SILVER WINGS Cultivate, Create, CONNECT

WATER QUALITY

(Continued from page 15)

in drinking water than the general population. Immune-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Water Drinking Hotline (800-426-4791).

Where does my water come

The Columbus AFB water supply treated and distributed by CL&W. The water is drawn from eight wells supplied by the lower Tuscaloosa Aguifer, a groundwater source, and is stored in various places on base, e.g., water towers. No further treatment is done by base personnel.

Source water assessment and its availability

An inspection of the Columbus AFB water supply was completed on 06/20/2019 for compliance with the Ground Water Rule. Columbus AFB water supply received an overall capacity rating of 5.0 out of a possible 5.0 points. For more information, please contact Bioenvironmental Engineering Flight at the phone numbers

Why are there contaminants in my drinking water? Drinking water, including bottled

water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline (800-426-



ATTENTION: Clay, Lowndes, and Oktibbeha Counties You're eligible for membership* with AFFCU!

Start Enjoying the Benefits of an AFFCU Membership Today!*

- ✓ Get a Checking Account with Dividends and Earn Cash Back Rewards!1
- √ Find a Loan That Fits Your Needs
- ✓ Pay the Easy Way with a Smart Device
- ✓ Get Paid 1 Day Early with Direct Deposit²
- √ Joining is Easy, Online or In Person!

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

Join Today!* Visit us online at GoAFFCU.com or visit our Columbus branch at 1908 US Hwy 45 North next to Starbucks.



GoAFFCU.com 800.227.5328

SILVERINGS

Vol. 44, Issue 11 Columbus Air Force Base, Miss.



COVID-19 General Info

The base is executing a measured approach to reopening in order to protect our people and our mis-

Permitted areas:

- Military personnel may travel an hour outside of Columbus Air Force Base solely for the purpose o
- Salons and barber shops are permitted for military members.
- State and local parks are allowed.
- Freedom park is now open from 6 a.m.-8 p.m. You must wash your hands or use hand sanitizer before and after playing at the park. 20 people maximum in line with Governor's outdoor guidance.

Off-limits:

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

Gathering limitations:

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

For more Information on COVID-19 please see



Tempestt Mills, Fuel Service Controller, receives a fuel request May 29, 2020, on Columbus Air Force base Miss. Mills ensures clean dry fuel is dispatched to the proper location on time.

14th LRS/LGRFO fuels go full throttle ahead in light of COVID-19

14th Logistics Readiness Squadron

COLUMBUS AIR FORCE BASE, MISS. — Petroleum Oils and Lubricants (POL), is the lifeblood of Columbus Air Force Base, Mississippi, and that doesn't change due to a pan-

demic. The 14th Flying Training Wing's flying mission of training pilots continues. The 14th Logistic Readiness Squadron Fuels flight here at Columbus AFB continues to support the mission. "We control the fuel from the time it enters the base

TRAINING COLUMBUS AFB

PHASE II

37th (21-03) June 12 41st (21-04) July 2

PHASE III 48th (20-16)

50th (20-17)

June 12

Graduation 49th (20-IBC) June 25

TIMELINE

SUPT CLASS 20-16/17 GRADUATION

SUPT Class 20-16/17 graduates today at 10 a.m. at the Kaye

2 SILVER WINGS June 12, 2020 Cultivate, Create, CONNECT



Air Force international health specialists bring experience to pandemic response

By Zach Huebschman and Kelley Schlitt

U.S. Air Force International Health Specialists

FALLS CHURCH, Va. — International health specialists' experience in global-health engagements proved important to support the Defense Department's relief efforts to state health care systems fighting COVID-19.

The Ninth Air Force-led Task Force-Southeast provided defense support of civil authorities within Federal Emergency Management Agency regions III and IV. The task force's largest mission was delivering support to a COVID-19 alternate care site set up at Temple University in Philadelphia that served as an overflow medical facility.

Several international health specialists brought experience in global health engagements to support the task force's establishment and mission.

Col. Andrew Allen, international health specialist and U.S Air Force liaison to the National Guard Bureau, Global Health Division, was appointed as the deputy surgeon for Task Force-Southeast. Allen's international health specialist experience prepared him for this role.

As the U.S. Air Forces Europe and Air Forces Africa international health specialist team lead, Allen advised major-command leadership. He applied public health principles to evaluate health care infrastructure and medical capabilities of partner nations to provide operational and strategic guidance for medical security cooperation. This skill set was critical for his role on the task force.

"Because of my experience working with non-medical senior leadership as an international health specialist, I felt confident in performing a similar role as a member of the surgeon's team on the task force," Allen said.

Another aspect of Allen's prior experience that he found beneficial to perform his new function was pushing his boundaries as a medical professional and willingness to operate in unfamiliar roles and environments.

"A key element of international health specialist experience is expanding beyond a traditional role in a clinic or deploying to support an expeditionary medical group," Allen said. "Stepping out of your comfort zone and being part of the larger DoD mission is crucial to grow as a military medic, and something that can be difficult to accomplish outside of the program. Getting comfortable with being uncomfortable makes it easier to quickly adapt when you are called to take on new roles unexpectedly."

Maj. Joy Tesei, a member of the U.S. Air Forces Central Command international health specialist team, was also assigned to support Task Force-Southeast. She served as the subject matter expert for all medical and public health matters for the task force. Her work included providing recommendations to the com-



U.S. Army photo by Staff Sgt. Adrian Patoka

Michael Young, chief executive officer, Temple Health, discusses Temple University Hospital operations with Maj. Gen. Chad P. Franks, Task Force-Southeast commander, at Temple University Hospital in Philadelphia, April 27, 2020. Urban Augmentation Medical Task Force 352-1, a U.S. Army Reserve medical task force, is augmenting six Philadelphia-area hospitals and the Temple Coronavirus Surge Facility to support Philadelphia COVID-19 relief efforts. U.S. Northern Command, through U.S. Army North, is providing military support to the Federal Emergency Management Agency to help communities in need.

mander, developing medical concepts of operations, and serving as the liaison to civilian government and non-government organizations at the national and state levels.

"In working with partner nations to mutually increase capabilities, readiness and medical interoperability as an international health specialist, I operate in a joint and interagency environment that includes coordinating with major command staff, civilian government agencies and National Guard planners," Tesei said. "This provides a whole-of-force perspective that helped me understand the full breadth and depth of what we do as medics – a capability that was at the forefront of the COVID-19 response activities."

Tesei said that while her prior experience informed her work on the task force, the insights she gained while assigned to the task force will be just as helpful during future global health engagements.

"Task Force-Southeast was part of an unprecedented government-wide crisis response." she said. "Our partner nations are interested in how we have executed this and how we can exchange lessons learned and help each other improve pandemic detection and response."

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

Editorial Staff

Col. Seth Graham

14th Flying Training Wing

Commander

Rita Felton
Chief of Public Affairs

1st Lt. Steve Dean
Public Affairs Officer

Senior Airman Class Jake Jacobsen Editor

Senior Airman Keith Holcomb Airman 1st Class Hannah Bean Airman 1st Class Davis Donaldson Photojournalist

> Mrs. Tina Perry Layout Designer

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.

Published by The Commercial Dispatch Publishing Company, Inc., private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 14 FTW/PA office. This civilian enterprise newspaper is an authorized publication for members of the U.S. military services. Contents of the Silver Wings are not necessary the official views of, or endorsed by, the U.S. government, DoD, and the Department of the Air Force.

