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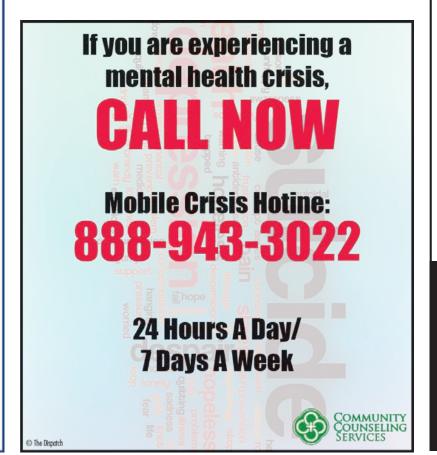
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WARNING SIGNS

Type 1 diabetes may occur suddenly and includes:

Extreme Thirst

Frequent Urination

Drowsiness or Lethargy

Increased Appetite

Sudden Weight Loss

Sudden Vision Changes

Sugar in the Urine

Fruity Odor on the Breath

Heavy or Labored Breathing

Stupor or Unconsciousness

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SILVERIMINGS

Vol. 44, Issue 3 Columbus Air Force Base, Miss.



See Team BLAZE 2019 **Annual Award nominees** on page 10.

News Briefs

Wing Newcomers

A Wing Newcomers event will begin at 8 a.m., Feb. 11 in the Kaye Auditorium. Newcomers is mandatory for all newly arrived military and Department of Defense civilian personnel. This basewide connection orientation includes a guided base tour. Participants must register with unit command support staff to attend due to limited space on the

Assignment Night

Celebrate with 20-08/09 as they receive their new assignments at 5:30 p.m., Feb. 14 in the Columbus Club.

Presidents Day

37th (20-21)

41st (20-20)

Presidents day is Feb. 17. Most base offices will be



U.S. Air Force Lt. Gen. Brad Webb, commander of Air Education and Training Command, and Chief Master Sgt. Juliet Gudgel, command chief of AETC, are briefed by Maj. Tory Lodmell, 14th Flying Training Wing Commander's Action Group director, about the Columbus Air Force Base mobile app Feb. 5, 2020, on Columbus AFB, Miss. The app was designed for members of team BLAZE to have pertinent information about the base including a directory, map, activities and pop up notifications.

AETC command team journeys to Columbus AFB to observe pilot training mission

Airman 1st Class Jake Jacobsen

14th Flying Training Wing Public Affairs

The command team of Air Education and Training Command arrived at Columbus Air Force Base, Mississippi, for a two-day immersion Feb. 5-6.

U.S. Air Force Lt. Gen. Brad Webb, commander of AETC.

and Chief Master Sgt. Julie Gudgel, command chief of AETC got a good look at what the 14th Flying Training Wing is doing to revolutionize pilot training and move it forward in the

Webb and Gudgel met with Airmen and civilians through-

See AETC, Page 3

TIMELINE COLUMBUS IFF

PHASE II PHASE III Feb. 26 48th (20-08) Feb. 28 49th (20-EBC)

50th (20-08)

Mar. 20

SUPT CLASS 20-08/09 GUEST SPEAKER

Maj. Gen. Kevin Kennedy, Assistant Deputy Chief Information Officer, Digital Transformation and Assistant Deputy Chief of Staff for Cyber Effects Operations, Headquarters U.S. Air Force, Arlington, Virginia, is the guest speaker.

14TH FLYING **TRAINING WING DEPLOYED**

As of press time, 40 TEAM BLAZE nembers are deployed worldwide. Remember to support the Airmen and their families while they are away.

Deployment numbers provided by the Installation Personnel Readiness Office.

Tue

<u>Mon</u>

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 chainof-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

<u>Fri</u>

Us" at the top left of the page and select "Commander's Action Line" in the Recipient drop down menu.

Sat/Sun



Silver Wings

How to reach us

14th Flying Training Wing Public Affairs 555 Seventh Street, Suite 210, Columbus AFB, MS, 39710 Commercial: (662) 434-7068 DSN: 742-7068 Fax: (662) 434-7009

E-mail: silverwings@us.af.mil

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> Mrs. Tina Perry Layout Designer

Long Range Events

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.

Submission Deadline

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The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by DOD, the Department of the Air Force or Service Publications. Inc., of the products or services advertised

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 burchaser, user or patron.

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photographs are Air Force photographs unless otherwise indicated.

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.

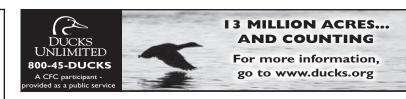
Submit all advertising to the Columbus, Miss., Commercial Dispatch advertising department one week prior to desired publication date. The advertising department can be reached at (662) 328-2424.



Did You Know....

charity hospital ship, Mercy Ships delivers state-of-theart surgical healthcare to regions where clean water, electricity, medical facilities and skilled personnel are limited or nonexistent. For more than 38 years, Mercy Ships has served the world's poor performing over 92,000 free surgeries for those in need.

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A \$25.00 donation will be made to www.woundedwarrioroutdoors.com on behalf of any CAFB Personnel who

rents a storage space.

February

<u>Thur</u>

Wed

15/16 Feb. 25: Wing Newcomers Valentine's Day Feb. 27: Enlisted Promotions Feb. 27: Hearts Apart **Feb. 28:** Class 20-08/09 Graduation Mar. 3: IFF Class 20EBC 9 8 Mar. 10: Wing President's Boss and Bud-Newcomers dy, 3:30 p.m. @ Mar. 13: Class 20-10/11 Assignment Night Mar. 14: 14FTW Supporting Flyover Mar. 20: Boss & Buddy

February 27th - 29th

Gateway Shopping Center (former Fred's building)

201 G Alabama Street - Columbus, MS

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Consignment Sale & Marketplace The Golden Triangle's ORIGINAL and LARGEST Children's Consignment Event

Semi-Annual Children's



Call The Commercial Dispatch ad department at 328-2424 to advertise in Silver Wings.

18 SILVER WINGS Feb. 7, 2020 Cultivate, Create, CONNECT Cultivate, Create, CONNECT

COMMUNITY

(Continued from page 17)

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.

Installation Voting Assistance Office A&FRC houses the Voting Assistance Of-

fice (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 Applica-

tion (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@

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

Pre- and Post-Deployment Tour

These briefings are mandatory for active duty personnel who are either deploying or returning rom 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.

HIGH RATE Share Certificates

2-Year Term 2.30% APY*



*APY = Annual Percentage Yield effective November 4, 2019 and subject to change at any time without notice. \$100,000 minimum balance required. The APY is based on the assumption that dividends will remain on deposit in the share certificate until maturity. Dividends compounded and credited monthly. Average daily balance computation method. Penalty will be imposed for early withdrawal. Membership eligibility required. Insured by NCUA.

