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SILVER WINGS

“Cultivate Airmen, Create Pilots, CONNECT”

Vol. 44, Issue 21

Columbus Air Force Base, Miss.

November 13, 2020

STORAGE AUCTION
SATURDAY, NOVEMBER 14
AT 10:00 AM
GATEWAY CENTER MINI STORAGE
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“I am going to do all that I must to stay sober to finally see the true plan.”



Photo for illustration purposes only.

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

 **COMMUNITY COUNSELING SERVICES** For more information: www.ccsms.org/pach

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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 Senior Airman Jake Jacobsen
U.S. Air Force 2nd Lt. Clifford Mua, 41st Flying Training Squadron student pilot, stands in front of a T-6 Texan II before flight Nov. 4, 2020, on Columbus Air Force Base Miss. Mua completed his dollar ride, the first flight a student pilot takes during Specialized Undergraduate Pilot Training, and in keeping with tradition, presented his instructor pilot a decorated dollar after the flight was complete.

From Cameroon to U.S. pilot; student seeks wings

Senior Airman Jake Jacobsen
14th Flying Training Wing Public Affairs

Mississippi. Mua is originally from the Republic of Cameroon, a country in Africa that shares borders with Nigeria and Chad. Mua, along with millions of others, entered into a diversity visa lottery with the hopes of immigrating. This U.S. government lottery program provides countries with a historically low rate of immigration to the U.S., a chance to move here on a green card visa.

For many, becoming a pilot in the United States Air Force is a dream that can be achieved through the traditional means of commissioning, but every so often a unique story is brought to life in this process.

One such story is of 2nd Lt. Clifford Mua, 41st Flying Training Squadron student pilot, currently undergoing Specialized Undergraduate Pilot Training at Columbus Air Force Base,

To qualify the applicant must have a high school diploma or
See STUDENT, Page 3

CHECK OUT COLUMBUS AFB ON SOCIAL MEDIA

 Columbus AFB YouTube page

 columbus_afb

 Columbus AFB Facebook page

 www.columbus.af.mil

COVID-19 Coronavirus Disease 2019

Air Force gives family fresh start after COVID-19 crushes private business

Master Sgt. Chance Babin
Air Force Recruiting Service Public Affairs

PHILADELPHIA — When the COVID-19 pandemic hit the United States earlier this year, many small businesses were forced to shutter and countless families fell on hard times. For one family affected, the Air Force offered a way for them to start a new life together.

After years of working various jobs in the transportation industry, Richard Jimenez finally got the nerve to start his own trucking business in 2019. He thought 2020 was going to be an amazing year for his family. After the crushing loss of his business during the pandemic, Jimenez, his wife and their son all found their hopes and dreams shifting to something bigger — service in the Air Force.

“I finally got up enough courage and capital to start my own company and it was a great feeling. Finally, my independence,” Richard said. “I could now create my own schedule and spend more quality time with the family and live the life I dreamt was ours all along. I basically lived in my truck trying to make my company work like many drivers across America. But I thought if I worked hard enough, I knew 2020 was going to be the year I could get back to my family and create the American dream I’d been chasing all along.”

Then, one morning, Richard woke up and started making his usual phone calls, but no one was answering.

“Everything seemed like it just stopped overnight,” he said. “I checked the news and wow, they were talking about a plague. My heart dropped into my stomach.”

Richard came off the road and waited for some good news ... but it never came. After hearing it would be a while before things would go back to normal, his wife, Jenna, asked him, “What are we going to do?”

“I knew in that moment, I had to be strong and figure this out,” Richard said. “Everything I worked so hard to obtain had been snatched from us seemingly overnight by an invisible enemy. All the schooling and tech certifications and years of driving different equipment to get to this point and now I had nothing. I knew I could never allow this to happen again. I needed something permanent, something sure — a foundation that could assure that my family would not have to suffer again financially. It was time to find a support system.”

Jenna struggled as well with how to pay the bills and how to be supportive for her husband.

“When the business closed, it was a huge blow, not only to our financial situation but to Richard personally,” she said. “I had to watch as all of Richard’s hard work was snatched from him instantaneously. It was hard. I was at a loss. I’ve never seen my husband not know what to do. Richard worked day in and day out to make sure we had everything we could ask for. He would



U.S. Air Force courtesy photo

The Jimenez family stands with Tech Sgt. Jeffrey Stamm, 414th Recruiting Squadron enlisted accessions recruiter in Haboro, Pa., Nov. 14, 2020. After their business was forced to close due to difficult circumstances during the coronavirus pandemic, the three adult members of the family decided to join the Air Force.

work in the rain, the snow and all sorts of hazardous conditions to make sure his family was comfortable.”

As Jenna watched Richard grow more anxious and worried, she knew she needed to step up and do something.

“It hit me like a ton of bricks,” she said. “The military would be the way I could take responsibility and get this man off the road. If I could make it so he never has to worry about anything like this ever again, I would do everything in my power to do so.”

Before Jenna could tell Richard she was thinking of joining the military, he was settling on the same solution. While researching ways of surviving the pandemic on the internet, he found that most successful families have foundational members, like great grandparents, who had served in the military and created a path to success. A light bulb went off in his mind.

“Right before I could say the words, my wife says she thinks she could go to the military,” Richard said. “With an excited look

See COVID-19, Page 13

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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Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

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The SILVER WINGS staff reserves the right to edit or rewrite all copy submitted when necessary. All photos are U.S. Air Force photos unless otherwise stated.

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

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”

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.

Wing Newcomers Orientation

The next Wing Newcomers Orientation will be held on Nov. 17 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.

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.

Hearts Apart

The next Hearts Apart will be Nov. 19 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.

Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. Nov. 23 in the A&FRC. This workshop is highly recommended for first-time and over-seas relocating members. Get the very latest moving

Graham’s Camp



U.S. Air Force photo by Senior Airman Jake Jacobsen

U.S. Air Force Ret. Col. Carlyle “Smitty” Harris, gives a speech while his wife, Louise, Columbus Air Force Base leadership, and their spouses listen on Nov. 6, 2020, in Columbus, Miss. Graham’s Camp is an offsite venue that Columbus AFB leadership uses for team building, strategic planning and community outreach.

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 a.m.-noon Jan. 7. 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.

