrea Matesick, 49th Flying Training Squadron, the 2019 Air Force's Female Athlete of the Year.

Team Blaze shout outs AETC nominee

Congratulations to 1st Lt. Tinamarie Castro who was the Air Education and Training Command's nominee for the 2020 Blacks in Government Meritorious Service Award. Castro is a proud member of the 14 Communications Squadron. She has provided key support and mentorship to 50 local Air Force Junior Reserve Officers' Training Corps cadets and also initiated Columbus' first Armed Services Vocational Aptitude Battery tutoring program.

FORGED

(Continued from page 12)

made to date."

He said he felt his sword turned out good and performed well during the testing phase on the show. Although he had created a quality sword, Cargile finished the show in second place, but said he was happy about the results and he knows how rare of a chance it was to be on the show.

"It was an amazing experience," Cargile said. "I met some really good guys that were on set with me. The judges were great. I look at it as an once-in-a-lifetime opportunity."

Cargile said he has come a long way since 2013, when he first got into knife making. He got the idea of making knives when he attended a banquet for Golden Triangle Outdoors, a local nonprofit organization that provides outdoor recreational events for people with special needs. Cargile said he never thought about making his own knives until he saw a local knife maker with some knives on display.

"That kind of sparked my interest," he said. So, I decided that I'm just going to come home and make my own knife."

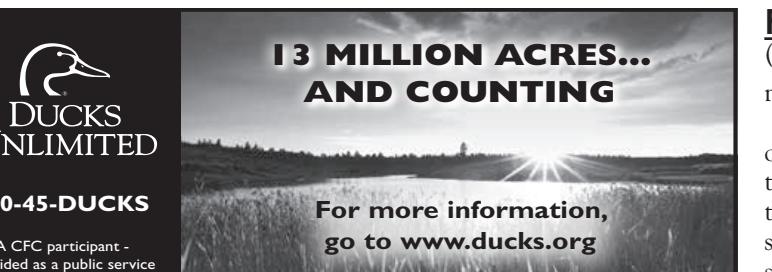
That weekend, he said he bought a piece of steel and made his first knife on his back porch and it's been a passion ever since."

"They really are supportive and enjoy coming over from time to time and watching me forge my knives out," Cargile said.

According to Cargile, knife making is a very tedious process.

"He has spent numerous hours learning tricks and trades of the knife making world and he's advanced his skills in a very short time," Sanders said. "I have witnessed Mitch forge some knives before and it's amazing to watch what he can do with a piece of metal and a hammer."

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Contact: Johnny.Judson@bmhcc.org
Phone: 662-244-2100
Toll Free: 800-544-8762 Ext: 2100
P.O. Box 1307 Columbus, MS 39703



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

"It's one of the most rewarding, satisfying, stressful, hair-pulling-out experiences," Cargile said. "It is some ways therapeutic to come out here to kind of just get in your zone and do what you really enjoy doing."

Cargile has traveled all over the U.S. honing his craft, from New Jersey and Texas to Alaska, he has worked with several master smiths. He noted that his greatest accomplishment thus far has been earning his journeyman smith rating from the American Bladesmith Society in June 2019 in Atlanta.

Prior to presenting five knives to a panel of judges in Atlanta, Cargile first had to make a knife that was capable of cutting thru a 1-inch free hanging rope, a two-by-four and remain "hair-shaving sharp," and had ability to be bent to 90 degrees without breaking which test the blades geometry and heat treatment.

Cargile said he not only enjoys making his knives, but it's been a great way to connect with his co-workers.

"They really are supportive and enjoy coming over from time to time and watching me forge my knives out," Cargile said.

According to Cargile, knife making is a very tedious process.

"It's one of the most rewarding, satisfying, stressful, hair-pulling-out experiences," he said. "It is some ways therapeutic to come out here to kind of just get in your zone and do what you really enjoy doing."

Cargile said although sometimes knife making can be challenging and stressful, it's what he hopes to do full time one day.

"Anything in life that you enjoy doing is going to have its ups and downs," he said. "I would almost think if it wasn't a challenge at some point people would lose interest in it."

Sanders also mentioned how Cargile enjoys explaining and teaching others about the forging process.

"Mitch is a good guy that loves his family and the Lord," Sanders said. "He is liked by many and will help anyone that he can."

When it comes to making his knives, Cargile explained that the time varies according to the type of knife and steel being used. As for the basic shape of an average knife, Cargile can forge one out in about a half hour. After he gets it forged to shape, he proceeds to grind and then begins the hardening and tempering process.

He said the most time consuming part is when it comes time for the final hand sanding and fitting of the guards and handle.

According to Cargile, knife making is a very tedious process.

"It's one of the most rewarding, satisfying, stressful, hair-pulling-out experiences," he said. "It is some ways therapeutic to come out here to kind of just get in your zone and do what you really enjoy doing."

Cargile said learning the tricks and trades of the knife making world and advancing his skills in a very short time, Sanders said. "I have witnessed Mitch forge some knives before and it's amazing to watch what he can do with a piece of metal and a hammer."