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

U.S. Air Force Lt. Gen. Brad Webb, commander of Air Education and Training Command, presents Capt. Christy Martin, 14th Student Sauadron international military student officer, with the 2019 AETC IMSO Team of the Year award Feb. 5, 2020, on Columbus AFB, Miss. The IMSO is tasked with managing the administrative part of an international

AETC

(Continued from page 1)

out the days as they visited flying squadrons, and many of the support agencies and organizations that make the wing's mission of creating pilots possible. AETC leadership also took this opportunity to recognize key members of Team BLAZE and congratulate coining them.

"Our pilot training bases are at the forefront of developing the Airmen we need to fulfill our diverse missions," Webb said.

had the opportunity to discuss and wing is invested into supporting an environment of cultivation where leader and leadership development has been a deliberate and continuous process.

AETC command team was able to experience the virtual reality flight simulator room where a student or instructor pilot can train, get es while waiting on a flight. This tegic requirements."

flight simulator has transformed the way Columbus AFB does training while minimizing cost and furthering student pilot training.

"It's important that we aggressively and cost effectively look at ways to modernize education and training as we continue to transform the way we learn," Webb said. "We are exploring what is possible in training through the them on their achievements by use of innovative technology, including how it can be applied to pilot training.

Webb and Gudgel also witnessed firsthand how the base has been incorporating AETC's re-Airmen from across the base cently released priorities into its daily routine by showcasing how show Webb and Gudgel how the it has enhanced readiness with its gas mask confidence chamber, allowing Airmen to stay current on their training and enabling them to be deployable at all times.

"It's very clear to us how much During their immersion, the the 14th Flying Training Wing has done in the area of readiness, Webb said. "Team BLAZE plays a critical role in producing the pilots we need to grow the operational a refresher, or simply run exercis- force we need to meet future stra-



SILVER WINGS 9 Feb. 7, 2020 **3**

U.S. Air Force Lt. Gen. Brad Webb, commander of Air Education and Training Command, and Chief Master Sgt. Juliet Gudgel, command chief of AETC, are presented a layout of the Columbus Air Force Base Fitness Center Feb. 5, 2020, on Columbus AFB, Miss. The AETC command team visited Columbus AFB to view the 14th Flying Training Wings mission, meet its key leaders, and recognize outstanding members of the base for their achievements.



U.S. Air Force Col. Samantha Weeks. 14th Flying Training Wing commander, talks to U.S. Air Force Lt. Gen. Brad Webb, commander of Air Education and Training Command, while in the air traffic control tower during a wing immersion Feb. 5, 2020, on Columbus AFB, Miss. During their visit, the command team got a good look at what the 14th FTW is doing to revolutionize pilot training and move it forward in the future. Cultivate, Create, CONNECT

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

U.S. Air Force Gen. Mike Holmes, the commander of Air Combat Command, speaks at the graduation ceremony of Specialized Undergraduate Pilot Training Class 20-06/07 Jan. 24, 2020, on Columbus Air Force Base, Miss. Holmes graduated from Columbus AFB as a student pilot in 1982 and later became the 14th Operations Group commander at Columbus AFB from 2002-2004.



U.S. Air Force photo by Airman 1st Class Jake Jacobsen

Specialized Undergraduate Pilot Training Class 20-06/07 stands in front of an audience at the Kaye Auditorium following their graduation ceremony Jan. 24, 2020, on Columbus Air Force Base, Miss. SUPT consists of a year of pilot training in the T-6 Texan II followed by either the T-38 Talon if the pilot is going to fly fighter or bomber aircraft or the T-1 Jayhawk if the pilot is flying cargo or tanker aircraft.

ACC commander to pilot graduates 'Your country needs you, the Air Force needs you'

Airmen 1st Class Jake Jacobsen

14th Flying Training Wing Public Affairs

The Air Force successfully graduated 22 professional military pilots Jan. 24, at Columbus Air Force Base, Mississippi, where the mission is to train future pilots for the Air

Gen. Mike Holmes, the commander of Air Combat Command, was the guest speaker at the Specialized Undergraduate Pilot Training Class 20-06/07's graduation ceremony. He spoke of the skills and code of ethics involved with being a military pilot.

"It is humbling to offer these new pilots advice," Holmes said. "We face hard problems that don't have simple answers, and that is why we are looking for Airmen who will stay with the problem until it is worked out." Holmes talked about the Air Force core

values and how they implant trust into each Airman with the integrity to do what is right. He commented how "excellence in all we do" means that the words "good enough" no longer apply, because only the best is expected. Finally, "service before self" means not only accomplishing the fun parts of the job but also the hard parts.

Holmes said the reason he joined the Air Force was to do something different, not just for a paycheck, and because he had a strong desire to fly. After he earned his wings, he pursued opportunities in the Air Force and said he enjoyed the challenges he's faced and

To stress the importance of the job and provide some perspective to how crucial pilots are to the Air Force, Col. Samantha

Weeks, 14th Flying Training Wing com-See **HOLMES**, Page 15

U.S. Air Force photo by Airman 1st Class Jake Jacobser

Gen. Mike Holmes. the commander of Air Combat Command, stands with Specialized Undergraduate Pilot Trainina class 20-06/07 before their graduation ceremony at the Kaye Auditorium Jan. 24, 2020, on Columbus Air Force Base, Miss. Holmes was the guest speaker at the graduation, delivering inspirational messages to the next generation

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.)

Wina Newcomers Orientation

The next Wing Newcomers Orientation is from 8 a.m.-noon Feb. 11. 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)

Air Force Recovery Coordination Program

A Recovery Care Coordinator (RCC) will be providing assistance from noon-5 p.m. Feb. 12; 8 a.m.-5 p.m. Feb. 13; and 8 a.m.-noon Feb. 14 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.

Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. Feb. 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-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.

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 **Transition Track** 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

Team BLAZE recognizes newly promoted Airmen

Community



cational Track Workshop

The next DoL Transition Vocational Track

the A&FRC. This workshop helps members

identify skills, increase awareness of training and

credentialing programs, and develop an action

plan to achieve career goals. To register or for

more information, please call A&FRC at (662)

Entrepreneurship Track Transition

The next Entrepreneurship Track Transition

workshop is from 8 a.m.-3 p.m. Jun. 4-5. This

workshop is conducted by the Small Business

Administration for veterans and all base per-

Leadership from 14th Flying Training Wing stand with a group of newly promoted Airmen Jan. 31, 2020, during Enlisted Promotions on Columbus Air Force Base, Miss. At the end of every month, Team BLAZE gathers to congratulate their fellow Airmen in their accomplishment.

27. This monthly social event is for family mem- from 9-10:30 a.m. Mar. 11. This is a workshop bers whose sponsor is deployed, on a remote tour on writing resumes, applications, and job search or TDY for more than 30 days. To register or for using the USAJobs website. To register or for more information, please call A&FRC at (662) more information, please call A&FRC at (662) 434-2790.

Transition Assistance Program Department of Labor Transition Vo-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 Department of Employment Security, Department of Veterans Affairs, Disabled TAP and Department of Labor. Preseparation counseling is required before attending, and recommended attendance is 12-24 months prior to separation/ retirement. Spouses are encouraged to attend with their sponsor. To register or for more information, please call the TAP Manager at (662)

434-2631/2790.