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 purchaser, user or patron.

Editorial content is edited, prepared and provided by the 14 FTW Public Affairs Office of Columbus AFB, Miss. All 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.

Water Quality Data Table

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of contaminants in water provided by public water systems. The table below lists all of the drinking water contaminants that were detected during the calendar year of this report. Although many more contaminants were tested, only those substances listed below were found in your water. All sources of drinking water contain some naturally occurring contaminants. At low levels, these substances are generally not harmful in our drinking water. Removing all contaminants would be extremely expensive, and in most cases, would not provide increased protection of public health. A few naturally occurring minerals may actually improve the taste of drinking water and have nutritional value at low levels. Unless otherwise noted, the data presented in this table is from testing done in the calendar year of the report. The EPA or the State requires monitoring for certain contaminants less than once per year because the concentrations of these contaminants do not vary significantly from year to year, or the system is not considered vulnerable to this type of contamination. As such, some of our data, though representative, may be more than one year old. In this table, you will find terms and abbreviations that might not be familiar to you. To help you better understand these terms, we've provided the definitions below the table.

MCLG or MCL, TT Your Range Sample

Contaminants		or MRDL	Water	_	_	Date		Typical Source
								is necessary for control of microbial contaminants.)
Haloacetic Acids (HAA5) (ppb)	N/A	60	5.0		NA	2019	No	By-product of chlorination
TTHMs [Total Trihalomethanes] (ppb)	N/A	80	13.9		NA	2019	No	By-product of disinfection
Chlorine (as C12) (mg/L)	4	4	1.20	_	1.8	2019	No	Water additive for microbes control
Inorganic Contaminants	<u> </u>	<u> </u>	1.20	0.10	1.0	2010	110	Tracer addition for filloropoc control
Barium (ppm)	2	2	0.008	NA	NA	2019	No	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Antimony (ppm)	0.006	0.006	< 0.0005		NA	2019	No	Discharge from petroleum refineries; fire retardants; ceramics; electronics; solder
Arsenic (ppm)	0.000	0.010	< 0.0005		NA	2019	No	Erosion of natural deposits; Runoff from orchards; Runoff from glass and electronics
ruseriio (ppiii)		0.010	~0.0000	'''	'"	2010	"	production wastes
Beryllium (ppm)	0.004	0.004	<0.0005	ΝΔ	NA	2019	No	Discharge from metal refineries and coal-burning factories; Discharge from electrical,
Berymani (ppin)	0.004	0.004	0.0003	l WA	11/7	2013	140	aerospace, and defense industries
Cyanide (ppm)	0.2	0.2	<0.015	NA	NA	2019	No	Discharge from steel metal factories; discharge from plastic and fertilizer factories
Cadmium (ppm)	0.005	0.005	< 0.0005			2019	No	Corrosion of galvanized pipes; Erosion of natural deposits; Discharge from metal refineries
Oaumum (ppm)	0.003	0.003	10.0003	INA	INA	2013	INO	Runoff from waste batteries and paints
Chromium (ppm)	0.1	0.1	<0.0005	NΙΛ	NA	2019	No	Discharge from steel and pulp mills; Erosion of natural deposits
	0.002	0.002	< 0.0005		NA	2019	No	Erosion of natural deposits; Discharge from refineries and factories; Runoff from landfills
Mercury (ppm)	0.002	0.002	<0.0003	INA	INA	2019	INO	and cropland
Fluorida (nam)	1	4	0.700	NIA	NIA	2010	No	
Fluoride (ppm)	4	4	0.738	INA	NA	2019	INO	Water additive which promotes strong teeth; Discharge from fertilizer and aluminum
Colonium (nam)	0.05	0.05	0.0005	NIA	NIA	0010	Na	factories
Selenium (ppm)	0.05	0.05	<0.0005	INA	NA	2019	No	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from
TI III ()	0.0005	0.000	0.0005	114	NIA.	0010		mines
Thallium (ppm)	0.0005	0.002	<0.0005		_	2019	No	Leaching from ore-processing sites; Discharge from electronics, glass, and drug factories
Nitrate (ppm)	10	10	<0.08	NA	_	2019	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Nitrite (ppm)	1	1	<0.02	NA		2019	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Nitrate-Nitrite (ppm)	NA	10	<0.1	NA	NA	2019	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Microbiological Contaminants								
Total Coliform (positive samples/month)	0	0	0	NA	NA	2019	No	Naturally present in the environment
Radioactive Contaminants								
Combined Uranium (ppb)	0	30	<0.5		NA	2018	No	Erosion of natural deposits
Radium (combined 226/228) (pCi/L)	0	5	<0.4	NA	NA	2019	No	Erosion of natural deposits
Gross Alpha (pCi/L)	0	15	0.76	NA	NA	2019	No	Erosion of natural deposits
Organic Contaminants								
1,2,4-Trichlorobenzene (ppb)	70	70	<0.5	NA	NA	2018	No	Discharge from textile factories
cis-1,2-Dichloroethylene (ppb)	70	70	<0.5	NA	NA	2018	No	Discharge from chemical factories
Xylenes, Total (ppb)	10000	10000	<0.5	NA	NA	2018	No	Discharge from petroleum and chemical factories
Dichloromethane (ppb)	0	5	<0.5	NA	NA	2018	No	Discharge from drug and chemical factories
o-Dichlorobenzene (ppb)	600	600	<0.5	NA	NA	2018	No	Discharge from chemical factories
p-Dichlorobenzene (ppb)	75	75	<0.5	NA	NA	2018	No	Discharge from chemical factories
Vinyl Chloride (ppb)	0	2	<0.5	NA	NA	2018	No	Leaching from PCV pipes; Discharge from plastic factory
1,1 Dichloroethylene (ppb)	7	7	<0.5	NA	NA	2018	No	Discharge from chemical factories
trans-1,2-Dichloroethylene (ppb)	100	100	<0.5	NA	NA	2018	No	Discharge from chemical factories
1,2-Dichloroethane (ppb)	0	5	<0.5	NA	NA	2018	No	Discharge from chemical factories
1,1,1-Trichloroethylene (ppb)	200	200	<0.5	NA	NA	2018	No	Discharge from metal degreasing sites and other factories
Carbon Tetrachloride (ppb)	0	5	<0.5	NA	NA	2018	No	Discharge from chemical plants and other natural industrial activities
1,2-Dichloropropane (ppb)	0	5	<0.5	NA	NA	2018	No	Discharge from chemical factories
Trichloroethylene (ppb)	0	5	<0.5	NA	NA	2018	No	Discharge from metal degreasing sites and other factories
1,1,2-Trichloroethylene (ppb)	3	5	<0.5	NA	NA	2018	No	Discharge from chemical factories
Tetrachloroethylene (ppb)	0	5	<0.5	NA	NA	2018	No	Discharge from factories and dry cleaners
Chlorobenzene (ppb)	100	100	<0.5	NA	NA	2018	No	Discharge from chemical and agricultural chemical factories
Benzene (ppb)	0	5	<0.5	NA	NA	2018	No	Discharge from factories; Leaching from gas storage tanks and landfills
Toluene (ppb)	1000	1000	<0.5	NA	NA	2018	No	Discharge from petroleum factories
Ethylbenzene (ppb)	700	700	<0.5	NA	NA	2018	No	Discharge from petroleum ractories
Styrene (ppb)	100	100	<0.5	NA	NA	2018	No	Discharge from rubber and plastic factories; Leaching from landfills
Inorganic Contaminants	MCLG						Violation	Source
			_	\rightarrow		$\overline{}$		
Copper (mg/L) Lead (mg/L)	0			018	(No No	Corrosion of household plumbing systems; Erosion of natural deposits Corrosion of household plumbing systems; Erosion of natural deposits
	0	0.015 0.						