Exit Drills in the Home (EDITH)

Darren Amos
14th Civil Engineering Squadron

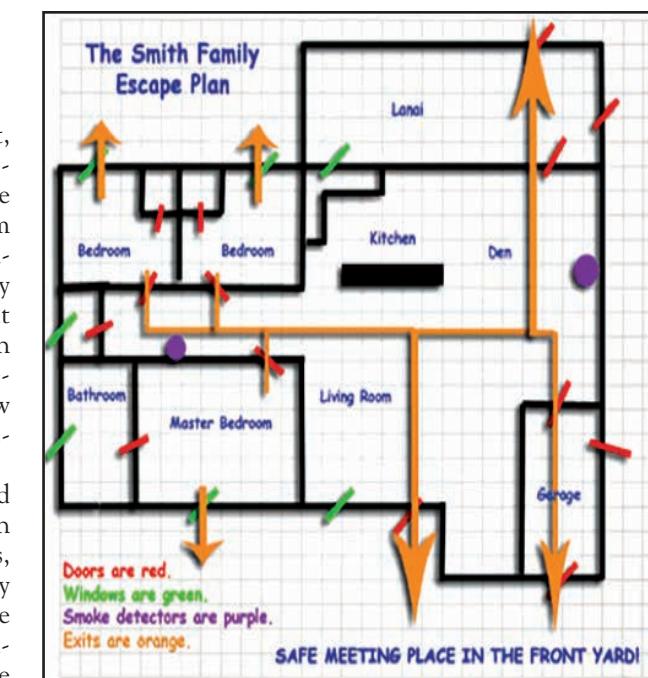
It is late into the night, the family is restfully sleeping when suddenly, the sounds of a smoke alarm go off! The dog is barking, children begin to cry out for help. It's dark, but smoke is visible! Action needs to be taken immediately. Would you know what to do? Are you prepared?

Getting out safely and quickly could depend on working smoke alarms, developing an emergency plan and practicing the plan annually. According to the National Fire Protection Association (NFPA); fire escape planning and exit drills in the home are critical to surviving. Here are some tips:

- Walk through your home and identify all possible exits and escape routes. Households with young children should consider drawing a floor plan, marking two ways out of each room, including windows and doors.

- For easy planning, download NFPA's free escape planning grid (<https://www.nfpa.org/public-education/by-topic/safety-in-the-home/escape-planning>). This is a great way to get children involved in fire safety planning in a non-threatening way.

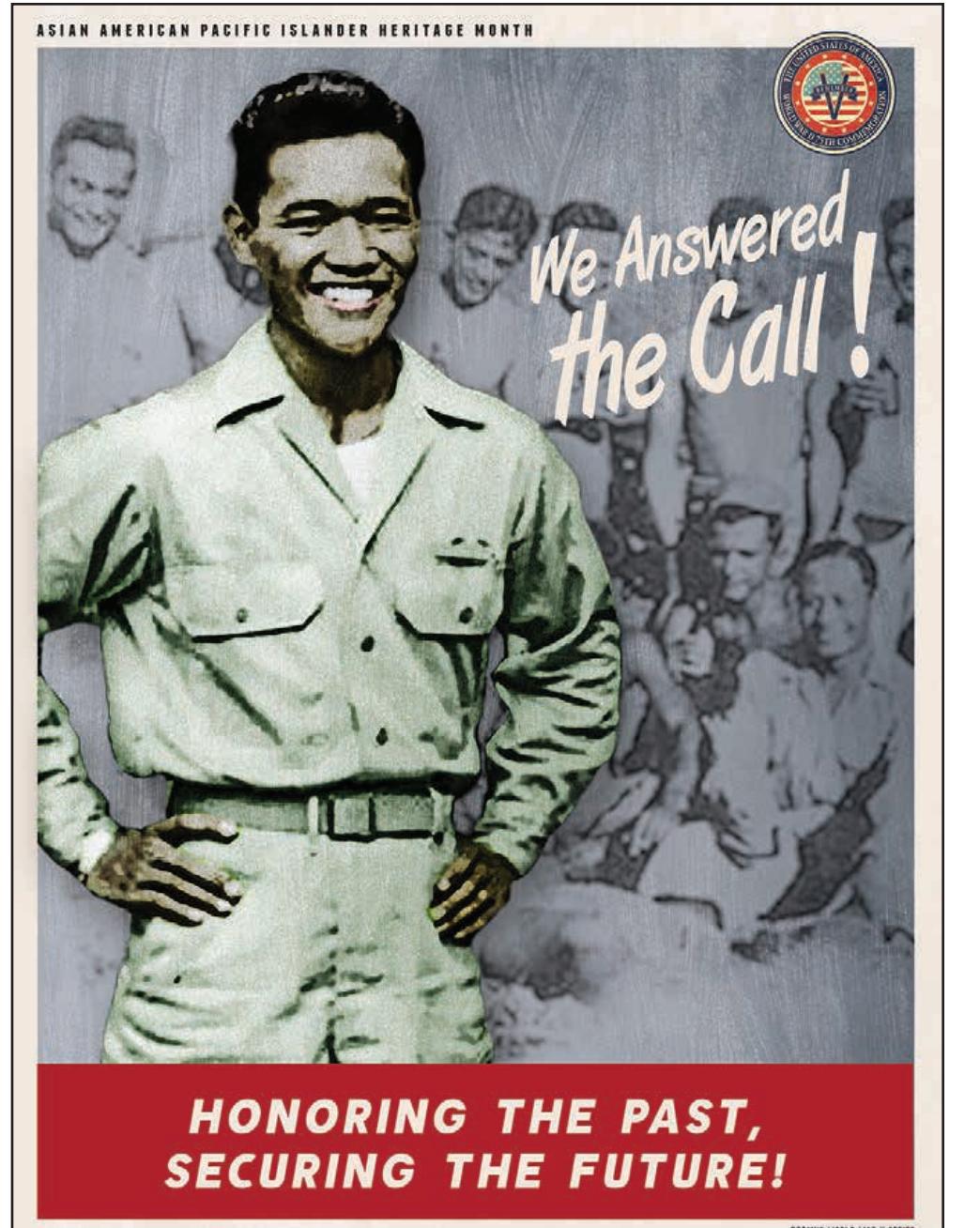
- Everyone in the home must understand the escape plan. Teach children how to escape on their own in case you can't help them. It is also recommended to share this plan with your children's friends during "sleepovers". Check to make sure escape routes



Facts

- > According to an NFPA survey, only one of every three American households have developed and practiced a home escape plan.
- > While 71% of Americans have an escape plan in case of a fire, only 47% of those have practiced it.
- > A closed bedroom door when sleeping may slow the spread of heat, smoke, and fire.
- > If it's a two/three-story home, consider purchasing an approved escape ladder that can be hung from the window ledge or tie bed-sheets together with knots every few feet.
- > Upon arrival, direct firefighters to where the fire is located, if it is not obvious, and report any missing family members or friends immediately. Firefighters have skills and equipment to perform search & rescue.

