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SILVER WINGS

Vol. 44, Issue 1

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

January 10, 2020

**Exchange,
Shoppette hours**

Thre Exchange will also be open Martin Luther King Jr. day from 10 a.m.-5 p.m. and the shoppette from 9 a.m.-4 p.m.


News Briefs

Assignment Night
Celebrate with Specialized Undergraduate Pilot Training Class 20-06/07 at 5:30 p.m., Jan. 10 in the Club as the students receive their new assignments.

Wing Newcomers
A Wing Newcomers event will begin at 8 a.m., Jan. 14 in the Kaye Auditorium. Newcomers is mandatory for all newly arrived military and Department of Defense civilian personnel. This base-wide connection orientation will include a guided base tour. Must register with your unit command support staff to attend due to limited space on the bus.

Martin Luther King Jr. Day
Join fellow Team BLAZE members at 8 a.m., Jan. 20 in the Trotter Center to celebrate the birthday of Dr. Martin Luther King Jr. with guest speaker Scott Colom, district attorney. Most base offices will be closed.

Inside



Feature 8

A Year in Review is highlighted in this week's feature.



**NEW NUMBER
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866-580-9078
WWW.AFPC.AF.MIL/EAP



The Air Force Employee Assistance Program has relaunched with a new phone number, 1-866-580-9078, and new website, www.AFPC.af.mil/EAP. The program will provide the same services and same access to care provided in the past with continued access 24/7 via telephone, website or in-person.

**AF relaunches Employee
Assistance Program**

Airman Davis Donaldson
14th Flying Training Wing Public Affairs

The Air Force Employee Assistance Program has relaunched with a new phone number and website. The program provides the same services as it did in the past, and at no cost. It may be accessed 24/7 by all Air Force civilian personnel, Guard/Reserve and family members. William Sherman, 14th Flying Training Wing community

support coordinator, is the main point of contact at Columbus Air Force Base, Mississippi, when people have questions about the program and the services provided.

“As active-duty personnel, you have all kinds of helping agencies,” Sherman said. “There are a lot of civilians who are not prior military or retirees on base. This is a program to help them be provided with the same services you would have access

See EAP, Page 3

COLUMBUS AFB TRAINING TIMELINE						SUPT CLASS 20-06/07 GUEST SPEAKER
PHASE II		PHASE III		IFF		Gen. James Holmes, Air Combat Command commander, Joint Base Langley-Eustus, Virginia, is the guest speaker.
Squadron	Track Select	Squadron	Graduation	Squadron	Graduation	
37th (20-18)	Jan. 9	48th (20-04)	Dec. 13	49th (20-CBC)	Dec. 20	
41st (20-17)	Dec. 13	50th (20-05)	Dec. 13			



14TH FLYING TRAINING WING DEPLOYED

As of press time, 11 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.



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10 a.m. – 2 p.m.
Hampton Inn & Suites
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Jobs will be offered!

For more info contact **David Mann** @ 662-243-1799 or email dmann@mdes.ms.gov.

January						
Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
13	14	15	16 Heart Link, 8:30 a.m.-12:30 p.m. @ A&FRC	17 Boss & Buddy, 3:30 a.m. @ Club	18/19	Jan 28: Wing Newcomers Jan. 30: Hearts Apart Jan. 31: IFF Class 20DBC Graduation Feb. 7: Wing Annual Awards Feb. 11: Wing Newcomers Feb. 14: Valentine's Day Feb. 14: Class 20-08/09 Assignment Night Feb. 17: Presidents' Day Feb. 21: Boss & Buddy
20 Martin Luther King Jr. Birth-day	21 Honorary Commander Change of Command, 6:30 p.m. @ Club	22	23 BCC Luncheon, 11:30 a.m. @ Lion Hills	24 SUPT Class 20-06/07 Graduation, 8 a.m. @ Kay Auditorium	25/26	

Silver Wings

How to reach us

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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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COMMUNITY

(Continued from page 13)

Bundles for Babies

The next Bundles for Babies workshop is from 1-3:30 p.m. Feb. 27 in the A&FRC. This program is designed for active duty AF members and/or their spouses who are pregnant or have a child 4 months old or less. Attendees will learn about finances, labor and delivery, and infant care. A \$50 gift card sponsored by the Air Force Aid Society will be provided for each qualifying child. To register or for more information, please call A&FRC at (662) 434-2790.

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.

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 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.

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FDIC MEMBER

Home heating fires

Darren Amos
Fire Inspector

Facts about home heating fires:

- From 2013-2015, an average of 45,900 home heating fires occurred in the United States each year. These fires caused an annual average of approximately 205 deaths, 725 injuries and \$506 million in property loss.
- Heating was the second leading cause of home fires after cooking.
- Home heating fires peaked in January (21 percent) and declined to the lowest point June-August.
- Twenty-nine percent of home fires happened because the heat source (like a space heater or fire place) was too close to things that can burn.