2019 Columbus AFB Drinking Water Quality Report

We are pleased to present this year's Annual Water Quality Report (Consumer Confidence Report) as required by the Safe Drinking Water Act (SDWA). This report is designed to provide details about where your water comes from, what it contains, and how it compares to standards set by regulatory agencies. This report is a snapshot of last year's water quality. We are committed to providing you with information because informed customers are our best allies

Spanish (Espanol)

Este informe contiene informacion muy importante sobre la calidad de su agua potable. Por favor lea este informe o comuniquese con alguien que pueda traducir la informacion.

Is my water safe?

Yes, our drinking water is safe to drink. Drinking Water on Columbus AFB is routinely monitored for contaminants according to federal and state laws. All samples for the Columbus AFB distribution system are taken by the Bioenvironmental Engineering Flight and analyzed by the Mississippi State Department of Health. Additional sampling is completed by the water provider, Columbus Light and Water Company (CL&W). All results for 2019 are summarized in the Water Quality Data Table below.

Do I need to take special precautions?

Some people may be more vulnerable to contaminants

See WATER QUALITY, Page 16

Unit Descriptions

Term, Definition

ug/L — Number of micrograms of substance in one liter of water ppm — parts per million, or milligrams per liter (mg/L)

ppb — parts per billion, or micrograms per liter (µg/L)
pCi/L — picocuries per liter (a measure of radioactivity)

positive samples/month — Number of samples taken monthly that were found to be notifive

N/A — not applicable

D — Not detected

NR — Monitoring not required, but recommended

Important Drinking Water Definitions

<u>Term, Definition</u>

MCLG — Maximum Contaminant Level Goal: The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

MCL — Maximum Contaminant Level: The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

TT — Treatment Technique: A required process intended to reduce the level of a contaminant in drinking water.

contaminant in orinking water.

AL — Action Level: The concentration of a contaminant which, if excee triogers treatment or other requirements for a water system must follow.

Variances and Exemptions — State or EPA permission not to meet an MCL or a treatment technique under certain conditions.

MRDLG — Maximum Residual Disinfection Level Goal: The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

contaminants.

MRDL — Maximum Residual Disinfectant Level: The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a

disinfectant is necessary for control of microbial contaminants MNR — Monitored Not Regulated

MPL — State Assigned Maximum Permissible Level

For more information please contact:

Contact Name: Bioenvironmental Engineering Address: 201 Independence Drive, Building 1100 Columbus AFB, MS 39710-5300 Phone: (662) 434-2284 or (662) 434-2285 SILVER WINGS

Cultivate, Create, CONNECT

SILVER WINGS 9 June 12, 2020 **3**

COMMUNITY

(Continued from page 13)

Pre- and Post-Deployment Tour Briefing

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

Pre-Separation Counseling

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

(Continued from page 12)

tion, contact 662-434-2934.

contact 662-434-2507.

Repair

Needed

closed.

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 informa-

Lawn Mower and Bicycle

Outdoor Recreation is now offer-

ing lawn mower repair and self-help

bicycle repair. For more information,

Hobby and Craft Instructors

Do you have a hobby or craft proj-

ect you can share with others? Arts &

Crafts is looking for craft instructors.

For more information, contact 662-

Wood Shop is temporarily

The Wood Shop is closed. Sorry for

Referees needed for various sports at the Fitness Center. For more infor-

mation or to sign up, contact 662-434-

Don't clutter your home space,

park with us. Outdoor Recreation of-

any inconvenience, please call 662-

434-7836 for any questions.

Referees Needed

RV Storage Lot

Employment Workshop

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

Survivor Benefit Plan

Instructors Needed

Fitness on Request

The Youth Center is seeking in-

structors for tumbling classes, dance

classes, piano and guitar lessons. For

more information, contact the Youth

The Fitness Center offers a truly

comprehensive group fitness platform

that is available all day and complete-

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

Personal Financial Readi-An employment workshop on lo-

Need Help with Financial matters? Want to make the most of your money? The Personal Financial Counselor (PFC) can help you and your family: manage finances, resolve financial problems and reach long-term goals such as education, buying a home and planning for retirement. PFC services are at no cost, private and confidential. Please contact the PFC at (662) 998-0411/434-2790 or e-mail PFC. Columbus.USAF@zeiders.com, located in the A&FRC.

Key Spouse Program (KSP)

The mission of KSP is to provide information and resources to military spouses, supporting families in successfully navigating through the military life cycle. The KSP is a CC's program. The CC establishes and maintains the program within the unit, to include choosing team members. Once selected as a KS in writing, you will need to attend initial/refresher KS training and continuing education. For more information, please call (662) 434-3323.

Military and Family Life **Counselor Program**

Military and Family Life Counselors (MFLCs) provide non-medical counseling to help Airmen (single and married), spouses and other family members cope with stressful situ-

ations created by deployments, reintegration and life challenges such as martial issues, parenting, career stress and anger. All counselors are licensed mental health providers, and they can meet either on or off base. There is no charge for services, and appointments can usually be made within one to two days. To contact the MFLC, please call (662) 435-1110.

BAPTIST JOB OPPORTUNITIES



OPEN POSITIONS AVAILABLE AT BAPTIST

MEMORIAL HOSPITAL-GOLDEN TRIANGLE

IN THE FOLLOWING AREAS:

662-434-2548.

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

RENT-A-SPACE

406 Wilkins Wise Rd. www.columbusrentaspace.com 662-327-5656



A \$25.00 donation will be made to www.woundedwarrioroutdoors.com

on behalf of any CAFB Personnel who rents a storage space.

fers a great place to store your RV year ly customizable to meet your needs around. You will have 24-hour access with 119 different classes on the Fitand can pay monthly or yearly. For ness on Request system. For more inmore information, call 662-434-2505. formation, call 662-434-2772.

Space A Lodging

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

Ride in Style

contact 662-434-7861.

REGISTERED NURSE NEEDED IN: ER

- CRITICAL CARE
- Skilled Nursing Facility Behavioral Health/Psych
- PROGRESSIVE CARE A OR /PACU
- ▲ MED/SURG
- Oncology

STRONG COMPENSATION/BENEFITS PACKAGE!

Apply online at: https://www.baptistonline.org/careers Contact: Johnny. Judson@bmhcc.org Phone: 662-244-2100 Toll Free: 800-544-8762 Ext: 2100 P.O. Box 1307 Columbus, MS 39703

(Continued from page 1)

Cultivate, Create, CONNECT

till it is issued to the end user, said Fuels Operations Manager Nick Anderson. "Our team of professionals continue to follow our rigorous fuel handling safety procedures while also implementing safety precautions recommended by the CDC."

From start to finish

The journey for Jet A starts when fuel is delivered by the suppler via tank truck and received in the bulk storage facility. From there it is transfered to the operational storage that is used as an intermediate holding to fill the trucks.



"We use the R-11 fuel trucks to issue to the end user," said Tempestt Mills, Fuel Service Controller.

