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SILVER WINGS

“Cultivate Airmen, Create Pilots, CONNECT”

Columbus Air Force Base, Miss.

Vol. 44, Issue 19

October 9, 2020

Columbus AFB COVID-19 Information

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.
- Dining-in has been allowed at restaurants.

Off-limits:

- Bars, casinos or breweries or similar establishments are prohibited.
- 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



U.S. Air Force photo by Airman 1st Class Davis Donaldson
U.S. Air Force Lt. Col. David Easterling Jr., 43rd Flying Training Squadron instructor pilot, gives a thumbs up in the cockpit of a T-38 Talon on September 23, 2020, at Columbus Air Force Base, Miss. The T-38 can reach a speed of up to 912 mph.

IP completes 4,000th flying hour in T-38 Talon

Airman 1st Class Davis Donaldson

14th Flying Training Wing Public Affairs

Working on a gloomy Wednesday morning can be difficult for many, but for Lt. Col. David “Beau” Easterling Jr., 43rd Flying Training Squadron instructor pilot, this day was special.

Easterling completed his 4,000th flying hour in the T-38 Talon on September 23, 2020, at Columbus Air Force Base, Miss.

The hours are an accumulation of flying at Columbus AFB, Randolph AFB, Texas and Williams AFB, Arizona, but Easterling says the bulk of the flying occurred at Columbus AFB.

When asked what reaching the milestone means to him, Easterling said it is a part of his journey as a pilot in the United States Air Force.

“The 4,000th hour mark is just part of the journey as a pilot,” he said. “I think it's kinda neat, each one of those milestones are kinda fun. It's just what happens when you come into work every day.”

Easterling started his flight shortly after 6:30 a.m., and landed around 8 a.m. After landing, he taxied back to the hangar

See EASTERLING, Page 3

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AFMC begins phased COVID-19 surveillance testing

Air Force Materiel Command Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — Air Force Materiel Command began a phased roll-out of COVID-19 surveillance testing Oct. 1.

The surveillance testing will begin with active-duty populations at four AFMC bases: Edwards Air Force Base, California; Eglin AFB, Florida; Hanscom AFB, Massachusetts; and Hill AFB, Utah. Participation in this testing effort is voluntary.

The testing will be conducted in 14-day periods, eventually testing 100 total active-duty personnel at each location within the first two months of testing. The active-duty populations selected for testing at the above locations include the following:

- Period 1: Healthcare workers
- Period 2: Dorm residents
- Period 3: Host wing personnel
- Period 4: Installation workforce

As testing efforts are fine-tuned and streamlined, testing will expand farther to other AFMC installations and among other base populations. At this point in time, testing will begin only within these active-duty populations.

The testing effort is part of a larger Department of the Air Force sentinel surveillance strategy to randomly test Air and Space Force military and civilian personnel to identify and contain pockets of the coronavirus. The goal is to test people without symptoms for COVID-19 to determine if additional public health actions are needed in work areas. Ultimately, the Air Force wants to ensure Airmen and the Air Force community remain healthy and able to fly, fight and win in air, space, and cyberspace.

Individuals selected for testing will be notified via an email message from their local Military Treatment Facility. Any selected personnel with a positive confirmed case of COVID-19 within the last 90 days will not be tested.

These four bases will use the oral fluid coronavirus test provided by Curative, Inc., with whom the Air Force signed an agreement in April to deploy and scale an oral fluid coronavirus test

that received a Food and Drug Administration emergency-use authorization. The test collects saliva with a cotton swab and examines it for the COVID-19 virus.

Four to six individual samples will be grouped together (also called aggregated testing). The aggregated sample will receive an identification number and then be tested for the presence of the COVID-19 virus. Due to the rules for using this test to identify COVID-19 activity in populations of people without symptoms, tests will not be ordered through the medical system and results will not be placed in health records.

Aggregated sample results will be provided to commanders to allow them to take public health actions in response to the presence of COVID-19 in the work area, even if people seem healthy.