Department of Labor Employment sonnel interested starting up and operating their own business. To register or for more informa-

The next DoL Employment Transition Track tion, please call A&FRC at (662) 434-2790. is from 7:30 a.m.-4 p.m. Mar. 5-6. This workshop assists transitioning military members with ca-Heart Link reer exploring, job search, resume writing, federal job applications, interviewing, evaluating job offers and closing the deal.

The next Heart Link / Spouse Welcome is

Workshop

from 8:30 a.m.-noon Apr. 30 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 10 a.m. - Daily Mass (Philips Auditorium) about life in the Air Force, in the local area and 10:30 a.m. - Adoration (Philips Auditorium)

at Columbus AFB from local subject matter experts including spouse leaders. To register or for more information, please call A&FRC at (662)

See COMMUNITY, Page 18

Chapel hosts Valentine's Dinner

Blaze Chapel is hosting a free Salsarita Valentine's Dinner (in lieu of the February Marriage Monday) on Feb. 10 from 6-7:30 o.m. at the Blaze Chapel. Everyone is invited for a quick relationship tune-up. To sign up, please call the chapel at 434-2500.

Finance course presented by the Chapel

Blaze Chapel is offering a free Financial Peace University (FPU) course. Learn how to eliminate debt, secure your family, and prepare for retirement! Class starts on Feb. 25 at 5:30 p.m. in the Blaze Chapel. Slots are limited. Call the chapel at 434-2500 to sign up.

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 Workshop is from 8 a.m.-3 p.m. Mar. 16-17 in

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 de-

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

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

Federal USA Jobs Workshop The next Federal USA Jobs workshop is The next Hearts Apart is from 5-7 p.m. Feb.

March

Shows at

1300 & 1900

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Storytime Schedule

FSS Gift Cards

ation at 434-2505.

Play Paintball

more information, contact 434-2934.

stop by any of these locations.

or visit ITT office.

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

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

Parent's Night Out

Celebrate Valentine's Day with your sweetheart while the CDC takes care of your kids on Feb. 7 from 6-10 p.m. Children must have shot records and Air Force Form 1181 filled out. Please contact the CDC for more information at 662-434-2479.

Forever My Valentine

Join the creative fun at Arts & Crafts On Feb. 8 at 10 a.m. Each person will receive a blank 4x4 ceramic tile to personalize for a friend or someone special. Let's create a Valentine that lasts forever. For more information, call Arts & Crafts at 662-434-7836.

Sweetheart 5K Walk/Run

Run after cupid or walk hand-in-hand with your sweetheart on Feb. 14 at 7 a.m. The Sweetheart 5k is hosted by the Columbus Air Force Base Fitness Center and is free to all participants. For any questions, please call the Fitness Center at 662-434-2772.

Boss & Buddy

Unwind at the Club with your coworkers! On Feb. 21 starting at 3:30 p.m. Food and drink specials. Call 662-434-2489 for more information.

Assignment Night Transportation

Book Assignment Night transportation with ITT! Reserve the bus, the van or both! The cost is only \$30 per hour for Columbus and local areas; a \$30 deposit is required and applied to the total cost of reservation. Reservation must be a Horse Boarding Available minimum of four hours and reserved in person. For more information, contact 434-7861

Martial Arts

Martial Arts classes are available at the Youth Center ev- Free Mango Languages ery Tuesday and Wednesday from 5-6 p.m. receive two free introductory classes, contact the Youth Center for more in- able at the Base Library; real-life conversations in over 70 formation at 434-2504.

Exclusive Military Vacation Packages

Did you know that you can book exclusive military vaca-

uals. You must book twenty-four hours in advance; 17 years old and under must be accompanied by an adult. The cost is \$15 per person for party of 10 or more; \$20 per person for party of nine or less. You must purchase paint balls at Outdoor Recreation for \$50 per case of 2,000. For more information, AT BANCORP SOUTH ARENA contact 434-2505.

The Overrun is Open Friday Nights

The Overrun is open Fridays 4:30 p.m.-Midnight. Excluding Graduation nights. For more information, contact

Outdoor Recreation is now offering lawn mower repair 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.

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

The Youth Center is seeking instructors for tumbling classes, dance classes, piano and guitar lessons. For more informa-

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

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

434-7861.

Laser Bowling

urday night starting at 5 p.m., stop in for a great time! Call Outdoor Recreation offers paintball for groups or individ- 434-3426 for more information

Lawn Mower and Bicycle Repair

and self-help bicycle repair. For more information, contact

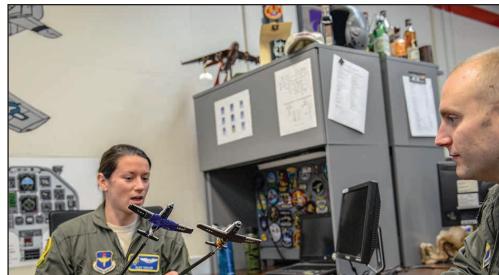
more information, call 434-2505.

Instructors Needed

tion, contact the Youth Center.

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

The Strike Zone offers laser bowling every Friday and Sat-



U.S. Air Force photo by Airman Davis Donaldson

tion flying with Capt. James Tillinger, 37th FTS member, Jan. 27, 2020, at Columbus Air before going on the flightline, Jan. 24, 2020, at Columbus Air Force Base, Miss. Prior to Force Base, Miss. Prior to becoming an IP, Taylor was a graduate of Specialized Undergraduate Pilot Training at Columbus AFB.



First Lt. Alexandra Taylor, 37th Flying Training Wing T-6 instructor pilot, discusses forma- First Lt. Thomas Buckley, 37th Flying Training Squadron instructor pilot, gathers gear becoming an IP, Buckley was a graduate of Specialized Undergraduate Pilot Training

Instructor pilots: Creating world-class aviators

Airman Davis Donaldson 14th Flying Training Wing Public Affairs

In the U.S., an Air Force instructor pilot's job is to nurture the transition of a casual officer into becoming a world-class aviator; instructor pilots feed the fight directly and have but the Department of Defense as a whole.

At Columbus Air Force Base, Mississippi, over 300 instructor pilots are responsible to the T-1. It was a good program for getting for graduating close to 350 student pilots a me ready to come here to teach and fly with year from programs such as Specialized Undergraduate Pilot Training, Introduction to Fighter Fundamentals and the Aviation AFB for four and half years. From his time in Leadership Program.

San Antonio-Randolph, Texas. At Pilot Instructor Training (PIT), IPs are certified to teach specific tactics in the T-6 Texan II, because I find this one so rewarding," Elm-T-38 Talon or T-1 Jayhawk.

