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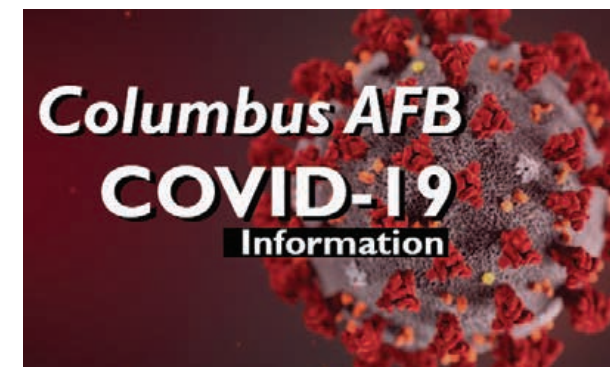
SILVER WINGS

“Cultivate Airmen, Create Pilots, CONNECT”

Columbus Air Force Base, Miss.

Vol. 44, Issue 15

August 7, 2020



COVID-19 General Info

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

Permitted areas:

- Military personnel may travel two and a half hours outside of Columbus Air Force Base to obtain necessary goods and services and/or to engage in outdoor recreation.
- Salons, barber shops and other personal care/grooming establishments.
- State and local parks are allowed.
- Freedom park access from 6 a.m.-8 p.m. You must wash your hands or use hand sanitizer before and after playing at the park. 50 people maximum in line with Governor's outdoor guidance.
- The base pool is open under limitations.
- Overnight lodging facilities.
- Arts and Crafts, and bowling center with limitations.

Off-limits:

- No dining-in at restaurants, bars, casinos or breweries or similar establishments. Take out and drive thru are still authorized.
- Gyms, bowling centers, theaters, auditoriums and events off base are prohibited.

Gathering limitations:

- 20 people indoors and 50 people outdoors
- 6' physical distancing
- Personal hygiene is key
- Cloth face covering if physical distance can't be maintained

ATC Tower gains new position, first two Airmen earn ratings

Senior Airman Keith Holcomb
14th Flying Training Wing Public Affairs

The first two Airmen in the Air Traffic Control Tower are now certified in the Tower Coordinator (CT) position.

Columbus Air Force Base, Mississippi Air Traffic Control Tower leadership developed and implemented the new CT position, effective June 1, 2020, splitting the duties and responsibilities of the overtasked Flight Data (FD) position.

“Senior Airman Nico Buonsanto and I are both on the more experienced side of controllers in the Columbus AFB tower,” said Senior Airman Miranda Fisher, 14th Operations Support Squadron Air Traffic Controller. “It was exciting to be chosen to be the first ones rated in the CT position.”

Air traffic controllers are responsible for the safe and expeditious flow of air traffic. The tower visually controls the flow of aircraft from the taxiways, runways, and in local flight patterns.

Both controllers began their U.S. Air Force air traffic journeys in the Columbus AFB tower and have become experts in their craft. The tower leadership said it was hard to decide who would receive the ratings first, but were confident in the two Airmen chosen because of their experience in Flight Data.

“At first I didn't think it was a necessary position and I think most other Airmen who never controlled in a control tower with the CT position didn't think it was necessary,” Fisher continued, “but once Nico and I controlled in CT it was obvious how much better it worked.”

The new CT position is vital in ensuring even safer and overall improved communication.

See ATC, Page 3



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

Senior Airman Miranda Fisher, 14th Operations Support Squadron Air Traffic Controller, poses for a photo August 4, 2020, on Columbus Air Force Base, Miss. The new Tower Coordinator position is vital in ensuring even safer and overall improved communication between controllers and from the tower to the pilots.

COLUMBUS AFB TRAINING TIMELINE

PHASE II		PHASE III		IFF		SUPT CLASS 20-20/21 GRADUATION	
Squadron	Track Select	Squadron	Graduation	Squadron	Graduation	SUPT Class 20-20/21 graduates today at 10 a.m. at the Kaye Auditorium.	
37th (21-07)	Sept. 3	48th (20-22)	Aug. 19	49th (20-FIC)	Sept. 4		
41st (21-06)	Aug. 14	50th (20-23)	Sept. 1				



DOD medical officials outline COVID-19 testing approach

C. Todd Lopez
DOD News

WASHINGTON D.C. — Though the rate of confirmed positive COVID-19 tests among those in uniform is lower than that of the nation's civilian population, the most junior service members have a slightly higher rate than that of their civilian counterparts, the medical advisor to the Defense Department's coronavirus task force said.

"From a data standpoint, after adjusting for the age of our force, the confirmed case rate in our active duty service members remains slightly lower than the U.S. average in all age groups except those aged 18 to 24 years old," Air Force Brig. Gen. (Dr.) Paul Friedrichs, who also serves as the Joint Staff surgeon, said at a Pentagon news conference July 30.

Department leaders, Friedrichs said, believe the slightly higher rate among the youngest service members is due in large part to more testing done within the military — for example, the services test service members at the entry to basic training and at the end of basic training.

"We think that this is a reflection of our commitment to Defense Secretary Dr. Mark T. Esper's first priority of reducing risk to the force and protecting them as they go through performing their duties to protect and defend our nation," Friedrichs said.