• Practice your escape plan at night and during the day with everyone in the home.
Data from National Fire Protection Association



Commander's Action Line

434-1414

In an effort to stay Connected, the Commander's Action Line is your direct link to the commander for comments and suggestions on how to make Columbus AFB better. Although the Commander's Action Line is always available, the best way to resolve problems is through the chain-of-command. The Commander's Action Line can be reached at 434-1414. Leave your name and phone number or email if you would like to receive an answer. All names will be kept confidential.

If you would like to remain anonymous, please submit your inquiries through our base application in the 'Our Wing' then 'Contact the CC' tab or you can submit through the webpage at www.columbus.af.mil. Click "Contact Us" at the top left of the page and select "Commander's Action Line" in the Recipient drop down menu.



U.S. Air Force photo by Airman 1st Class Jake Jacobsen
Staff Sgt. George Mills (right), 14th Operational Medical Readiness Squadron Public Health Flight non-commissioned officer in-charge, and Senior Airman Tiebout (left), Medics Morale Council Vice president, hand a 14th Medical Group dental clinic worker a coffee May 8, 2020, inside the Kortiz Clinic on Columbus Air Force Base, Miss. The 14th Blaze Medics Morale Council came up with an idea called the 'morale walk' in which volunteers go around the entire medical center to pass around treats to the workers and spread positivity.



U.S. Air Force photo by Airman 1st Class Jake Jacobsen
Second Lt. Ian Diebert (left), 14th Operational Medical Readiness Squadron casual, pours coffee for incoming personnel at the entrance of the Kortiz Clinic May 8, 2020, on Columbus Air Force Base, Miss. Due to the potential stress enhancers that COVID-19 has caused, the 14th Blaze Medics Morale Council has been consistently looking for ways to uplift the morale within the 14th MDG.

14th MDG boosts morale, shows support for workers

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

In light of the pressing times that COVID-19 has presented, the 14th Medical Group has come up with a way for Airmen and civilian workers to know that they are appreciated and united.

Since the outbreak the 14th MDG has implemented screening processes throughout the day, changed shifts that vary by flight, and put personnel on-call for after hour's emergencies.

Due to these potential stress enhancers caused by COVID-19, the 14th Blaze Medics Morale Council has been consistently looking for ways to uplift the morale within the 14th MDG. One of the ideas they implemented is called the 'morale walk' in which volunteers go around the Kortiz Clinic to pass out treats to workers in order to spread positivity.

"As we all know COVID-19 has been no joke and it has affected everyone's workload, social settings, childcare, health, and all kinds of different aspects of life," said Staff Sgt. George Mills, 14th Operational Medical Readiness Squadron Public Health Flight non-commissioned officer in-charge. "Unfortunately, this problem will continue to grow and can be threatening to everyone's morale. Considering this, some members of the council conduct walkthroughs every other week just thanking people for their sacrifices and providing anything that may boost morale such as treats and uplifting messages."

The morale walk evolved into a bi-weekly occurrence every Friday where some of the council members go around and visit all of the medical center. As the weeks went by, the walkthroughs changed to switch up the treats being distributed, adding various message handouts or offering coffee as they walk around the medical center.



RIGHT: Staff Sgt. George Mills, 14th Operational Medical Readiness Squadron Public Health Flight non-commissioned officer in-charge, pours coffee into a cup May 8, 2020, inside the Kortiz Clinic on Columbus Air Force Base, Miss. This walkthrough also celebrated Mother's Day as the volunteers took the time to find mothers who work at the 14th MDG to give them special made cards to honor them and all that they do.

Retired major general virtually congratulates SUPT Class 20-12/13 graduates

Airman 1st Class Davis Donaldson
14th Flying Training Wing
Public Affairs

Retired Maj. Gen. Brian Bishop, former commander of Carl A. Spaatz Center for Officer Education, and commandant of Air War College at Maxwell Air Force Base, Alabama, virtually spoke to Specialized Undergraduate Pilot Training Class 20-12/13 during their graduation ceremony April 24 at Columbus AFB, Mississippi.

In accordance with safety and health guidelines from the Defense Department and Centers for Disease Control and Prevention, a guest speaker was unable to attend the ceremony. Bishop applauded the students on their accomplishment through a recorded video message, and gave them various points of advice.

"Congratulations to Class 20-12/13," Bishop said. "This will be a day that you will remember for the rest of your lives, but more importantly, congratulations to the families. Whether you're in the room or not, we could not do this thing we call pilotage without your love and support, so thank you."

Bishop started his speech by saying why he thinks pilots fly.

"I think if I asked each one of you why you fly and why are you doing the things you do and why you wanted to join the Air Force, each of you would have your very specific reasons," he said. "But I do think there's a thread



Courtesy photo

Retired Maj. Gen. Brian Bishop, former commander of Carl A. Spaatz Center for Officer Education, and commandant of Air War College at Maxwell Air Force Base, Ala., virtually speaks to Specialized Undergraduate Pilot Training Class 20-12/13 during their graduation ceremony April 24 at Columbus AFB, Miss. In accordance with safety and health guidelines from the Defense Department and Centers for Disease Control and Prevention, a guest speaker was unable to attend the graduation ceremony.

that runs through all of them."