Space heater:

- Keep anything that can burn, such as bedding, clothing and curtains, at least 3 feet away from the heater.
- Make sure the heater has automatic shut-off, so if it tips over, it shuts off.
- Plug portable heaters directly into outlets and never into an extension cord or power strip.
- Turn heaters off when you go to bed or leave the room.



Fireplace:

- Keep a glass or metal screen in front of the fireplace to prevent embers or sparks jumping out.
- Put the fire out before you go to sleep or leave your home.
- Put ashes in a metal container with a lid, outside, at least 3 feet from your home.



Woodstove:

- Make sure your wood stove is 3 feet from anything that can burn.
- Put the fire out before you go to sleep or leave your home.
- Have your chimney inspected and cleaned each year by a professional.



Furnace:

- Have your furnace inspected each year.
- Keep anything that can burn away from the furnace.



Kerosene heater:

- Refuel cooled heater outside and only use Kerosene fuel.
- Make sure the heater has automatic shut-off, so if it tips over, it shuts off.



Call 911 to report any emergency
Data from U.S. Fire Administration

Team Blaze newest Captain Selects

Congratulations to the following:

14th OG:
1st Lt. Dennis Cook
1st Lt. Timothy Crain
1st Lt. Anthony Franze
1st Lt. Thomas Frederick
1st Lt. Lewis Gray
1st Lt. Patricia Pasque
1st Lt. Heath Reichenbach
1st Lt. Nicholas Reisch

1st Lt. Caroline Bates
1st Lt. Daniel Caddigan
1st Lt. Tobey Fisher
1st Lt. Madeleine Girardot
1st Lt. Ethan Hoder
1st Lt. Taylor Hollister

14th MSG:
1st Lt. Jaclyn Matherne

14th MDG:
1st Lt. Christina H

Congratulations 14th OSS, individual award winners

Winners of Air Education and Training Command's 2019 Airfield Operations Annual Awards:

Airfield Operations Flight of the Year: 14th OSS

Air Traffic Control Enlisted Manager of the Year: Master Sgt Michael McElroy, 14th OSS

Air Traffic Control (Civilian) Controller In Charge of the Year: Thomas Baughman, 14th OSS



DRAFT
2019

2019 ANNUAL AWARDS

7 FEBUARY

MEDALLION/SOCIAL 1800

AWARD CEREMONY 1900-2130

Who Will Be The #1 Draft Pick...

EAP
(Continued from page 1)

to."

Sherman said the Air Force EAP offers a variety of amenities to meet the essentials of everyone – including on-line tips, checklists, in-depth articles, live and on-demand webinars, discussion groups, a health encyclopedia and more.

The program also provides a variety of needs from one-on-one counseling sessions with a licensed, credentialed master's degree professional who can address more significant challenges such as financial and legal issues, Sherman said.

Balancing life between home and work responsibilities can sometimes leave a person stretched thin. The Air Force EAP can help alleviate some of these strains and guide civilian employees through accomplishing responsibilities related to their home life.

For more information or questions about the Air Force EAP call Sherman at 662-434-1617.

To access the Air Force Employee Assistance Program please visit www.AFPC.AFMIL/EAP or call 1-866-580-9078.

Airlift wing commander galvanizes graduates with speech

Airman Davis Donaldson
14th Flying Training Wing
Public Affairs

Col. Stephen Hodge, 314th Airlift Wing commander, delivered an inspirational speech at the graduation ceremony for Specialized Undergraduate Pilot Training Class 20-04/05 at Columbus Air Force Base, Mississippi, Dec. 13.

At the beginning of the speech, Hodge said he wanted the new aviators to discover their DNA.

“It’s what we are, it’s what we do,” Hodge said. “It’s how we transfer knowledge. I want you to leave here knowing a little more about what’s in your DNA.”

Hodge said a pilot’s DNA is composed of valiant actions of heroes past. Hodge told numerous stories about the history of Air Force pilots and what makes their heritage great. He encouraged the graduates to take a lesson away from each story.

The first person mentioned was Col. John Boyd, prior Air Force fighter pilot and military strategist.

According to Nellis AFB, John Boyd is most recognized for the Energy-maneuverability theory, which revolutionized the study of fighter-jet dogfighting. During the Cold War, the theory identified which Soviet-built MiGs had a dogfighting advantage over ally jets and vice-versa.

“While he may not have been overly embraced by some parts of our Air Force, the Marine Corps absolutely absorbed him in, from a point of view of how to fight better and how to fight smarter,” Hodge said. “The point to take from him is to be courageous, be attack-minded and fight for the knowledge that will make you better.”

Another Air Force hero Hodge referenced was Lt. Col. William Boyd Jr., a prior Air Force transport pilot. He has no relation to John Boyd, Hodge said.