Pilots who have been flying cargo or refueling aircraft operationally can either be an Air Force, and all for America, but I think instructor for the T-1 or T-6 and pilots who the training aspect of it, for me, is the most have been flying fighter and bomber aircraft operationally, can be an instructor for the

Maj. Joshua Elmshaeuser, 48th Flying Training Squadron T-1 IP, said PIT was a comfortable and familiar place to be. Prior to being an instructor, Elmshaeuser flew the KC-135 Stratotanker at Hill AFB, Utah. which is much similar to the T-1, he said.

"PIT was like coming home," Elmshaeusa significant role, not only in the Air Force, er said. "I flew the KC-135 and it has a lot of similarities to the T-1, but you don't realize it until you go from the KC-135 back

Elmshaesuser has been an IP at Columbus the Air Force, he said the training mission After being selected for an IP position, pi- at Columbus AFB and seeing officers achieve lots train four to five months at Joint Base their wings has been the most fulfilling aspect of his career.

> "I wouldn't choose another assignment shaesuser said. "There are things you can do operationally that are definitely all for the



U.S. Air Force photo by Airman Davis Donaldson

Second Lt. Rafael Galvoa, 37th Flyina Trainina Sauadron student pilot, and 1st Lt. Thomas Buckley, 37th FTS instructor pilot, conduct pre-flight checks on a T-6 Texan II, Jan. 24, 2020, at Columbus Air Force Base, Miss. Prior to becoming an instructor pilot, pilots See PILOTS, Page 15 must complete the Pilot Training Course at Randolph Air Force Base.

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Disney destinations. To book your vacation at www.america-

The Base Library is offering Storytime on Tuesdays at 10

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6 SILVER WINGS Feb. 7, 2020 Cultivate, Create, CONNECT Cultivate, Create, CONNECT

RAWS training maintains peak performance Airmen

Airman 1st Class Jake Jacobsen

14th Flying Training Wing Public Affairs

Aircraft at Columbus Air Force, Mississippi, rely on radar and communication systems when navigating the skies; and the Airmen that maintain those systems must ensure they do so in a safe manner, often having to climb 100 feet to assess the equipment.

When it comes to supporting air traffic control, the National Weather Service, and command and control across the wing, the 14th Operations Support Squadron's Radar, Airfield and Weather Systems (RAWS) Flight provides around-the-clock upkeep of base and regional radar equipment, groundto-air radios and weather systems.

"If it helps a plane get off the ground, it is our job to make sure it works," said Senior Airman Brandon Culp, 14th Operations Support Squadron RAWS journeyman. "It is our job to work on radios, radars, landing equipment, and electrical equipment that aids the Radar Approach Control to communicate with planes, and outside agencies."

Maintaining these systems and equipment require RAWS Airmen to be seasoned

climbers, able to ascend and descend towers. Training is implemented to help Airmen become familiar and comfortable with the equipment they use, and create safe work

"A bunch of systems require the RAWS Airmen to be over 10 feet off the ground, which once 10 feet off the ground it is required by the Air Force to wear climbing gear and receive training so no one is harmed and no equipment is damaged," Culp said.

Chief Master Sgt. Kellie Brisse, 14th Operations Group superintendent, had the opportunity to experience the training the RAWS flight undergoes as a way to keep current on their requirements.

"As a leader, I think it is really important to get to know what your Airmen do and immerse yourself in it," Brisse said. "I don't have the particular skillset that the RAWS flight does but I can at least see some of the physical aspects they have to do."

Visiting the RAWS flight allowed Brisse to see firsthand how the RAWS flight manages functioning equipment to safely land, fly and communicate with aircraft in the

See RAWS, Page 14



Chief Master Sgt. Kellie Brisse (right), 14th Operations Group superintendent, and Senior Airman Brandon Culp, 14th Operations Support Squadron's Radar, Airfield and Weather Systems journeyman, check over safety equipment at the RAWS facility Jan. 28, 2020, on Columbus Air Force Base Miss. Looking over equipment and checking all safety feature are in working condition is paramount in the everyday work of RAWS Airmen.



U.S. Air Force photo by Airman 1st Class Jake Jacobser

Chief Master Sgt. Kellie Brisse (left), 14th Operations Group superintendent, and Senior Airman Brandon Culp, 14th Operations Support Squadron's Radar, Airfield and Weather Svstems iournevman, puts on climbina equipment at the Ground-To-Air Transmitter and Receiver Site Jan. 28, 2020, on Columbus Air Force Base Miss. The RAWS Flight technicians work to maintain the radar and communication equipment that allows aircraft to land safely and efficiently on Columbus AFB.



U.S. Air Force photo by Airman 1st Class Jake Jacobsen

Chief Master Sgt. Kellie Brisse (right), 14th Operations Group superintendent, propels down a radio tower supervised by Senior Airman Brandon Culp, 14th Operations Support Sauadron's Radar, Airfield and Weather Systems journeyman, at the Ground-To-Air Transmitter and Receiver Site Jan. 28, 2020, on Columbus Air Force Base Miss. Training is implemented to help Airmen become familiar and comfortable with the equipment they use, and create safe work habits.

PILOTS

(Continued from page 5)

rewarding job I've had."

According to 1st Lt. Thomas Buckley, 37th FTS T-6 IP, a typical day for an IP includes giving their student pilots a formal brief, which includes the day's weather, notifications from various airfields and the overall plan for the day.

"From there you brief about the upcoming flights, fly and then come back and debrief," Buckley said. "The whole process takes about two and a half to three hours."

Buckley said the debrief might be the most essential part of the IP and student's day During the debrief, IPs make clear what went well during the flight, and identify the areas of improvement.

IPs not only consist of pilots who have been flying for several years, but the Air Force is so confident in their instructional process that they take pilots who have recently graduated SUPT and turn them into IPs.

Buckley said upon graduating from pilot training, he was selected to become a First Assignment Instructor Pilot (FAIP) at Columbus AFB. Typically, one or two aviators from a training class will be assigned a FAIP position at Columbus AFB, Vance AFB, Oklahoma, or Laughlin AFB, Texas, he said.



A T-6 Texan II takes off of the flightline with a student pilot and instructor pilot, Jan. 27 2020, at Columbus Air Force Base, Miss. The T-6 can reach a maximum speed of 320

of their class," Buckley said, who is current- different experience levels." ly one of about 100 FAIPs assigned to Columbus AFB. "IPs can come from anywhere rience. While prior pilots, turned IPs, have in the Air Force. IPs also come from many greater experience levels, flying in missions "Generally FAIPs are in the top one-third different airframes and you have a lot with prior to becoming an instructor.

FAIPs have no prior mission-flying expe-

Buckley said this transition directly from student to IP can be difficult.

"The transition is definitely interesting," Buckley said. "Some of my first flights back in the T-6, when I was a student, were with majors and lieutenant colonels, who were instructors. The dynamic is completely different, because now I am treated as a peer with wings as opposed to a student."

Buckley said in a regular day he flies one to two sorties in the T-6 with different student

Fellow FAIP and T-6 IP 1st Lt. Alexandra Taylor from the 37th Flying Training Squadron said since she's been here, watching a student pilot evolve during their year in SUPT can be very satisfying.