Transition Assistance Program Workshop

The next Transition Assistance Program (TAP) workshop is from 7:30 a.m.-4 p.m. Jan. 11-15 and includes seminars on: Transition, Military Occupational Code Crosswalk, Financial Planning, Health Benefits, Mississippi Department of Employment Security, Department of Veterans Affairs, Disabled TAP and Department of Labor. Preseparation counseling is required before attending, and recommended attendance is 12-24 months prior to separation/retirement. Spouses are encouraged to attend with their sponsor. To register or for more information, please call the TAP Manager at (662) 434-2631/2790.

Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transi-

tion 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.

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 oth-

er 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.

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

FSS Base Events

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

Live Games on Columbus Air Force Base Living 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.

November Fun – After School Program

Youth Programs offers full day care every Wednesday in November 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. Youth Center will be closed Nov 26-27 for the Thanksgiving Holiday.

Two Great Fight Nights Streaming LIVE at The Overrun at the Columbus Club

On 21 November, UFC 255 featuring Figueiredo vs Garbrandt at 9 p.m. and Scvchenko vs Maia at 7 p.m.! Doors open at 5 p.m. and the bar will be open with a limited menu items available for purchase. Door prizes will also be given out!

Also, coming 28 November, Tyson vs Jones at 8 p.m. The Overrun doors will open at 7 p.m. Come and enjoy LIVE streaming of this fight. The bar will be open and door prizes given! Limited capacity, first come first serve.

Strike Zone Grill Has Moved to The Overrun at the Columbus Club

The Strike Zone Grill (also known as the Snack Bar) has move to The Overrun at The Columbus Club and features DINE-IN and TAKE-OUT service. It's the same great food, same great staff, at a new location. The hours are Monday-Friday: 6:30 a.m. - 2 p.m., Sat & Sun: Closed. Breakfast is offered until 10:30 a.m. The entire bowling center menu is available at The Overrun. For take-out orders, call (662) 434- 3426.

Bowling Center

The Bowling Center lanes are 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. Beverages and packaged snacks will be available during bowling hours. For more information, call (662) 434-3426.



FREE VIEWING OF

UFC 255

AT THE COLUMBUS CLUB

21 NOVEMBER

DOORS OPEN AT 1700

Figueiredo VS Garbrandt at 2100.
Scvchenko VS Maia at 1900.

The bar will be open with a limited menu available for purchase.
Door prizes will be available.

For more information call 434-2490

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.

Arts and Crafts

Arts & Crafts has re-opened. Stop by for all you Framing and Engraving needs! For the month of November they are offering 10% off all kitchen items in the engraving shop including baking pans, cups, cutting boards, and wooden spatulas, as well as all framing items in the frame shop. For more information, call (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.

The Fitness Center will host the Turkey Trot 5k Fun Run on 20 November at 7 a.m. FREE and open to all ages. First, second, and third Place will win a frozen turkey! A fourth turkey will be raffled off.

Outdoor Recreation

Outdoor Recreation's (ODR) 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! 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 another great Shooting Tournament hosted by Outdoor Recreation 7 November 9 a.m. - noon. Call ODR at (662) 434-2505 to sign-up (deadline is 2 November). Entry is FREE and clay targets are included. Guns and ammo will not be provided.

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 at Outdoor Recreation building 152. For more information, call (662)434-7861 or (662) 434-2507.

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.

CAFB Library

The Base Library is offering virtual story time, live craft demonstrations, book clubs and other activities on their Facebook page: @columbusairforcebaselibrary. 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, 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.



U.S. Air Force photo by Senior Airman Jake Jacobsen

U.S. Air Force Maj. Samuel Berryhill (right), 41st Flying Training Squadron instructor pilot, shows 2nd Lt . Clifford Mua, 41st Flying Training Squadron student pilot, the pre-flight check procedures on the T-6 Texan II Nov. 4, 2020, on Columbus Air Force Base Miss. Instructor pilots learn how to train students at Pilot Instructor Training where they are taught to teach precise maneuvers in the T-6 Texan II, T-1 Jayhawk, or T-38 Talon.



U.S. Air Force photo by Senior Airman Jake Jacobsen

U.S. Air Force 2nd Lt. Clifford Mua (left), 41st Flying Training Squadron student pilot, and Maj. Samuel Berryhill, 41st Flying Training Squadron instructor pilot, begin flight preparations in the T-6 Texan II Nov. 4, 2020, on Columbus Air Force Base Miss. The T-6 aircraft is part of the second phase of Specialize Undergraduate Pilot Training where students learn aircraft flight characteristics, emergency procedures, takeoff and landing procedures, aerobatics and formation flying.



U.S. Air Force photo by Senior Airman Jake Jacobsen

U.S. Air Force 2nd Lt. Clifford Mua (left), 41st Flying Training Squadron student pilot, and Maj. Samuel Berryhill, 41st Flying Training Squadron instructor pilot, taxi in a T-6 Texan II to the runway Nov. 4, 2020, on Columbus Air Force Base Miss. As a Guardsman, Mua is already on a designated track for the KC-135 Stratotanker. Traditionally student pilots are assigned to their airframes the night before graduation.

STUDENT

(Continued from page 1)

two years of work experience in the last five years in an occupation that requires at least two years of training. The winners are then chosen randomly by a computer program.

Mua, along with about 3,000 others, were selected from Cameroon's population of around 25 million. Once Mua won the lottery he contacted the U.S. embassy in Cameroon, got his paperwork together and in a year was on his way to America in 2013.

The challenges began immediately, Mau's first obstacle was to quickly overcome the language barrier.

"The language, culture, weather and even food are so much different here," Mua said. "My friends laughed at me because I thought August was cold. Even through the challenges, I knew it was a matter of time before I overcame those obstacles by making friends, watching television and adapting to the area."

At first Mua found work in the food industry but soon felt a strong desire to help others and sought a profession to do just that.

"After my first job in the country I started working at a nursing home facility because I like to take care of people," Mua said. "One day I ran into someone who was in the Army National Guard and after talking with him he mentioned he was returning from a deployment in Iraq. I told him I was interested in the military, particularly aviation and science, so he recommended the Air National Guard and got me in touch with a recruiter."

Mua enlisted into the Air National Guard



U.S. Air Force photo by Senior Airman Jake Jacobsen

U.S. Air Force 2nd Lt. Clifford Mua, 41st Flying Training Squadron student pilot, places his helmet on the aircraft before stepping inside the cockpit of a T-6 Texan II Nov. 4, 2020, on Columbus Air Force Base Miss. Mua, originally from the Republic of Cameroon, came to the U.S., by winning a diversity visa lottery allowing him to immigrate here on a green card visa before eventually gaining his U.S. citizenship.

in Michigan as a medical logistics specialist and while going through Basic Military Training he worked with an immigration officer to receive his citizenship upon graduation.

