

Photo for illustration purposes only.

**"I am going to do all that I must to stay sober to finally see the true plan."**

"Before I was in recovery, I thought I could live my life on prescription drugs. Then, I decided that wasn't enough and added meth to it. I went crazy, but my lowest point was to see my parents, children, and sister's look of disappointment when they knew for sure what I had been doing. I came to the Pines and Cady Hills because I had nowhere else to go and I intended to only stay for 30 days. Well, God did for me what I couldn't do for myself. I worked with my counselor on many things that were holding me down. Then, I went to the Last House on the Block. Staying at the Last House helps me to stay sober, as well as going to meetings and working the steps with my sponsor. Prayer and meditation helps a lot with hard times and helps me to understand my part in all matters. All these things make me who I am and influence who I will become. I believe my Higher Power has many plans for me because he brought me to life when I was born dead. He has brought me through many times that should have killed me."



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*Andy Johnson*  
Bank of Vernon



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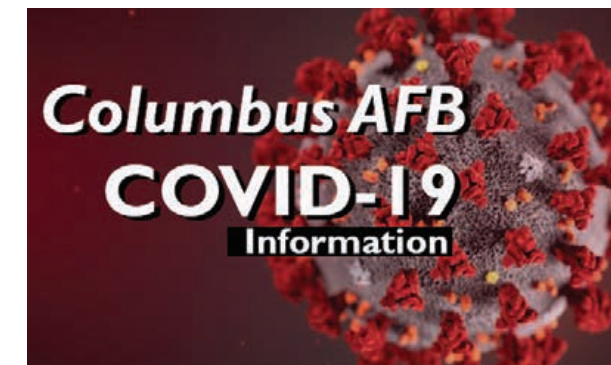
# SILVER WINGS

"Cultivate Airmen, Create Pilots, CONNECT"

Columbus Air Force Base, Miss.

Vol. 44, Issue 7

April 10, 2020



## COVID-19 General Info

### Columbus AFB Mask Guidance

Effective immediately, to the extent practical, all individuals on DoD property, installations, and facilities will wear cloth face coverings when they cannot maintain six feet of social distance in public areas or work center. (This does not include in a service member's or Service family member's personal residence on a military installation).

### SYMPTOMS:

Fever >100.4F  
Cough  
Shortness of breath

If you experience these symptoms, DO NOT COME TO THE CLINIC. Call the Nurse Advice Line immediately at 1-800-TRICARE (1-800-874-2273), option 1.

### PREVENTION:

Wash your hands and use hand sanitizer  
Don't touch your face  
Cover your cough with a tissue or your elbow  
Stay home if you are sick

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



Courtesy photo

Patricia Wilson sews together a face covering April 7, 2020, while in her home in Columbus, Miss. Wilson's husband is a retired Air Force lieutenant colonel and T-1 simulator instructor on Columbus Air Force Base, Miss. Wilson along with many other spouses of current and retired military members in and around the Columbus AFB area have joined forces to ensure the pilot training mission continues by assisting with the production of face coverings.

## 21st Century Rosie and Robbie the Riveters – how the home front continues to support the war efforts

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

In an update to the fight against Coronavirus, the Defense Department directed all individuals on DoD property, to the extent practical, wear cloth face coverings when they cannot maintain six feet of social distancing in public areas or work centers. In many facets around a flying training wing, six feet

of physical distance isn't practical, so cloth face coverings are a needed tool to fight the virus and flatten the curve.

Wing leaders researched how to purchase dust masks online in order to provide the base populace the necessary coverings. As is to be expected, masks are in short supply.

Spouses and community members around Columbus Air

See MASK, Page 3

COLUMBUS AFB TRAINING TIMELINE					
PHASE II		PHASE III		IFF	
Squadron	Track Select	Squadron	Graduation	Squadron	Graduation
37th (20-25)	Apr. 21	48th (20-12)	Apr. 24	49th (20-GBC)	Apr. 30
41st (21-01)	Apr. 30	50th (20-13)	Apr. 24		
SUPT CLASS 20-12/13 GRADUATION					
SUPT Class 20-12/13 graduates April 24 at the Kaye Auditorium.					