"For some, this is the first time they've flown an airplane," Taylor said. "We teach them from the very beginning how to fly a T-6 and military aircraft. Seeing them move on and get wings on their chest is really cool ust seeing them from start to finish is very

Although a very rewarding job most of the time, being an IP also presents its challenges. She said one of the biggest adjustments is evolving her teaching style.

"Everyone learns differently," she said. "So learning how to teach in different ways is also a challenge."

HOLMES

(Continued from page 4)

mander, highlighted that the percentage of the U.S. population serving the military is about 1 percent, and the percentage of pilots is much less.

"Your country needs you, the Air Force needs you, and your teammates on the ground and at sea will need you for years to come," Holmes said.

The last piece of advice given by Holmes was to be kind, for everyone is facing their own battle. He told the graduates to earn their teammates' trust, and

"Say yes instead of no, (and) be accountable for each other," Holmes said. "Take care of each other and face the challenges the Air Force presents you with."

Now graduated, each pilot will depart to their new respective bases to fly aircraft such as the F-16 Fighting Falcon, C-17 Globemaster III, F-35 Lightning II, KC-135 Stratotanker, and more. Some of the graduates were also assigned to be First Assignment Instructor Pilots tasked with training future SUPT classes on Columbus



Specialized Undergraduate Pilot Training Class 20-06/07 sit in the Kaye Auditorium during their graduation ceremony Jan. 24, 2020, on Columbus Air Force Base, Miss. The graduating pilots will each First Assignment Instructor Pilots.



U.S. Air Force photo by Airman 1st Class Jake Jacobser

U.S. Air Force Gen. Mike Holmes, the commander of Air Combat Command, salutes 2nd Lt. Benjamin Gautier for earning the Air Education and Training Command Commander's Trophy Jan. 24, depart to their new respective bases to fly aircraft such as the F-16 2020, on Columbus Air Force Base, Miss, The Air Education and Fighting Falcon, C-17 Globemaster III, F-35 Lightning II, KC-135 Training Command Commander's Trophy is awarded to student Stratotanker, and more while some stay at Columbus to become pilots for being the most outstanding students overall in their SILVER WINGS Cultivate, Create, CONNECT Cultivate, Create, CONNECT

(Continued from page 7)

"Sergeant Chapman is the first Air Force Airman to receive the Medal of Honor since the Vietnam War," Fisher said. "Corporal Carpenter is the youngest living recipient of the Medal of Honor- he was only 21 years old when he was injured and it almost ended his life.

Fisher furthered, speaking that the American society has lost the ability to relate to heroes like Carpenter and Chap-

"It doesn't mean that we are bad people and these aren't bad things in and of itself. We just don't spend enough time supporting and embracing our service culture and the hundreds of thousands who protect us every day, many of whom have sacrificed enormously for all of our peace of mind," He said. We have become a society detached from the men and women who serve us."

Fisher assured that his intention was not to point fingers or accuse anyone, noting that he is just as interested in his favorite sports team, alma mater, university, or political figures as the next person.

said. "Heroes are all around us so what can we do to connect with them? How can we honor the sacrifices they have made? My plea for us is to start to have this serious conversation the military and the civilian world.

about how we can close this gap between those who served and those who don't. The difficult question this raises is how are we going to do it?"

After Fisher showcased a video on sacrifice in the Air Force, Col. Samantha Weeks, 14th Flying Training Wing commander, delivered closing remarks and shared her appreciation for the connection between the base and the local

Weeks said the video did a great job of portraying how the Air Force recruits Airmen, but retains families.

"Really, we retain each and every one of you who puts forth little bit of effort to understand who we are," Weeks said.

Weeks thanked Fisher for his passion on the topic at hand for sharing it with other people who have a passion for service and intents to develop ways to close that gap across our

"It is growing and it is paramount that we figure out ways to make that an invisible gap and something that really becomes stronger over time," Weeks said.

RIGHT: Retired Air force Col. Jay Fisher speaks during a Base Community Council luncheon Jan. 23, 2020, at the "Today I am hoping we can do something about it," he Lion Hills Center in Columbus, Miss. Fisher, who served 25 years in the Air Force, now works with Renasant Bank in Starkville, Mississippi, spoke on the disconnect between



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

RAWS

(Continued from page 6)

Brisse mentioned she uses these opportunities to connect with Airmen and foster professional relationships to help get them where they want to be in their careers.

"The attention to detail over here is amazing and the depth of knowledge that the Airmen have to know to do their job is impressive," Brisse said. "It is up to us in the leadership position to recognize what our Airmen do, mentor them and get them to where they want to be."

As an experienced climber, Culp said he enjoys training Airmen and leaders on his job noting that some things are not taught with normal training like a sudden fear of heights or high winds. The climbing training sets Airmen into real-world experiences and it is the duty of the instructors to coach them through stressful situations, how to hook in properly, take a break when needed, and propel down.

Culp said it's always nice having leadership take an interest and having that opportunity to connect with them in a training environ-



Chief Master Sgt. Kellie Brisse (right), 14th Operations Group superintenand Senior Airman Brandon Culp, 14th Operations Support Squadron's Radar, Airfield and Weather Systems journeyman, climbs a radio tower at the Ground-To-Air Transmitter and Receiver Site Jan. 28, 2020 on Columbus Air Force Base Miss. The RAWS flight provides ground-theclock support of base and regional radar equipment, ground-to-air radios and weather systems that support air traffic control, the National man, climbs a radio tower at the Ground-To-Air Transmitter and Weather Service, and command and control across the wing.

"Our climbing training is very ity while climbing because I don't important for our job and I make want any other Airmen getting learn safety procedures, how to propel down, and repair while sure safety is the number one prior- hurt," Culp said.



Chief Master Sgt. Kellie Brisse, 14th Operations Group superintendent, and Senior Airman Brandon Culp, 14th Operations Support Squadron's Radar, Airfield and Weather Systems journey-Receiver Site Jan. 28, 2020, on Columbus Air Force Base Miss. Radar, Airfield and Weather Systems provides training to Airmen for climbers that ascend more than 10 feet off the ground to

BCC Luncheon discusses ways to close gap between military, communities

14th Flying Training Wing **Public Affairs**

The Base Community Council met for their quarterly luncheon Jan. 23, at the Lion Hills Center in Columbus, Mississippi.

The organization introduced retired Air force Col. Jay Fisher, former 14th Flying Training Wing vice commander, as the guest speaker who first provided some insight to his experiences in the military.

The BCC is an organization dedicated to connecting the community with Columbus AFB in order to help Airmen feel more at home. The organization has members from multiple backgrounds and industries, who enable different perspectives on business ideas and partnerships with the base.

Fisher, who served 25 years in the Air Force and now works with Renasant Bank in Starkville, Mississippi, furthered his discussion through speaking on the disconnect between the military and the civilian world.