Air Force Maj. Gen. (Dr.) Lee E. Payne, assistant director for combat support at the Defense Health Agency and the DOD lead for COVID-19 testing, said the department has increased the amount of COVID-19 testing it does fivefold over the past three months.

"To date, we've conducted more than 540,000 tests since January," Payne said. "And DOD testing capacity has expanded greatly since March." Now, he said, the department has 125 labs certified to test for COVID-19 - up from 15. That greatly expanded testing capacity can do more than 200,000 tests per week if needed, he added. However, the department instead works to meet a goal it set for itself in May to conduct 56,000 tests a week, Payne said.

"Thanks to the tireless work of thousands in the Military Health System, we

have met that goal, administering nearly 60,000 tests per week over the last several weeks," he added.

Payne said the active duty positive rate is holding at about 5.3 percent over the last several weeks. That, he said, is lower than in the civilian population.

While increased testing and technology efforts such as the "Negative Pressure CONEX" for transporting infected patients on military aircraft while at the same time keeping the crew safe are all important parts of the department's response to COVID-19, and individual efforts are just as important, Friedrichs said.

"The foundation of our response has been and remains both the individual and the collective commitment to those basic public health measures that we've talked about over and over again - things like social distancing, washing hands, and wearing a mask," he said. "While not necessarily high-tech, they are incredibly effective, and we're grateful for the support from everyone who's embraced those in order to reduce the risk to the force into the mission."



Medical Advisor to the Department of Defense Coronavirus Task Force Air Force Brig. Gen. Paul Friedrichs answers questions and speaks to the media during press briefing on DOD COVID-19 testing, July 30, 2020 in the Pentagon Briefing Room.



A lab technician with the Naval Health Research Center processes specimens for COVID-19 testing, March 19, 2020.

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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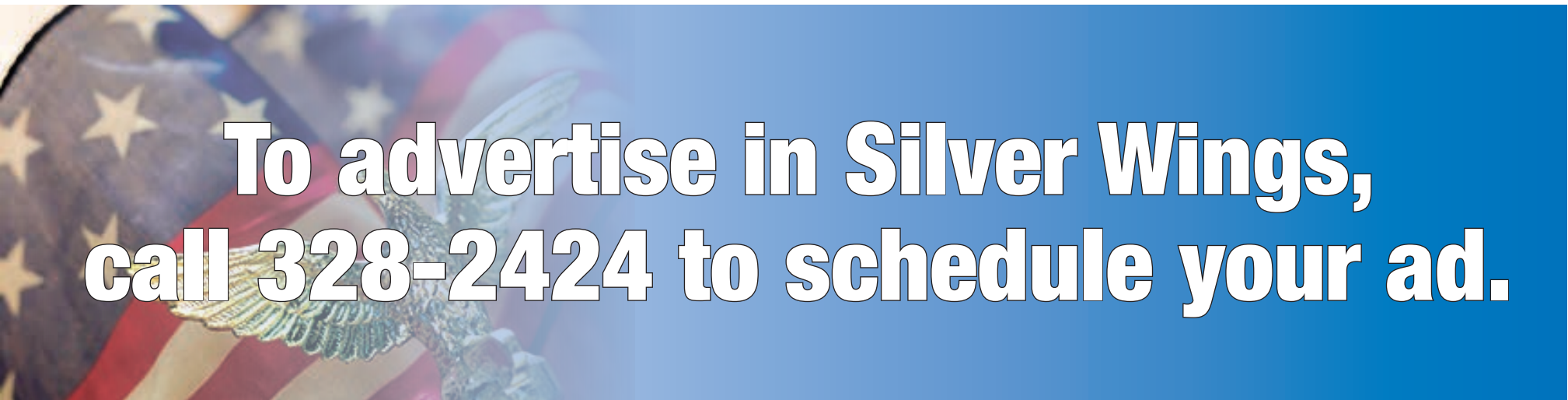
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14TH FLYING TRAINING WING DEPLOYED

As of press time, 59 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.*

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.



U.S. Air Force photo by Senior Airman Keith Holcomb
Senior Airman Nico Buonsanto, 14th Operations Support Squadron Air Traffic Controller, moves flight strips while in the new Tower Coordinator position August 4, 2020, on Columbus Air Force Base, Miss. Columbus AFB Air Traffic Control Tower leadership developed and implemented the new Tower Coordinator (CT) position, effective June 1, 2020, splitting the duties and responsibilities of the over-tasked Flight Data (FD) position.

ATC
(Continued from page 1)

tion between controllers and from the tower to the pilots.

"Flight Data is like a secretary of the tower, calling for weather, maintenance control, updating weather conditions, and more," said Buonsanto. "Before the split it got overwhelming to coordinate traffic

with the other controllers and accomplish Flight Data's responsibilities. The CT will alleviate that stress on FD and allow us to really execute our mission more safely and effectively."

Fisher and Buonsanto accomplished their training July 17, 2020 and July 29, 2020 respectively.

"It was really cool to be the first airman to go through CT training, it's something I'll always have," Fisher said.



Visit us online!

Web page: www.columbus.af.mil

Facebook: www.facebook.com/ColumbusAFB

Twitter: www.twitter.com/Columbus_AFB

Fit to Fight during COVID-19

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

Keeping fitness goals can be hard. It can be even harder during a global pandemic, such as COVID-19.