FDSO Lead Sherry Vonsee' mentioned that along with fuel storage and distribution, they have multiple behind the

scenes functions going on to ensure clean dry fuel is sold to the customer. Those functions include the maintenance section that works alongside transportation to keep the trucks rolling, the fuels service center controls movement and personnel to make sure the machine runs smooth, and the Lab which test and samples the fuel to make sure exceptional quality is maintained for the government.

The POL flight also supplies ground fuels vehicle fleet as well as Aviators Breathing Oxygen for the pilots of the T-38 Talon. Even with the inherent risks involved in handling the fuel, the Columbus POL flight have no problem finding the clean, dry fuel and liquid oxygen to 14th Flying Training Miss. Before any of the fuel is received by any aircraft, the benefits of their work.



Sammie Doughty, Fuel Distribution System Operator, safely sets up to refuel an aircraft May 29, 2020, on Columbus Jacob Wright, Fuel Distribution System Operator, inspects Air Force base, Miss. The 14th Logistics Readiness Squad- a refueling hose on an R-11 refueler prior to issuing fuel ron Fuels Management Flight is responsible for delivering to an aircraft May 29, 2020, on Columbus Air Force base, Wina and transient aircraft.



fuel is tested to make sure it is in regulation for the aircraft.

Team Blaze celebrates newest Captain Selects

14th Operation Support Squadron: 1st Lt. Howard Chambers

37th Flying Training Squadron: 1st Lt. Samuel Coughlin 1st Lt. Joshua Schoettelkotte

48th Flying Training Squadron: 1st Lt. Austin Love



14TH FLYING TRAINING WING DEPLOYED

As of press time, 29 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



screening process changes As the 14th Medical Group and the community moves forward in the re-

14th MDG's drive-through

sponse to COVID-19, we have reached a point where we will need to alter our drive-through COVID-19 screening process. Beginning June 8, 2020, as beneficiaries enter the 14th MDG campus, the

following changes will occur:

At the initial screening station:

- You will receive a green, yellow or red information card based on your risk actors and symptoms.
- These cards will tell you where to park and what steps to follow to either go inside, speak to an on-call provider or retrieve your prescriptions.

Prescription pickup: Call first at 662-434-2168 or 662-434-3122 to activate your prescriptions before coming for pickup. This key step minimizes your wait

If COVID-19 concerns arise it is important to stay home and call the 14th MDG at 662-434-CARE for further instructions.

Thank you for your patience and your help with minimizing the safety concerns of our community.

Medical Group Management Association

While the nation's civilian healthcare workforce has been the key focus of headlines around the COVID-19 public health emergency, thousands of active-duty members of the armed forces are responding to the challenges, as well as countless veterans across the United

As part of the Medical Group Management Association efforts during National Military Appreciation Month, we are sharing stories from those who are serving or have served.



Lt. Col. Sean E. Marshall, 14th Healthcare Operations Squadron commander and administrator, 14th Medical Group, Columbus, Miss. Marshall shared his perspective on joining the U.S. Air Force, becoming a practice management leader and the current response to

Q. How did you decide to join the U.S. Air Force?

A. I originally joined a year after graduation on a program called the "buddy system" that allowed me to go in the Air Force with a friend who already signed up. Joining was the best decision I ever made. After 10 years of active duty, I transitioned to the Air Force Reserve part-time in order to help with my family business. That's where I started in healthcare, running the life and health department as well as computer operations for a small agency.

After Sept. 11, I was activated and called to active duty. I remember watching the events unfold from a small TV in our finance department and knew I would get a call soon. From the moment of that call I knew I was supposed to wear the uniform. I returned to active duty after getting my direct commission as a 1st lieutenant to serve as a Medical Service Corps Officer (healthcare administrator).

Q. What does your role entail regarding practice management?

A. One of our key functions in practice management is referred to as Group Practice Management (GPM) in the Air Force. In this position we serve the Medical Group in all the traditional capacities as a practice manager, schedules, onboarding, strategic business planning and much more.

My best day at work includes connection with people; the unique ability to connect with patients and providers. This aspect of specializing as a GPM is the most rewarding and provided me many of the communication tools I need as I sit in my current role as commander. As the Air Force medical service transitions to a new Defense Health Agency construct, this has proven invaluable as the new structure places me in leadership roles for not only all support functions but also for clinical operations supervising providers, nurses and technicians.

Q. How has that role and your day-to-day duties evolved since the COVID-19 crisis began?

A. I specialized in practice management early in my career, teaching the basic course for constitute DoD endorsement.

new GPMs and serving in several senior GPM positions for our larger hospital platforms. Now as a Squadron Commander (COO), I do many of the same things I did as a GPM (money, manpower, supplies and insurance/beneficiary operations).

The evolution since COVID-19 is all about safety of our beneficiaries and our staff. Every plan and detail walks through protection of the most vital resource: people. Working virtually and keeping social distance is our No. 1 challenge. Our team of compassionate providers, nurses, techs and support staff thrive on connecting and interacting with patients. Now figuring out how to do this virtually is truly a struggle, physically and mentally. We still see patients face-to-face, but how that is done is much different, masked up. We continue to work on a plan to open up with a new way of practicing.

Q. How have you adjusted in your personal life outside of work as a result of COVID-19?

A. Personal life is quite simple and that is very nice right now. My wife and I can spend quality time just catching our breath and getting to things we needed to do around the house.

Q. Do you do anything specifically to help manage stress/anxiety due to these changes?

A. We still get out to exercise, and I even get a bike ride in now and then. Cycling is my go-to in order to think and decompress. Lots of dog walks now, too. My family keeps me going. Mom and Dad are eager to Zoom; our oldest is active-duty Air Force; one away at Alabama; one in Texas; one in Alaska with two grandbabies and her husband active-duty Army; and the youngest in Hawaii. Kelly and I stay busy keeping up with them and FaceTiming to stay

Q. In honor of Military Appreciation Month, who is someone you appre-

A. Chief Master Sergeant Sam Gardenia: He is a vital part of why I sit here today and write this message. Chief Gardenia was an amazing mentor and had an uncanny ability to motivate people to get things done. I don't ever remember a harsh word coming out of his mouth as he directed us to do what it was that needed accomplished. He was always compassionate at a time when compassion wasn't so hip, but he did it anyway. He motivated me in every step as I progressed and promoted to Chief Master Sergeant and then supported my desire to return to active duty with my commission.

Of course, how can I not mention my family? They are huge supporters, and words can never show my Mom, Dad and my wife, Kelly, enough appreciation.

I also want to put a plug in for my MGMA family: my mentors Stephen Sales, Greg Feltenberger, Tim Morris, Amy Russo and so many more. MGMA has been a tremendous organization to many fellow Air Force members, a great resource and life-changing experience for many of us. I am always proud feeling the connection in meetings and conversations when I know MGMA plays such a key part in developing standards and industry measures we use to evaluate our own clinical practices.

Showing our appreciation

We thank Lt. Col. Marshall for sharing these thoughts and for his ongoing service. If you know an active-duty healthcare leader or veteran working in healthcare you'd like to nominate for National Military Appreciation Month, email us.

The appearance of U.S. Department of Defense (DoD) visual information does not imply or

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'

Wing Newcomers Orientation

The next Wing Newcomers Orientation will be held virtually on June 16. This event is mandatory for all newly arrived military and DoD civilian personnel. The event's foundation is a mobile App, so if you are registered, please locate and download the Columbus Air Force Base App from the App Store prior to attending. To register, please contact your unit CSS, or for more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. June 18 in the A&FRC. This workshop is highly recommended for first-time and over-seas relocating members. Get the very latest moving information straight from base-wide relocation assistance agencies. Learn what to expect before you move with information from Tri-Care, Housing, Military Pay, TMO, Medical Records and A&FRC. Be sure to bring and ask any relocating questions you may have during this event.