## Air Force releases guidance on use of cloth face covers

Secretary of the Air Force  
Public Affairs

ARLINGTON, Va. — To help combat COVID-19, the Air Force has released information that supplements Department of Defense guidance on the use of cloth face coverings, effective immediately.

To the extent practical, without significantly impacting mission, all individuals on Department of the Air Force property, installations and facilities are required to wear cloth face coverings when they cannot maintain six feet of physical distance in public areas or work centers.

This guidance applies to Total Force military personnel, DOD civilian employees and contractors, family members and all individuals on DAF property, installations and facilities, and does not apply within a personal residence on a military installation.

Any cloth items worn as face coverings (e.g., neck gaiters, neck warmers, balaclavas, etc.) should be functional, cleaned and maintained in compliance with current Air Force instructions, and should cover the mouth and nose.

As safety is the primary concern, commanders will decide where mission safety necessitates deviation from this guidance, for example when the cloth face covering could interfere with other facial gear. Until issued items are fully available, commanders and units may deviate in regard to uniformity while

### AIR FORCE GUIDANCE ON USE OF CLOTH FACE COVERS

COVID-19

**EFFECTIVE IMMEDIATELY**

To the extent practical without significantly impacting mission, all individuals on Department of the Air Force property, installations and facilities are required to wear cloth face coverings when they cannot maintain six feet of physical distance in public areas or work centers.

**Any cloth items worn as face coverings should be functional, clean and maintained in compliance with current Air Force instructions, and should cover the mouth and nose.**

Face Masks\*

Neck Gaiters/Warmers

Balaclavas

\*N-95 and surgical masks should be reserved for health care workers.

**Guidance applies to total force military personnel, DoD civilian employees and contractors, family members and all individuals on DAF property, installations and facilities.**

**Note: Guidance above does not apply within a personal residence on a military installation.**

**1 CLOTH FACE COVERING DOES NOT PREVENT THE WEARER FROM GETTING SICK, BUT MAY PREVENT THE SPREAD OF THE VIRUS FROM THE WEARER TO OTHERS.**

ensuring face coverings worn by uniformed military members are conservative, professional and in keeping with dignity and respect.

For civilian employees, use of a cloth face covering is strongly encouraged. Commanders who wish to mandate cloth face covering for civilian employees under this memo must either furnish them or provide a uniform allowance per AFI 36-128, Pay Setting and Allowances, pub-

lished May 17, 2019.

If a commander determines the purchase and issuance of cloth face coverings is necessary for mission requirements, they should consult with legal and comptroller about purchasing and issuing the coverings.

N95 and surgical masks should be reserved for health care workers.

During this time, security checkpoints may require the lowering of masks to verify

identification.

\*\*\*It is to be noted that the use of a cloth face covering does not prevent the wearer from getting sick or eliminate the need to continue the primary mitigation efforts to stop the spread of COVID-19, but may prevent the spread of the virus from the wearer to others. \*\*\*

For more information on COVID-19 visit <https://www.af.mil/News/Coronavirus-disease-2019>

## Silver Wings

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### Submission Deadline

The deadline for submitting copy for next week's SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

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# How the AF Employee Assistance Program can help during COVID-19

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

To help relieve some of the worries people may have as a result of the COVID-19 pandemic, the Air Force Employee Assistance Program's resources continue to be available for those that need them.

According to William Sherman, 14th Flying Training Wing community support coordinator, the program provides a variety of needs from one-on-one counseling sessions with a licensed, credentialed master's degree professional who can address significant challenges such as coping with stress from COVID-19 and prevention and treatment, Sherman said.

EAP is accessible 24/7 by all Air Force civilian personnel (APF and NAF), Guard/Reserve and family members.

"As active-duty personnel, you have all kinds of helping agencies," said Sherman, who is the main point of contact at Columbus Air Force Base, Mississippi, when people have questions about the program and the services provided.