Although the Columbus Air Force Base gym may be open, it is only available to active duty members while the base is operating under HPCON Charlie.

Quentin Floyd, Columbus Air Force Base, Mississippi Fitness Center director, suggested different options the community can use other than the base gym, as well as other fitness tips.

Floyd suggested members use the equipment area at Freedom Park to increase their strength by doing body weight exercises such as variations of pushups and pull-ups. In addition, the track around Freedom Park is available for cardio, he said.

“Also, for cardio, there is Perimeter Road and we have the two-mile long BLAZE Fitness Trail,” Floyd said. “They can use the foot golf course we have out there. We’re working on redoing it, but it is still available for use.”

For a more fun and less strenuous form of



U.S. Air Force photo by Airman 1st Class Davis Donaldson
Second Lt. Danny Highland and 2nd Lt. Maxwell Heefner, both 41st Flying Training Squadron student pilots, conduct body dips at Freedom Park on August 8, 2020, at Columbus Air Force Base, Miss. Although the Columbus Air Force Base gym may be open, it is only available to active duty members while the base is operating under Health Protection Condition Charlie.

exercise, Floyd said members should use the fitness center’s tennis and basketball courts, and the Frisbee golf course across from the fitness center.

If all else fails and none of the facil-

ities are an option, Floyd said people should stay moving, regardless. He says anyone can exercise anywhere, whether it be at home or outside.

“For the people that workout, then work-



U.S. Air Force photo by Airman 1st Class Davis Donaldson
A person rides a bicycle on Perimeter Road on August 5, 2020, at Columbus Air Force Base, Miss. For cardio, Quinten Floyd, Columbus AFB fitness director, suggested base members use the BLAZE Fitness Trail and Perimeter Road.

out, you don’t need the fitness center,” he said. “There are many forms of training, such as HIIT (High-Intensity Interval Training) you can do on your own and plagiarize it to your own standard.”

Spears welcomed to 14th OG as new commander

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

Col. Justin Spears, 14th Operations Group commander, took command of the 14th OG at a change of command ceremony on July 24, at Columbus Air Force Base, Mississippi.

The 14th Operations Group and its six squadrons are responsible for the 52-week Specialized Undergraduate Pilot Training mission at Columbus. The group also performs quality assurance for contract aircraft maintenance.

During a speech given at the ceremony, Spears expressed his excitement about joining his new team.

“It’s an incredible thing we’re asked to do here at Columbus,” Spears said. “Our mission is clear and

the success of our mission depends on solely on the quality of the people assigned to do it and there are none better than the men and women of the 14th Operations Group. My family and I, we are incredibly humbled and honored to join the team.”

RIGHT: Col. Seth Graham, 14th Flying Training Wing commander, hands Col. Justin Spears, 14th Operations Group commander, the 14th OG guidon at the 14th OG change of command ceremony on July 24, 2020, at Columbus Air Force Base, Miss. The 14th Operations Group and its six squadrons are responsible for the 52-week Specialized Undergraduate Pilot Training (SUPT) mission at Columbus. The group also performs quality assurance for contract aircraft maintenance.



U.S. Air Force photo by Elizabeth Owens

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

Recovery Care Coordinator (RCC) will be providing assistance from noon-5 p.m. Aug. 12; 8 a.m.-5 p.m. Aug. 13; and 8 a.m.-noon Aug. 14 at the A&FRC. The Recovery Coordination Program (RCP) streamlines and improves the way care and support is delivered to wounded, ill, and injured Airmen and their families. The RCP provides the support of a RCC who guides the Airman and family along their road to recovery. Those eligible include wounded, ill and injured Airmen who: (1) have a serious illness or injury, (2) are unlikely to return to duty within a specified amount of time, (3) may be medically separated from the military. Additional details are available by contacting the Columbus AFB A&FRC at (662) 434-2790.

Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. Aug. 13 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.

Wing Newcomers Orientation

The next Wing Newcomers Orientation will be held on Aug. 25 from 8-9:15 a.m. in the Kaye Auditorium. This event is mandatory for all newly arrived military and DoD civilian personnel. The event’s foundation is the base’s 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.

Bundles for Babies

The next Bundles for Babies workshop is from 1-3:30 p.m. Aug. 27. 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.

Youth Center performs Seussical



U.S. Air Force photo by Senior Airman Keith Holcomb
Members of the Youth Center pose for a picture after a play July 31, 2020 on Columbus Air Force Base, Miss. The kids performed a Seussical musical based on the children stories of Dr. Seuss.

Hearts Apart

The next Hearts Apart is from 5-7 p.m. Aug. 27. This monthly social event is for family members whose sponsor is deployed, on a remote tour or TDY for more than 30 days. To register or for more information, please call A&FRC at (662) 434-2790.

Transition Assistance Program Workshop

The next Transition Assistance Program (TAP) workshop is from 7:30 a.m.-4 p.m. Sept. 14-16 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 8:00 a.m.-4 p.m. Sept. 17-18. 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. Sept. 23. 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. Sept. 28-29 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.

Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop will be held on Oct. 1-2 from 8 a.m.-3 p.m. 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 8:30-11:15 a.m. Oct. 22 in the A&FRC.