While pilots want to avoid problems when flying, pilots feel a sense of excitement when a problem is mitigated or solved, he said.

"From takeoff to landing. Also, your senses become more acute when problems and situations arise in front of you," Bishop said.

United States is one of the core reasons why pilots fly.

In addition, he said flying brings a sense of comradery amongst past and present flyers.

"That is especially true in the military because we rely on our heritage and our squadron design to bring us together," he said. "But there is a military, civilian-pilot relationship as well."

He gave examples of when he has gone to different functions, how pilots seek each other out and share aviation experiences. If there are two pilots in the same room, military or not, they are easily able to connect and relate with one another, he said.

Bishop said there are only a few people to share those experiences.

"And finally, I think there's a way pilots look at the world," Bishop said. "We see the world in three dimensions. We overcome the boundaries and the barriers and the obstacles that are here in the 2D world because you can fly up and get over them."

Pilots not only can see the world in three dimensions flying, they can apply it to other things, he said.

Bishop said pilots are also able to apply the three-dimensional type of thinking to problem solving.

"As pilots, we tend to solve things differently, see things differently," Bishop said.

The graduation was later recorded and posted on the Columbus AFB Facebook page for people to view.

AtHoc Emergency Mass Notification System receives new updates

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

AtHoc, an interactive warning system that allows senior leaders to inform base personnel of urgent information such as base closures or delayed openings, recently received updates to its system that allows the user to add dependent contact information.

Dependent Contact Information

The update was implemented April 20, 2020, to allow dependents of members to receive EMNS (Emergency Management Notification System) notifications.

User profiles are now updated to include the input of

one dependent phone and email address. Sponsor update of dependent contact data is optional. Alerts form/templates now include the ability to check Dependent Phone and/or Dependent Email as selectable devices for alert delivery.

"The ability for members to add dependent information into AtHoc can benefit them by informing them of potential emergency or dangerous situations that are occurring on the base, especially during non-duty hours," said Staff Sgt. Matthew Sharp, 14th Flying Training Wing command post NCO in charge of Command and Control Operations.

The entire process is voluntary. Members will have to go into their AtHoc profiles via the app or the desktop icon (white and purple globe) in the task bar to input their dependent information.

AFEMNS Mobile App

A recent AFEMNS system update has expanded its capabilities. AFEMNS user account holders can now register up to 10 Blackberry AtHoc Apps to support family member devices.

The AFEMNS Mobile App (Blackberry AtHoc) is available on both the Google Play and Apple iOS App Store. From the Apple iOS or Google Play store, only the "Blackberry AtHoc" app should be selected.

To register the Mobile App, user accounts must have an updated "Personal Email" in their profile, will be required to validate the account, and need to know their host base Org Code (provided by the Command Post). The guide will assist you with installing the AFEMNS AtHoc Mobile App on your work or personal device.

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.)

Department of Labor Transition Vocational Track Workshop

The next DoL Transition Vocational Track Workshop is from 8 a.m.-3 p.m. May 18-19 and will be held online. 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.

Bundles for Babies

The next Bundles for Babies workshop is from 1-3:30 p.m. May 28 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 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.

Hearts Apart

The next Hearts Apart is from 5-7 p.m. May 28. 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.

Air Force Recovery Coordination Program

A Recovery Care Coordinator (RCC) will be providing assistance from noon-5 p.m. June 10; 8 a.m.-5 p.m. June 11; and 8 a.m.-noon June 12 at the A&FRC. The Recovery Coordination Program (RCP) streamlines and improves the way care and support is delivered to wounded, ill, and injured Airmen and their families. The RCP provides the support of a RCC who guides the Airman and family along their road to recovery.

Those eligible include wounded, ill and injured Airmen who: (1) have a serious illness or injury, (2) are unlikely to return to duty within a specified amount of time, (3) may be medically separated from the military. Additional details are available by contacting the Columbus AFB A&FRC at (662) 434-2790.

Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop is from 8 a.m.-3 p.m. June 4-5. This workshop is conducted by the Small Business Administration for veterans and

COMMUNITY

Columbus AFB: May the 4th be with us



U.S. Air Force photo by Airman 1st Class Hannah Bean
Members of Columbus Air Force base dressed up as Star Wars characters walk down the road May 4, 2020, on Columbus AFB, Miss. May 4 served as a way to bring the community together and boost morale as participants dressed up as their favorite Star Wars characters and walked around base housing.

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.

Wing Newcomers Orientation

The next Wing Newcomers Orientation will be held virtually on June 2. This event is mandatory for all newly arrived military and DoD civilian personnel. This base-wide CONNECTION event begins at the Kaye Auditorium and consists of a guided base tour.

The event's foundation is a mobile App, so if you plan to attend, please locate and download the Columbus Air Force Base App from the App Store prior to attending. To register, please contact your unit CSS, or 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. June 18 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-

Department of Labor Employment Transition Track

The next DoL Employment Transition Track is from 7:30 a.m.-4 p.m. July 16-17. This workshop assists transitioning military members with career exploring, job search, resume writing, federal job applications, interviewing, evaluating job offers and closing the deal.

Heart Link

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

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.

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.

All in-person religious services have been suspended until further notice. Check out the Columbus Air Force Base Facebook page for information about virtual services.

Columbus Air Force Base Information and Events

Join our Facebook page at Columbus AFB Living, Twitter at @columbusafbiving, Instagram at columbus_afb_living, or visit our website at www.columbusafbiving.com to keep up to date with all the great events happening around base. Check out the calendar on the website for important Airman and Family Readiness Center events. For more information, contact 434-2337.

Get Connected with Your New Base App!

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

FSS Base Events

All of the FSS Events have been cancelled until further notice. We apologize for any inconvenience. This is a preventative measure to help minimize the COVID-19 spread. For continuous updates, please follow our Facebook, Columbus AFB Living.