"There are a lot of civilians who are not prior military or retirees on base," he said. "This is a program to help them be provided with the same services you would have access to."

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

"The Air Force Employee Assistance Program was made to offer guidance and relief to those who have anxiety during times like these," Sherman said. "It will continue to provide services during the COVID-19 outbreak and can be utilized at home for those employees currently teleworking."

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

To access the Air Force EAP website, go to [www.AFPC.AFMIL/EAP](http://www.AFPC.AFMIL/EAP) or call 1-866-580-9078.

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## Air Force Airman of the Year recognized

Team Blaze recognizes Staff Sgt. Dylan Fivecoate, 14th Operation Support Squadron, who was selected as the 2019, 19 Air Force Airman of the Year.



### 14TH FLYING TRAINING WING DEPLOYED

As of press time, 36 TEAM BLAZE members are deployed worldwide. Remember to support the Airmen and their families while they are away.

Deployment numbers provided by the Installation Personnel Readiness Office.

Visit us online!

[www.columbus.af.mil](http://www.columbus.af.mil)

**Air Force Readiness Programs**

*(Editor's note: All activities are offered at the Airman & Family Readiness Center unless otherwise specified. For more information about any of the activities listed, call 434-2790.)*

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

**Air Force Recovery Coordination Program**

A Recovery Care Coordinator (RCC) will be providing assistance from noon-5 p.m. April 15; 8 a.m.-5 p.m. April 16; and 8 a.m.-noon April 17 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.

**Transition Assistance Program Workshop**

The next Transition Assistance Program (TAP) workshop is from 7:30 a.m.-4 p.m. May 4-6 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 Transition Track**

The next DoL Employment Transition Track is from 7:30 a.m.-4 p.m. May 7-8. This workshop assists transitioning military members with career exploring, job search, resume writing, federal job applications, interviewing, evaluating job offers and closing the deal.

**Federal USA Jobs Workshop**

The next Federal USA Jobs workshop is from 9-10:30 a.m. May 13. 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.

**Department of Labor Transition Vocational Track Workshop**

The next DoL Transition Vocational Track Workshop is from 8 a.m.-3 p.m. May 18-19 in the A&FRC. This workshop helps members identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. To register or for more information, please call A&FRC at (662) 434-2790.

**Wing Newcomers Orientation**

The next Wing Newcomers Orientation is from 8 a.m.-noon May 19. This event is mandatory for all newly arrived military and DoD civilian personnel. This base-wide CONNECTION event begins at the Kaye Auditorium and consists of a guided base tour. The event's foundation is a mobile App, so if you plan to attend, please locate and download the Columbus Air Force Base App from the App Store prior to attending. To register, please contact

## Highlighting Month of the Military Child



The Month of the Military Child celebrated in April. The design includes illustrated vector figures of a diverse group of children that represent each of the 5 military branches. Purple is the official color used for the month of the military child.

your unit CSS, or for more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

**Smooth Move Relocation Workshop**

The next Smooth Move is from 10-11 a.m. May 21 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. May 28 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.

**Hearts Apart**

The next Hearts Apart is from 5-7 p.m. May 28. This monthly social event is for family members whose sponsor is deployed, on a remote tour or TDY for more than 30 days. To register or for more information, please call A&FRC at (662) 434-2790.

**Entrepreneurship Track Transition Workshop**

The next Entrepreneurship Track Transition workshop is from 8 a.m.-3 p.m. June 4-5. This workshop is conducted by the Small Business Administration for veterans and all base personnel interested starting up and operating their own business. To register or for more information, please call A&FRC at (662) 434-2790.

**Heart Link**

The next Heart Link / Spouse Welcome is from 8:30 a.m.-noon July 23 in the A&FRC. This half-day program is open to all spouses of active duty military members assigned to Columbus AFB. Attendees will receive information about life in the Air Force, in the local area and at Columbus AFB from local subject matter experts including spouse leaders. To register or for more information, please call A&FRC at (662) 434-2790.