If an aggregated result is positive, the local Public Health Office can provide tailored guidance for the unit that might include individuals in the group receiving a medical evaluation and being directed to self-isolate until a clinical test result is received (or potentially a full 10 days if they are not tested). Public Health Office actions may also include a site visit to evaluate the work area and work practices, and possibly thorough cleaning of the work area.

At AFMC installations, testing begins with a randomized selection of 10 active-duty Airmen every 14 days to be tested, beginning with 10 health care workers. The next 14 days will see 10 randomly selected dorm residents, added to the 10 health care workers tested. The following 14 days will add 10 randomly selected host wing personnel to Airmen selected from the other two groups. The next 14 days will add 10 randomly selected Airmen from the installation workforce.

The testing effort will be continually evaluated and refined with each round of testing, as may be needed. At the end of the two month roll-out phase, and once the testing is further streamlined, AFMC leadership will evaluate and possibly begin an expansion of the surveillance testing.

More information for Airmen affected by the surveillance testing can be found in the AFMC COVID-19 Tier 4 Surveillance Testing FAQ or via their local MTF.

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.

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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REMEMBER OUR VETERANS

The Dispatch is preparing to honor military veterans and active service members from the Golden Triangle in a special Veterans Day tribute section. We're asking veterans or their families to complete and submit this form, along with photos that can be used in the publication. Submissions can be made in person, through the mail or by email. All physical photos submitted will be scanned and available for pick up after the publication prints on Sunday, Nov. 8. **Deadline for submissions is Oct. 23.**

Name: _____ Age: _____
City of Residence: _____ Phone: _____
Rank: _____ Branch of Service: _____
Time of Service: _____ Foreign Tours: _____
Combat Experience: _____
Why You Joined the Military: _____

Thoughts/Memories from Your Service: _____

THE DISPATCH 516 Main Street
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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-

2020 Fire Prevention Week



(From left to right) Lt. Col. Tyler Johnson, 14th Civil Engineering Squadron commander, Sparky, Col. Seth Graham, 14th Flying Training Wing commander, and Shawn Ricchuito, Columbus Air Force Base fire chief, pose for a photo n Oct. 2, 2020, at Columbus AFB, Miss. The theme for Fire Prevention Week in 2020 was fire safety in the kitchen.



Firemen from the Columbus Air Force Base pose for a photo with 14th Flying Training Wing leadership on Oct. 2, 2020, at Columbus AFB, Miss. Fire protection specialists provide fire protection guidance, coordinate pre-incident plans and train others on specialized fire protection equipment and procedures.

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

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KENDRA BELL
Licensed Real Estate Agent
Cell: 662.386.9750 | Office: 662.328.1150
kendrarealestate@gmail.com

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COMMUNITY

(Continued from page 11)

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.

Discovery Resource Center

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

Pre- and Post-Deployment Tour Briefing

These briefings are mandatory for active duty personnel who are either deploying or returning from deployment or a remote tour. Please contact A&FRC at (662) 434-2794/2790 to schedule a briefing and/or 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. Please contact A&FRC at (662) 434-2790 to schedule a counseling session and/or for more information.

Employment Workshop

An employment workshop on local 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

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 Readiness

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) 434-2790.

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) 434-2839.

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 situations 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.

Sponsorship Training

An electronic version of sponsorship training called eSponsorship Application & Training (eSAT) is the required training course to become a sponsor. It can be found in Military One Source's MilLife Learning training Course Catalog at this link <https://millelearning.militaryonesource.mil/MOS/f?p=SIS:2:0:> More online resources are available on Columbus AFB Living at <https://www.columbusafbiving.com/airmen-family-readiness-center/relocaton-assistance/electronic-sponsor-resources/>. For additional information, please contact the A&FRC Relocation Manager at (662) 434-2701/2790.

Visit us online! www.columbus.af.mil
Follow us on Twitter! www.twitter.com/Columbus_AFB

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 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.