In his Air Force enlisted career, Mua also worked at the Michigan National Guard Joint Force Headquarters as a part of the state partnership program office. Later, Mua was selected to represent his new homeland as part of the honor guard responsible for carrying the American and state flags at official ceremonies in partner countries.

With the help of the Michigan National Guard State Tuition Assistance program and the G.I. Bill, Mua went to the College of Aviation at Western Michigan University to

pursue an aviation science degree while getting his private pilot's license.

After completing a bachelor's degree program, Mua was hired by the 171st Air Refueling Squadron, 127th Wing at Selfridge Air National Guard Base, Michigan. Now set with the calling of becoming a pilot, he was sent to Officer Training school and commissioned as an Air Force officer in 2019 and began pilot training at Columbus AFB.

Mua not only made an impact on the ANG mission but also in the classroom according to his fellow ANG wingman.

"Cliff is an incredibly motivated, inspirational character," said the wingman. "I have interacted with my fair share of young offi-

cers but his story is exceptional and shows if you really want something and work towards it you can achieve anything. I am happy to be able to go through SUPT with him and the fact that we will be able to fly together throughout our training here and back in Michigan."

Mua is now in phase II of SUPT learning aircraft flight characteristics, emergency procedures, takeoff and landing procedures, aerobatics and formation flying in the T-6 Texan II. After that he will continue to phase III in the airlift-tanker track flying the T-1A Jayhawk. This course centers on crew coordination and management, instrument training, cross-country flying and simulated refueling and airdrop missions.

"It is a unique environment here and I have come to the realization very fast that the reason why America has the best Air Force is because it's world class training where the bar is set really high," Mua said. "Walking into class that first day it was easy to see the high standards they put on you from day one. It is a challenge to be at that standard while working at such a fast pace, but all necessary to reach my goal of becoming a pilot in the U.S. Air Force."

Upon completion of SUPT, Mua will be stationed at Altus AFB for training in his designated aircraft, the KC-135 Stratotanker, before returning to the 171st ARS as an official Air Force pilot.

"It is an honor to serve and to give back to this great country," Mua said. "This is a place that is so diverse which many other countries around the world don't have. Being part of that, I couldn't ask for anything more."

SUPT Class 21-01 graduates, enters next chapter in aviation

Senior Airman Jake Jacobsen
14th Flying Training Wing
Public Affairs

“Our Chief of Staff of the Air Force has challenged leaders to accelerate change so we need the folks that are coming in to be able to think differently, get after innovation and excel in their next job,” Wiederholt said.

Nineteen student officers from the class of 21-01 have successfully graduated from Specialized Undergraduate Pilot Training Oct. 23, on Columbus Air Force Base, Mississippi, moving on to the next stage in their careers.

Attending the ceremony was guest speaker Col. Scott Wiederholt, 305th Air Mobility Wing commander, who congratulated the newly graduated pilots for earning their wings.

“Our Chief of Staff of the Air Force has challenged leaders to accelerate change so we need the folks that are coming in to be able to think differently, get after innovation and excel in their next job,” Wiederholt said.

Wiederholt described the joy of leading and being a part of a team to execute the Air Force mission globally.

“We don’t go to conflict without our friends and our allies,” said Wiederholt. “When we have those international partners here at Columbus AFB it helps the student pilots get new ideas and create relations from the very start. It’s one of the unique things about our Air Force being how we integrate with our international players.”

Students begin the 52-week pilot training program with six-weeks of preflight academi-

cs and physiological training.

The second phase, primary training, is conducted in the single-engine, turboprop T-6A Texan II. In the third phase students are selected, by order of merit, the advanced training in the fighter-bomber or airlift-tanker track.

The graduation ceremony ended with the graduating class following the tradition of breaking their wings into two pieces. The breaking of the wings entails pilots snapping their first set of wings into two, never to be brought together again while the pilot is alive. One half is kept by the pilot while the other half is kept by the pilots loved one.



U.S. Air Force photo by Senior Airman Jake Jacobsen

U.S. Air Force and international student pilots from class 21-01 clap for one of their fellow classmates heading to the stage Oct. 23, 2020, on Columbus Air Force Base Miss. As a result of COVID-19 restrictions the graduation was live streamed to Facebook on the Columbus AFB page for viewers not in attendance.

Some of the highlighted aircraft the graduating class will go on to fly are the F-15 Eagle, F-16 Fighting Falcon, F-35 Lightning II, KC-10 Extender, KC-135 Stratotanker C-5 Galaxy, C-17 Globemaster III, and the C-130

Hercules.

Selected students will stay at Columbus AFB becoming First Assignment Instructor Pilots in order to continue the training of new Air Force aviators.



U.S. Air Force photo by Senior Airman Jake Jacobsen

The graduating class of 21-01 stands to break their silver wings in half Oct. 23, 2020, on Columbus Air Force Base Miss. The traditional breaking of the wings symbolizes the sacrifice made to the pilots who put their lives on the line for their country. The two halves are never to be brought together again while the pilot is alive.



U.S. Air Force photo by Senior Airman Jake Jacobsen

U.S. Air Force Col. Scott Wiederholt, 305th Air Mobility Wing commander, speaks to the Specialized Undergraduate Pilot Training class of 21-01 during their graduation ceremony Oct. 23, 2020, on Columbus Air Force Base, Miss. Wiederholt is a command pilot with over 4,400 hours in the C-17A, C-21A, T-1A, and T-37B, including 940 combat hours.

COVID-19

(Continued from page 2)

on her face, she pitches the best plan ever. God is good. It would not only take me off the road, but I could potentially join and make a difference as well. I immediately felt a bit of hope rise up. This had to be it!”

With the idea of both joining the military, they began researching the different branches and talking to recruiters, including Tech. Sgt. Jeffry Stamm, an enlisted accessions recruiter with the 314th Recruiting Squadron in Hatboro.

“Jenna and Richard were looking for a fresh start,” Stamm said. “Jenna had been a homemaker for the past three years and was looking to start a career and continue her education. Richard always had an interest in serving his country and felt the time was right for a career change. After they both were preliminary qualified, I started to ask them some of their future goals and aspirations. It became clear that the Air Force would be better for them when it came down to the quality of life and educational goals

they were both seeking.”