**EFMP-FS**

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

See COMMUNITY, Page 14

**Chapel Schedule**

Whether you are new to Columbus Air Force Base or have been around for a while, our parish communities welcome you to join us as we worship, fellowship, and encourage one another. For more information, please call 434-2500.

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

**Drive through Easter Communion**  
10:45-11:30 a.m., 12 April in the rear chapel parking lot.





### Columbus Air Force Base Information and Events

Join our Facebook page at Columbus AFB Living, Twitter at @columbusafbliving, Instagram at columbus\_afb\_living, or visit our website at [www.columbusafbliving.com](http://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 Base'.

### FSS Base Events

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

### Virtual Fun on Columbus Air Force Base Living Facebook

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

### Bowling Snack Bar

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

### Wellbeats: Fitness Online

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

### Shark Tooth Creek

Spend a day at Shark Tooth Creek hunting for shark teeth and fossils. On May 16, ITT is providing transportation out to a popular attraction that's fun for the entire family. The cost is \$30 per person. Call ITT for more information at (662) 434-7861.

### Assignment Night Transportation

Book Assignment Night transportation with ITT! Reserve



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

### Exclusive Military Vacation Packages

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

### Storytime Schedule

The Base Library is offering virtual story time on Facebook. For more information, contact (662) 434-2934 or send them a direct message on their Facebook page, Columbus Air Force Library.

### FSS Gift Cards

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

### Horse Boarding Available

The Columbus AFB Riding Stables usually has stall space available. For pricing and more information, contact Outdoor Recreation at 434-2505.

### Free Mango Languages

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

### Lawn Mower and Bicycle Repair

Outdoor Recreation is now offering lawn mower repair and self-help bicycle repair. For more information, contact 434-2507.

### Hobby and Craft Instructors Needed

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

### Wood Shop is temporarily closed.

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

### Referees Needed

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

### RV Storage Lot

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

### Instructors Needed

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

### Fitness on Request

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

### Space A Lodging

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

### Ride in Style

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

# 14th FTW exemplifies resiliency amid pandemic, graduates SUPT students

## Airman Davis Donaldson

14th Flying Training Wing  
Public Affairs

Although nearly all base outreach events have been canceled due to the COVID-19 pandemic, Columbus Air Force Base was still able to find a way to recognize the Air Force's newest pilots during a graduation ceremony March 27.

The ceremony recognized graduates of Specialized Undergraduate Pilot Training Class 20-10/11, and the ceremony was conducted in accordance with safety and health guidelines from the Defense Department and Centers for Disease Control and Prevention. Since friends and families of the graduates were unable to attend, they were invited to watch the ceremony via a Facebook livestream.

Col. Samantha Weeks, 14th Flying Training Wing commander, spoke to the graduates before giving them their silver wings and graduation certificates.

Weeks first thanked family and friends for watching the ceremony and aiding the aviators throughout their training.

"I am sincerely appreciative for all of the friends, family and mentors who have been supportive along this journey," Weeks said. "While they may not be here in person today, I want to thank the families and friends for always being behind us 100 percent. In light of the global pandemic, we are continuing to graduate the world's most advanced generation of pilots."

Weeks said during atypical times, aviators must continue to remain resilient and answer the nation's call. She said in several months, the pilots will play a significant role in the nation's defense.

"In about six to nine short months you will be defending our borders, projecting power or transporting vital personnel and equipment to the next fight," she said.

During her speech, Weeks read a letter for the pilots written by Brig. Gen. Mark Weber, Montana Air National Guard chief of staff. She said the letter was written as a



A T-1A Jayhawk flies above Columbus Air Force Base, Miss.

form of encouragement for the graduates because no guest speaker could attend.

Weeks read the letter aloud. "Congratulations on today's milestone," the letter read. "Earning the wings of your Air Force is a culmination of a yearlong training program, designed to make you a key part of your greatest Air Force. You have committed countless hours of study and flight training to bring you to this moment."

Weber wrote in the letter that although Airmen are facing a difficult period, the Air Force has and will continue to train the pilots to the best of their ability.