Live Games on Columbus Air Force Base Living Facebook

Tune in on the Columbus Air Force Base Living's Facebook for games and challenges. Every Thursday at noon there is a Facebook Live game. Live games such as Pictionary, Trivia, and Charades are played. Show off your quick thinking from the comfort of your own home.

Virtual Bingo Wednesdays

Join Columbus Air Force Base Living on Facebook for their Bingo Wednesdays! Themes so far have been: Columbus Air Force Base and Traveling inside the United States. Will you get a Bingo?!

Bowling Snack Bar

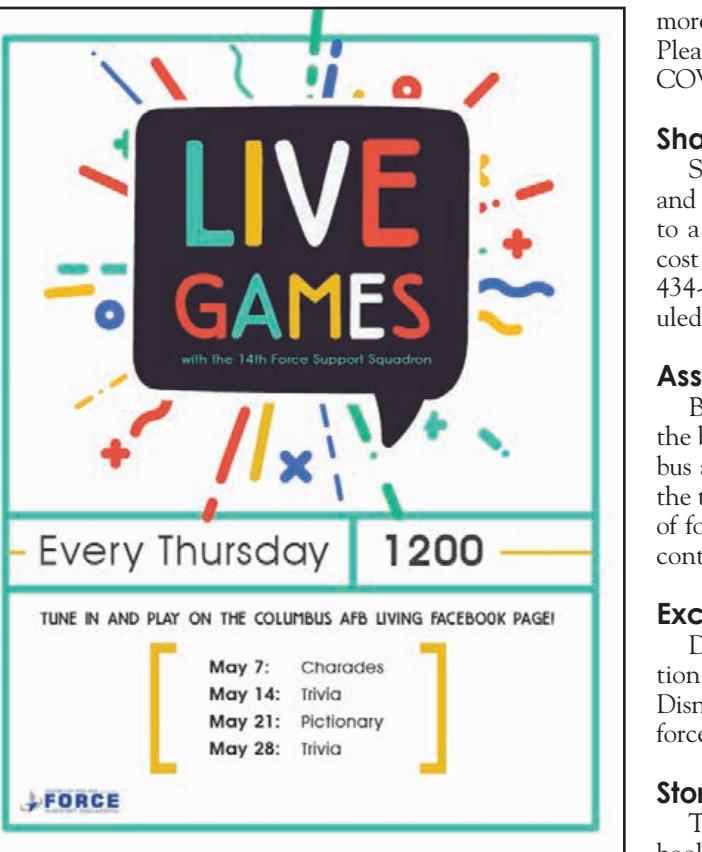
The Bowling Snack Bar is open and available for carry out. The hours have changed temporarily to: Monday-Friday: 6:30 a.m.-6 p.m., Sat & Sun: Closed. Breakfast is offered until 10:30 a.m. Menus are located online at columbusafbiving.com/strike-zone-grill/ or located on the base app under Services > Dining > On-base menus > Strike Zone Grill. Please call and order ahead at (662) 434-3426.

Wellbeats: Fitness Online

Air Force Services has offered free temporary access to their online fitness program, Wellbeats. Get started in three easy steps: First, download the "Wellbeats" app or visit the website portal at portal.wellbeats.com. Second, select 'Register Via Code,' the code is 57a4df63. Step three, find a fitness class! Please note, this free access ends on April 30, 2020.

Library Curbside Delivery

As of May 4, the library is offering curbside delivery. Find your book at www.columbusfb.milasolutions.com. 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 between 1-4 p.m. that same day. Before picking up, please make sure you get a con-



more information, call the Columbus Club at 662-434-2489. Please note, all events can be cancelled or rescheduled due to COVID-19.

Shark Tooth Creek

Spend a day at Shark Tooth Creek hunting for shark teeth and fossils. On August 8, ITT is providing transportation out to a popular attraction that's fun for the entire family. The cost is \$30 per person. Call ITT for more information at (662) 434-7861. Please note, all events can be cancelled or rescheduled due to COVID-19.

Assignment Night Transportation

Book Assignment Night transportation with ITT! Reserve the bus, the van or both! The cost is \$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 434-7861.

Exclusive Military Vacation Packages

Did you know that you can book exclusive military vacation packages at ITT? Packages include Universal Studios and Disney destinations. To book your vacation at www.americaforcestravel.com or visit your ITT office at (662) 434-7861.

Storytime Schedule

The Base Library is offering virtual story time on Facebook. 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, Café at Whispering Pines, Child Development Center, Columbus Club, Information Tickets and Travel, Outdoor Recreation or the Youth Center. For more information, stop by any of these locations.

Horse Boarding Available

The Columbus AFB 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 (662) 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.

Columbus Club

The Columbus Club has two fun events coming up! June 27: Kickin' Into Summer. July 10: Namaste at the Bar. For

BLAZE Hangar Tails: A-10 Thunderbolt II

Mission

The A-10 Thunderbolt II has excellent maneuverability at low air speeds and altitude, and is a highly accurate and survivable weapons-delivery platform. The aircraft can loiter near battle areas for extended periods of time and operate in low ceiling and visibility conditions. The wide combat radius and short takeoff and landing capability permit operations in and out of locations near front lines. Using night vision goggles, A-10 pilots can conduct their missions during darkness.

Thunderbolt IIs have Night Vision Imaging Systems, or NVIS, goggle compatible single-seat cockpits forward of their wings and a large bubble canopy which provides pilots all-around vision. The pilots are protected by titanium armor that also protects parts of the flight-control system. The redundant primary structural sections allow the aircraft to

enjoy better survivability during close air support than did previous aircraft. The aircraft can survive direct hits from armor-piercing and high explosive projectiles up to 23mm. Their self-sealing fuel cells are protected by internal and external foam. Manual systems back up their redundant hydraulic flight-control systems. This permits pilots to fly and land when hydraulic power is lost.