Hearts Apart

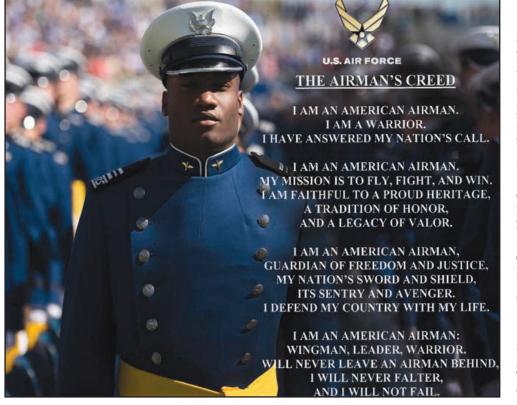
The next Hearts Apart is from 5-7 p.m. June 25. This monthly social event is for family members whose sponsor is deployed, on a remote tour or TDY for more than 30 days. To register or for more information, please call A&FRC at (662) 434-2790.

Federal USA Jobs Workshop

The next Federal USA Jobs workshop is from 9-10:30 a.m. July 8. 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.

Assistance Program Transition Workshop

The next Transition Assistance Program (TAP) workshop is from 7:30 a.m.-4 p.m. July 13-15 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 infor-



Air Force Recovery Coordination Program

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

Department of Labor Employment **Transition Track**

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

Heart Link

The next Heart Link / Spouse Welcome is from 8:30 a.m.-noon July 23 in the A&FRC. This half-day program is open to all spouses of a.m.-3 p.m. This workshop is conducted by the active duty military members assigned to Colum- Small Business Administration for veterans and bus AFB. Attendees will receive information all base personnel interested starting up and about life in the Air Force, in the local area and operating their own business. To register or for mation, please call the TAP Manager at (662) at Columbus AFB from local subject matter ex- more information, please call A&FRC at (662) perts including spouse leaders. To register or for 434-2790.

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

Department of Labor Transition Vocational Track Workshop

The next DoL Transition Vocational Track Workshop is from 8 a.m.-3 p.m. July 27-28 and will be held online. This workshop helps members identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. To register or for more information, please call A&FRC at (662) 434-2790.

Bundles for Babies

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

Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop will be held on Oct. 1-2 from 8

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 Application (FPCA) SF-76, Federal Write-in Absentee Ballot (FWAB) SF-186 and National Mail Voter Registration Form (NVRF). The VAO also leads and trains all installation unit voting assistance officers For more information, please contact the Installation VAO at (662) 434-2701/2790 or e-mail vote.columbus@us.af.mil.

Discovery Resource Center

The Columbus A&FRC has computers with internet access available for job searches, assessments, resumes, cover letters, state and federal applications and companies' employment information. A printer and fax machine is available A lending library of books, DVDs and periodicals on transition and EFMP topics are available for check out. These resources are available on a

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.

12 SILVER WINGS
June 12, 2020

FSS Services

SHOOTING TOURNAMENT

Water Aerobics

SILVER WINGS June 12, 2020 5 Cultivate, Create, CONNECT

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 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

Get Connected with Your New Base App!

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

FSS Base Events

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

Live Games on Columbus Air Force Base Living

Tune in on the Columbus Air Force Base Living's Facebook for a live game every 2nd and 4th Thursday at noon. Live games such as Pictionary, Trivia, and Charades. Show off your quick thinking from the comfort of your own home and win a prize!

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: 11 a.m.-6 p.m., Sun: Closed. Breakfast is offered until 10:30 p.m. Menus are located online at columbusafbliving. com/strike-zone-grill/ or located on the base app under Services > Dining > On-base menus > Strike Zone Grill. Please call and Blaze Fest 2020 order ahead at (662) 434-3426.

Library Curbside Delivery

As of May 4, the library is offering curbside delivery. Find your book at www.columbusafb.milasolutions.com. Email your order to the library at 14.fss.fsd.library@us.af.mil. A confirmation email will be sent when your order is ready! Orders received before 1100 will be ready during 1300-1600 that same day. Before picking up, please make sure you get a confirmation email stating your book is ready for pickup. When you park in the back parking lot, please can be cancelled or rescheduled due to COVID-19. give the library a call at 662-434-2934 so the library knows you are there. When returning books, you can drop them off anytime Independence Pool at the book drop off located in the back parking lot of the library. To return DVDs and audiobooks, please call us at 662-434-2934 on Monday-Friday from 1300-1600 for an employee to meet you at the back parking lot to pick it up from your car. Please note, all rentals are first come, first serve.

Shootina Tournament

Skeet Club on June 20, from 9 a.m.-noon. Free to enter! Please RSVP by June 15 at Outdoor Recreation. You must bring your own events can be cancelled or rescheduled due to COVID-19.

Outdoor Recreation

Outdoor Recreation (ODR) is back open! Their updated hours Learn to Swim are Monday-Friday, 10 a.m.-5 p.m. and Saturday/Sunday, 9-10 here is a brief overview! June 20: Shooting tournament. July 18: Tandem skydiving. August 6: Cornhole Tournament. For more inbe cancelled or rescheduled due to COVID-19.

June 20 • 0900-1200

TOURNAMENT

FREE ENTRY! CLAY TARGETS INCLUDED.

MUST BRING YOUR OWN GUN & AMMO.

PLEASE SIGN UP AT ODR BY JUNE 15, COB. CALL (662)434-2507 * Note: Most powerful shells authorized is a 3DR, 11/8oz of #7.5, 8, or 9 shot. No Magnum shells.

FORCE

Blaze Fest 2020 is coming back to Columbus AFB on July 3from 6:30-9:30 p.m. Firework will start at 9 p.m. Stay tuned for more information!

Arts and Crafts

Arts and crafts has some fun events planned in the upcoming months, here is a brief overview! July 25: Canvas painting. August 15: Back to school photo booth and framing. For more information, call arts and crafts at 662-434-7856. Please note, all events

The Independence Pool is back open from Thursday-Monday every week. Lap swim is from 6-9 a.m. Open swim is available during these blocks of time: 10 a.m.-noon, 1-3 p.m., 4-6 p.m., and 7-8 p.m. Please note, after every swim block the pool will be closed completely to be sanitized prior to the next swim block. The maximum amount of people allowed in the pool is 50. In front of the pool there is a sign out front with green on one side and red on Outdoor Recreation is hosting a Shooting Tournament at the the other. Green signifies the pool can accept more people and red signifies they are at capacity. Daily "per visit" passes can be purchased at the pool, however, summer passes need to be purchased gun and ammo, the clay targets will be included. Call Outdoor at Outdoor Recreation during their business hours. For more in-Recreation for more information at 662.424.2507. Please note, all formation, please call the Independence Pool at (662)434-2491 or be changed without notice due to COVID-19.

The Independence Pool is offering Parent and Child Swim a.m. They have some fun events planned for the next few months, Lessons starting on June 9 on Tuesdays and Wednesdays. The two classes offered are: beginner class (ages 6 month - 2 years) and an intermediate class (3-5 years). Cost is \$40 per class. Please call formation, call ODR at 662-434-2507. Please note, all events can Outdoor Recreation for more details at 662.434.2507 or the Independence Pool at 662.434.2505.