The graduation marked two things for the pilots' time in service, he wrote in his

letter.

"Today not only marked a significant milestone in your professional development, it also marks the beginning of the many contributions you will deliver to the operational Air Force," Weber wrote. "You will be challenged to continue your professional development, to accept new roles and leadership positions and one day train the next generation. Welcome to the Air Force."

After reading the letter, Weeks expressed her gratitude toward the graduates for their future service.

"We thank you for your tireless efforts and offer support for the trying times that will inevitably cross your paths," Weeks said.

*"Today not only marked a significant milestone in your professional development, it also marks the beginning of the many contributions you will deliver to the operational Air Force," Weber wrote.*

"You've donned the cloak of our nation and answered a greater calling. I, along with all of the leadership here at Columbus Air Force Base, salute each and every one of you."

Visit us online!

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# SAPR: Know your part, do your part

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

Sexual assault is typically a topic not easily discussed, yet is something that can detrimentally affect Airmen and their ability to accomplish the mission, but April is designated Sexual Assault Awareness Month and is a time to openly discuss these issues.

The mission of the Columbus Air Force Base Sexual Assault Prevention and Response Office 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.

"We make sure that the population is educated on sexual assault and aware of the options and assistance available to them," said Althenia Sims, Sexual Assault and Response Coordinator.

Coordinator. "Any form of assault or harassment impacts the readiness of our Airmen.

To ensure they're ready to engage, we want to make sure that if something happens we can provide the care they need. We also want to educate them on prevention so they can

carry on the mission with their minds clear."

As the SARC, Sims helps execute the Air Force's SAPR program and is the primary point of contact for integrating and coordinating sexual assault victim care services for eligible recipients at Columbus AFB. She assists unit commanders as necessary to ensure victims of sexual assault receive appropriate and responsive care.

Though the SAPR office works every day to assist Airmen affected, April is a Sexual Assault Awareness Month, allowing it to be a primary time to help educate others and showcase the importance of what the SARC and victim advocates do.

See SAPR, Page 7



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As the Sexual Assault and Response Coordinator, Althenia Sims helps execute the Air Force's SAPR program and is the primary point of contact for integrating and coordinating sexual assault victim care services for eligible recipients at Columbus AFB.

U.S. Air Force graphic by Melissa Doublin

## Medical Corner



Alcohol Awareness

### How does drinking alcohol affect health?

Drinking too much alcohol can raise the levels of some fats in the blood known as triglycerides. A high triglyceride level combined with high LDL (bad) cholesterol or low HDL (good) cholesterol has been associated with fatty buildup in the artery walls. That, in turn, can increase the risk of heart attack and stroke.

Excessive drinking can also lead to high blood pressure, cardiomyopathy, cardiac arrhythmia and even death from alcohol poisoning. And it can interfere with the brain's communication pathways, affecting the way the brain works.

Binge drinking — having five or more drinks in two hours for men or four or more drinks for women — may put you at higher risk for atrial fibrillation, an irregular or quivering heartbeat that can lead to blood clots, stroke and heart failure.

#### Isn't red wine supposed to be healthy?

No research has proven a cause-and-effect link between drinking alcohol and better heart health.

Components in red wine such as flavonoids and other antioxidants can potentially reduce heart disease risk, but they can also be found in other foods like grapes or red grape juice or blueberries.

It's unclear whether red wine is directly associated with the health benefits seen in some studies, or whether other factors are at play. It might be that moderate wine drinkers are more likely to have a healthier diet and lifestyle — including physical activity and lots of fruits and vegetables.

The best-known positive health effect of alcohol is a small increase in HDL, or good cholesterol. But regular physical activity is a more effective way to raise HDL cholesterol.

The American Heart Association does not recommend drinking wine or any other form of alcohol to gain potential health benefits. Instead, take steps to lower cholesterol, control high blood pressure, manage weight, get enough physical activity, stay away from tobacco and follow a healthy diet.

The bottom line is...drink alcoholic beverages only in moderation, if at all. Understand the potential effects on your health if you do indulge. And don't start drinking for unproven health benefits.