This half-day program is open to all spouses of active duty military members assigned to Columbus AFB. Attendees will receive information about life in the Air Force, in the local area and at Columbus AFB from local subject matter experts including spouse leaders. To register or for more information, please call A&FRC at (662) 434-2790.

EFMP-FS

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

Volunteer Opportunities

If you are interested in volunteering, please contact the A&FRC. We have volunteer opportunities located across the base for one-time events, special events or on a continual basis. Volunteers are needed on base at the Youth Center, Child Development Center, Library, Medical Clinic, Chapel, Airman’s Attic, Thrift Store, the Retiree Activities Office and many other locations. For more information, please call A&FRC at (662) 434-2790.

Installation Voting Assistance Office

A&FRC houses the Voting Assistance Office (VAO) which is open Monday - Friday, 7:30 a.m. - 4:30 p.m. and closed weekends/holidays. The VAO offers voting assistance including voter registration, absentee ballot requests and voting, change of address, and provides answers for other general voting questions to uniformed service members, their family members and civilians with access to A&FRC. Assistance includes but is not limited to aid in preparing and submitting Federal Post Card Application (FPCA) SF-76, Federal Write-in Absentee Ballot (FWAB) SF-186 and National Mail Voter Registration Form (NVRF). The VAO also leads and trains all installation unit voting assistance officers. For more information, please contact the Installation VAO at (662) 434-2701/2790 or e-mail: vote.columbus@us.af.mil.

Chapel Schedule

Chapel services are now available.

Catholic Services: 5 p.m. on Sun

Protestant Services: 10:45 a.m. on Sun

Daily Mass: 10 a.m. on Tues and Wed

As we gather for services there is a 50 person limit inside the chapel. Thank you all for your help during this time and we are looking forward to seeing you all soon!

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 (662) 434-2337.

Get Connected with Your Base App!

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

FSS Base Events

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

Live Games on Columbus Air Force Base Living Facebook

Tune in on the Columbus Air Force Base Living's Facebook for 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!

FREE Muffins & Fresh Coffee

The Columbus Club is offering free muffins & fresh coffee on 12 August, starting at 7 a.m. Swing by for a curbside treat! While supplies last. One per person.

Back to School Dash

The Youth Center is hosting the Back to School Dash at the Fitness Center on 15 August at 8:45 a.m. Open to all ages! Kids can participate in a 2 mile run, with a special 5k for adults! Run through a rainbow of colors, ending with sprinklers. Goodie bags, drinks and popsicles will be given at the end of the run. The sign up deadline is 12 August. Please call (662) 434-2504 for more information.

Back to School Planning

During these times of uncertainty, we want you to be certain of one thing. Columbus AFB School Age Care (SAC) is here to support your needs. During the 2020-2021 School Year, SAC will be offering both after school and full day care services daily. Register today! Please call the Youth Center at (662) 434-2504.

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.-2 p.m., Sat & Sun: Closed. Breakfast is offered until 10:30 a.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 order ahead at (662) 434-3426.

Bowling Center

The Bowling Center lanes are back open! Hours are Tuesday-Friday: 3-9 p.m., Saturday: noon-6 p.m. Sign-up via the Bowling Center's Facebook page. Limited to 4 persons per lane. Maximum of 20 people in the facility. Only beverages and packaged snacks will be available during bowling hours. For more information, call (662) 434-3426.

Library Curbside Delivery

The library is offering curbside delivery. Find your book at www.columbusafb.mil.asolutions.com. Email your order to the library at 14.fss.fsd.library@us.af.mil. A confirmation email will be



sent when your order is ready! Orders received before 11 a.m. will be ready during 1-4 p.m. 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 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 at the book drop off located in the back parking lot of the library. To return DVDs and audiobooks, please call the number provided Monday-Friday from 1-4 p.m. 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.

Arts and Crafts

Arts and crafts is open and offers custom engravings, framing, and much more! For more information, call arts and crafts at (662) 434-7856.

Fitness Center

The Fitness Center is open, currently serving Active Duty only during this initial phase. Space is limited! Patrons must sign up via SignUpGenius to secure a spot/access. The link is: <https://www.signupgenius.com/go/904054CAAAB2AABFF2-august>. Hours of operation are Monday-Friday: 6 a.m.-7 p.m., Saturday: 10 a.m.-6 p.m., and Sunday: Closed. There will be no 24/7 access. Please note some important things: 100% ID Card Check. Bathrooms only available. No showers or lockers for use. Bring gym necessities only. No rental equipment. For more information, call the Fitness Center at (662) 434-2772.

Outdoor Recreation

Outdoor Recreation's hours are Monday-Friday, 10 a.m.-5 p.m. and Saturday/Sunday, 9-10 a.m. ODR offers all sorts of rental for the water, camping, and much more! Two fun events coming up: Canoe Tug-O-War on 5 September and another Shooting Tournament on 12 September. For more information, call ODR at (662) 434-2505. Please note, all events can be cancelled or rescheduled due to COVID-19.

Independence Pool

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 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 at Outdoor Recreation during their business hours. For more information, please call the Independence Pool at (662) 434-2491 or Outdoor Recreation at (662) 434-2507. Please note, any hours can be changed without notice 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.-5 p.m. and Saturday, 8 a.m.-noon. Call for more information at (662) 434-2233.

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.