"I believe our greatest threat that we have now is from an increasing gap between the public and our armed forces members who served," Fisher said. "Today, I hope to define that gap for you and spur you into action to take upon yourself to join me and others who are passionate about seeing this gap between the general public and our military services close."

Fisher believed that the current generation of adults in America has lost touch with our armed services, not by anything they have done intentionally, but as a result of several factors.

"This is not some idea that I came up with or discovered," Fisher said, "This is a well-documented challenge that has been written about, studied and hypothesized."

Fisher began pointing out some of the several different generations experiences' throughout the years.

Anyone born before April 20, 1957 would have been 18 years old, essentially the youngest age to be eligible to serve, which is the last recognized day of the Vietnam War. Those born even further before 1957 were most likely a part of the Selective Service process better known as "the Draft". Anyone born in were a part of the Gulf War generations, and there were over 3 million people serving on improbably with less than half of 1% of all



lumbus, Miss. The BCC has members from multiple backgrounds and industries, which enables different perspectives on business ideas and partnerships with the base.

members who served," Fisher said. "Today, I hope to define that gap for you and spur you into action to take upon yourself to join me and others who are passionate about seeing this gap between the general public and our military services close."

those born after 1973 were raised in the Post- active duty and in 1991, during the Gulf War 9/11 conflict timeframe.

Today, there are roughly 1.3 million people serving on active duty of all services-Army, Navy, Air Force and Marines In 1975, there were 2.1 million people on active duty, the timeline between 1957 and Jan. 20, 1973, at the end of the Vietnam conflict. In 1970, know someone who has served is statistically

period, there was 1.9 million.

"Just by sheer mathematics, by the number of people serving, you have almost less than half of those who served in 1970," Fisher said. "The possibility that you personally Americans currently serving.

After discussing the statistics, Fisher showed two slides that he believes has most affected the connection. The first slide showed photos of some celebrities, while the second slide show photos of Marine Corps Cpl. Kyle Carpenter and Air Force Master Sgt. John Chapman.

Carpenter is a medically retired Marine who received the Medal of Honor for his actions in Marjah, Helmand Province, Afghanistan, in 2010. When a hand grenade landed beside him and a fellow Marine in their lookout post, Carpenter, without hesitation, lunged toward the explosive to shield his friend from the blast.

Chapman was a combat controller in the Air Force who was posthumously awarded the Medal of Honor for his actions in the Battle of Takur Ghar during the War in Af-

SILVER WINGS Feb. 7, 2020 Cultivate, Create, CONNECT Cultivate, Create, CONNECT

BLAZE Hangar Tails: E-3 Sentry (AWACS)

The E-3 Sentry is an airborne warning and control system, or AWACS, aircraft with an integrated command and control Center. AWACS provides situational awareness of friendly, neutral and hostile activity, command and control of an area of responsibility, battle management of theater forces, all-altitude and all-weather surveillance of the battle space, and early warning of enemy actions during joint, allied, and coalition operations.

As an air defense system, E-3s can detect, identify and rack airborne enemy forces far from the boundaries of the United States or NATO countries. It can direct fighter-interceptor aircraft to these enemy targets. Experience has proven that the E-3 Sentry can respond quickly and effectively to a crisis and support worldwide military deployment operations.

AWACS may be employed alone or horizontally integrated in combination with other C2BM and intelligence, surveillance, and reconnaissance elements of the Theater the air tasking order/air combat order. The system provides rescue efforts between military and civilian authorities. the ability to find, fix, track and target airborne or maritime threats and to detect, locate and ID emitters. It has the ability to detect threats and control assets below and beyond the coverage of ground-based command and control or C2, and can exchange data with other C2 systems and shooters via Control Group, an AWACS Reserve Associate Program unit

With its mobility as an airborne warning and control sys-

than a fixed, ground-based radar system. Among other things, the Sentry's flight path can quickly be changed according to battle management, or C2BM, surveillance, target detection, mission and survival requirements. The E-3 can fly a mission and tracking platform. The aircraft provides an accurate, re- profile approximately 8 hours without refueling. Its range and al-time picture of the battlespace to the Joint Air Operations on-station time can be increased through in-flight refueling and the use of an on-board crew rest area.

Backaround

There are 31 aircraft in the U.S. inventory. Air Combat Command has 27 E-3s at Tinker. Pacific Air Forces has four E-3 Sentries at Kadena AB, Japan and Elmendorf AFB, Alas-

As proven in operations Desert Storm, Allied Force, Enduring Freedom, Iraqi Freedom, and Odyssey Dawn/Unified Protector the E-3 Sentry is the world's premier C2BM aircraft. AWACS aircraft and crews were instrumental to the successful completion of operations Northern and Southern Watch, and are still engaged in operations Noble Eagle and Enduring Freedom. They provide radar surveillance and control in addition to providing senior leadership with time-critical information on the actions of enemy forces. The E-3 has also deployed to support humanitarian relief operations in Air Control System. It supports decentralized execution of the U.S. following Hurricanes Rita and Katrina, coordinating

> The data collection capability of the E-3 radar and computer subsystems allowed an entire air war to be recorded for the first time in the history of aerial warfare.

In March 1996, the Air Force activated the 513th Air which performs duties on active-duty aircraft.

During the spring of 1999, the first AWACS aircraft went 0

tem, the Sentry has a greater chance of surviving in warfare through the Radar System Improvement Program. RSIP is a joint U.S./NATO development program that involved a maior hardware and software intensive modification to the existing radar system. Installation of RSIP enhanced the operational capability of the E-3 radar electronic counter-measures and has improved the system's reliability, maintainability and

General characteristics

Primary function: airborne battle management, command and control

Contractor: Boeing Aerospace Co.

Power plant: four Pratt and Whitney TF33-PW-100A turbofan engines

Thrust: 20,500 pounds each engine at sea level

Rotodome: 30 feet in diameter (9.1 meters), 6 feet thick (1.8 meters), mounted 11 feet (3.33 meters) above fuselage Wingspan: 145 feet, 9 inches (44.4 meters)

Length: 152 feet, 11 inches (46.6 meters)

Height: 41 feet, 9 inches (13 meters)

Weight: 205,000 pounds (zero fuel) (92,986 kilograms) Maximum Takeoff Weight: 325,000 pounds (147,418 ilograms) Fuel Capacity: 21,000 gallons (79,494 liters)

Speed: optimum cruise 360 mph (Mach 0.48)

Range: more than 5,000 nautical miles (9,250 kilometers) Ceiling: Above 29,000 feet (8,788 meters)

Crew: flight crew of four plus mission crew of 13-19 specialists (mission crew size varies according to mission) Unit Cost: \$270 million (fiscal 98 constant dollars) Initial operating capability: April 1978

Inventory: active force, 32 (one test); Reserve, 0; Guard,



U.S. Air Force photo by Staff Sat. Daniel Snider

A U.S. Air Force E-3 Sentry, assigned to the 968th Expeditionary Airborne Air Control Squadron, flies above the Arabian Gulf, Dec. 3, 2019. The E-3 Sentry is an airborne warning and control system, or AWACS, aircraft with an integrated command and control battle management, or C2BM, surveillance, target detection, and tracking platform.