The Independence Pool is offering Water Aerobics on Tuesdays and Wednesdays from 9:30-10:15 a.m. Must be 18+ to participate. The cost per class is \$20 for the session or \$5 per class. Session 1: June 9-24 and Session 2: July 14-29. Please call Outdoor Recreation for more details at 662-434-2507, the Independence Pool at 662-434-2505, or email questions to ODR.WSI.LTS@ gmail.com.

Columbus Club

The Columbus Club has a fun event coming up. July 10: Namaste at the Bar. For more information, call the Columbus Club at 662-434-2489. Please note, all events can be cancelled or rescheduled due to COVID-19.

Coffee House on 5th

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

Information, Tickets & Travel (ITT)

Information, Tickets & Travel is back open! Hours are Monday-Friday from 9 a.m.-1 p.m. Come by and check out their new location right by the Coffee House on 5th. For more information, call 662-434-7861.

Shark Tooth Creek

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

Assignment Night Transportation

Book Assignment Night transportation with ITT! Reserve the bus, the van or both! The cost is \$30 per hour for Columbus and local areas; a \$30 deposit is required and applied to the total cost of reservation. Reservation must be a minimum of four hours and reserved in person. For more information, contact 662-434-7861.

Exclusive Military Vacation Packages

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

Storytime Schedule

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

FSS Gift Cards

Make your shopping easier! Purchase or redeem your FSS Gift Card at the following locations: Arts and Crafts, Bowling Center, Café at Whispering Pines, Child Development Center, Columbus Club, Information Tickets and Travel, Outdoor Recreation or the Outdoor Recreation at (662)434-2507. Please note, any hours can

Youth Center. For more information, stop by any of these loca-

Horse Boarding Available

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

See FSS, Page 14

Johnson assumes command of 14th CES

By Airman 1st Class Davis Donaldson

14th Flying Training Wing Public Affairs

Lt. Col. Tyler Johnson took command of the 14th Civil Engineer Squadron during a change of command ceremony June 3, 2020, at Columbus Air Force Base, Mississippi.

The mission of the 14th CES is to provide sustainable infrastructure, environment, readiness and emergency response.

Prior to taking command of the 14th CES, Johnson was the commander of the 788th Civil Engineer Squadron at Wright Patterson AFB, Ohio.



U.S. Air Force photo by Melissa Doublin

Col. Gary Hayward, 14th Mission Support Group commander, returns a salute to Lt. Col. Tyler Johnson, 14th Civil Engineer Squadron commander, on June 3, 2020, at Columbus Air Force Base, Miss. The mission of the 14th CES is to provide sustainable infrastructure, environment, readiness and emergency response.

Prouty takes command of 48th FTS

By Airman 1st Class Davis Donaldson

14th Flying Training Wing Public Affairs

Lt. Col. Nelson Prouty took command of the 48th Flying Training Squadron on May 21. 2020, at Columbus Air Force Base, Miss.

The 48th FTS conducts the tanker and airlift track of specialized undergraduate pilot training where students receive a minimum of 159 hours of flight instruction in the T-1A

Prouty was the director of operations at the 14th Student Squadron prior to taking command of the 48th FTS.



U.S. Air Force photo by Sharon Ybarro

Col. Tom McElhinney, 14th Operations Group commander, hands Lt. Col. Nelson Prouty, 48th Flying Training Squadron commander, the 48th FTS guidon at the change of command ceremony May 21, 2020, on Columbus Air Force Base, Miss. The 48th FTS conducts the tanker and airlift track of specialized undergraduate pilot training where students receive a minimum of 159 hours of flight instruction in the T-1A Jayhawk.



Visit us online!

Web page: www.columbus.af.mil Facebook: www.facebook.com/ColumbusAFB

Twitter: www.twitter.com/Columbus AFB



Fireworks Safety

Darren Amos

14th CES/CEF, Lead Fire Inspector

The manufacture, sale, storage, possession, transportation and/or use of fireworks and all incendiary devices are expressly prohibited on Columbus Air Force Base to include Hunt housing and community. The only exception is from a licensed/insured professional company

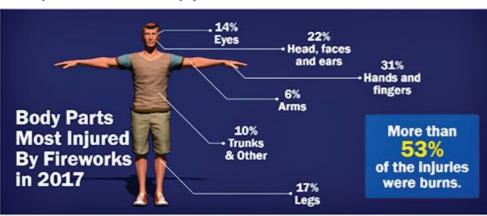
Fireworks start an average of 18,500 fires per year, including 1,300 structure fires, 300 vehicle fires, and 16,900 outside and other fires. These fires caused an average of three deaths, 40 civilian injuries, and an average of \$43 million in direct property damage.

In 2017, U.S. hospital emergency rooms treated an estimated 12,900 people for fireworks related injuries; 54% of those injuries were to the extremities and 36% were to the head. Children younger than 15 years of age accounted for more than one-third (36%) of the estimated

If you choose to partake in fireworks activity off-base, remember, fireworks can be dangerous, causing serious burn and eye injuries. Follow these safety tips when using fireworks:

- Never allow young children to play with or ignite fireworks.
- Always have an adult supervise fireworks activities. Parents don't realize that young children suffer injuries from sparklers. Sparklers burn at temperatures of about 2,000 degrees which is hot enough to melt some metals.
- Never place any part of your body directly over a fireworks device when lighting the fuse. Back up to a safe distance immediately after.
- Never try to re-light or pick up fireworks that have not ignited fully.
- Never point or throw fireworks at another person.
- Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- Light fireworks one at a time, then move back quickly.
- Never carry fireworks in a pocket or shoot them off in metal or glass containers.
- After fireworks complete their burning, douse the spent device with plenty of water from a bucket or hose before discarding it to prevent a trash fire.

Data from Consumer Product Safety Commission and National Fire Protection Association



Household hazardous waste drop-off

Household Hazardous Waste Drop-off, 8 a.m.-2 p.m. Wednesday & Thursday (Jun 24 & 25)

Most individuals have some type of chemicals they use in their homes - cleaners, insecticides, and automotive oils to name a few. Landfills are not really designed to address the hazards these items pose to the environment. The 14th Civil Engineer Squadron is asking everyone to take the time and go through their cabinets, garage, or back yard shed and bring those items to the parking lot between the Resale Lot (Lemon Lot) and the Youth Center (building 348) on Imes Street. The 14th CES/CEIE will pack everything up and send it to a facility designed and permitted to accept them.

All items must be labelled to indicate the contents. The 14th CES/CEIE will NOT take items that are not identified. Some examples of common household items to turn in are: aerosols, automotive fluids, herbicides, insecticides, paint,



stains, lacquers, gasoline, bleach, household cleaners, adhesives, glues, expired fire extinguishers, and mercury thermometers.

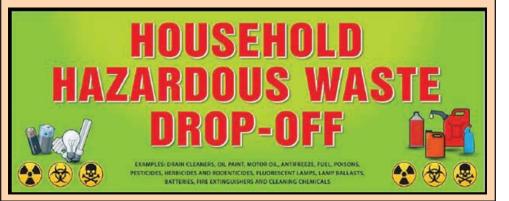
For more information, call Mr. Byron Harris, 14 CES/CEIE, at 434-7955.