Stamm shared his family life experiences with Jenna and Richard. He also pulled up his travel records to show how many times he has been on temporary duty assignments and his leave and earnings statements to show how much he pays for healthcare and life insurance, how the Thrift Savings Plan works, and how much basic housing allowance and basic allowance for subsistence he receives monthly.

Jenna and Richard were sold on the benefits the Air Force has to offer and the job security it provides.

“The Air Force is something that is always going to be there. I think it might be the most reliable job there is,” Jenna said. “When the world stops on the drop of a dime, you don’t have to worry about being out of a job, paying your rent or putting food in your children’s mouths. Not only will you have support from your Air Force family and community in hard times but the Air Force itself. Not to mention, our family could also help people and be supportive for them. It just seems to be a perfect fit.”

One day when Richard and Jenna were visiting with Stamm, they happened to have their son, Amariion, a high school senior, with them. Stamm asked him about his plans.

“Amarion was supposed to graduate in May of 2020, but because of his vocational school and the specific hands-on training involved, the graduation requirements had to be delayed until August because of COVID(-19),” the recruiter said. “He was one of about 10,000 students affected. He was enrolled in a job-corps program through his high school in the automotive technology field. After hearing this, I explained some of the mechanical and electrical career fields the Air Force has, and the opportunities for Amarion to continue his education, get valuable job experience, and have medical and dental benefits as well as a retirement plan that would be tough to find in the civilian sector.”

Amarion was interested.

“While looking deeper into the military, I got to see that they will pay for my college and provide me with health insurance,” he said. “And once you’re in service, you will be part of a brotherhood that only the military can offer.”

Like his parents, Amarion decided to join.

“What made me join the greatest Air Force was my family, the communication and the quality of life I’ve seen so far,” he said. “Every single Airman I’ve spoken to has been honest and open with me. They didn’t make me any promises they couldn’t keep and they’ve given me respect.”

Richard said he is excited his son decided to join at such a young age so he can take advantage of the educational benefits, build a career and see the world.

“I am just so proud of him,” Richard said. “He will not only be given a real chance at an amazing life, but be given all kinds of opportunities that only the Air Force can provide. I am not only honored to be his dad, but I’m especially honored to be able to serve with him as an Airman in the United States Air Force.”

“As a mom, of course I want Amarion at the same base as us, to be able to see him and check up on him to make sure he is OK,” Jenna said. “But I also want him to have independence and learn and grow on his own. I want him to take advantage of being able to ship overseas, explore the world. He’s so young so he can go wherever for as long as he pleases. I’m excited for his future.”

Amarion and Jenna are extremely close since she and Richard were there for him following the loss of his biological mother.

“When my son lost his biological mother when he was 13, that was probably one of the hardest things I had to help Amarion overcome,” Richard said.

Amarion’s biological mom had an infection in her heart that spread to her brain.

“She left him in my custody while she tried to get herself well, but unfortunately she wasn’t able to get better,” Richard said. “That’s when Jenna really stepped up and provided him with the energy he needed at the time. As you can imagine, Amarion had a lot of hurt, confusion and questions at such a time. Jenna definitely stood in front of that with me and we all overcame it together as a team – all of us, the Jimenez family.”

While Richard was always there for his son, having Jenna step in and fill that void has lifted Amarion in his times of need and has created a bond that has made and kept this family close and operating as a team.

“Since my mother’s passing, Jenna has been there for me,” Amarion said. “She’s been there to pick me up when I’m down, she’s kept me strong when I felt weak and she cared for me when I felt broken.”

While there are three members of the Jimenez family ready to join the Air Force, there’s a fourth member who is not quite ready yet — Amarion’s 3-year-old sister, Layla. Since Jenna is scheduled to leave for basic military training first, Richard is set to take care of Layla and Amarion while she is away.

“We are excited about Jenna

leaving first, especially since this was kind of her idea,” Richard said. “We are proud of her courage and willingness to go ahead of us. Amarion and I will be just fine with Layla, also known as ‘the boss.’ She’ll have us here while mommy becomes an Airman. Jenna is already a superhero to Layla, so this is just an upgrade for us.”

“Leaving Layla is going to be ridiculously difficult,” Jenna said. “She’s three and it’s been me and her forever. To leave her for a few months, let alone during the holidays, is gut wrenching. But the reason behind it is so much bigger than a Christmas. I may miss this Christmas, but with that sacrifice, we will never have to live the way we are right now ever again.”

Stamm said he was proud to help the Jimenez family join the Air Force and bounce back from the devastating blow COVID-19 delivered.

“For people who may have lost their jobs during the pandemic, or maybe just want a fresh start, the Air Force has great opportunities,” he said. “We offer guaranteed contracts for four or six years in more than 140 career fields. I also feel the job experience you get in the Air Force is one of the biggest benefits we have. The Air Force gives you the opportunity to obtain a degree in one of 71 degree programs through the Community College of the Air Force while gaining job experience which makes you marketable in the civilian sector.”

Richard may be one of the oldest people in his basic training flight, but he’s looking forward to the challenge.

“This is not just a story about a 37-year old joining the Air Force,” he said. “This is an example of perseverance even when the odds are stacked against you,” Richard said. “Statistically this shouldn’t be possible, but I refuse to accept defeat even in the face of the worst pandemic the world has seen in 100 years. I stand on all 10 toes and keep pushing forward. Our country is in need of strength. I am ready to serve. People ask, why did I give the Air Force a shot? Because I’ve always aimed high, so why stop now?”

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G-SUIT

(Continued from page 7)

were successfully endurance tested with no issue, flight testing began at Eglin Air Force Base with the 46th Test Squadron, 96th Test Wing providing the engineering and test planning expertise and the 85th Test and Evaluation Squadron, 53rd Wing, executing the flight tests.

Following the flight testing, the 46th Test Squadron will provide a test report, explained Rogers. Under the current acquisition strategy, the modified ATAGS could be in the hands of fighter pilots and aircrew who need it within 12-24 months.

For Maj. Shanon Jamison, an F-16 pilot, testing the modified ATAGS was a great opportunity not only to help ensure pilots have gear that fits, works, and prevents G-induced loss of consciousness, or G-LOC, but also to connect with other female fighter pilots.