The A-10 has received many upgrades over the years. In 1978, the aircraft received the Paveway laser receiver pod, which sensed reflected laser radiation from a laser designator. Paveway has now been discontinued in favor of more capable advanced targeting pods. The A-10 began receiving an inertial navigation system in 1980. Later, the Low-Altitude Safety and Targeting Enhancement (LASTE) upgrade provided computerized weapon-aiming equipment, an autopilot, and a ground-collision warning system. In

Air Control, Combat Search and Rescue Contractor: Fairchild Republic Co.

Power Plant: Two General Electric TF34-GE-100 turbofans

Thrust: 9,065 pounds each engine

Wingspan: 57 feet, 6 inches (17.42 meters)

Length: 53 feet, 4 inches (16.16 meters)

Height: 14 feet, 8 inches (4.42 meters)

Weight: 29,000 pounds (13,154 kilograms)

Maximum Takeoff Weight: 51,000 pounds (22,950 kilograms)

Fuel Capacity: 11,000 pounds (7,257 kilograms)

Payload: 16,000 pounds (7,257 kilograms)

Speed: 450 nautical miles per hour (Mach 0.75)

Range: 2580 miles (2240 nautical miles)

Ceiling: 45,000 feet (13,636 meters)

Armament: One 30 mm GAU-8/A seven-barrel Gatling gun; up to 16,000 pounds (7,200 kilograms) of mixed ordnance on eight under-wing and three under-fuselage pylon stations, including 500 pound (225 kilograms) Mk-82 and 2,000 pounds (900 kilograms) Mk-84 series low/high drag bombs, incendiary cluster bombs, combined effects munitions, mine dispensing munitions, AGM-65 Maverick missiles and laser-guided/electro-optically guided bombs;

infrared countermeasure flares; electronic countermeasure chaff; jammer pods; 2.75-inch (6.99 centimeters) rockets; illumination flares and AIM-9 Sidewinder missiles.

Crew: One

Unit Cost: \$18.8 million

Initial operating capability: A-10A, 1977; A-10C, 2007

Inventory: Active force, 187; Reserve, 49; ANG, 107



An A-10 Thunderbolt II flies over the Nevada Test and Training Range, Nev., May 15, 2019. The A-10s competed in Gunsmoke, a competition testing pilots and maintainers capabilities and skills in different areas of expertise alongside various aircraft assigned to Nellis. (U.S. Air Force photo by Airman 1st Class Bryan Guthrie)

An A-10 Thunderbolt II assigned to the Air National Guard's 190th Fighter Squadron, 124th Fighter Wing executes an austere landing on the Freedom Landing Strip, June 5, 2019, at the National Training Center, Fort Irwin, California. The 190th is participating in Green Flag-West with flying operations at the NTC in support of the 116th Cavalry Brigade Combat Team, headquartered at Boise, Idaho.

ATTENTION: Clay, Lowndes, and Oktibbeha Counties

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*Subject to membership eligibility requirements. ¹ Not all checking accounts are eligible for Cash Rewards or dividends. ² Direct Deposit and early payment of funds are subject to timing of originator funding. See website for full details.

Medical Corner



MENTAL HEALTH MONTH

Sleep could be your best defense against COVID-19

Amidst growing concern about COVID-19 infection, health officials have provided several recommendations to help individuals protect themselves and their families from infection, including washing hands regularly and maintaining a distance of at least six feet from anyone who is coughing or sneezing. Fortunately, a growing body of evidence suggests that an additional lifestyle modification could also dramatically improve your odds of avoiding infection—getting more sleep.

It has long been known that sleep is important for military performance. Sleep studies show that sleep loss negatively affects emotional regulation, judgment, cognitive performance, learning and memory, psychological resilience and reaction time. In addition, and of particular relevance given current concerns about the spread of COVID-19, recent evidence suggests that sleep is also important for healthy immune function and the ability to fight off infection. "When it comes to fighting the common cold and flu, sleep is your internal body armor that helps you fight some viruses and disease," said Col. Deydre Teyhen, Commander of the Walter Reed Army Institute of Research.

The relationship between sleep and infectious disease is now being explored by researchers across the world. In one study, volunteers without previous exposure to the common cold were exposed to a live sample of the virus. Researchers found that sleep duration was the best predictor as to whether a participant would fall sick.

Perhaps most surprisingly, it has also been found that six months after receiving a hepatitis B vaccination, individuals who slept fewer than six hours on the night prior to vaccination were at significant risk of being unprotected compared to those who had obtained more than seven hours of sleep.

Although there have not yet been any studies in which the relationship between sleep duration and COVID-19 infection have been studied directly, lessons learned from studying the relationship between sleep duration and other infectious diseases can readily be generalized to COVID-19.

"Leaders must prioritize sleep as a valuable asset in maintaining readiness and resilience, especially in the context of multi-domain operations and increased health risks worldwide—including those risks associated with exposure to infectious diseases," - Lt. Col. Vincent Capaldi, director of the Behavioral Biology branch at WRAIR.

As medical countermeasure development efforts progress, obtaining at least seven hours of sleep per night in a comfortable, cool, quiet, dark and safe area, in addition to regular handwashing with soap and water and maintaining a healthy social distance (6 feet), will continue to constitute the first line of defense against infection.

A Full Night of Sleep Could Be Your Best Defense Against COVID-19. Retrieved from <https://www.army.mil/article/233771>

Six tips for helpful sleep during stressful and uncertain times

1. Maintain a regular routine. No matter how your life has been affected, it's of the utmost importance to keep a regular routine in order to get good sleep.