Movies on the Lawn

14 FSS will host Movie on the Lawn 16 October at the Columbus Club parking lot. Family friendly movie will be at 6:30 p.m. and PG-13 at 8:30 p.m. Social distancing measures will be created for patrons on the grass and a drive-in option will also be available. Visit the following link to vote for the movie you would like to see: <https://www.surveymonkey.com/r/YX3XK5W>

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!

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.

October Fun – After School Program

Youth Programs offers full day care every Wednesday in October with special activities scheduled for each day. Youth must be enrolled in the School Age Program to participate. Drop-in rate is \$5/hour. Call (662)434-2504 to register.

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.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 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 us at (662) 434-2934 on 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.

Johnny Appleseed Grab & Go Crafts

Arts & Crafts is providing a “grab-and-go” craft for ages 3-10. All materials for a Johnny Appleseed story and craft will be provided in a bag and ready to pick up from Sept 9 at 10 a.m. through September 25 at 3:30 p.m. Please call (662)434-7856 to sign up your child.

Arts and Crafts

Arts and crafts is closed until further notice. When it re-opens, the Arts and Craft center 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 and back to normal hours of operations – Monday-Friday: 5 a.m.-9 p.m., Saturday & Sunday: 8 a.m. – 6 p.m., Holidays: 10 a.m. – 6 p.m. Now serving all eligible DoD cardholders! And, you can now reserve 90 minute blocks. Space is limited! Patrons must sign up via SignUpGenius to secure a spot/access. The link is <https://www.signupgenius.com/tabs/93d-7ede00a2cae5c42-fitness>. 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 (ODR) hours are Monday-Friday, 1000-1700 and Saturday/Sunday, 9 – 10 a.m. ODR offers all sorts of rental for the water, camping, and much more! Don't miss the Shooting Tournament scheduled for 12 September. For more information, call ODR at (662) 434-2505. Please note, all events can be cancelled or rescheduled due to COVID-19.

Get ready for Tandem Skydiving scheduled for 10 October for ages 19 and up! The cost is \$25/person which includes travel, instructors and equipment. Sign-Up deadline is 5 October. Contact ODR at (662) 434-2505 for reservations. Space is very limited, first come first serve.

Halloween Havoc 6 vs 6 Paintball Tournament is coming 24 October 9 a.m. - noon! Free and open to ages 18 and up. Sign-Up at Outdoor Recreation or call 434-2505. Paintballs and Equipment included.

Independence Pool

The Independence Pool season has been extended through September 27th! It is open Monday, Thursday, and Friday for Lap Swim Only from 6 – 9 a.m. It is open on Saturday and Sunday with Lap Swim from 6 – 9 a.m., Open Swim from 10 a.m. - noon, 1 – 3 p.m. and 4- 6 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.

See FSS, Page 14



Col. Seth Graham, 14th Flying Training Wing commander, puts out a fire as members of the Columbus Air Force Base Fire Department support on Oct. 2, 2020, at Columbus AFB, Miss. Aboard an aircraft, fire protection specialists' skills are particularly valuable; they shut down engines safely in the event of a fire, conduct search and rescue operations and administer emergency first aid.



Col. Jeffrey Welborn, 14th Mission Support Group commander, puts out a fire as members of the Columbus Air Force Base Fire Department help support on Oct. 2, 2020, at Columbus AFB, Miss. In a field or combat environment, fire protection specialists will be called upon to control and extinguish fires, using fire apparatus, specialized tools, and equipment, hoses and pumps.

LEFT: Col. Jeffrey Welborn, 14th Mission Support Group commander practices spraying a hose as Shawn Ricchuito, Columbus Air Force Base fire chief, shows the basics on Oct. 2, 2020, at Columbus AFB, Miss. The Columbus AFB Fire Department is tasked with mitigation and incident management for fire, aircraft, hazardous material, medical and other emergencies.

Department of the Air Force makes additional updates to dress and appearance regulations

Secretary of the Air Force Public Affairs

WASHINGTON — As part of the ongoing effort to build a more inclusive Air and Space Force, additional revisions were approved Sept. 15 to Air Force Instruction 36-2903, “Dress and Personal Appearance of Air Force Personnel,” which are effective immediately.