"It is great to see the Air Force bring female pilots together

to test these new improvements, and it also gave us a chance to share our career experiences with one another," Jamison said. "There are things we have experienced in our career that many of our colleagues cannot understand, from as simple as worrying about getting your hair caught in a harness to as complex as how to return to flying while juggling breast-feeding your infant. The chance to come together for an important test, while also receiving continued mentorship and leadership from the female cadre of fighter pilots, was both useful and fulfilling."

Fortunately for Airmen across the Air Force, ATAGS is not the only gear getting modified or adapted for women. More information on female fitment efforts, like the security forces Airmen at Moody Air Force Base, Georgia, who received a new body armor system designed for women, can be found here: <https://www.afcmc.af.mil/Units/FemaleFitment/>.

"These tests are important because they will ultimately increase the lethality of those who no longer have their mask

"It is great to see the Air Force bring female pilots together to test these new improvements, and it also gave us a chance to share our career experiences with one another," Jamison said.

slip down during a sortie, their G-suit crunch under their waist, or the extra fabric of a too big anti-exposure suit get in the way of their movements in the jet," Trimble said. "These don't seem like big issues, but everything counts in the air, and having gear that fits and works as intended should be the standard. I'm excited the Air Force is working to identify and fix these issues, especially in innovative ways like provide AFE new modification options."

Civilian maintainers: an integral part of AF mission

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

Maintainers, military and civilian, are essential to the Air Force's nonstop mission. Whether the mission involves providing close air support, moving personnel, pilot training or overall, dominating the skies, there are always maintainers in the background there to support.

In fiscal year 2019 alone, the 14th Flying Training Wing at Columbus Air Force Base, Mississippi, flew 56,383 sorties in the T-6A Texan II, T-1A Jayhawk and T-38 Talon combined. Maintainers at Columbus AFB kept maintenance on 225 aircraft to make the sorties possible.

The majority of maintainers at Columbus AFB are civilian, working for M1 Support Services.

Melony Beard, M1 Support Services plans, scheduling and documentation lead, said why she thinks civilian maintainers are significant, not only for Team Blaze, but the Air Force as a whole.

"You cannot fly aircraft if you're not keeping up with the maintenance," Beard said. "It's sort of like changing the oil in your car, if



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

Jackie Ehrhart, M1 Support Services T-1A Jayhawk mechanic, inspects a horizontal stabilizer on Oct. 29, 2020, at Columbus Air Force Base, Miss. The T-1A is a medium-range, twin-engine jet trainer used in the advanced phase of specialized undergraduate pilot training for students selected to fly airlift or tanker aircraft.

you miss things it's gonna catch up with you. Our job is to track maintenance exactly the way the Air Force wants it to be done and that we're keeping those jets going and getting the work done."

M1 Support Services is a company that provides the bulk of aviation support services, logistics, and engineering services to name a few, all vital to the Columbus AFB mission.



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

Jason Nesser, M1 Support Services fuel systems lead, inspects the fuel system of a T-6A Texan II on Oct. 29, 2020, at Columbus Air Force Base, Miss. Because of its excellent thrust-to-weight ratio, the T-6 can perform an initial climb of 3,100 feet (944.8 meters) per minute and can reach 18,000 feet (5,486.4 meters) in less than six minutes.

Beard is one of six coordinators that conduct the work schedule for the mechanics at Columbus AFB.

She also documents aircraft maintenance.

"The jets have to be healthy and you need experience," she said. "These mechanics are here every day behind the scenes. When all of the flying has stopped, they're still out there fixing jets and checking things to make sure the pilots are safe to go the next morning."

Bobby Robertson, M1 Support Services T-38 Talon mechanic, said it is an honor for him to be a civilian while working as a maintainer for the Air Force.

"We help them to train the best pilots in the world," Robertson said. "To be a part of that is something that not everyone can say."

Robertson said there can be challenges being a mechanic, one being switching aircraft. Switching from a new aircraft to an old aircraft, or vice versa, can be especially hard for new maintainers, he said.

Overall, Robertson said the main goal of a maintainer is safety for the pilot and the equipment.

"Coming in here with a clear head and clear mind and doing my job the best I can to ensure a safe product and a happy pilot is our goal," he said. "We're here to help make this country the best it can be."

2020

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U.S. Air Force photo by Airman 1st Class Davis Donaldson
Peggy Archer, M1 Support Services nondestructive inspection lead, waits for a piece of an aircraft to dry after it was dipped in a fluorescent penetrant on Oct. 29, 2020, at Columbus Air Force Base, Miss. The fluorescent penetrant is used to detect cracks in aircraft parts.



U.S. Air Force photo by Airman 1st Class Davis Donaldson
Peggy Archer, M1 Support Services nondestructive inspection lead, dips a piece of equipment in a fluorescent penetrant on Oct. 29, 2020, at Columbus Air Force Base, Miss. Nondestructive inspection specialists are responsible for employing noninvasive methods to inspect the insides of metal objects and identify possible defects in systems and equipment.



U.S. Air Force photo by Airman 1st Class Davis Donaldson
Charlotte Lindsey, M1 Support Services T-6A Texan II maintainer, prepares the cockpit of a T-6 on Oct. 30, 2020, at Columbus Air Force Base, Miss. The T-6 is fully aerobatic and features a pressurized cockpit with an anti-G system, ejection seat and an advanced avionics package with sunlight-readable liquid crystal displays.

14th CS maintains base-wide computer efficiency

2nd Lt. Alexandra Scarboro
14th Flying Training Wing
Public Affairs

Over the past few months computer workstations have projected a Basic Input Output System splash screen, warning users that their device is going to be disconnected from the network.

The BIOS is used to instruct the computer on how to perform basic functions, as well as identify and configure the hard drive.

The Network Control Center (NCC) scans the network for devices that have outdated BIOS versions and sends notice to users.

Behind the scenes of this warning page is Staff Sgt. Deanna Johnson, 14th Communications Squadron client systems supervisor and her team of experts who monitor threats to the installation network.

Ensuring the security of the base, Johnson's team, a group of five individuals, has worked relentlessly over the past few months to update a total of 1,600 devices with outdated BIOS.

"There was a network outage that lasted several days leaving the department unable to update any computers," Johnson said. "Although there was a schedule sent out base wide for different squadrons to turn in their computers at certain times, there were still people who failed to bring in their computers."

To assist mission critical areas, Johnson's team members were sent to workstations to accomplish the updates.