Is drinking alcohol part of a healthy lifestyle? Retrieved from <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/alcohol-and-heart-health>

### 6 surprising ways alcohol affects your health

Some of the ways alcohol affects our health are well known, but others may surprise you:

- **Once you take a drink, your body makes metabolizing it a priority — above processing anything else. Unlike proteins, carbohydrates and fats, your body doesn't have a way to store alcohol, so it has to move to the front of the metabolizing line. This is why it affects your liver, as it's your liver's job to detoxify and remove alcohol from your blood.**
- **Abusing alcohol causes bacteria to grow in your gut, which can eventually migrate through the intestinal wall and into the liver, leading to liver damage.**
- **It can cause the heart to become weak (cardiomyopathy) and have an irregular beat pattern (arrhythmias). It also puts people at higher risk for developing high blood pressure.**
- **People can develop pancreatitis, or inflammation of the pancreas, from alcohol abuse.**
- **Drinking too much puts you at risk for some cancers, such as cancer of the mouth, esophagus, throat, liver and breast.**
- **If you drink every day, or almost every day, you might notice that you catch colds, flu or other illnesses more frequently than people who don't drink. This is because alcohol can weaken the immune system and make the body more susceptible to infections.**

6 Surprising Ways Alcohol Affects Your Health — Not Just Your Liver. Retrieved from <https://health.clevelandclinic.org/6-surprising-ways-alcohol-affects-health-not-just-liver/>

## HeRO Spotlight: USAFA Performance Nutrition Talk

Erin Locke, Health Promotion's Dietitian at USAFA, met with the USAFA Prep School basketball players (12 in attendance) and Coach Cavera during lunch for a monthly performance nutrition talk.

One of the athletes posed the question: "Why can't I drink an energy drink before every game?"

This question helped fuel the topic, "High Performance vs Low Performance Eating." Ms. Locke spoke about the importance of carbohydrate, protein, fluid and electrolytes for recovery, providing examples of recovery snacks and meals. She also showed the "Guide to Nutrient Timing: Basics for Pre, During and Post Workouts" (<https://www.hprc-online.org/nutrition/performance-nutrition/guide-nutrient-timing-basics>) and gave out a Sour Cherry Juice as an after workout supplement for anti-inflammation.



Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to [usaf.jbsa.afmsa.mbx.hpo@mail.mil](mailto: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/>





# Aircraft Fact Sheets: F-35A

## Mission

The F-35A is the U.S. Air Force's latest fifth-generation fighter. It will replace the U.S. Air Force's aging fleet of F-16 Fighting Falcons and A-10 Thunderbolt II's, which have been the primary fighter aircraft for more than 20 years, and bring with it an enhanced capability to survive in the advanced threat environment in which it was designed to operate. With its aerodynamic performance and advanced integrated avionics, the F-35A will provide next-generation stealth, enhanced situational awareness, and reduced vulnerability for the United States and allied nations.

## Features

The conventional takeoff and landing (CTOL) F-35A gives the U.S. Air Force and allies the power to dominate the skies – anytime, anywhere. The F-35A is an agile, versatile, high-performance, 9g capable multirole fighter that combines stealth, sensor fusion, and unprecedented situational awareness.

The F-35A's advanced sensor package is designed to gather, fuse and distribute more information than any fighter in history, giving operators a decisive advantage over all adversaries. Its processing power, open architecture, sophisticated

sensors, information fusion and flexible communication links make the F-35 an indispensable tool in future homeland defense, Joint and Coalition irregular warfare and major combat operations.

The F-35's electronic sensors include the Electro-Optical Distributed Aperture System (DAS). This system provides pilots with situational awareness in a sphere around the aircraft for enhanced missile warning, aircraft warning, and day/night pilot vision.. Additionally, the aircraft is equipped with the Electro-Optical Targeting System (EOTS). The internally mounted EOTS provides extended range detection and precision targeting against ground targets, plus long range detection of air-to-air threats.