Following the Department of the Air Force’s initial review, a diverse panel of Total Force Airmen completed a second review of Air Force grooming and appearance guidance in order

to enhance inclusiveness while maintaining Department of the Air Force professional standards.

The changes are as follows:

- Clarification that the authorization to dye hair to natural colors applies to all Airmen regardless of natural born hair color. Examples of natural hair colors are brown, blonde, brunette, natural red, black or grey.
- Men’s hair bulk standard was increased from 1¼ inches to 2 inches.
- Men’s hair may have one (cut, clipped or shaved) front to

back, straight-line part, not slanted or curved, on either side of their head, above the temple. Part will not exceed 4 inches length or ¼ inch width.

- Women’s hair bulk standard was increased from 3½ inches to 4 inches.

For more information, service members should view Air Force Guidance Memorandum 2020-02 and check Air Force Instruction 36-2903 for updates, which are available on the public website of the Air Force’s Personnel Center at <https://www.afpc.af.mil/Career-Management/Dress-and-Appearance/>.

Household Hazardous Waste Drop-off, 0800-1400 Wednesday & Thursday (Oct 14 & 15)

Jan Patton

14th Civil Engineering Squadron is offering another opportunity for Team Blaze to drop off their household hazardous wastes. Paints and solvents from COVID projects, automotive fluids, insecticides, aerosols, cleaners, old batteries, and fluorescent are just a few of the items we will accept and send to a properly designed facility. So clean out the garage, shed, and under the kitchen sink and bring those items to the parking lot between the Resale Lot (Lemon Lot) and the Youth Center (building 348) on Imes Street.

All items must be labelled to indicate the contents. 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. Tanner Her-ring, 14th CES/CEIE, at (662) 434-7955.

Household Hazardous Waste Drop-Off

- Who:** Anyone with base access
What: Identifiable, non-industrial chemicals
When: 14-15 October 2020, 8 a.m.-2 p.m.
Where: Imes St. Parking lot between Resale Lot & Youth Center



HOUSEHOLD
HAZARDOUS WASTE
DROP-OFF

EXAMPLES: DRAIN CLEANERS, OIL PAINT, MOTOR OIL, ANTIFREEZE, FUEL, POISONS, PESTICIDES, HERBICIDES AND RODENTICIDES, FLUORESCENT LAMPS, LAMP BALLASTS, BATTERIES, FIRE EXTINGUISHERS AND CLEANING CHEMICALS

Deer hunting season opens

Tim Turner

14 CES/CEIE

Natural Resources Manager

Fall has officially arrived after a long hot summer. For many, the fall marks the kick off to football and more importantly, hunting season. These time-honored traditions passed down from one generation to the next, have become a part of our culture and heritage in the south. As stewards of the land and mentors to the next generation of outdoorsmen, hunters are empowered to safeguard our most precious natural resources, ensuring the traditions of fall continue through the years.

Columbus Air Force Base is geographically located in a rural region of the state, surrounded by forest, waterways, and agricultural fields. Centered in the middle of it all, the Air Force Base has more than 2,000 acres of undeveloped mixed hardwood and pinewood forest, making the installation an ideal habitat for wildlife to thrive.

With the change in seasons, and cooler weather ahead, Columbus AFB offers an opportunity for all its members to experience the tradition of deer hunting in the south. The Deer season on Columbus AFB opens Oct. 1, 2020 and ends Jan. 31, 2021. Hunting on base is restricted to deer only; no other wildlife is authorized for hunting. Members wanting to hunt on base are required to purchase a permit from Outdoor Recreation and receive a safety briefing from the base Conservation Manager be-



fore hunting is authorized. Hunting Permits cost \$21 and are valid only for the 2020 – 2021 Deer Season.