“At a place called Kham Duc there’s people stranded, they’re about to be overrun and there was



U.S. Air Force photo by Airman Davis Donaldson
Col. Stephen Hodge, 314th Airlift Wing commander, delivers a speech at the graduation ceremony of Specialized Undergraduate Pilot Training Class 20-04/05, Dec. 13, 2019, at Columbus Air Force Base, Miss. Hodge referenced Air Force heroes such as Col. John Boyd and Lt. Col. William Boyd Jr. during his speech.

a stack of C-130s, trying to get vectors to get into this place,” Hodge said. “Bill Boyd Jr. hops in, drops to

the ground, picks some people up, and in order to take off he had to maneuver around holes from mor-

tars and try to avoid rockets from a rocket attack while doing it.”

Hodge said William Boyd ended

up escaping freely and evacuated more than 100 troops and civilians. Boyd would later be recognized by receiving the Air Force Cross medal.

“Think through that level of courage you will need in your career and the way you work,” Hodge told the graduates.

Hodge told other stories aside from the first two. He said he kept telling stories because he wanted the new pilots to realize heroes are a part of their DNA, and they too can be heroes.

Hodge also said pilots set an example and they will be looked up to once they reach their assignments.

Hodge concluded his speech by saying he was grateful for the opportunity to speak at the graduation of SUPT Class 20-04/05 and gave the graduates one last motivating remark.

“Train hard every day, for when you don’t, your adversary will,” he said. “Work hard, that’s what’s in your DNA. Follow your courage, follow your innovation, fight to the win, dominate your foes and protect your way of life. All those things are easy to say, but go live them, that is your challenge.”



U.S. Air Force photo by Airman Davis Donaldson
Specialized Undergraduate Pilot Training Class 20-04/05 listens to a speech at their graduation ceremony Dec. 13, 2019, at Columbus Air Force Base, Miss. To graduate from SUPT at Columbus AFB students must conduct over a year of pilot training.



U.S. Air Force photo by Airman Davis Donaldson
Col. Samantha Weeks, 14th Flying Training Wing commander, pins on a pair of “silver wings” to a graduate of Specialized Undergraduate Pilot Training Class 20-04/05, Dec. 13, 2019, at Columbus Air Force Base, Miss. As a tradition pilots will break their first pair of “silver wings” for good luck.

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.)

Air Force Recovery Coordination Program

A Recovery Care Coordinator (RCC) will be providing assistance from noon-5 p.m. Jan. 8; 8 a.m.-5 p.m. Jan. 9; and 8 a.m.-noon Jan. 10 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.

Wing Newcomers Orientation

The next Wing Newcomers Orientation is from 8 a.m.-noon Jan. 14. This event is mandatory for all newly arrived military and DoD civilian personnel. This base-wide CONNECTION orientation begins at the Kaye Auditorium and consists of a guided base tour. The event’s main 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.

Federal USA Jobs Workshop

The next Federal USA Jobs workshop is from 9-10:30 a.m. Jan. 15. 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.

Heart Link

The next Heart Link / Spouse Welcome is from 8:30 a.m.-noon Jan. 16 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.

Career Exploration & Planning Track Workshop

The next Career Exploration & Planning Track workshop is from 8 a.m.-3 p.m. Jan. 21-22 in the A&FRC. This workshop helps members identify skills, increase awareness of training and credentialing programs, and develop an action

Columbus celebrates Hanukkah with Menorah lighting ceremony



Team Blaze members eating food prepared by the chaplains at the BLAZE Chapel Dec. 23, 2019, on Columbus Air Force Base, Miss. The Menorah lighting ceremony was a way for families to eat, sing, and worship together during the eight days of Hanukkah.

plan to achieve career goals. To register or for more information, please call A&FRC at (662) 434-2790.

Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. Jan. 30 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 bring and ask any relocating questions you may have during this event.

Hearts Apart

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

Transition Assistance Program Workshop

The next Transition Assistance Program (TAP) workshop is from 7:30 a.m.-4 p.m. Mar. 2-4 and includes seminars on: Transition, Military Occupational Code Crosswalk, Financial Planning, Health Benefits, Mississippi Depart-

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ment 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.

Department of Labor Employment Transition Track

The next DoL Employment Transition Track is from 7:30 a.m.-4 p.m. Mar. 5-6. This workshop assists transitioning military member with career exploring, job search, resume writing, federal job applications, interviewing, evaluating job offers and closing the deal.

Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop is from 8 a.m.-3 p.m. Jan. 30-31. 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.

See COMMUNITY, Page 15

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.