Assignment Night Transportation

Book Assignment Night transportation with ITT! Reserve the bus, the van or both! The cost is only \$30 per hour for Columbus and local areas; a \$30 deposit is required and applied to the total cost of reservation. Reservation must be a 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 Youth Center. For more information, stop by any of these locations.

Horse Boarding Available

The CAFB Riding Stables usually has stall space available. For pricing and more information, contact Outdoor Recreation at (662) 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 (662) 434-2507.

Goldfein honored for service as Chief of Staff

Tech. Sgt. Areca T. Wilson

Secretary of the Air Force
Public Affairs

WASHINGTON — With only days remaining in his service as the Air Force's 21st Chief of Staff, Gen. David L. Goldfein was commemorated in a July 31 ceremony at Joint Base Anacostia-Bolling, Washington, D.C., and in the announcement that one of his quotes was etched into the Air Force Memorial's Wall of Valor.

The memorial's newest etching reads, "This is our sacred duty. When protecting Soldiers, Sailors, Airmen and Marines, we fly to the sound of the guns ... or we die trying."

"General Goldfein's outsized impact goes beyond his achievements in aircraft development, new technologies, launch of the United States Space Force, or even revolutionary concepts like joint all-domain command and control," said Secretary of the Air Force Barbara Barrett who presided over the ceremony. "His greater legacy is in the thousands of men and women he has led, mentored and inspired."

In his remarks to an audience that included Air Force Vice Chief of Staff, Gen. Stephen Wilson; Chief of Space Operations, Gen. John Raymond, and a collection of other, socially distanced dignitaries, Goldfein acknowledged his good fortune and gave thanks to his wife, Dawn, for "her caring and loving heart," and to others who helped him succeed.

"What an incredible honor to have an important declaration of obligation to our joint teammates forever engraved in the beautiful Air Force Memorial," he said. "Dawn and I are thankful to have served with all of you together as Team 21."

"Dawn has not only been my best friend, she has been my teammate," Goldfein said. "Last week we gathered for a zoom session with our old combat squadron and the story of the shoot down and rescue was retold — it was Dawn's courage and how she handled herself that truly inspired the squadron, so how appropriate that today Air University published her extraordinary book, sharing a military spouse's perspective. Dawn, more than anyone in my life, has given me a decided advantage."

During his tenure, Goldfein has achieved some notable milestones, including the development of the B-21 Raider and the T-7A Red Hawk aircraft. Additionally, he pushed for innovative ways to improve readiness through the expansion of the Air Force's



U.S. Air Force photo by Wayne Clark

"What an incredible honor to have an important declaration of obligation to our joint teammates forever engraved in the beautiful Air Force Memorial," he said.

multi-domain capability, reshaping the force to exist in an era of great power competition, and helping pave the way for ultimately increasing the number of squadrons from 312 to 386.

"For 37 years I have gotten up every morning, put on the uniform of my father," he said. "Every day I am given the opportunity to work with the finest men and women on the planet, devoted to the same common cause and all focused on the same sacred duty."

Friday's ceremony was one of the first of events celebrating Goldfein's 4-year tenure as the Air Force's highest-ranking military officer. He formally steps down Aug. 6 and will be replaced by Gen. Charles (CQ) Brown, who will become the 22nd Air Force Chief of Staff.



U.S. Air Force photo by Eric Dietrich

Air Force Chief of Staff Gen. David L. Goldfein delivers remarks during a dedication ceremony in his honor at Joint Base Anacostia-Bolling, Washington, D.C., July 31, 2020. The ceremony unveiled a new etching for the Wall of Valor at the Air Force Memorial that reads, "This is our sacred duty. When protecting Soldiers, Sailors, Airmen and Marines, we fly to the sound of the guns ... or we die trying."

Air Force removes administrative burden, allows pregnant, postpartum women to attend PME

Secretary of the Air Force
Public Affairs

WASHINGTON — Pregnant and postpartum members may now attend professional military education without an exception to policy, and are also exempt from the requirement to have a passing fitness assessment prior to attending.

Previous policy prevented pregnant women and women within their one-year postpartum deferment period from attending PME, creating an unintended barrier to their developmental milestones.

“Empowering women to make a decision about the right time to attend PME, especially during or after pregnancy, is the right thing to do,” said Gwendolyn DeFilippi, assistant deputy director of Air Force manpower, personnel and services and strategic director of the Department of the Air Force Barrier Analysis Working Group. “These type of policy changes provide women flexibility to balance family planning and career progression; they help level the playing field. We’re committed to improving diversity, inclusion and belonging across the Department of the Air Force, and sometimes it’s hard to know what to do. Thanks to the Women’s Initiative Team and the work of the Diversity Task Force, we are able to implement meaningful changes that will help retain women in our ranks.”

This change, in collaboration with Col. Ricky Mills, Squadron Officer School commandant at Maxwell Air Force Base, Alabama, was introduced through the Women’s Initiative Team. The WIT, which is one of six teams in the DAFBAWG, was specifically created to address barriers for women in the Department of the Air Force and has championed numerous policy changes to benefit women.