"Depending on the device, an update can take anywhere from 20-30 minutes," Johnson said. "Although that does not seem like a long time, with 1,600 devices to update, that equals over 500 hours of time put into updates alone for the Communications Squadron."

Currently, computers with the BIOS splash screen have priority, but once all of the computers on base have been updated, Johnson's team can refocus more of their attention on other device issues.

"As long as everyone backs their devices up properly, their information is safe," said Staff Sgt. Corey Frey, 14th Communications Squadron client systems supervisor. "Every-

"As long as everyone backs their devices up properly, their information is safe," said Staff Sgt. Corey Frey, 14th Communications Squadron client systems supervisor.

one should have received an email with instructions on how to back up their computers."

There are still over 500 devices that need to be updated on Columbus AFB. Any devices that have the BIOS splash page should be turned into the 14th CS in building 900 as soon as possible.



U.S. Air Force photo by Senior Airman Jake Jacobsen
U.S. Air Force Airmen of the 14th Communications Squadron Client Systems Technician shop, pose with their squadron logo Nov. 2, 2020, on Columbus Air Force Base, Miss. The CST shop has successfully updated over a 1,000 devices with outdated Basic Input Output Systems base wide.

! WARNING !

BLUF: If you are receiving this message, this system is non-compliant with MTO 2020-188-001 Firmware requirements for workstations. Your BIOS needs to be updated.

This system will be QUARANTINED from the network unless brought into compliance. Please bring your device to the CSTs (Bldg. 900) for correction.

If you require further assistance, please contact your Cybersecurity Liaison (CL) or the Comm Focal Point at 434-2666.

! WARNING !

Courtesy graphic
14th Communications Squadron BIOS splash page. BIOS stands for Basic Input Output System and it instructs the computer on how to perform basic functions, as well as identify and configure the hard drive.

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

Medical Corner



November is Diabetes Awareness Month!

The underlying cause of diabetes varies by type, but no matter what type of diabetes you have, it can lead to excess sugar in your blood. Too much sugar in your blood can lead to serious health problems. Chronic diabetes conditions include type 1 diabetes and type 2 diabetes.

Type 1 diabetes: A chronic, autoimmune condition that happens when the immune system mistakenly attacks its own insulin-producing cells in the pancreas. As a result, these damaged cells have little to no ability to produce insulin which is responsible for regulating blood sugar. Without sufficient insulin, blood sugar levels will be elevated and cause damage to organs throughout the body. People with type 1 diabetes are dependent on insulin injections or pumps to control their blood sugar; without insulin they could not survive. The exact cause of type 1 diabetes is unknown, but it is thought to be either from genetics or environmental causes, such as a virus. It is not caused by lifestyle factors like diet and there is no cure yet.

Warning signs:

Excessive thirst • Frequent urination • Unexplained weight loss • Exhaustion

Type 2 diabetes: A progressive condition where the body cannot properly utilize insulin, known as insulin resistance. This insulin resistance causes elevated blood sugar and eventually organ damage if it is not properly controlled. Type 2 diabetes is often preventable and reversible through a variety of lifestyle factors such as regular physical activity, healthy diet and body composition improvements. Medications, carbohydrate control and high fiber intake are particularly effective methods for controlling blood sugar levels.

Risk factors:

Lifestyle (diet, stress, sleep) • Obesity • Lack of physical activity • Smoking • Genetics (Asian Americans, African Americans, Latinos, Native Americans)


world diabetes day
14 November

November 14th is World Diabetes Day, raising awareness about the different types of diabetes. This day was created in 1991 by the International Diabetes Federation and the World Health Organization in response to growing concerns about the escalating health threat posed by diabetes. It is marked every year on 14 November, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922.

Symptoms & Causes of Diabetes. Retrieved from <https://www.niddk.nih.gov/health-information/diabetes/overview/symptoms-causes>
Five Lifestyle Factors Lower Diabetes Risk. Retrieved from <https://newsinhealth.nih.gov/2011/10/fivelifestyle-factors-lower-diabetes-risk>
Exercise and Type 2 Diabetes. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2992225/>
Dietary fiber: Essential for a healthy diet. Retrieved from <https://www.mayoclinic.org/healthylifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983>

Lifestyle Tips

Here are some crucial lifestyle tips for good health and blood sugar control. Ultimately, blood sugar control is key for both type 1 and type 2 diabetes.

Physical Activity: It is recommended to do at least 150 minutes per week of moderate to vigorous cardiovascular exercise spread out during at least 3 days per week. Including strength training activities like weightlifting and calisthenics at least 2-3 sessions per week is ideal for blood sugar control and muscle and bone health as well.

Diet: Following a balanced and healthy diet directly improves blood sugar control. It is important to choose the right kinds of carbohydrates (carbs) like fruits, vegetables and whole grains, while limiting processed carbs and added sugars that spike your blood sugar like candy, soda and desserts. The fiber in fruits, vegetables and whole grains helps keep your blood sugar stable and intestinal tract healthy. Men should aim for at least 38 grams of fiber per day. Women should aim for at least 25 grams per day.

Improving Body Composition: Less body fat and more muscle mass are the result of regular physical activity and following a healthy diet. It is important to decrease body fat levels for those that are carrying excessive amounts of weight. This will improve insulin resistance and blood sugar control. Building muscle and strength also improves insulin resistance and blood sugar control.

A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,
I have a serious sweet tooth, and love to eat candy and drink soda. I'm worried I might get diabetes because I consume a lot of sugary desserts and drinks.

Sincerely,
Sugar Fan

Dear Sugar Fan,
Eating sugar does not cause diabetes, but that can be confusing since we talk about "blood sugar" a lot. When we eat foods, the body breaks them down into a sugar called glucose. Glucose is important because it helps to fuel our body and give us energy. Insulin is the key that moves the glucose from the blood into our cells, but if our body is not making enough insulin or not able to use it properly, the amount of glucose in our blood will rise. Having too much glucose in our blood is referred to as "blood sugar." The main concern with eating too much sugar from desserts and sugary drinks, is that it may lead to weight gain, which is known to increase the risk for diabetes. The American Heart Association recommends limiting added sugar to 36 grams sugar per day (~ 9 teaspoons) for men and 24 grams sugar per day (~ 6 teaspoons) for women. Be sure to check the "added sugar" row on the new nutrition label, and select foods with little or no added sugar. If you need to satisfy your sweet tooth with a favorite candy bar, consider a smaller portion, or eat half now and freeze the other half for another day.