The F-35's helmet mounted display system is the most advanced system of its kind. All the intelligence and targeting information an F-35 pilot needs to complete the mission is displayed on the helmet's visor.

The F-35's engine produces 43,000 lbs of thrust and consists of a 3-stage fan, a 6-stage compressor, an annular combustor, a single stage high-pressure turbine, and a 2 stage low-pressure turbine.

The F-35 is designed to provide the pilot with unsurpassed situational awareness, positive target identification and pre-

cision strike in all weather conditions. Mission systems integration and outstanding over-the-nose visibility features are designed to dramatically enhance pilot performance.

## Background

The F-35 is designed to replace aging fighter inventories including U.S. Air Force F-16s and A-10s, U.S. Navy F/A-18s, U.S. Marine Corps AV-8B Harriers and F/A-18s, and U.K. Harrier GR.7s and Sea Harriers. With stealth and a host of next-generation technologies, the F-35 will be far and away the world's most advanced multi-role fighter. There exists an aging fleet of tactical aircraft worldwide. The F-35 is intended to solve that problem.

On October 26, 2001, Under Secretary of Defense for Acquisition, Technology and Logistics Edward C. "Pete" Aldridge Jr. announced the decision to proceed with the Joint Strike Fighter (JSF) program. This approval advanced the program to the System Development and Demonstration (SDD) phase. The Secretary of the Air Force James G. Roche announced the selection of Lockheed Martin teamed with Northrop Grumman and BAE to develop and then produce the JSF aircraft.



U.S. Air Force photo by Capt. Kip Sumner  
U.S. Air Force Capt. Kristin "BEO" Wolfe, F-35A Lightning II Demonstration Team Pilot, flies for during a demonstration practice near Hill Air Force Base, Utah, March. 27, 2020. The F-35A demo team regularly practices at home station in between air shows in order to stay proficient in their skills



U.S. Air Force photos by Todd Cromar  
Airmen continue to fly and train with the F-35A Lightning II at Hill Air Force Base, Utah, despite the current Coronavirus crisis.

## SAPR

(Continued from page 6)

A large and very important piece of the SAPR Program available to assault victims are the two reporting procedures that have important differences that can affect their rights.

Restricted reporting is a confidential report that does not trigger an investigation or command involvement and provides a victim with some supportive service options. Only a SARC, SAPR Victim's Advocate, Health Care Provider or a Chaplain can provide a restricted report. Service options include access to counseling, medical care, and Special Victims Counseling.

Unrestricted reporting starts an official law enforcement investigation, enlists the support of the chain of command, and provides a victim with access to all supportive service options. The other services only available to unrestricted reporting include expedited transfer and Military Protective Order. With unrestricted reporting, knowledge of the sexual assault is limited to those with need-to-know.

When a victim of sexual assault decides to report, it's important to understand the options available. Knowing the difference between restricted and unrestricted reporting will help them avoid issues down the road. This is intended to empower them to seek relevant information and support to make more informed decisions about participating in the criminal investigation.

These options allow victims to make an informed decision on how they want to report their unique incident with all of the needed information to keep their rights as a victim intact.

A victim can choose to convert a Restricted Report to Unrestricted at any time. However, once an Unrestricted Report is made, the restricted option is no longer available.

No matter what, the SAPR Office is available to assist others with care and even can help with questions Airmen may have about SAPR or the different options and services available to them.

"You don't have to be afraid to come talk to us," Sims said. "I always say come to us first and come to us often to make sure you know your rights and options. We can provide information, advice and even be able to point them to other people they can talk to."

People also have the option of calling the DoD Safe Helpline at any time by dialing 877-995-5247.

# Sexual Assault Response Report Flow Chart

*Note: A victim who first contacts law enforcement or chain of command will have only the Unrestricted Report option.*



A large piece of the SAPR Program available to assault victims are the two reporting procedures that have important differences that can affect their rights.

Visit [www.columbus.af.mil](http://www.columbus.af.mil) to learn about Columbus AFB agencies and other important information.