2. Don't nap excessively. Adding to the importance of establishing a routine for yourself, make sure you're not napping excessively, as this can even make you sleepier during the day, potentially altering or disrupting a regular sleep routine.

3. Get some exercise (just not before bed). Yes, your gym is probably closed, but exercise should still be part of your daily life. Daily exercise is still just as important, especially for sleep.

4. Structure your news intake. Be diligent in limiting how many times per day you check your phone, and for how long, to read news related to the pandemic. Treat the news similar to how you might caffeine: don't consume it before bed.

5. Limit blue light exposure near bed time. The internet has proved to be an invaluable tool for communication and entertainment during a time in which people across the world have been mandated to self-quarantine. However, staring at a screen all day is not helpful when you're trying to fall asleep.

6. Avoid drinking excessive alcohol. Alcohol isn't a healthy coping mechanism for dealing with stress and anxiety either. The one-two punch of alcohol and poor sleep can have a real effect on diminishing the immune system.

Stress About COVID-19 Keeping You Awake? 6 Tips for Better Sleep. Retrieved from <https://www.healthline.com/health-news/how-to-get-bettersleep-during-the-covid-19-outbreak>

A personal message from your health promotion Health Myth Busting Team

Dear Health Myth Busters,
I'm having trouble sleeping lately. Does this increase my chances of getting sick?

Sincerely,
Feeling Sleepy

Dear Feeling Sleepy,

Yes. Lack of sleep can affect your immune system. Studies show that people who don't get quality sleep or enough sleep are more likely to get sick after being exposed to a virus, such as a common cold virus. Lack of sleep can also affect how fast you recover if you do get sick.

During sleep, your immune system releases proteins called cytokines, some of which help promote sleep. Certain cytokines need to increase when you have an infection or inflammation, or when you're under stress. Sleep deprivation may decrease production of these protective cytokines. In addition, infection-fighting antibodies and cells are reduced during periods when you don't get enough sleep.

So, your body needs sleep to fight infectious diseases. Long-term lack of sleep also increases your risk of obesity, diabetes, and heart and blood vessel (cardiovascular) disease.

How much sleep do you need to bolster your immune system? The optimal amount of sleep for most adults is seven to eight hours of good sleep each night. Teenagers need nine to 10 hours of sleep. School-aged children may need 10 or more hours of sleep.

But more sleep isn't always better. For adults, sleeping more than nine to 10 hours a night may result in a poor quality of sleep, such as difficulty falling or staying asleep.

Sincerely,
Health Myth Busters

Lack of sleep: Can it make you sick? Retrieved from <https://www.mayoclinic.org/diseases-conditions/insomnia/expert-answers/lack-of-sleep/faq-20057757>

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to usaf.jbsa.afmsa.mbx.hpo@mail.mil. Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



The art of the forged blade

Tech. Sgt. Christopher Gross
14th Flying Training Wing
Public Affairs

At more than 2,500 degrees Fahrenheit he removes the orange glowing steel from his forge and places it onto his anvil where he begins striking -- what is now a small rectangular bar of steel -- repeatedly with a hammer; the steel slowly shifts shape with the blow of each swing.

As the steel begins to regain its color, signaling it has now cooled off to a point where it will not change shape as easily, he places it back into the forge to reheat.

The art of the forging metal has been around for thousands of years, but, as society has modernized so has the technology and the industrial process.

However, there is one member of Team BLAZE who belongs to a small community of people who still take raw variations of steel and metal and are able to make resourceful tools from it.

Mitch Cargile, a 14th Communications



U.S. Air Force photo by Tech. Sgt. Christopher Gross
Mitch Cargile gets eye level and hammers out the shape of a knife on his anvil April 15, 2020, at his home in Columbus, Miss. Cargile is a 14th Communications Squadron network technician at Columbus Air Force Base, Miss. Since 2013, he has taken up the art of knife making and forging.



U.S. Air Force photo by Tech. Sgt. Christopher Gross
Mitch Cargile flattens some steel on his power hammer as he creates the shape of his knife April 15, 2020, at his home in Columbus, Miss. Cargile is a 14th Communications Squadron network technician at Columbus Air Force Base, Miss. Cargile's blade making skills earned him a spot on the History Channel's "Forged in Fire," which aired Jan. 15, 2020.

See FORGED, Page 17



U.S. Air Force photo by Tech. Sgt. Christopher Gross
Mitch Cargile shapes his knife during the forging process April 15, 2020, at his home in Columbus, Miss. Cargile is a 14th Communications Squadron network technician at Columbus Air Force Base, Miss. Since 2013, he has taken up the art of knife making and forging.

Columbus AFB salutes local frontline heroes with flyovers

**14th Flying Training Wing
Public Affairs**

In honor of the American heroes on the front lines battling the COVID-19 pandemic, Columbus Air Force Base provided dissimilar formation flyovers May 9 over several local communities in northeast Mississippi.

The flyovers were part of numerous flyovers that have taken place all over the U.S. during the last several weeks. The U.S. Air Force has conducted these series of flyovers to demonstrate the Air Force's continued readiness during COVID-19 while saluting American heroes at the forefront of the COVID-19 battle.

During a WCBI interview, Col. Samantha Weeks, 14th Flying Training Wing commander said "The Department of Defense came up with it. We just want to recognize and thank all of our healthcare workers for their relentless efforts to make sure that we can care for our population as we fight this virus."

The flyovers consisted of the T-6A Texan II, T-1A Jayhawk and the T-38 Talon. The trainer aircraft are used as part of the 14th Flying



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

A dissimilar formation of aircraft from Columbus Air Force Base, Miss., fly over Main Street in Columbus, Miss., on May 9, 2020. The flyover was an opportunity to honor the men and women on the front lines in the fight against COVID-19 during the Defense Department's #AmericaStrong salute. The flyover consisted of the T-6A Texan II, T-1A Jayhawk and the T-38 Talon.