Sincerely,
Health Myth Busters

Diabetes myths and facts. Retrieved from <https://medlineplus.gov/ency/patientinstructions/000964.htm>
Added Sugars. Retrieved from <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/added-sugars>

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to usaf.jbsa.afmsa.mbx.hpo@mail.mil. Make sure to include in the subject line "Health Myth Buster."

For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>

BLAZE Hangar Tails: KC-135 Stratotanker

Mission

The KC-135 Stratotanker provides the core aerial refueling capability for the United States Air Force and has excelled in this role for more than 50 years. This unique asset enhances the Air Force's capability to accomplish its primary mission of global reach. It also provides aerial refueling support to Air Force, Navy, Marine Corps and allied nation aircraft. The KC-135 is also capable of transporting litter and ambulatory patients using patient support pallets during aeromedical evacuations.

General Characteristics

- Primary Function:** Aerial refueling and airlift
- Prime Contractor:** The Boeing Company
- Power Plant:** CFM International CFM-56 turbofan engines
- Thrust:** 21,634 pounds each engine
- Wingspan:** 130 feet, 10 inches (39.88 meters)
- Length:** 136 feet, 3 inches (41.53 meters)
- Height:** 41 feet, 8 inches (12.7 meters)
- Speed:** 530 miles per hour at 30,000 feet (9,144 meters)
- Ceiling:** 50,000 feet (15,240 meters)
- Range:** 1,500 miles (2,419 kilometers) with 150,000 pounds (68,039 kilograms) of transfer fuel; ferry mission, up to 11,015 miles (17,766 kilometers)
- Maximum Takeoff Weight:** 322,500 pounds (146,285 kilograms)

- Maximum Transfer Fuel Load:** 200,000 pounds (90,719 kilograms)
- Maximum Cargo Capability:** 83,000 pounds (37,648 kilograms), 37 passengers
- Pallet Positions:** six
- Crew:** Three: pilot, co-pilot and boom operator. Some KC-135 missions require the addition of a navigator. The Air Force has a limited number of navigator suites that can be installed for unique missions.
- Aeromedical Evacuation Crew:** A basic crew of five (two flight nurses and three medical technicians) is added for aeromedical evacuation missions. Medical crew may be altered as required by the needs of patients.
- Unit Cost:** \$39.6 million (fiscal 98 constant dollars)
- Date Deployed:** August 1956
- Inventory:** Active duty, 167; Air National Guard, 180; Air Force Reserve, 67

Background

Air Mobility Command manages an inventory of 414 Stratotankers, of which the Air Force Reserve and Air National Guard fly 247 aircraft in support of AMC's mission. The Boeing Company's model 367-80 was the basic design for the commercial 707 passenger plane as well as the KC-135A Stratotanker. In 1954, the Air Force purchased

the first 29 of its future 732-plane fleet. The first aircraft flew in August 1956 and the initial production Stratotanker was delivered to Castle Air Force Base, Calif., in June 1957. The last KC-135 was delivered to the Air Force in 1965.

Of the original KC-135As, more than 415 have been modified with new CFM-56 engines produced by CFM-International. The re-engined tanker, designated either the KC-135R or KC-135T, can offload 50 percent more fuel, is 25 percent more fuel efficient, costs 25 percent less to operate and is 96 percent quieter than the KC-135A.

Under another modification program, a re-engined tanker with the TF-33-PW-102 engine was designated the KC-135E. In 2009, the last KC-135E retired from the inventory.

Through the years, the KC-135 has been altered to do other jobs ranging from flying command post missions to reconnaissance. KC-135s are used for special reconnaissance and Air Force Materiel Command's NKC-135As are flown in test programs. Air Combat Command operates the OC-135 as an observation platform in compliance with the Open Skies Treaty.

The KC-135RT aircraft continue to undergo life-cycle upgrades to expand their capabilities and improve reliability. Among these are improved communications, navigation, autopilot and surveillance equipment to meet future civil air traffic control needs.



U.S. Air Force photos/Airman 1st Class Christopher Thornbury

Fourteen KC-135 Stratotankers line up during a simulated alert call, March 24, 2016, at McConnell Air Force Base, Kan. The elephant walk was part of an exercise, which displayed the rapid mobility capabilities and teamwork of the men and women at McConnell to take flight within minutes of being notified of a mission.



U.S. Air Force photo by Senior Airman Tryphena Mayhugh

A U.S. Air Force Global Strike Command B-1B Lancer refuels from a U.S. Air National Guard KC-135 Stratotanker during exercise Saber Strike 17 above Riga, Latvia, June 8, 2017. U.S. Air National Guard Senior Airman Jordan Kaminski, 171st Air Refueling Squadron boom operator, off-loaded almost 50,000 pounds of fuel at 6,000 pounds per minute. Saber Strike 17 promotes regional stability and security, while strengthening partner capabilities and fostering trust.

Female fighter pilots test modified ATAGS "G-suit"

1st Lt. Savannah Bray
53rd Wing



U.S. Air Force photo by 1st Lt. Savannah Bray

Five fighter pilots from various squadrons wear a modified version of the Advanced Technology Anti-Gravity Suit. The modified ATAGS, which is the latest advancement in female aircrew fitment, was flight tested at Eglin Air Force Base, Fla. October 26-30, 2020.

EGLIN AIR FORCE BASE, Fla. — Five female fighter pilots tested a modified version of the Advanced Technology Anti-Gravity Suit Oct. 26-30.

ATAGS is a proven design and a critical life support item that protects aircrew members from the effects of high-G forces during maneuvers in fighter aircraft, but the ATAGS design, which has been in use since 2001, was developed primarily for standard men's body types. Pilots who are shorter or have smaller or hard-to-fit body types often struggle to properly adjust the G-suit to fit well due to a limited range of adjustability in the standard sizes.

Directly tasked by the secretary of the Air Force, engineers and subject matter experts at Air Force Life Cycle Management Center and AFWERX set out to address priority shortfalls in female specific aircrew equipment and gear, to include ATAGS. Instead of creating a new product altogether, experts determined modifications could be made to the current ATAGS design to better fit women and various body types.

The two major modifications to the ATAGS include wider lacing panels in the waist, thigh and calf, which allows the suit to be easily adjusted for different body proportions, and the option for a "darted" or tailored, custom waist that does not reduce performance of the waist bladder that inflates during high-G maneuvers.