Hunters play a vital role in ensuring our natural resources are sustainable for future generations. One hundred percent of all proceeds received for the purchase of licenses and permits goes directly to supporting wildlife conservation, natural resources management, and environmental education programs here at Columbus AFB. As Stewards of the land, protecting our natural resources is critical to our continued success as a Nation. So, get up, get outdoors, and go hunting to support the conservation of our natural resources.

If interested in learning more about hunting on Columbus AFB or hunting in Mississippi, please contact the Columbus AFB Outdoor Recreation or Tim Turner, 14th CES Conservation Manager at (662) 434-2248, or email timothy.turner.24@us.af.mil.

Air Force Readiness Programs

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

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

Wing Newcomers Orientation

The next Wing Newcomers Orientation will be held on Oct 13 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. Pre-registration is required, so please contact your unit CSS to be registered. For more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

Air Force Recovery Coordination Program

Recovery Care Coordinator (RCC) will be providing assistance from noon-5 p.m. Oct 14; 8 a.m.-5 p.m. Oct 15; and 8 a.m.-noon Oct 16 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. Oct 20 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 ask any relocating questions you may have during this event. Pre-registration is required, so call A&FRC at (662) 434-2790 to register or for more information.

Heart Link

The next Heart Link / Spouse Welcome is from 8:30-11:15 a.m. Oct 22. 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.

48th FTS paint unveiling



U.S. Air Force photo by Airman 1st Class Davis Donaldson
Lt. Col. Nelson Prouty (left), 48th Flying Training Squadron commander, Maj. Joshua Elmshaeuser (right), 48th FTS operations officer, and members of the 48th Flying Training Squadron, stand in front of the 48th FTS’s heritage T-1A Jayhawk on Oct. 2, 2020, at Columbus Air Force Base, Miss. The mission of the 48th FTS is to produce the best combat ready tanker and airlift pilots for the Air Force.

Hearts Apart

The next Hearts Apart will be Oct 29 from 5-7:00 p.m. 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. Nov 2-6 and includes seminars on: Transition, Military Occupational Code Crosswalk, Financial Planning, Health Benefits, Mississippi Department of Employment Security, Department of Veterans Affairs, Disabled TAP and Department of Labor. Preseparation counseling is required before attending, and recommended attendance is 12-24 months prior to separation/retirement. Spouses are encouraged to attend with their sponsor. To register or for more information, please call the TAP Manager at (662) 434-2631/2790.

Department of Labor Transition Vocational Track Workshop

The next DoL Transition Vocational Track

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

Federal USA Jobs Workshop

The next Federal USA Jobs workshop is from 9-10:30 a.m. Nov 18 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.

Bundles for Babies

The next Bundles for Babies workshop is from 1-3:30 p.m. Nov 19. 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.

Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop will be held on Jan 28-29 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.

See COMMUNITY, Page 13

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!



Medical Corner



BREAST CANCER AWARENESS


Nutrition recommendations to decrease risk of postmenopausal breast cancer

There is convincing scientific evidence on the relationship between weight and postmenopausal breast cancer. The American Institute for Cancer Research (AICR) has found that having greater body fat (as measured by BMI, waist circumference and waist-hip ratio), as well as, greater weight gain in adulthood (after age 30), will increase a woman's risk for breast cancer.

Unintended weight gain increases risk for breast cancer after menopause, and we know nutrition plays an important role in weight maintenance! AICR recommends that we make 2/3 or more of our plate plant-based foods. Plant-based foods include vegetables, fruits, whole grains, nuts, and beans. The other 1/3 or less of our plate can be animal protein, which includes meat, poultry, fish, eggs, and dairy.

A great example of putting these recommendations into practice is to create a “cancer-protective breakfast” as a way to manage weight and hunger:

1. Choose a 100% whole grain as your “breakfast base.” This can include oatmeal, whole wheat bread, quinoa, or whole-grain cereals. These are a great source of dietary fiber, which is an important nutrient to increase feelings of fullness and keep your digestive tract regular.



2. Add a rainbow of fruits and/or vegetables! Add berries to your cereal, avocado to your toast, or a medley of vegetables to your breakfast burrito. Vegetables and fruits are important source of plant nutrients and additional fiber.