Who: Anyone with base access

What: Identifiable, non-industrial

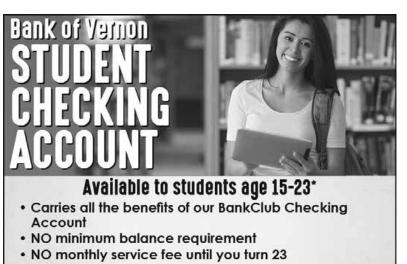
When: 24-25 June, 2020, at 8 a.m.-2

Where: Imes St. parking lot between the Resale Lot and Youth Center





Stay hydrated!



- FREE Benefits Include:
- Instant Issue Debit Card (with approval) Mobile Banking
- - Checks
- Many Other Benefits & Discounted Items

*Parent or Guardian Required as Co-Owner



www.bankofvernon.bank

3561 Bluecutt Road, Columbus, MS Caledonia, MS . Vernon, Al



CULTURAL



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



For more information: www.ccsms.org/pach



Throughout our history, patriotic lesbian, gay, bisexual and transgender (LGBT) soldiers, sailors, airmen, marines and coast guardsmen have honorably served and bravely fought for our nation. Their readiness and willingness to serve have made our military stronger

In June of 1969, patrons and supporters of the Stonewall Inn in New York City staged an uprising to resist the police harassment and persecution LGBT Americans routinely

This uprising marked the beginning of a movement to outlaw discriminatory laws and practices against the LGBT community. LGBT Pride Month commemorates these events, and works to achieve equal justice and equal opportunity for LGBT Americans.

On December 22, 2010, the "Don't Ask, Don't Tell" (DADT) policy was officially repealed Certification occurred in July 2011, and fully implemented on September 10, 2011. LGB military members could now serve openly, proudly, and honorably. On April 28, 2014, the Pentagon released an update to the Department of Defense (DoD) Human Goals Charter hat, for the first time, included language related to sexual orientation for military members.

Previously, the definition of "spouse" under Family Medical Leave Act (FMLA) was defined by the state law where the employee resided. In February 2015, the Department of Labor revised the definition to encompass legally married same-sex couples, regardless of where they live or work.

In June 2015, the DoD updated its Military Equal Opportunity program to protect Service Members against discrimination because of sexual orientation. The Department's ongoing commitment to living the values it defends includes treating everyone equally.

In June 2016, the DoD announced all transgender Service Members can openly serve, and cannot be discharged or otherwise separated from the military.

As we celebrate LGBT Pride Month together, let us take pride in all who step forward to serve our country. All who answer the call to serve are committing themselves to the most noble endeavor-to provide security for others so they can live their dreams, raise their

Diversity and inclusion are readiness imperatives; we rely on our diverse backgrounds, perspectives, and expertise to address the complex challenges of global security.

Security and policy review

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



10 SILVER WINGS
June 12, 2020 Cultivate, Create, CONNECT Cultivate, Create, CONNECT

**** Medical Corner**



Maintain your brain

When we think about fueling our bodies, we generally think about muscles. Protein and muscle building get a lot of attention in our culture. In America, we already consume more than the recommended protein intake. Building and repairing muscle is an important job, however, there is one organ that monopolizes a lot more of our energy. The brain is roughly 1/50th of our weight but uses almost a quarter of the energy that we consume, which makes sense when we consider all of the brain's responsibilities! As the boss of our central nervous system, it takes care of our thinking, planning, emotions, and it processes the input we receive from our senses. It stores and retrieves our memories and coordinates our movements. With such a busy organ it is imperative that it gets adequate quality fuel.

The most important fuel for the brain is glucose! We get glucose from carbohydrates (grains, fruits, dairy) and sugar. Our brain is not a fan of the "carbs are the enemy" fad. When looking for those carbs to best fuel your brain try to grab some that include fiber.

Speaking of fiber, another overlooked aspect of brain health is our microbiome. This is composed of the microscopic bacteria that live in our intestines and is responsible for making some of our neurotransmitters like serotonin and dopamine. These hormones help keep us happy. Their lack or disruption can cause disturbances in our mental health and our brain health. The best way to keep our microbiome healthy is with adequate fiber. Fiber is a substance found in plants that our bodies cannot break down but our microbiome loves it! See the side bar for more information and research on fiber and brain health.

Lastly, be sure to consume enough energy. When our bodies go into starvation mode, we can experience mental disturbances. This can include depression, preoccupation with food, as well as decreased concentration, judgement, and comprehension. This "starvation mode" is going to differ depending on several factors to include age, sex, weight, height, and activity level.

For recipes that promote brain health, visit the Cleveland Clinic's healthy recipe website, https://healthybrains.org/recipes/.

Medical nutrition in mental health and disorders. Retrieved from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5547853/

Protein Intake Trends and Conformity With the Dietary Reference Intakes in the United States: Analysis of the National Health and Nutrition Examination Survey, 2001-2014. Retrieved from https://pubmed.ncbi.nlm.nih.gov/29931213/

Berryman, C. E., Lieberman, H. R., Fulgoni, V. L., 3rd, & Pasiakos, S. M. (2018). Protein intake trends and conformity with the Dietary Reference Intakes in the United States: analysis of the National Health and Nutrition Examination Survey, 2001-2014. The American journal of clinical nutrition, 108(2), 405–413. https://doi.org/10.1093/ajcn/nqy088

Nutrition Therapy and Pathophysiology 3rd edition. Marcia Nelms, Kathryn P Sucher, Karen Lacey. Cengage Learning 2011. Pps 596 – 600.

Brain and gut friendly fiber

A 2018 study conducted in mice found interesting results as it relates to brain health, the microbiome, and aging. Researchers fed mice a low fiber or high fiber diet for 4 weeks, and measured butyrate levels. Butyrate is a short chain fatty acid produced in the large intestine, and is known to decrease inflammation.

They found that in mice that ate the high fiber diet, had increased butyrate levels, and lower inflammation than mice fed the low fiber diet. This research suggests that eating a diet with more fiber-rich foods increases butyrate in the intestines and decreases inflammatory markers in the brain!

Although more research is needed, especially in humans, we already know that fiber has many other benefits as it relates to heart health and reducing cancer risk. The recommendation is 21-25g fiber/day for women and 30-38g fiber/day for men. Be sure to make 3/4 of your plate fiber-rich foods, including fruits (citrus, apples, berries), vegetables (broccoli, carrots,



cauliflower), beans, and whole grains (oatmeal, barley, brown rice, whole wheat breads and pasta)

Should I be eating more fiber? Retrieved from https://www.health.harvard.edu/blog/should-ibe-eating-more-fiber-2019022115927

Matt, S.A., Allen, J.M., Lawon, M.A., Mailing, L.J., Woods, J.A., & Johnson, R.W. (2018). Butyrate and dietary soluble fiber improve neuroinflammation associated with aging in mice. Frontiers in Immunology, https://doi.org/10.3389/fmmu.2018.01832.

A personal message from your health promotion Health Busting Team

Dear Health Myth Busters,

I'm looking for a mental edge as I prepare for my promotion testing. I read that nootropics are safe and act as "cognitive boosters." Is that true?

> Sincerely, Getting Ahead

Dear Getting Ahead,

The term nootropic currently refers to any substance (either naturally occurring or made in a lab), which might improve cognition. There is currently no proof that any dietary supplements marketed as nootropics can enhance memory, improve brain function, protect the brain, AND are safe. According to Operation Supplement Safety's website (www.opss.org), common dietary supplement ingredients marketed as nootropics include Bacopa monnieri, huperzine A, Ginkgo biloba, ashwagandha root extract, rhodiola, and ginseng.