U.S. Air Force photo by Airman 1st Class Davis Donaldson

A dissimilar formation of aircraft from Columbus Air Force Base, Miss., fly over The Koritz Clinic. on May 9, 2020. The flyover was an opportunity to honor the men and women on the front lines in the fight against COVID-19 during the Defense Department's #AmericaStrong salute. The flyover consisted of the T-6A Texan II, T-1A Jayhawk and the T-38 Talon.

the Mayor, Council and employees are grateful for this partnership."

Prior to the flyover, Tupelo Mayor Jason Shelton said he thought this was a good way to lift morale.

"We are very grateful for the United States Air Force and our great friends at the Columbus Air Force Base" Shelton said. "The flyover will be a great display of American patriotism and will uplift our

Training Wing's Specialized Undergraduate Pilot Training and Introduction to Fighter Fundamentals programs.

"The CAFB Salutes Flyover shows unity and support for our

community during this time of uncertainty," Columbus Mayor Robert Smith stated in a letter granting permission for the flyover in Columbus. "The City of Columbus is pleased to partner with CAFB and



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

T-38 Talon flies in a dissimilar formation of aircraft from Columbus Air Force Base, Miss., over Mississippi, May 9, 2020. The flyover was an opportunity to honor the men and women on the front lines in the fight against COVID-19 during the Defense Department's #AmericaStrong salute. The flyover consisted of the T-6A Texan II, T-1A Jayhawk and the T-38 Talon.



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

A T-6 Texan II flies in a dissimilar formation of aircraft from Columbus Air Force Base, Miss., over Starkville, Miss., May 9, 2020. The flyover was an opportunity to honor the men and women on the front lines in the fight against COVID-19 during the Defense Department's #AmericaStrong salute. The flyover consisted of the T-6A Texan II, T-1A Jayhawk and the T-38 Talon.

spirits as we all combat COVID-19 together."

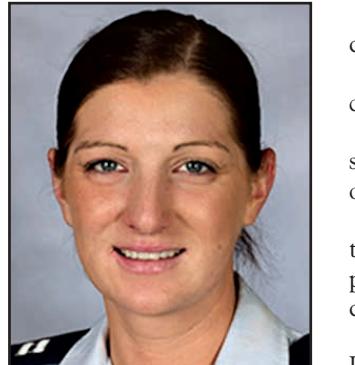
Locations where flyovers occurred included North Mississippi Medical Center-Tupelo; Gilmore Memorial Hospital, Amory; Pioneer Community Hospital, Aberdeen; NMMC-West Point; OCH Regional Medical Center, Starkville; Baptist Memorial Hospital, Columbus and Koritz Clinic, Columbus AFB.



T-1A Jayhawk



Capt. Albert Depman
Rochester, Minnesota
MC-130J



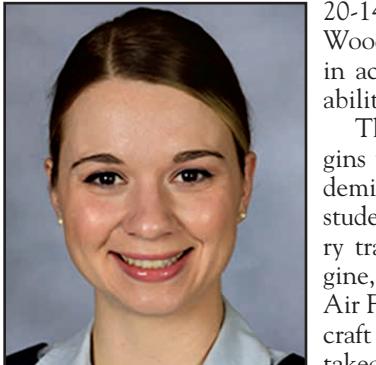
Capt. Jessica Schlemmer
Charlotte, North Carolina
C-17



2nd Lt. Wade Beasley
Macon, Illinois
T-6



2nd Lt. Salome Clarke
Rochester, New York
MC-130



2nd Lt. Ally Clonts
Peachtree City, Georgia
C-17



2nd Lt. Michael O'Connor
Truckee, California
C-17



2nd Lt. John Petersen
Concord, North Carolina
T-1



2nd Lt. Jordan Robertson
San Diego
C-17



2nd Lt. Jared Seitz
Oklahoma City
MC-12



2nd Lt. Clayton Smith
Greensboro, North Carolina
MC-130H



2nd Lt. Jack Will
Centreville, Virginia
KC-135



2nd Lt. Ian Woodward
Cass City, Michigan
F-35



2nd Lt. Varun Yerram
Phoenixville, Pennsylvania
C-130

SUPT Class 20-14/15 earns silver wings

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

Specialized Undergraduate Pilot Training Class 20-14/15 graduates at 10 a.m. today during a ceremony at the Kaye Auditorium.

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

2nd Lt. Salome Clarke and 2nd Lt. Ian Woodward 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. John Gordy and 2nd Lt. John Petersen who excelled in training and typified the tenets of the association; promoting aerospace power and a strong national defense.

The distinguished graduates of Class 20-14/15 recognized were Clarke and Woodward for outstanding performance in academics, officer qualities and flying abilities.

The 52-week pilot training program begins with a six-week preflight phase of academics and physiological training to prepare students for flight. The second phase, primary training, is conducted in the single-engine, turboprop T-6A Texan II at Columbus Air Force Base, Mississippi. 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 20-14/15's pilot partners are Dutch Group and Baptist Memorial Hospital.



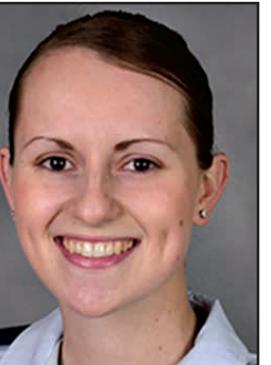
T-38C Talon



Capt. Dillon Simmons
Dayton, Ohio
C-17



1st Lt. Parker Sheffield
Tuscaloosa, Alabama
T-38



2nd Lt. Mikaela Galu
Plum, Pennsylvania
RC-135



2nd Lt. John Gordy
Dallas
B-1



2nd Lt. Ray Jackson
Charlotte, North Carolina
C-17