An E-3 Sentry Airborne Warning and Control System assigned to the 968th Expeditionary Airborne Air Control Squadron rests on the flightline at the Dubai Airshow, United Arab Emirates, Nov. 17, 2019. The Dubai Airshow, a biennial event, is recognized as the premier aviation and air industry event in the Gulf/Middle East region and is one of the largest air shows in the world. U.S. military participation builds upon our strong relationship with the United Arab Emirates and enhances our relationships with other allies and





Cholesterol 101: What is it? What does it do?

Cholesterol is a waxy substance. It's not inherently "bad." In fact, your body needs it to build cells, but too much cholesterol can pose

Your body makes all of the cholesterol it needs, so you do not need to obtain cholesterol through foods. Eating lots of foods high in saturated fat and trans fat may contribute to high cholesterol and related conditions.

Nearly 1 in 3 American adults has high cholesterol. Too much cholesterol puts you at risk for heart disease and stroke, two leading causes of death in the United States. High cholesterol has no signs or symptoms, so the only way to know if you have it is to get your cholesterol checked. Talk to your health care team about how you can manage your cholesterol levels and lower your risk.



As cholesterol plaque) builds up in the arteries, the arteries begin to narrow, which lessens or blocks the flow of blood.

Why cholesterol matters

Cholesterol circulates in the blood. As the amount of cholesterol in your blood increases, so does the risk to your health. That's why it's important to have your cholesterol tested, so you can know your

There are two types of cholesterol: LDL cholesterol, which is bad, and HDL, which is good. Too much of the bad kind, or not enough of the good kind, increases the risk that cholesterol will slowly build up in the inner walls of the arteries that feed the heart and brain.

High cholesterol is one of the major controllable risk factors for coronary heart disease, heart attack and stroke. If you have other risk factors such as smoking, high blood pressure or diabetes, your risk increases even more.

What you can do:

- Limit foods high in saturated fat. Saturated fats come from animal products (such as cheese, fatty meats, and dairy desserts) and tropical oils (such as palm oil). Foods that are higher in saturated fat may be high in cholesterol.
- Choose foods that are low in saturated fat, trans fat, sodium (salt), and added sugars. These foods include lean meats; seafood; fat-free or low-fat milk, cheese, and yogurt; whole grains; and fruits and
- Eat foods naturally high in fiber, such as oatmeal and beans (black, pinto, kidney, lima, and others) and unsaturated fats, which can be found in avocado, vegetable oils like olive oil, and nuts).

Control Your Cholesterol. Retrieved from https://www.heart.org/en/ health-topics/cholesterol/aboutcholesterol Preventing High Cholesterol. Retrieved from https://www.cdc.gov/ cholesterol/prevention.htm

How to Treat Yourself to Chocolate 5 Rules for Heart Healthy Indulgence

1. Cocoa Comes First Look for chocolate bars with at least 80% cocoa content for the full health advantage. Dark chocolate is considered a top 10 source of antioxidants, according to the European Journal of Clinical Nutrition, and is a filling treat shown to lower cravings for additional sweet, salty and fatty foods.

2. Focus on the Flavanols

Flavanols are the key to keeping your treat heart healthy. Unfortunately, commercial chocolate tends to be highly processed in a manner that eliminates most of the healthy flavanols and boosts the sugar, milk and butter content.

3. Avoid Extra Ingredients A chocolate bar might have more milk and sugar than your doctor would recommend, but specialty fillings is where you run into real trouble. Caramel, nougat and creams are all fast ways to gain weight.

4. Remember Your Routine Even without a caramel filling, cocoa doesn't come alone and the heart benefits are no replacement for a real cardio workout. The chocolate treat in your diet should be just one component of a heart healthy routine that includes

plenty of leafy greens, adequate sleep

5. Everything in Moderation

and exercise.

A piece or two of dark chocolate or a prinkling of cocoa on your oatmeal are safe and sweet ways to add antioxidants to your diet, but it goes without saying that chocolate is meant in moderation.

How to Treat Yourself to Chocolate. Retrieved from https://www.nm.org/healthbeat/ healthytips/nutrition/how-to-treat-yourself-to-

A personal message from your health promotion Health Myth **Busting Team**

Dear Health Myth Busters.

I keep hearing that chocolate is good for heart health. Is it oo good to be true?

Chocolate for the Heart

SILVER WINGS Feb. 7, 2020

Dear Chocolate for the Heart,

It is not too good to be true, but it also is complicated. We have previously discussed studies indicating that foods derived from the cocoa bean, in particular, dark chocolate, which has a higher cocoa content than milk chocolate are heart-healthy. Specifically, people who eat more chocolate have lower rates of heart attacks, heart failure, and even death from heart disease.

A recent study, conducted by research teams at Harvard and in Denmark, indicates that chocolate also protects against another heart condition, atrial fibrillation (AF). AF affects between three million and six million people in the United States and raises a person's risk of heart failure, stroke, dementia, and death. The study involved over 55,000 men and women whose health was monitored for 13 years. Compared to those who ate chocolate less than once per month, those who had two to six servings of chocolate per week had a 20% lower rate of AF. However, the apparent protective effect of chocolate on AF seemed to wane in people who ate more than this.

The complicated part comes next. Most of the time that we eat chocolate, the good stuff comes with some bad stuff, mainly saturated fat and sugar. So the message from all of these studies is this: It's fine to eat chocolate regularly, but try to avoid the associated "bad stuff." For example, don't eat a lot of chocolate candies, and, when you make cocoa, don't add a lot of sugar and cream.

Sincerely, Health Myth Busters

Is chocolate heart-healthy? Retrieved from https://www. ealth.harvard.edu/heart-health/is-chocolate-heart-healthy

Got questions on other health issues related to sleep nealth, 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/

12 SILVER WINGS Feb. 7, 2020 Cultivate, Create, CONNECT

Columbus AFB hunting season ends

14th CES/CEIE Natural Resource Manager

Columbus Air Force Base officially closed out the 2019-2020 hunting season Jan. 31, 2020. This season, 28 hunters participated in the hunting program on base. Hunters accounted for 18 deer harvested in total this season, 13 does and five bucks. Josh Scarborough, 14th Civil Engineer Squadron, harvested the biggest buck of the season, taking a massive sixpoint during primitive weapon season.

The hunting program is an essential tool used to help manage wildlife and control deer populations on Columbus AFB. Hunter's play a vital role in the success of the program by harvesting deer to control the population. In-turn, hunter's success rates reduce the probability of deer entering the airfield where they could endanger pilots and/or aircraft.