3. Include a healthy protein to keep you feeling full for longer. Nuts and nut butters, seeds, eggs, yogurt, cottage cheese, and tofu are all great options.

Although there are many factors that may contribute to a person’s risk for breast cancer, there are only certain behaviors that we can control, known as “modifiable behaviors.” These behaviors include the food choices we make, how much physical activity we do daily, and if we consume alcohol and/or tobacco products.

The AICR offers a 12-week “New American Plate” Challenge to encourage healthy eating behaviors, increased physical activity and weight management. The program consists of weekly emails, an on-line community, and an online journal.

To learn more, visit <http://napchallenge.org/about-the-challenge/>.

American Institute for Cancer Research: Breast Cancer. Retrieved from <https://www.aicr.org/continuous-update-project/breast-cancer.html>

American Institute for Cancer Research: Building a Cancer-Protective Breakfast. Retrieved from <https://blog.aicr.org/2019/08/30/building-a-cancer-protective-breakfast/>

Does alcohol increase breast cancer risk?

According to the American Institute for Cancer Institute (AICR), there is strong evidence that drinking alcohol increases the risk of premenopausal and post-menopausal breast cancer. For cancer prevention, the AICR recommends not drinking any alcohol; however, if you do choose to drink, limit your intake to 2 drinks daily for men, and 1 drink per day for women.



Although the exact link between alcohol and breast cancer is unknown, there are three hypotheses:


- **The empty calories from alcohol can lead to weight gain, and excess body fat can lead to increased cancer risk**
- **Ethanol, or the alcohol in these beverages, can increase levels of estrogen and other hormones associated with breast cancer**
- **People who drink alcohol may have reduced folate absorption**

In addition to breast cancer, alcohol intake also increases risk of mouth, pharynx, larynx, esophagus, liver, stomach, and colorectum cancers.

Alcohol and cancer risk. Retrieved from <https://www.aicr.org/reduce-your-cancer-risk/diet/alcohol-and-cancer-risk.html>

Alcohol and breast cancer risk: What to know. Retrieved from <https://www.mdanderson.org/publications/focused-on-health/alcohol-breastcancer-risk-what-to-know.h30Z1591413.html>

A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,
I understand it's important to eat more plant-based foods according to USDA's MyPlate, but I am concerned about breast cancer and soy. Is it safe to eat soy foods, or do they increase my risk of developing breast cancer?

Sincerely,
Soy Scared

Dear Soy Scared,

Traditional soy foods include tofu, tempeh, edamame, soy nuts and soy milk. There is a lot of confusion about soy and breast cancer due to the isoflavone content of soy, which are healthy chemicals produced by plants (also known as phytochemicals). Isoflavones can act like estrogen in the body, and certain types of breast cancer have been linked with increased estrogen. However, most of the studies showing an increased risk of breast cancer and isoflavones from soy have been conducted in animals.

More recently, when soy and breast cancer studies are conducted in humans, the results have been different. First, this is thought to be because the dose of isoflavones used in animal studies are much higher. Second, humans process soy differently than animals. For breast cancer prevention, studies have shown that a moderate amount of soy foods are healthy and safe to consume daily for both those eating to prevent breast cancer and for breast cancer survivors. Some human studies have shown that eating soy foods lowers the risk of breast cancer, and also have been linked to lower rates of heart disease.

A moderate amount of soy is 1-2 servings per day (one serving provides approximately 7 grams of protein). The American Cancer Society recommends avoiding soy dietary supplements, as the isoflavone content is much higher than that found in foods, and there has not been enough research to determine if they are safe.