Bible Study

Thursdays:
5:30 p.m. - Student Pilot Bible Study
6:00 p.m. - Enlisted Dorms Bible Study

Protestant Community

Sundays:
9:00 a.m. - Adult Sunday School
10:45 a.m. - Community Worship Service (Fellowship Following)
Wednesdays:
5:30 p.m. - AWANA: Sept-May (Open to all denominations)
6:00 p.m. - Ignite Youth Group Ages 13-18 (Open to all denominations)

Catholic Community

2nd Saturday of each month at 12 p.m. - Faith Ablaze
Sundays:
3:30 p.m. - Religious Education, Grades K-9 (Aug-May)
4:00 p.m. - Confession (or by appointment)
5:00 p.m. - Mass
1st and 3rd Sundays- Fellowship after Mass
Tuesdays:
10 a.m. - Daily Mass (Philips Auditorium)
Wednesdays:
10 a.m. - Daily Mass (Philips Auditorium)
10:30 a.m. - Adoration (Philips Auditorium)

(Current as of Dec 2019)

Lt. Col. McElhinney assumes command of the 14th OG



Col. Samantha Weeks, 14th Flying Training Wing commander, passes the 14th Operations Group guidon to Lt. Col. William McElhinney as he assumes command of the 14th OG Jan. 6, 2020, on Columbus Air Force Base, Miss. McElhinney is the former commander of the 43rd Flying Training Squadron, which administers and executes the Air Education and Training Command/Air Force Reserve Command Associate Instructor Pilot Program and provides Active Guard Reserve and Traditional Reserve IPs to augment the cadre of active-duty pilots conducting pilot training.

Columbus users now have cloud-based storage

14th Communications Squadron
Base Software License Manager

OneDrive is officially here at Columbus Air Force Base. Users now have the ability to store their individual official files via unclassified cloud storage through the OneDrive application. This is part of Microsoft Office 365, and the Air Force’s continued push to boost productivity, cut costs, and increase collaboration by leveraging commercial cloud services.

OneDrive allocates users 1 TB of cloud storage to back up and store folders and files (15GB maximum size limit) from their computers and share files with other Air Force networked users. Users will be able to maintain access to their OneDrive when they move to another AFNet base as long as their account stays active on the AF network.

“Cloud-based storage offers a lot of benefits for our users, and we encourage Team Blaze to leverage this new capability and provide their feedback to improve the Enterprise IT service,” said Tech. Sgt. Quincy Harris, 14th Communications Squadron Client Services Section chief.

After logging into OneDrive for the first time, a user’s desktop, documents, and pictures (typically contained on the computer’s hard drive) will automatically be backed up to the cloud. After that, files and folders can be “dragged and dropped” to the cloud using the standard File Explorer window. Once the file is loaded to OneDrive, any changes made to it on the computer will automatically sync to the cloud.

While OneDrive provides similar capability as external storage devices, there are some specific limitations. The following files are restricted: .mp3, .exe, .mov, .wmv, .mp4, .pst and .iso. Classified/HIPAA information, as well as personal non-work material, are prohibited as well.

Another feature OneDrive provides is the opportunity to share access to folders and files with anyone with Air Force networked-computer access. While in the OneDrive, a user can click share a file or folder and type in the Air Force email address of the other person to grant access.

Eventually, the goal will be for OneDrive to replace local network shared drives currently maintained by the 14th CS, which reduces installation sustainment costs.

For more information on what OneDrive is and how to use it, call the Communications Focal Point at 662-434-COMM (2666).

Purchasing, installing, managing software licenses

14th Communications Squadron
Base Software License Manager

Compliance with software licensing requirements is mandatory by United States Code, Department of Defense, and Air Force instructions. To ensure that Columbus Air Force Base and all subordinate units comply with these requirements, strict controls have been put in place. Procedures on how to acquire, install, track, and inventory software are just a few examples of these controls.

Should an individual or unit require software for their government issued system to support their unit’s mission, they would need to contact their cybersecurity liaison (CL) to open a ticket in Remedy so that they can obtain proper authorization for the download and installation of the software program. The Base Software License Manager (BSLM), 14th Communications Squadron, will provide the CL with the proper steps on how to verify whether or not the software is approved for use and on how to obtain a quote from an authorized vendor. Immediately following the purchase, the CL will provide a copy of the software order confirmation page containing the number of licenses to the BSLM office. All software should be delivered to:

Base Software License Manager (14CS/SCOO)
Network Control Center
139 F Loop, BLDG 932
Columbus AFB, MS 39710

Upon the receipt of the software, the unit CL will be notified when the software is available via the media sign-out process. This allows for the installations to be performed up to the limit of the licenses purchased for that unit, while maintaining the software in a secure environment when not required by the unit. When a user is in need of newly or previously purchased software, they will need to create a ticket via VESD for the installation of the software. In order to create a software install ticket, the user will need to open VESD, which is located on the desktop, click software, and open the software wizard.

The option for Install Software should be available for the requestor to create a ticket and provide the names of the software that they are requesting in the comments field. Once a technician receives the ticket, they will work with the BSLM to ensure there are available licenses and to acquire the media for installation. After the software has been installed, the software is to be returned to the BSLM office. A record of the number of installations against the number of purchased licenses will be maintained in order to verify compliance with the software licensing agreement.