# 14th FTW continues to advance force development during COVID-19 outbreak



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

**Two 14th Flying Training Wing pilots conduct preflight checks on a T-1A Jayhawk April 9, 2020, at Columbus Air Force Base, Miss. The T-1 is a medium-range, twin-engine jet trainer used in the advanced phase of specialized undergraduate pilot training for students selected to fly airlift or tanker aircraft. Pilot training has been deemed essential operations and continues amid the COVID-19 pandemic.**



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

**Two M1 Support Services maintainers inspect a T-38 Talon, April 8, 2020, at Columbus Air Force Base, Miss. Columbus Air Force Base utilizes contracted maintenance to keep training aircraft in pristine condition. Maintainers have been vital to ensuring pilot training continues amid the COVID-19 pandemic.**

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

Amid the COVID-19 pandemic that is sweeping the globe, the 14th Flying Training Wing's mission of creating pilots remains essential and vital to the nation's defense.

The 14th FTW at Columbus Air Force Base, Mississippi, has continued creating pilots all while following the Department of Defense's and Centers for Disease Control and Prevention hygiene guidelines.

During a recent Specialized Undergraduate Pilot Training graduation, in which 17 student pilots earned their silver wings, Col. Samantha Weeks, 14th FTW commander, explained why it is important for Columbus AFB Airmen to remain resilient and how their mission will proceed.

"Although the past weeks our world has changed significantly, we acknowledge how important our mission is and how everyone involved in that mission is necessary," Weeks said. "While certain sectors of our nation stand down, now is the time we are obliged as military members to stand up in order to meet our nation's call. We will continue to protect our force by minimizing our social interactions, but maximizing our mission in flight operations."

During the pandemic, flying training has and will continue as scheduled with certain precautions in place to help flatten the curve. Squadrons will adhere to the new face covering guidelines, and anytime their duties require them to be within six feet of each other, a face covering will be required.

Other precautions include a reduced fly schedule/day, with personnel broken into C and B teams (tail flash CB) to maximize protecting the force and mission for the long term. Additionally student and instructor pilots only flying to military bases and adding additional squadron restrictions for crew activities.

During the graduation, Weeks explained why the aviators are significant for the defense of the nation, and gave reason to why the pilot training mission must continue.

"In about six to nine short months you will be defending our borders, projecting power or transporting vital personnel and equipment to

*"Although the past weeks our world has changed significantly, we acknowledge how important our mission is and how everyone involved in that mission is necessary," Weeks said.*

the next fight," Weeks said.

She went on to say how important it is for Airmen and their families to remain resilient and that "In light of the pandemic, we will be continuing to graduate the world's most advanced generation of pilots."

However, the push for a continuation in pilot training starts at the top. In March, Air Education and Training Command also released a formal memorandum authorizing travel for Airmen who are scheduled for flying training. Lt. Gen. Brad Webb, commander of AETC, also said flying training will press on unabated during a recent video message posted on the command's Facebook page.

"AETC executes the critical mission of training and preparing our servicemen and women to provide for the national defense and current worldwide military missions," Webb stated in the memorandum titled Mission Essential Determination — Basic Military Training and Technical Training. "Maintaining AETC's recruiting, training and education activities and pipeline is critical to the operational mission success of our commanders executing the National Security Strategy."



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

**A T-6A Texan II takes off April 8, 2020, from Columbus Air Force Base, Miss. The T-6 is a single-engine, two-seat primary trainer, and is currently being used as pilot training continues amid the COVID-19 pandemic.**



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

**A T-38 Talon taxis toward a hangar April 8, 2020, at Columbus Air Force Base, Miss. The Air Education and Training Command is the primary user of the T-38 for joint specialized undergraduate pilot training. Pilot training has been deemed essential operations and continues amid the COVID-19 pandemic.**



**Two 14th Flying Training Wing pilots sit in the cockpit of a T-38 Talon April 8, 2020, at Columbus Air Force Base, Miss. Pilot training has been deemed essential operations and continues amid the COVID-19 pandemic.**

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