“We found some people wanted to attend PME during pregnancy, but were facing obstacles to attend,” said Maj. Alea Nadeem, Women’s Initiatives Team chief. “The WIT advocated for pregnant women to work directly with their primary care manager or obstetrician to empower them to make a well-informed decision. We keep an ear to the ground and listen to what our teammates are saying. Thanks to the Air and Space Professionals who came forward and identified this as a barrier, and also for



U.S. Air Force courtesy photo by Felix Herrera
Lt. Col. Hallie Herrera salutes during her change of command ceremony at Fort George G. Meade, Md., June 16, 2020. Hererra, who was eight months pregnant at the time, took command of the 22nd Intelligence Squadron.

“Empowering women to make a decision about the right time to attend PME, especially during or after pregnancy, is the right thing to do,” said Gwendolyn DeFilippi, assistant deputy director of Air Force manpower, personnel and services and strategic director of the Department of the Air Force Barrier Analysis Working Group.

the support of Col. Mills and his team who assisted the WIT in making this important change.”

Air Force Instruction 23-2670, Total Force Development, outlines the exemption for pregnant and postpartum members. Rou-

tine obstetric care may not be available at the PME location, so members should work with their primary care manager or obstetrician to obtain medical clearance and any required paperwork.

Whether or not a member attends PME while pregnant or within the one-year postpartum period is left up to the individual and her medical team. For those who elect to attend PME while pregnant or within their postpartum period, there is no expectation to perform a physical event or activity with which they are uncomfortable.

For more information, members should contact their chains of command or refer to AFI 36-2670, Total Force Development.

Medical Corner



Downfalls of ‘Detox’

It seems everyone is talking about “detoxification” (“detox”) diets and regimens. These products are also called “cleanses” or “flushes”. This terminology refers to a means of removing toxins from your body or losing weight. These diets can be dangerous, especially since your body already comes equipped with a detoxification system. Understanding how detox works, may help clear up some confusion.



Detoxification is when the body eliminates built up toxins, and these toxins fall into two main categories: 1) Those made in the body during regular metabolism, and 2) Those that come from outside the body and are introduced by eating, drinking, breathing or are absorbed through the skin.

Because toxins are potentially dangerous to human health, they need to be transformed and excreted. Fortunately, our body has processes to do this through urine, feces, respiration and sweat.

Commercial detox programs may involve a variety of potentially dangerous approaches, such as:

- Fasting
- Consuming only juices or other liquids for several days
- Eating a very restricted selection of foods
- Using various dietary supplements or other commercial products
- Cleansing the colon (lower intestines) with enemas, laxatives, or colon hydrotherapy (also called “colonic irrigation” or “colonics”)

These approaches can cause headaches, fainting, weakness, dehydration, diarrhea, and electrolyte imbalances. Colon cleanses can be especially harmful if you have a history of gastrointestinal disease, colon surgery, kidney disease, or heart disease.

In fact, the Food and Drug Administration and Federal Trade Commission have investigated companies selling detox products because they contained illegal ingredients, were marketed using false advertising claims, and/or were marketed for unapproved uses.

The bottom line is that there isn’t any convincing evidence that detox or cleansing programs actually remove toxins from your body or improve your health, and in fact may be harmful to your health and performance goals. Weight loss on a detox diet is usually due to very low calorie diets and/or dehydration.

“Detoxes” and “Cleanses” Retrieved from <https://nccih.nih.gov/health/detoxes-cleanses>

What’s the Deal with Detox Diets? Retrieved from <https://www.eatright.org/health/weight-loss/fad-diets/whats-the-deal-with-detox-diets>

Ways to support your body’s natural detox

Detoxification shouldn’t consist of a rigorous plan! Following general healthy recommendations from MyPlate and the Dietary Guidelines for Americans will help you support your body’s built-in systems:

- Stay hydrated, ideally with water.
- Eat five to nine servings of fruit and vegetables per day.
- Consume dietary fiber each day from vegetables, fruits, nuts, seeds and whole grains to help maintain bowel regularity.
- Include broccoli, Brussels sprouts, berries, artichokes, garlic, onions, leeks and green tea.
- Consume adequate amounts of lean protein, which is critical to maintaining optimum levels of glutathione, the body’s master detoxification enzyme.
- Eat naturally fermented foods such as kefir, yogurt, kimchi and sauerkraut
- Consider taking a multivitamin if you are unable to consume the foods listed above.

If you have questions about your eating style and its role in supporting the body’s detoxification, check in with a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,
I’ve noticed I get more leg cramps after exercising in the summer. I tried eating more bananas because I heard potassium can cure muscle cramps, but it doesn’t seem to work. What other foods can help with my muscle cramps?

Sincerely,
Cramping Up

Dear Cramping Up,
Muscle cramps are “sudden, involuntary contractions or spasms in one or more of your muscles,” and can occur for a variety of reasons. Although the causes of muscle cramps vary, two aspects of nutrition may play a role- dehydration and low levels of electrolytes, including magnesium, potassium, calcium or sodium. The science is not conclusive, but if you are dehydrated and/or if your diet is low in any of the electrolytes mentioned, it may be beneficial to increase your intake of fluid and foods to rule-out that cause. Although a large banana is a good source of potassium, it does not supply high amounts of the other electrolytes.

Before exercising, check your urine color- if it is clear and pale yellow, you should be adequately hydrated. If you are exercising for less than 60 minutes, then water should rehydrate you during your activity. However, if it’s a very hot and humid day, or if you are exercising for more than 60 minutes, considering using a sports drink during your activity, which will help you hydrate as well as replace electrolytes.