Sincerely,
Health Myth Busters

Soy and Cancer Risk: Our Expert's Advice. Retrieved from <https://www.cancer.org/latest-news/soy-and-cancer-risk-our-experts-advice.html>

Soy and Cancer Survivorship. Retrieved from <https://www.aicr.org/patients-survivors/healthy-or-harmful/soy.html>

BLAZE Hangar Tails: C-130 Hercules

Mission

The C-130 Hercules primarily performs the tactical portion of the airlift mission. The aircraft is capable of operating from rough, dirt strips and is the prime transport for airdropping troops and equipment into hostile areas. The C-130 operates throughout the U.S. Air Force, serving with Air Mobility Command, Air Force Special Operations Command, Air Combat Command, U.S. Air Forces in Europe, Pacific Air Forces, Air National Guard and the Air Force Reserve Command, fulfilling a wide range of operational missions in both peace and war situations. Basic and specialized versions of the aircraft airframe perform a diverse number of roles, including airlift support, Antarctic ice resupply, aeromedical missions, weather reconnaissance, aerial spray missions, fire-fighting duties for the U.S. Forest Service and natural disaster relief missions.

General Characteristics

Primary Function: Global airlift
Contractor: Lockheed-Martin Aeronautics Company
Power Plant:
C-130H: Four Allison T56-A-15 turboprops
C-130J: Four Rolls-Royce AE 2100D3 turboprops
Length: C-130E/H/J: 97 feet, 9 inches (29.3 meters)
Height: 38 feet, 10 inches (11.9 meters)

Wingspan:

 132 feet, 7 inches (39.7 meters)

Cargo Compartment:

C-130E/H/J: length, 40 feet (12.31 meters); width, 119 inches (3.02 meters); height, 9 feet (2.74 meters).
Rear ramp: length, 123 inches (3.12 meters); width, 119 inches (3.02 meters)
Speed:
C-130E: 345 mph (Mach 0.49) at 20,000 feet (6,060 meters)
C-130H: 366 mph (Mach 0.52) at 20,000 feet (6,060 meters)
C-130J: 417 mph (Mach 0.59) at 22,000 feet (6,706 meters)
Ceiling:
C-130J: 28,000 feet (8,615 meters) with 42,000 pounds (19,090 kilograms) payload
C-130H: 23,000 feet (7,077 meters) with 42,000 pounds (19,090 kilograms) payload
C-130E: 19,000 feet (5,846 meters) with 42,000 pounds (19,090 kilograms) payload
Maximum Takeoff Weight:
C-130E/H/J: 155,000 pounds (69,750 kilograms)
Maximum Allowable Payload:
C-130E, 42,000 pounds (19,090 kilograms)
C-130H, 42,000 pounds (19,090 kilograms)
C-130J, 42,000 pounds (19,090 kilograms)


Maximum Normal Payload:

C-130E, 36,500 pounds (16,590 kilograms); C-130H, 36,500 pounds (16,590 kilograms); C-130J, 34,000 pounds (15,422 kilograms)
Range at Maximum Normal Payload:
C-130E, 1,150 miles (1,000 nautical miles)
C-130H, 1,208 miles (1,050 nautical miles)
C-130J, 2,071 miles (1,800 nautical miles)
Maximum Load:
C-130E/H/J: 6 pallets or 74 litters or 16 CDS bundles or 92 combat troops or 64 paratroopers, or a combination of any of these up to the cargo compartment capacity or maximum allowable weight.
C-130J-30: 8 pallets or 97 litters or 24 CDS bundles or 128 combat troops or 92 paratroopers, or a combination of any of these up to the cargo compartment capacity or maximum allowable weight.
Crew: C-130E/H: Five (two pilots, navigator, flight engineer and loadmaster)
Unit Cost: C-130E, \$11.9, C-130H, \$30.1, C-130J, \$48.5 (FY 1998 constant dollars in millions)
Date Deployed: C-130A, Dec 1956; C-130B, May 1959; C-130E, Aug 1962; C-130H, Jun 1974; C-130J, Feb 1999
Inventory: Active force, 145; Air National Guard, 181; Air Force Reserve, 102



Michigan National Guard photo by Master Sgt. David Kujawa/Released

A C-130 Hercules from Montana's 120th Air Wing executes an air drop during the exercise Northern Strike 16 at the Combat Training Readiness Center in Alpena, Mich., on Aug. 11, 2016. Northern Strike 16 is a National Guard Bureau-sponsored exercise uniting approximately 5,000 Army, Air Force, Marine, and Special Forces service members from 20 states and three coalition countries.