Over the previous two seasons, Columbus AFB has averaged 35 hunters per season but only averaged 10 deer harvested per season. This season the number of participants dropped

slightly compared to previous seasons, but the overall success rate nearly doubled in comparison. Not to be understated, hunters conducted themselves in a safe and ethical manner, with zero safety incidents or rule violations reported for the

As we look ahead to next season, lessons learned will drive program improvements and help implement changes that will benefit the hunters as well as Columbus AFB for a more successful hunting program and safer airfield. If there are any questions or comments about the Columbus AFB Hunting program, please contact Tim Turner, 14th CES natural resource manager at (662) 434-2248 or email timothy.

RIGHT: Josh Scarborough, 14th Civil Engineer Squadron, poses with a six-point buck on Columbus Air Force Base, Miss. This season, twenty-eight hunters participated in the hunting program on base and accounted for 18 deer harvested in total, 13 does and five bucks.



Marooned balloons

14th Civil Engineer Squadron **Environmental Management Systems** Coordinator

During a recent routine stormvater inspection, near the north end of the flightline, a Mylar birthday balloon was found in the drainage area. Balloons that find their way to the outdoor environment pose risks to birds and aquatic animals; not to mention the potential danger to aircraft engines.

Neither Mylar nor latex balloons are bio-degradable. When a balloon is released either intentionally or accidentally, it will eventually fall to Earth as litter; often many miles away from the point of release. Some will fall completely intact, and others will burst into small pieces. All scenarios pose risks to wildlife. Balloons and balloon pieces are often mistaken for food by terrestrial and aquatic animals. Once ingested, the balloon blocks the digestive tract making it impossible to take in nutrients, and the animal eventually starves to death. Another hazard of balloons are the strings attached to them. Balloon

strings easily entangle birds and other wildlife causing

trapped or strangled until they

Balloons are released for many different sons and occasions; weddings, birthdays, sports events, memorials, fund raisers, advertisement, accidentally, etc Here are some

Balloon **Alternatives**

Kites

Flags

Bubbles

Flowers

Candles

steps

Plant a tree

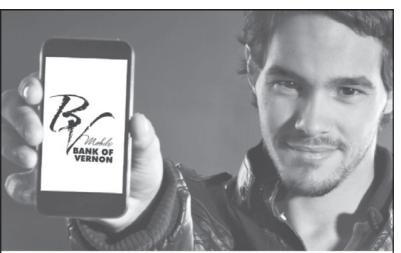
can take to avoid an accidental release and alternatives to intentional releases

Native Butterflies

Avoiding Accidental Release

- Never tie balloons to mailboxes.
- Refrain from letting children hold balloons while outside
- Always ensure strings are secured before transporting
 - Always deflate balloons after use, and place in closed trash bin

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"I love my life and all the things it has to give. Like having all the apps I need, right at my fingertips. Friends, photos, and my mobile banking app. I can pay bills, check my balance, even deposit a check, right on my mobile phone. It's awesome. I just tap the app."

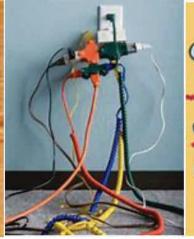


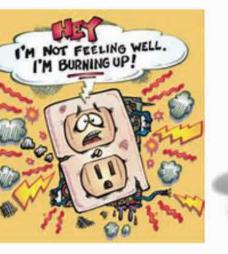
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SILVER WINGS Feb. 7, 2020 9 Cultivate, Create, CONNECT









Electrical fire safety tips

Darren Amos

14th Civil Engineer Squadron Fire Inspector

Flipping a light switch, plugging in a coffeemaker, charging a laptop, these are second nature for most people. Electricity makes our lives easier. However, we need to be cautious and keep safety in mind. Dial 911 to report any emergency.

- Always plug major appliances like refrigerators, stoves, washers/dryers directly into a wall outlet.
- Always plug small appliances like coffeemakers, microwaves, air conditioners and portable heaters directly into wall
- Unplug small appliances when not in use.
- Keep lamps, light fixtures and light bulbs away from any-

thing that can easily burn like draperies.

- Use extension cords for temporary purposes only.
- Do not overload electrical outlet and/or daisy chain excord with new. tension cords.
- Avoid putting cords where they can be damaged or pinched, like under carpet or through doorways or windows.
- Do not tape circuit breaker in "On" position.
- Use power strips that have internal overload protection.
- Ground fault circuit interrupters (GFCI) should be installed near water sources.
- Test GFCI outlets once per month to make sure they work properly.
- Use light bulbs that match the recommended wattage on U.S. Fire Administration FEMA

• If extension cords are damaged, do not repair, replace

Call a qualified electrician if:

- Frequent problems with blown fuses or tripping circuit
- Tingling feeling when touching an electrical appliance.
- Discolored or warm wall outlets or sparks.
- Flickering or dimming lights.

The Airman's Creed

• Burning or rubbery smell coming from an appliance.

Data from National Fire Protection Association (NFPA) and

Everyday Network Practice

Physically control Common Access Card at all times and remind others





Restart computer daily

Never plug any unauthorized devices, cameras or smartphones into a system

I am an American Airman. My mission is to fly, fight, and win. I am faithful to a proud heritage.

I have answered my nation's call.

I am an American Airman.

A tradition of honor, And a legacy of valor.

I am a Warrior.

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.

FEATURE 10 SILVER WINGS Feb. 7, 2020 SILVER WINGS Feb. 7, 2020 11

Non-Commissioned Officer of the Year

2019 Annual Award **Nominees**

Airman of the Year



14th Operations Group



Lightsey 14th Mission Support Group 14th Medical Group



14th Wing Staff Agencies





14th Mission Support Group



14th Medical Group

Flight Commander of the Year



McGraw 14th Wing Staff Agencies



Senior Non-Commissioned Officer of the Year

McElroy 14th Operations Group



Mathis 14th Mission Support Group 14th Medical Group





Company-Grade Officer of the Year



Volunteer of the Year

14th Operations Group



2nd Lt. Nicolette Hallmark 14th Mission Support Group



Capt. Dennis Early II 14th Medical Group



2nd Lt. Michael Delaney 14th Wing Staff Agencies



Field-Grade Officer of the Year

Maj. Eric Scott 14th Operations Group



Maj. Lauren Beers 14th Medical Group



Capt. Donald Kinnee 14th Operations Group 114th Wing Staff Agencies



Maj. Julianne Gillespie 14th Medical Group

Honor Guardsman of the Year

Category I (NS) Civilian of the Year



14th Operations Group 14th Operations Group



Henry Lollar 14th Mission Support Group

Category II (NS) Civilian of the Year





FAIP of the Year

14th Operations Group

Category III (Sup) Civilian of the Year



14th Mission Support Group

14th Mission Support Group



Category III (NS) Civilian of the Year

14th Operations Group



First Sergeant of the Year







14th Mission Support Group

Innovation Team of the Year



41st Flying Training Squadron 14th Operations Group





14th Medical Group

Come join members of Team BLAZE at 6 p.m., Feb. 7, in the Columbus Air Force Base Fitness Center for the Wing Annual Awards. Columbus AFB will be recognizing its outstanding members and awarding them in their own respective categories.