A big problem with dietary supplements sold as noo-tropics, is that they may contain over-the-counter or prescription drugs, ingredients that are on the World Anti-doping Agency prohibited list, or other unapproved ingredients that are not allowed for use by military members.

Be especially wary of ingredients that are part of a "proprietary blend" or matrix as the entire weight of the blend is listed (e.g. 300mg), but as a consumer, you don't know how much of each ingredient is in the product. More is not necessarily better!

For more information on nootropics, visit the Operation Supplement Safety FAQ: https://www.opss.org/article/nootropicswhat-are-they

Sincerely, Health Myth Busters

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

BLAZE Hangar Tails: U-28A

Background

The U-28A is a modified, single-engine Pilatus PC-12 aircraft and is part of the Air Force Special Operations Command manned, airborne intelligence, surveillance, and reconnaissance fleet. Operational squadrons include the 319th, 34th and 318th Special Operations Squadrons, and the 5th and 19th SOS conduct the airframe's formal training.

Mission

The U-28A provides manned fixed-wing tactical airborne ISR support to humanitarian operations, search and rescue and conventional and special operation missions.

Features

AFSOC fielded the U-28A fleet through the purchase of commercially available aircraft and subsequent military modification to include tactical communications capabilities, aircraft survivability equipment, electro-optical sensors, and

advanced navigation systems. The advanced radio-communications suite is capable of establishing U.S. Department of Defense and NATO data-links, delivering full-motion video, and transmitting secure voice communications. The U-28A benefits from outstanding reliability and performance, and the aircraft is capable of operating from short runways and semi-prepared surfaces.

Background

The diverse Special Operations Command mission requirements generated a need for small numbers of mission-specific aircraft which were procured rapidly to address specific mission needs. The U-28A is a modified, single-engine Pilatus PC-12 that operates worldwide.

The U-28A is part of AFSOC's Light Tactical Fixed Wing fleet, formerly known as non-standard aviation.

The initial block of U-28 aircraft were procured and modified for use in operations Enduring Freedom and Iraqi Free-

dom

All U-28A aircraft are maintained through contractor logistics support.

General Characteristics

Crew: 2 Pilots, 1 Combat Systems Officer, 1 Tactical Systems Officer

SILVER WINGS 7

Builder: Pilatus Aircraft Ltd

Power Plant: Pratt-Whitney PT6A-67B

Thrust: 1,200 horse power

Wingspan: 53 feet 3 inches (16.23 meters)

Length: 47 feet 3 inches (14.4 meters)

Height: 14 feet (4.25 meters)

Speed: 220 knots

Range: 1,500 nautical miles

Ceiling: 30,000 feet

Maximum Takeoff Weight: 10,935 lbs.

Deployment Date: 2006

Unit Cost: \$16.5 million

Inventory: Active duty, 28; Reserve/ANG, 0

(Current as of September 2017)



U.S. Air Force Photo/ Staff Sgt. John Bainter

A U.S. Air Force U-28A sits under a sunshade on the flightline on Hurlburt Field, Fla., Aug. 6, 2013. The U-28A is certified to operate from short and semi-prepared airfields.



Don't be a litter bug.

Keep America beautiful.



U.S. Air Force photo by Senior Airman Dennis Spair

A U-28A assigned to the 34th Special Operations Squadron flies over Hurlburt Field, Florida, Oct. 18, 2018. The U-28A, a modified Pilatus PC-12, provides airborne intelligence, surveillance and reconnaissance in support of special operations missions worldwide.

Buckle up! It's the law.



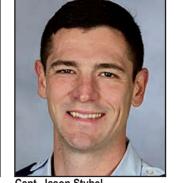


SUPT Class 20-16/17 earns silver wings





Kernersville, North Carolina



Seven Hills, Ohio



Capt. Jason Stybel

Twenty officers have prevailed during a year of training, earning the right to be-

Specialized Undergraduate Pilot Training Class 20-16/17 graduates at 10 a.m. today during a ceremony at the Kaye Auditorium.

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

Capt. Jason Stybel, 2nd Lt. Matthew Evans and 2nd Lt. Andrew Keller received the Air Education and Training Command Commander's Trophy for being the most outstanding students overall in their classes.

The Air Force Association Award was presented to, 2nd Lt. Michael Barnes, 2nd Lt. Steven Spencer and 2nd Lt. Doug Trojanowski who excelled in training and typified the tenets of the association; promoting aerospace power and a strong national defense.

The distinguished graduates of Class 20-16/17 recognized were Stybel, Evans and Keller for outstanding performance in academics, officer qualities and flying abilities.

The 52-week pilot training program begins with a six-week preflight phase of academics and physiological training to prepare students for flight. The second phase, primary training, is conducted in the single-engine, turboprop T-6A Texan II at Columbus Air Force Base, Mississippi. Students learn aircraft flight characteristics, emergency procedures, takeoff and landing procedures, aerobatics and formation flying. Students also practice night, instrument and cross country navigation flying.

Primary training takes approximately 23 weeks and includes 254.4

hours of ground training, 27.3 hours in the flight simulator and 89 hours in the T-6A

After primary training, students select, by order of merit, advanced training in the fighter-bomber or airlift-tanker track.

Both tracks are designed to best train pilots for successful transition to their follow-on aircraft and mission.

Advanced training for the fighter track is done in the T-38C Talon, a tandem-seat, twin-engine supersonic jet. T-38 training emphasizes formation, advanced aerobatics and navigation. Training takes approximately 26 weeks and includes 381 hours of ground training, 31.6 hours in the flight simulator and 118.7 hours in the

T-38C aircraft. The airlift-tanker track uses the T-1A Jayhawk, the military version of a multi-place Beech Jet 400 business

jet. Instruction centers on crew coordination and management, instrument training, cross-country flying and simulated refueling and airdrop missions. Training takes about 26 weeks and includes 185 hours of ground training, 53.6 hours in the flight simulator and 76.4 hours

in the T-1A. Each class is partnered with business or civic organizations during their year of training. This program is designed to foster closer ties between the community and Columbus AFB. Today, each student will be given a set of pi-

lot wings with their names engraved on the back as a token of good luck from their partners. SUPT Class 20-16/17's pilot partners are Lost Pizza, First Command Financial Planning and LaQuinta.



1st Lt. Matthew Evans



1st Lt. Justin Blumas Roseland, New Jersey



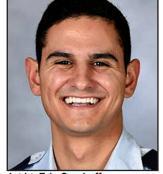
2nd Lt. Brandon Arias Castro Valley, California



2nd Lt. Michael Barnes Alexandria, Virginia



2nd Lt. Evan Harwood Birmingham, Alabama KC-135R



2nd Lt. Andrew Keller

Boiling Springs, Pennsylvania

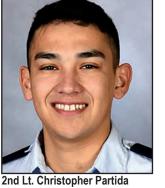
1st Lt. Eric Gershof East Meadow, New York KC-135R



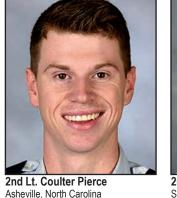




Charlotte, North Carolina



Phoenix C-130J C-130J



2nd Lt. Tristan Reeve Sandy, Utah



2nd Lt. Kevin Shi Plainsboro, New Jersey MC-130J

FB CLASS 20-16



2nd Lt. Steven Spencer Duluth, Minnesota



2nd Lt. Douglas Trojanowski Marietta, Georgia



Suwanee, Georgia



Tinley Park, Illinois