U.S. Air Force photo by Osakabe Yasuo/Released

A C-130 Hercules with the 36th Airlift Squadron takes off at Yokota Air Base, Japan, during a routine sortie Oct. 2, 2015. The 36th AS regularly conducts training missions to remain proficient in the necessary skills to support any contingency.

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



U.S. Air Force photo by Airman 1st Class Davis Donaldson
Ret. Col. Carlyle "Smitty" Harris, former Vietnam prisoner of war, and Ret. Lt. Col. Richard "Sonic" Johnson, former Columbus Air Force Base member, talk about Harris' memorabilia on Sept. 18, 2020, in Tupelo, Miss. Harris was held captive for a portion of time at the infamous Hanoi Hotel in Vietnam.



U.S. Air Force photo by Airman 1st Class Davis Donaldson
A plaque with Ret. Col. Carlyle "Smitty" Harris' name is placed above a room dedicated to Harris. Harris and other POWs would use a tap code to tap the acronym "G.B.U.", which stands for "God Bless You".

Former Vietnam POW surprised with a room dedication

**Airman 1st Class
Davis Donaldson**

14th Flying Training Wing
Public Affairs

TUPELO, Miss. — Ret. U.S. Air Force Col. Carlyle "Smitty" Harris, former Vietnam prisoner of war, was honored with the dedication of a lounge room in his name at the American Le-

gion Post #49 in Tupelo, Mississippi on September 18, 2020.

He was honored for his exceptional service during the Vietnam War and his time as a POW for 2,781 days.

To make the room dedication ceremony more memorable, Harris' family and friends surprised Harris and held the ceremony on POW/MIA Recogni-

tion Day.

Carlyle Harris' son, Lyle Harris, spoke about why the ceremony was special and what his father means to their family.

"I believe this room will highlight his love for the military and his dedication to our country," he said. "Today is of great significance, it's POW recognition day, as well as the Air Force's 73rd birthday. My dad is our hero and our role model, we love you dad."

Shortly after, Harris and his family and friends were led to the room which was dedicated to Harris to cut the ribbon and officially open the room.

The room was filled with memorabilia of Harris' time in service, including service medals, official portraits and his own book titled "Tap Code" that was released in November of 2019.

Harris led his guests through the room while explaining what each of the pieces were and what they meant to him.

After, Harris and his family thanked American Legion Post #49 for the ceremony.

"Most importantly, I want to thank the members of American Legion Post #49," Lyle Harris said. "I looked up their motto and it said 'for God and country', if you know my father, you know he's all about God and country. Thank you for providing a platform to show off some special memorabilia for the years to come."

"I believe this room will highlight his love for the military and his dedication to our country," he said.

"Today is of great significance, it's POW recognition day, as well as the Air Force's 73rd birthday. My dad is our hero and our role model, we love you dad."



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

Col. David Fazenbaker, 14th Flying Training Wing vice commander, looks at the memorabilia of Ret. Col. Carlyle "Smitty" Harris, former Vietnam prisoner of war, on Sept. 18, 2020, in Tupelo, Miss. Harris wrote a book called "Tap Code", which he wrote about his experiences and hardships as a POW.



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

ABOVE: Ret. Col. Carlyle "Smitty" Harris, former prisoner of war, and his wife Louise Harris, sit as their son, Lyle Harris, gives a speech at Harris' room dedication ceremony on Sept. 18, 2020, in Tupelo, Miss. Harris' son was born shortly after Harris was captured and he did not see his son until nearly eight years later.



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

LEFT: Family and friends gather around as Ret. Col. Carlyle "Smitty" Harris, former prisoner of war, cuts a ribbon and enters room dedicated to himself on Sept. 18, 2020, in Tupelo, Miss. Prior to being caught as a prisoner of war, Harris was piloting and completing missions in the Republic F-105 Thunderchief.