When selecting a pre- and post-workout snack or meal, consider a combination of foods that contain the electrolytes mentioned above:

- Peanut butter and banana sandwich
- Yogurt and 1oz. of salted pretzels
- Tofu stir-fry with vegetables (including kale, spinach, or bok choy)
- Baked potato with black beans, salsa and cheese

Sincerely,
Health Myth Busters

Clark, N. (2008). *Nancy Clark’s sports nutrition guidebook* (4th ed.) Champaign, IL: Human Kinetics.
Muscle Cramps. Retrieved from <https://medlineplus.gov/musclecramps.html>
Volpe, S. L., & Bland, E. (2012). *Vitamins, Minerals, and Exercise*. In C. A. Rosenbloom & E. J. Coleman (Eds.), *Sports nutrition: A practice manual for professionals* (5th ed.). Chicago, IL: Academy of Nutrition and Dietetics.

BLAZE Hangar Tails: MC-12

Mission
The MC-12W is a medium- to low-altitude, twin-engine turboprop aircraft. The primary mission is providing intelligence, surveillance and reconnaissance, or ISR, support directly to ground forces. The MC-12W is a joint forces air component commander asset in support of the joint force commander.

Features
The MC-12W is not just an aircraft, but a complete collection, processing, analysis and dissemination system. The aircraft are military versions of the Hawker Beechcraft Super King Air 350 and Super King 350ER. A fully operational system consists of a modified aircraft with sensors, a ground exploitation cell, line-of-sight and satellite communications datalinks, along with a robust voice communications suite.
The aircraft is equipped with an electro-optical infrared sensor and other sensors as the mission requires. The EO/IR sensor also includes a laser illuminator and designator

in a single sensor package. The MC-12 system is capable of worldwide operations.

Background
The “M” is the Department of Defense designation for a multi-role version of the well-known C-12 series. In April 2008, the Secretary of Defense established a DOD-wide ISR Task Force to identify and recommend solutions for increased ISR in the U.S. Central Command area of responsibility. On July 1, 2008, the Secretary of Defense tasked the Air Force to acquire 37 “C-12” class aircraft to augment unmanned systems. Of note, it was less than eight months from funding approval to delivery in the theater.
The MC-12 capability supports all aspects of the Air Force Irregular Warfare mission (counter insurgency, foreign internal defense and building partnership capacity). Medium- to low-altitude ISR is a core mission for the Air Force.
The first MC-12 arrived at Key Field in Meridian, Mississippi, April 28, 2009. The first MC-12W flew its first combat support sortie on June 12, 2009.


General Characteristics
Primary function: Intelligence, surveillance and reconnaissance
Contractor: L-3 Communications
Power plant: Pratt & Whitney PT6A-60A
Wingspan: 57 feet, 11 inches (17.65 meters)
Length: 46 feet, 8 inches (14.22 meters)
Height: 14 feet, 4 inches (4.37 meters)
Weight: 12,500 pounds empty (5,669 kilograms)
Maximum Takeoff Weight: 350, 15,000 pounds; 350ER, 16,500 pounds
Fuel capacity: 350, 3,611 pounds (1,638 kilograms); 350ER, 5,192 pounds (2,355 kilograms)
Speed: 312 knots
Range: 350, 1,500 nautical miles; 350ER, approximately 2,400 nautical miles
Ceiling: 35,000 feet (10,668 meters)
Armament: none
Crew: Two pilots and two sensor operators
Initial operating capability: June 2009
Unit cost: \$17 million (aircraft and all communications equipment modifications)
Inventory: Active force, 42; Reserve, 0; ANG, 0




A Liberty Project MC-12W Air Force aircraft taxis on the flight line Jan. 9 at Key Field Air National Guard Base. Key Field Airmen provide mission qualification training here for the tactical intelligence, surveillance and reconnaissance platform. It has trained and deployed more than 124 active duty crew members since Project Liberty’s initial training began last March.



Shawn Hall, 455th Expeditionary Aircraft Maintenance Squadron aircraft mechanic, straps down an MC-12W aircraft due to high winds June 26, 2015, at Bagram Air Field, Afghanistan. Hall is part of the Project Liberty team that is deployed here in support of NATO’s Resolute Support mission.



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



Pharmacy Beneficiaries

Effective 20 August 2020

Pharmacy will be **Closed** every 3rd Thursday of the Month for Readiness Training

Thank you for your understanding!

Commander’s Action Line

662-434-1414

In an effort to stay Connected, the Commander’s Action Line is your direct link to the commander for comments and suggestions on how to make Columbus AFB better.

Although the Commander’s Action Line is always available, the best way to resolve problems is through the chain-of-command. The Commander’s Action Line can be reached at 434-1414. Leave your name and phone number or email if you would like to receive an answer. All names will be kept confidential.

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



Burn and Scald Prevention



Prevent burns and scalds in the kitchen:

- Place objects so that they cannot be pulled down or knocked over.
- Turn pot handles away from the stove’s edge.
- Use dry oven mitts or potholders. Hot cookware can heat moisture in a potholder or hot pad, resulting in a scald burn.
- Wear short, close-fitting or tightly rolled sleeves when cooking.
- Have a “kid-free zone” of at least 3 feet around the stove.