Maintaining software licenses and software inventories is a responsibility that users, BSLMs, and the Communications Squadron will all have a part in. Without each doing their part, non-compliance with laws and applicable guidance will quickly follow. Never load personally owned software onto government systems and never make copies of software without permission of the copyright owner.

United States Copyright Act, Title 17 of the United States Code, covers software from the moment of its creation and prohibits making any copies without permission of the copyright owner.

For more information with respect to software management, please contact the BSLM by calling 434-2080.

Medical Corner

HAPPY NEW YEAR

Get more and better sleep

Many kicked off the New Year by staying up until midnight. However, did you know that getting more, and better quality sleep, can be beneficial on multiple health fronts?

“Insufficient sleep can decrease the immune system’s ability to be as strong as it should to fight common illnesses such as head colds and other viruses,” said Dr. Nathan Samras, a primary care physician at UCLA Health. “It can also increase the risk and severity of various mood problems including anxiety and depression.”

Waking multiple times throughout the night, whether you remember you did or not, can also be problematic. Disrupted sleep, especially when caused by apnea (a disorder that causes snoring and chronic insomnia because breathing starts and stops) increases the risk of heart disease.

There are also general safety reasons to make sure you are getting enough zzz’s. Dr. Charles Czeisler, director of the Sleep Matters Initiative at Brigham and Women’s Hospital, says that “Fifty-six million Americans admit they are struggling to keep their eyes open while driving. Eight million people every month lose that struggle and actually fall asleep at the wheel, causing over a million crashes, 55,000 debilitating injuries and nearly 7,000 deaths every year.”

The National Sleep Foundation has rough estimates on how much sleep you should be getting, but Czeisler also recommends conducting your own sleep experiment over a holiday or vacation week. Each night, set a bedtime alarm so you can go to sleep at the same time — but do not set a wake-up alarm. Doing so will allow you to measure the sleep cycle that your body naturally wants.

“At first, when you are sleeping on the weekend, you might sleep nine or 10 hours, but that’s really making up for lost time,” Czeisler said. But over a series of days, you’ll settle into a more natural pattern — “sleeping like 8.1 or 8.2 hours a night, for the average person,” he added.

If weight loss is part of your New Year’s resolution, getting sufficient sleep can help you lose the right kind of pounds. Individuals on the same caloric diets lose the same amount of weight regardless of their sleep habits. But those getting insufficient sleep force their brain into a starvation mode, prompting weight loss from muscle mass rather than fat. “If you are getting a sufficient amount of sleep,” Czeisler said, “then you will lose twice as much fat when you are on that same diet.”

Most adults need around eight hours of sleep each night, but the requirement varies by age and individual.

Tips for better sleep, according to experts

1. Read a book for 30 minutes before bedtime instead of watching brainstimulating television.
2. Avoid food two hours before bed, and stay away from liquids in the hour before going to sleep.
3. “No caffeine from mid-afternoon on,” said Dr. Carolyn Kreinsen, an assistant professor at Harvard Medical School and staff physician at Brigham and Women’s Hospital. Substituting glasses of water for caffeinated beverages can also help with afternoon energy lags.
4. Make your bed as comfortable as possible. “If you don’t have a comfortable mattress, buy one if you can afford it. Get a topper. Get anything that is going to make you sleep better,” especially if pain is part of the reason you can’t sleep. Kreinsen said

How to survive New Year’s sleep deprivation

- Don’t feel the need to stay up until 3 a.m. Minimizing the impact of New Year’s Eve on your sleep schedule may mean missing a little bit of the party.
- Don’t sleep in until noon on January 1: No matter when you go to bed, try to get up within an hour or so of your normal wake-up time. Also...
- Nap on New Year’s Day: You’re certainly going to be tired, so a mid-day nap of 20-30 minutes is a good idea.

Forget the crash diet. These 6 New Year’s resolutions are better for your health. Retrieved from <https://www.pbs.org/newshour/health/forget-the-crash-diet-these-6-new-years-resolutions-are-better-for-your-health>

A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,
I want to set some goals for this next year and I was thinking about my sleep patterns. Is it true that sleep and stress can affect our ability to accomplish what we really want, or need, to do?

Sincerely,
Setting Sleep Goals

Dear Setting Sleep Goals,
Poor sleep is the main reason why most of us who make New Year’s resolutions fail within six months. Sleep positively influences our self-control, giving us the ability to resist pleasurable impulses in order to achieve longer-term goals, thus making resolutions more sustainable.

The biology of stress and the biology of willpower are incompatible. When we’re under chronic stress, it’s harder to find our willpower. Stress encourages us to focus on immediate, short-term goals and outcomes; while self-control/willpower requires us to keep the big picture in mind. Learning how to better manage stress — or even just remembering to take a few deep breaths when we’re feeling overwhelmed — is one of the most important things we can do to improve our willpower and accomplish our long term goals.