"In the past, some pilots with a shorter torso have had issues with ATAGS that were too large riding up and causing bruising on the rib cages, while pilots who are hard-to-fit may have had one size that fits through the legs, but need a smaller size in the waist," said Charles Cruze, an AFLCMC Human Systems Division engineer.

"Now, the waist can be darted up to 3.75 inches, allowing for a more custom and accurate fit, preventing both of those issues."

To properly and safely test the ATAGS, the 85th Test and Evaluation Squadron executed nearly 20 sorties in F-16 D-model aircraft. During these test sorties, pilots conducted low- and high-G basic fighter maneuvers and specific profiles to allow for accurate evaluation of the modified ATAGS. F-16 D-models were used so that in each sortie, a pilot wearing standard ATAGS was in the aircraft to ensure safety should an issue with the modified ATAGS arise.

"For the purpose of this test, five pilots and one aircrew member tested the modified ATAGS, and evaluated it based on comfort and performance when compared to the normal ATAGS typically worn," said Sharon Rogers, 46th Test Squadron lead test engineer. "Pilots were asked to evaluate based on not only the ATAGS during high-G maneuvers, but also during regular activities like sitting, standing, walking and climbing into and out of the aircraft." "As more women strap into fast jets to get the mission done,

I think the Air Force is heading in the right direction," said Capt. Brittany Trimble, an F-16 Fighting Falcon instructor pilot, when asked about her experience testing the modified ATAGS.

The pilots and aircrew who tested the ATAGS noticed significant improvements in comfort and functionality in the modified ATAGS.

"I definitely noticed improvement with the new updates and the darted waist in particular," Trimble said. "I honestly didn't expect to notice much of a difference because I'd never noticed significant issues with the ATAGS sizes before, but I was pleasantly surprised that these upgrades increased the ATAGS functionality significantly under G."

The modified ATAGS testing is also a showcase example of developmental and operational test experts coming together to provide solutions for the warfighter. Prior to flight testing, AFLCMC conducted developmental endurance testing which simulated 14 years of use on identically designed modified ATAGS. Once those versions

Unattended Cooking Fires

Darren Amos
14th CES Fire Inspector



Around the holidays, cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know unattended cooking fires are the leading cause of house fires and home injuries, according to the National Fire Protection Association.

Sometimes we cook or bake while balancing numerous chores such as laundry, talking on the phone, tending to a baby or answering the door. It only takes a few minutes of unattended cooking to become a nightmare of excessive smoke, flames, smoke detectors beeping and animals howling. CAFB Fire Department asks you to be mindful of the potential for disaster and practice safe cooking habits.

- Be alert...If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn the stove off.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.



- Keep anything that can catch fire like oven mitts, wooden utensils, food packaging, or towels away from the stovetop.
- Turn pot handles toward the back of stove.
- Wear short sleeves or roll up sleeves.
- Know where your fire extinguisher is located and how to use it.
- Never store cooking oil or cooking spray above the stovetop.
- Clean your exhaust fan filter and oven regularly to reduce grease laden particulate. Many ovens today have a self-clean feature.

If you have a small (grease) cooking fire and decide to fight the fire...

- On the stovetop, smother the flames by carefully sliding the lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.
- If you have any doubt about fighting a small fire...
- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 911 to report any emergency.

Data from National Fire Protection Association and U.S. Fire Administration



T-1A Jayhawk

SUPT Class 21-02 earns silver wings



T-38C Talon



Capt. Andrew Do
Huntington Beach, California
C-17



Capt. James Malcolm
Brocton, New York
KC-135



Capt. Irlanda Rodriguez
San Diego, California
C-17

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

Specialized Undergraduate Pilot Training Class 21-02 graduates at 10 a.m. today during a ceremony at the Kaye Auditorium.

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

Capt. David Schmitt and 1st Lt. Michelle Strickland 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 Capt. James Malcolm and 2nd Lt. Justin Treinish who excelled in training and typified the tenets of the association; promoting aerospace power and a strong national defense.

The distinguished graduates of Class 21-02 recognized were Schmitt and Strickland for outstanding performance in academics, officer qualities and flying abilities.

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

Primary training takes approximately 23 weeks and includes 254.4 hours of ground training, 27.3 hours in the flight simulator and 89 hours in the T-6A 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 21-02's pilot partners are First Command Financial Planning and Visit Columbus.



Capt. David Schmitt
Alpharetta, Georgia
C-5



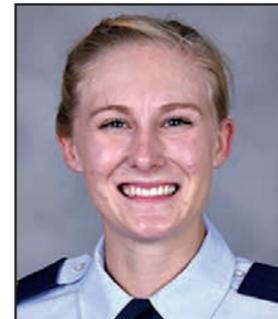
1st Lt. Michelle Strickland
San Diego, California
F-16



1st Lt. Kamogelo Thakagolo
Serowe, Botswana
Pilatus PC-7 MKII



2nd Lt. Sean Coleman
Canonsburg, Pennsylvania
C-130J



2nd Lt. Jennifer Anderson
Omaha, Nebraska
KC-135



2nd Lt. Miles Barnidge
Rochester, Minnesota
C-130H3



2nd Lt. Ethan Jensen
Grosse Pointe, Michigan
KC-10



2nd Lt. Brendan Kemp
Salt Lake City, Utah
KC-10



2nd Lt. Cole Rossiter
New Milford, Connecticut
KC-46



2nd Lt. Zachary Siefken
Mason City, Iowa
E-3



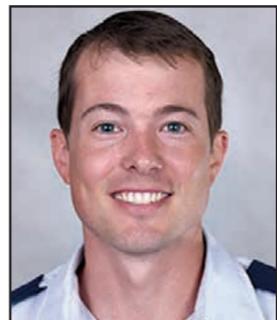
2nd Lt. Zachary Siefker
Columbus, Ohio
B-52



2nd Lt. Marc Strong
Ashtabula, Ohio
B-52



2nd Lt. Justin Treinish
Pataskala, Ohio
T-38C



2nd Lt. Daniel Wormley
Louisville, Kentucky
C-130H2



2nd Lt. Marco Bordon
Sondrio, Italy
TBD



2nd Lt. Carlo Emmanuel Canlas
Lubao, Pampanga, Philippines
FA-50 Golden Eagle



2nd Lt. Tim Hooper
Rock Creek, Alabama
KC-135