General first aid for burns and scalds:

- Treat a burn right away by putting it in cool water. Cool the burn for three to five minutes.
- Cover burn with a clean, dry cloth. Do not apply creams, ointments, sprays or other home remedies.
- Remove all clothing, diapers, jewelry and metal from the burned area. These can hide underlying burns and retain heat, which can increase skin damage.

For more information and free fire-safety resources, visit www.usfa.fema.gov.





For more information contact Fire Inspector Darren Amos at 434-2274





T-1A Jayhawk



T-38C Talon

SUPT Class 20-20/21 earns silver wings



Maj. Brice Hayden
Shrewsbury, Pennsylvania
C-130H



Capt. Andrew Marchi
Orange County, California
F-22



Capt. Robert Martin
Pace, Florida
F-15C



Capt. Hawkins Thomas
Fairhope, Alabama
C-130J



1st Lt. Daniel Colella
Bedford, New Hampshire
C-17



1st Lt. Hwi Tae Kim
Saipan
KC-10



1st Lt. Ryan Mori
Aiea, Hawaii
C-17



1st Lt. Hayden Owen
Rome, Georgia
KC-10



1st Lt. Farley Pipkins
Macon, Georgia
C-17



1st Lt. Jonathan Rudolph
Bayfield, Colorado
T-6



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

Specialized Undergraduate Pilot Training Class 20-20/21 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.

First Lt. Hayden Owen, 1st Lt. Farley Pipkins, 1st Lt. Noah Taylor and 2nd Lt. Ethan Dunlap 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 1st Lt. Ryan Gorski, Owen, 2nd Lt. Michael Mohlenbrok and 2nd Lt. Jacob Nelson who excelled in training and typified the tenets of the association; promoting aerospace power and a strong national defense.

The distinguished graduates of Class 20-20/21 recognized were Owen, Pipkins, Taylor and Dunlap 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, aerobics and formation flying. Students also practice night, instrument and cross country naviga-

tion flying.

Primary training takes approximately 23 weeks and includes 254.4 hours of ground training, 27.3 hours in the flight simulator and 89 hours in the T-6A aircraft.

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

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

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

The airlift-tanker track uses the T-1A Jayhawk, the military version of a multi-place Beech Jet 400 business jet. Instruction centers on crew coordination and management, instrument training, cross-country flying and simulated refueling and airdrop missions. Training takes about 26 weeks and includes 185 hours of ground training, 53.6 hours in the flight simulator and 76.4 hours in the T-1A.

Each class is partnered with business or civic organizations during their year of training. This program is designed to foster closer ties between the community and Columbus AFB. Today, each student will be given a set of pilot wings with their names engraved on the back as a token of good luck from their partners. SUPT Class 20-20/21's pilot partners are PAC-CAR, Columbus Main Street and WCBI-TV.



1st Lt. Nathan Creech
Murfreesboro, Tennessee
C-17



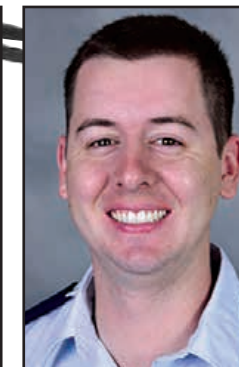
1st Lt. Ethan Dunlap
Lancaster, Pennsylvania
F-16



1st Lt. Ryan Gorski
Covina, California
F-16



1st Lt. Christopher Henley
Colorado Springs, Colorado
B-52



1st Lt. William Hontzas
Jackson, Mississippi
C-17



1st Lt. Connor Severino
Pataskala, Ohio
T-38



1st Lt. Takayuki Shibata
Okayama
F-2



1st Lt. Noah Taylor
Scottsdale, Arizona
T-6



1st Lt. Ryan Whitlow
Grand Rapids, Michigan
C-17



2nd Lt. Mohammed Alelyani
Albany, New York
F-15SA



2nd Lt. Madison Baldwin
Madera Ranchos, California
EC-130H



2nd Lt. Liam Baldwin
Fresno, California
A-10



2nd Lt. Josh Calabrese
Ventura, California
HC-130J



2nd Lt. Paul Fortier
Concord, North Carolina
MC-130J



2nd Lt. Michael Mohlenbrok
Tuscaloosa, Alabama
F-15C



2nd Lt. Jacob Nelson
Lebanon, Indiana
T-1



2nd Lt. Luke O'Leary
Richmond, Vermont
F-16



2nd Lt. Sammy Pierce
Orlando, Florida
C-17



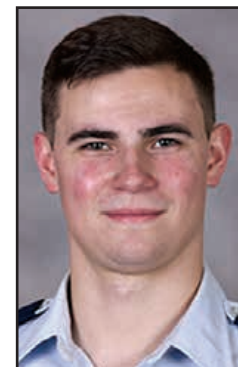
2nd Lt. Cameron Powell
Topeka, Kansas
KC-135R



2nd Lt. Ivan Reddick
Brunswick, Georgia
KC-135R



2nd Lt. Brandon Reed
Kennesaw, Georgia
C-130



2nd Lt. Alexandre Shaw
Bellevue, Washington
C-5



2nd Lt. James Speights
Olive Branch, Mississippi
E-3



2nd Lt. Brandon Toves
Colorado Springs, Colorado
C-17