Sleep deprivation (even just getting less than six hours a night) is a kind of chronic stress that impairs how the body and brain use energy. Lack of sleep affects the prefrontal cortex, where it loses control over the regions of the brain that create cravings and the stress response. Unchecked, the brain overreacts to ordinary, everyday stress and temptations. Studies show that the effects of sleep deprivation on our brain are equivalent to being a little bit drunk! The good news is any step toward more or better quality rest can be a real boost to self-control. When we continually get a good night’s sleep, our brain scans no longer show signs of prefrontal cortex impairment.

Sincerely,
Health Myth Busters

The Science of Willpower. Retrieved from <https://scopeblog.stanford.edu/2011/12/29/a-conversation-about-the-science-of-willpower/>

BLAZE Hangar Tails: U-2 Dragon Lady

Mission

The U-2 Dragon Lady provides high-altitude, all-weather surveillance and reconnaissance, day or night, in direct support of U.S. and allied forces. It delivers critical imagery and signals intelligence to decision makers throughout all phases of conflict, including peacetime indications and warnings, low-intensity conflict, and large-scale hostilities.

Features

The U-2 is a single-seat, single-engine, high-altitude/near space reconnaissance and surveillance aircraft providing signals, imagery, and electronic measurements and signature intelligence, or MASINT. Long and narrow wings give the U-2 glider-like characteristics and allow it to quickly lift heavy sensor payloads to unmatched altitudes, keeping them there for extended periods of time. The U-2 is capable of gathering a variety of imagery, including multi-spectral electro-optic, infrared, and synthetic aperture radar products which can be stored or sent to ground exploitation centers. In addition, it also supports high-resolution, broad-area synoptic coverage provided by the optical bar camera producing traditional film products which are developed and analyzed after landing.

The U-2 also carries a signals intelligence payload. All intelligence products except for wet film can be transmitted in near real-time anywhere in the world via air-to-ground or air-to-satellite data links, rapidly providing critical information to combatant commanders. MASINT provides indications of recent activity in areas of interest and reveals efforts to conceal the placement or true nature of man-made objects. Routinely flown at altitudes over 70,000 feet, the U-2 pilot must wear a full pressure suit similar to those worn by astronauts. The low-altitude handling characteristics of the aircraft and bicycle-type landing gear require precise control inputs during landing; forward visibility is also limited due to the extended aircraft nose and “taildragger” configuration. A second U-2 pilot normally “chases” each landing in

a high-performance vehicle, assisting the pilot by providing radio inputs for altitude and runway alignment. These characteristics combine to earn the U-2 a widely accepted title as the most difficult aircraft in the world to fly.

The U-2 is powered by a lightweight, fuel efficient General Electric F118-101 engine, which negates the need for air refueling on long duration missions. The U-2 Block 10 electrical system upgrade replaced legacy wiring with advanced fiber-optic technology and lowered the overall electronic noise signature to provide a quieter platform for the newest generation of sensors.

The aircraft has the following sensor packages: electro-optical infrared camera, optical bar camera, advanced synthetic aperture radar, signals intelligence, and network-centric communication.

A U-2 Reliability and Maintainability Program provided a complete redesign of the cockpit with digital color multifunction displays and up-front avionics controls to replace the 1960s-vintage round dial gauges which were no longer supportable.

Background

Built in complete secrecy by Kelly Johnson and the Lockheed Skunk Works, the original U-2A first flew in August 1955. Early flights over the Soviet Union in the late 1950s provided the president and other U.S. decision makers with key intelligence on Soviet military capability. In October 1962, the U-2 photographed the buildup of Soviet offensive nuclear missiles in Cuba, touching off the Cuban Missile Crisis. In more recent times, the U-2 has provided intelligence during operations in Korea, the Balkans, Afghanistan, and Iraq. When requested, the U-2 also provides peacetime reconnaissance in support of disaster relief from floods, earthquakes, and forest fires as well as search and rescue operations.

The U-2R, first flown in 1967, was 40 percent larger and more capable than the original aircraft. A tactical reconnais-

sance version, the TR-1A, first flew in August 1981 and was structurally identical to the U-2R. The last U-2 and TR-1 aircraft were delivered in October 1989; in 1992 all TR-1s and U-2s were designated as U-2Rs. Since 1994, \$1.7 billion has been invested to modernize the U-2 airframe and sensors. These upgrades also included the transition to the GE F118-101 engine which resulted in the re-designation of all Air Force U-2 aircraft to the U-2S.

U-2s are home based at the 9th Reconnaissance Wing, Beale Air Force Base, California, but are rotated to operational detachments worldwide. U-2 pilots are trained at Beale using five two-seat aircraft designated as TU-2S before deploying for operational missions.

General characteristics


Primary function: high-altitude reconnaissance
Contractor: Lockheed Martin Aeronautics
Power plant: one General Electric F118-101 engine
Thrust: 17,000 pounds
Wingspan: 105 feet (32 meters)
Length: 63 feet (19.2 meters)
Height: 16 feet (4.8 meters)
Weight: 16,000 pounds
Maximum takeoff weight: 40,000 pounds (18,000 kilograms)
Fuel capacity: 2,950 gallons
Payload: 5,000 pounds
Speed: 410 mph
Range: more than 7,000 miles (6,090 nautical miles)
Ceiling: above 70,000 feet (21,212+ meters)
Crew: one (two in trainer models)
Unit cost: classified
Initial operating capability: 1956
Inventory: active force, 33 (5 two-seat trainers and two ER-2s operated by NASA); Reserve, 0; ANG, 0



U.S. Air Force photo by Staff Sgt. Chris Thornbury
A U-2 Dragon Lady sits in a hangar prepared for flight July 9, 2019, at Al Dhafra Air Base, United Arab Emirates. The U-2 flies to heights greater than 70,000 feet using sensors and cameras to gather intelligence.



U.S. Air Force photo by Airman 1st Class Matthew Seefeldt
A U-2 Dragon Lady flies over Kadena Air Base Jan 23, 2019. The U-2 is a single-jet engine aircraft capable of providing day and night, high altitude all-weather intelligence gathering.



Columbus Air Force Base

Sexual Assault Prevention and Response (SAPR)

Our mission is to reinforce the Air Force's commitment to eliminate incidents of sexual assault through a comprehensive policy that centers on awareness and prevention, training and education, victim advocacy, response, reporting, and accountability.

How to Apply:

- *Fill out the Volunteer Victim Advocate Application
- *Submit to the CAFB SAPR Office @ carla.neal-bush@us.af.mil
- *SAPR Program Manager will follow-up with an e-mail/phone call to schedule an interview
- *Complete the 40-hour *SAPR VVA Course*
 - *Next Course: 18 May- 22 May 2020*
 - *Please register before Feb. 2020*
- **Apply for D-SAACP Certification*

PROTECTING OUR PEOPLE....PROTECTS OUR MISSION

Volunteer Victim Advocates Needed

We are looking for volunteers! If you are compassionate, & committed to support victims and survivors of sexual assault you are encouraged to **volunteer** as a Volunteer Victim Advocate (VVA)

Eligibility: Civilian (Appropriated) VVAs must be in the grade of GS-07 or higher. Military VVAs must be E-4 and above and at least 21 years of age for enlisted and a minimum O-2 for officers; however, officers in the grade of O-1 that were prior enlisted are eligible to become VVAs. (IAW AFI 90-6001)

Types of Duties:

- Essential Support & Care to Victims/Survivors
- Crisis Intervention
- Referrals to base & local services
- Opportunities to train/educate base populace
- Review all available options with clients

Questions

Call the SAPR Office:
Bldg. 730, Rm. 195

SAPR Program Manager:
Ms. Althenia Sims (662) 434-1228

SAPR Victim Advocate:
Ms. Carla Neal-Bush (662) 434-1329

Together we stand as a benchmark for recovery and work to eliminate sexual assault through empowered and engaged Airmen



To advertise in Silver Wings, call 328-2424

2019: A year in review

14TH Flying Training Wing 2019 First Quarter Events



Chief Master Sgt. Raul Villarreal, Jr., 14th Flying Training Wing command chief, welcomes attendees to the first Enlisted Partnership, Jan. 24, 2019, at Thai by Thai, in Columbus, Miss. Community civic leaders and 14th FTW leadership thanked everyone who helped make the partnership a reality and hope to continue to make it a better experience for all. (U.S. Air Force photo by Tech. Sgt. Christopher Gross)



Senior Airman Sean Perry, a Columbus Air Force Base ceremonial guardsman, salutes John Cockerham's, a local World War II veteran, casket March 16, 2019, at Center Hill Baptist Church Cemetery in Hamilton, Miss. The Columbus Air Force Base Honor Guard's main job is to provide the proper military honors to all fallen Airmen. (U.S. Air Force photo by Senior Airman Beaux Hebert)



Military personnel present the flag during the singing of the national anthem at a military appreciation baseball game at Mississippi State University Dudy Noble Field March 23, 2019, in Starkville, Miss. During the national anthem, a three-ship formation, consisting of Army and Air Force aircraft, flew over the stadium in a "Salute to Service." (U.S. Air Force photo by Airman Hannah Bean)



Retired Chief Master Sgt. Thomas Pelfrey, former first sergeant of the 14th Operations Group, gives a speech during the 14th Flying Training Wing's 2018 Annual Awards Banquet Feb. 8, 2019, at the Club on Columbus Air Force Base, Miss. Pelfrey spoke about past experiences and gave insight into lifestyles. (U.S. Air Force photo by Airman Hannah Bean)

14TH Flying Training Wing 2019 Second Quarter Events



Col. William Denham, 14th Flying Training Wing vice commander, celebrates the final day of Month of the Military Child with children at the Child Development Center at Columbus Air Force Base, Miss. April is the Month of the Military Child, a time to acknowledge sacrifices and unique contributions made by military families worldwide while highlighting the strength of character and resilience which make military children an asset to our local communities and schools. (U.S. Air Force photo by Elizabeth Owens)



Team members flip a tire during the A-BLAZIN' Race May 10, 2019, on Columbus Air Force Base, Miss. Similar to the challenges in the international game show, the "Amazing Race", teams raced against each other in a competition to see who could complete the stationed challenges in the shortest amount of time. (U.S. Air Force photo by Elizabeth Owens)



Choctaw dancers perform as a part of the Diversity Day events June 7, 2019, on Columbus Air Force Base, Miss. Members of Team BLAZE gathered for the second annual Diversity Day and participated in several diverse groups and cultures including dancing, trying different foods, playing games and more. (U.S. Air Force photo by Elizabeth Owens)



The 37th Flying Training Squadron's new flagship T-6 Texan II is shown to Col. Derek Stuart, 14th Operations Group commander, in the corrosion control lab, May 14, 2019, on Columbus Air Force Base, Miss. The 14th Flying Training Wing unveiled its first of six heritage flag ship aircraft during a ceremony at the fire department May 30, 2019 at the fire department; the painted T-6 shows the 37th FTS's rich history through its new design. (U.S. Air Force photo by Senior Airman Keith Holcomb)

14TH Flying Training Wing 2019 Third Quarter Events



The opening of the new Freedom Park July 19, 2019, on Columbus Air Force Base, Miss. The old Freedom Park was a wooden structure built in 1996 and over the years the playground started to deteriorate in several areas causing hazards for children. (U.S. Air Force photo by Airman Davis Donaldson)



Aubrey Armstrong, her parents and pilots from the 41st Flying Training Squadron stand in front of a T-6 Texan II June 25, 2019, on Columbus Air Force Base, Miss. Pilot for a Day is a program where Airmen like Capt. Joshua James, 41st FTS T-6 instructor pilot, gives medically disabled youth and their families a "red carpet day" custom-tailored to their desires and capabilities. (U.S. Air Force photo by Airman Davis Donaldson)



Members of Team Blaze giving several toasts during the 14th Flying Training Wing's Air Force Birthday Ball Sept. 28, 2019, in Columbus, Miss. Over 380 people attended the ball to help celebrate 72 years of Air Force history and 50 years of Undergraduate Pilot Training. (U.S. Air Force photo by Sharon Ybarra)



Five members from Undergraduate Pilot Training class 71-01, nicknamed "First of the Finest," stand in front of a T-37 Tweet, July 3, 2019, on Columbus Air Force Base, Miss. The classmates visited Columbus AFB 50 years after their pilot training began. (U.S. Air Force photo by Sharon Ybarra)

14TH Flying Training Wing 2019 Fourth Quarter Events



The 43rd Flying Training Squadron's T-1 Jayhawk heritage flagship aircraft sits on the flight line Oct. 25, 2019, on Columbus Air Force Base, Miss. The T-1 showcases the 43rd FTS's rich history through the painted color scheme used on the squadron's aircraft during World War II. (U.S. Air Force photo by Airman 1st Class Jake Jacobsen)



Maj. Gen. Wills, 19th Air Force commander, receives a briefing from members of the 48th Flying Training Squadron before a T-1 Jayhawk flight Oct. 2, 2019, on Columbus Air Force Base, Miss. During their visit, Wills and Chief Master Sgt. Erik Thompson, 19th AF command chief, experienced and assessed the flow of the base as well as talked to key members about the progressions of pilot training and their professions. (U.S. Air Force photo by Airman 1st Class Jake Jacobsen)



A family member of former Army Air Corps Capt. Charles T. Hull records a four-ship formation during a funeral and burial service with full military honors Dec. 4, 2019, at Duck Hill Cemetery in Winona, Miss. Hull, a decorated World War II bomber pilot who survived 25 missions in the European Theater, continued his love of travel and flying after his military career with his personal aircraft and traveled to all 50 states, 74 countries and even crossing the Arctic Circle four times. (U.S. Air Force photo by Airman Hannah 1st Class Bean)



Fourteenth Chief Master Sgt. Of the Air Force Gerald Murray speaks to members of Team BLAZE during an all call Oct. 25, 2019, at the Kaye Auditorium on Columbus Air Force Base, Miss. Murray visited Columbus AFB to connect with Airmen, understand the 14th Flying Training Wing's mission and serve as the guest speaker to Specialized Undergraduate Pilot Training class 20-01/02 graduation ceremony. (U.S. Air Force photo by Senior Airman Keith Holcomb)