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“The staff at the Pines actually cares about me as an individual.”




Photo for illustration purposes only.

“My past consisted of about 20 years of misery, nine years of prison, three different incarcerated treatment programs, and a mental hospital due to my drug abuse before I landed at the Pines. During my treatment here at the Pines, I developed relationships and a set of tools that have allowed me to further my burgeoning relationship with God. It also provided an environment that was therapeutically conducive to recovery. These people and this recovery community have become an important and dear part of my daily life. I now work, pay bills, go to church, go to meetings, work the steps, and most importantly enjoy the fruits of this sober life. As my therapist once told me, “you know, eating, showering daily, you know, hygiene is where it’s at!” I love myself again. My faith in God and myself has never been stronger. I thank God, the Pines, and my parole officer for the amazing opportunity of a new life. I have ninety days sober and I’m still ‘truckin’, one day at a time.”

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Columbus Air Force Base, Miss.

Vol. 45, Issue 3

February 5, 2021

14th LRS commander recognized; brings home award

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

U.S. Air Force Lt. Col. Michael Kennedy, 14th Logistics Readiness Squadron commander, was awarded with the Air Education and Training Command's Outstanding Logistics Readiness Field Grade Officer of the Year award for 2020, on January 25, 2021.

The award was given to Kennedy for exceeding expectations during his time as the Detachment 6 LRS commander at Al Udeid Air Base, Qatar and as the 14th LRS commander at Columbus Air Force Base, Miss.

Kennedy said he was grateful for winning the award, but it was not accomplished alone. He would much rather his team get highlighted than himself, he said.

“It’s the people...,” Kennedy said. “I had an amazing crew of senior noncommissioned officers and officers that did most of the work, I was just there to enable it. Like I was doing in Al Udeid, I’m trying to do here, which is to help facilitate my team..., who do an amazing job.”

While deployed, Kennedy led a small team of 21 Airmen, with 15 different specialty codes over the course of his tour. He also managed the Air Force's largest munitions account of over \$2.8 billion.

After deploying, Kennedy arrived to Columbus AFB in June of 2020. While at Columbus AFB in 2020, he managed and oversaw the completion of over 900 work orders and 3,700 repairs. The feat surpassed the Air Forces goal by 80% and the 14th LRS's goal by 90%.

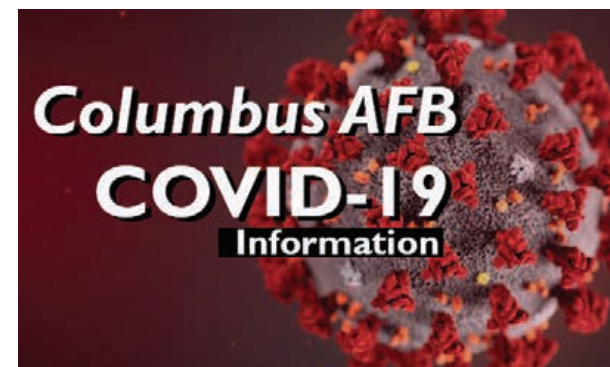
Ms. Jenny Christian, 14th LRS deputy commander, has worked directly under Kennedy.

Christian says what makes Kennedy deserving of the award, is his passion about making a difference

See AWARD, Page 11



U.S. Air Force photo by Airman 1st Class Davis Donaldson
U.S. Air Force Lt. Col. Michael Kennedy, 14th Logistics Readiness Squadron commander, stands in front of the 14th LRS building on Jan. 27, 2021, at Columbus Air Force Base, Miss. The 14th LRS provides effective logistics support for the 14th Flying Training Wing's flying training mission.



COVID-19 General Info

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

Permitted areas:

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

Off-limits:

- Dining indoors is prohibited.
- 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

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COVID-19

Coronavirus Disease 2019

DOD personnel must do more to win fight against COVID-19, special advisor says

By Jim Garamone

While the personnel of the Defense Department have already done incredible work to combat the coronavirus, they must do more, said Max Rose, a special advisor on COVID-19 to the secretary of defense.

Rose and Air Force Brig. Gen. (Dr.) Paul Friedrichs, the Joint Staff surgeon, spoke during a briefing at the Pentagon today. He took up his job last week when Secretary of Defense Lloyd J. Austin III assumed office.

"The secretary has made this absolutely clear: We have to move faster. We have to be as bold as possible, all the while remembering that it is our utmost [mission] to protect and defend the United States at home, as well as abroad," Rose said during the briefing.

Rose, who served as an Army infantryman in Afghanistan and was wounded in action there, said Austin sent a clear message to all in DOD when his first act in office was to convene a meeting on COVID-19. This firmly established that combatting the pandemic is his number one priority.

DOD leaders are firmly committed to protecting the DOD workforce and their families and safeguarding the department's mission capabilities, he said. Department personnel are also working on the front lines to combat the effects of a pandemic that has killed more than 400,000 Americans.



U.S. Army photo by Becca Castellano

Army Health Clinic Stuttgart conducts its first inoculations of health care workers and first responders with the Moderna COVID-19 vaccine at Patch Barracks in Stuttgart, Germany, Dec. 31, 2020. Lt. Col. Adam Cronkhite, seated left, director of emergency services, and Lt. Col. Maria Bruton, seated right, commander of the clinic, were the first to receive the COVID-19 vaccine in the Stuttgart military community.

DOD works in support of civilian agencies in this effort. DOD personnel are working in many civilian hospitals to help in the crisis. They're also helping with logistics, and leaders are looking for ways the department can do more. "Today there are over 20,000 National Guardsmen deployed providing COVID support, including at over 216 vaccine sites in 36 states and territories," Rose said. "DOD has over 1,000 military medical personnel on prepare-to-deploy orders available to support state and local requests for assistance that have come through FEMA [Federal Emergency Management Agency]."

The current support includes 224 medical personnel to support eight hospitals and an intensive care unit facility in California. There are an-

other 80 medical personnel to support three hospitals in Texas, and 87 medical personnel are supporting three hospitals in Arizona and New Mexico.

The Army Corps of Engineers has deployed more than 40 personnel to help California hospitals handle the flood of COVID-19 cases. "Those resources are certainly available to any hospital or any other health care entity that is looking to expand their existing infrastructure," Rose said.

Friedrichs spoke about the department's vaccine plan, which is aligned with the Centers for Disease Control and Prevention's rollout plan.

Vaccinations for groups in the first category began in December. This is almost finished, he said, and includes medical personnel, police, emergency frontline workers,

and those caring for patients or military personnel with COVID-19. The residents of the Armed Forces Retirement Centers in Washington, D.C., and Gulfport, Mississippi, have also been vaccinated. The department will now move on to those beneficiaries over 75 and personnel who are preparing to deploy outside the United States. Also in this tranche are personnel in strategic or national security roles, as well as key frontline workers like teachers, support staff and those working in child and youth services.

"That group will then be followed by those who are over the age of 65, as well as younger personnel who have significant risk factors, and we'll continue to work through the DOD extended family until everyone who desires to have a vaccine has been able to receive it," the general said.

He stressed that this will take some time to accomplish. To date, the department has received 769,000 doses of the Pfizer and the Moderna vaccines. These have been distributed to 306 sites around the world. "If we look at the last two weeks, DOD has administered all of the vaccine doses received," the general said. "That's, I think, an example of the great work done by many people across our bases and in our communities to make sure that we're as efficient as possible with this."

Both Rose and Friedrichs promised regular reports on the progress in the future.

Silver Wings

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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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Commander's Action Line 662-434-1414

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

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

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



AWARD

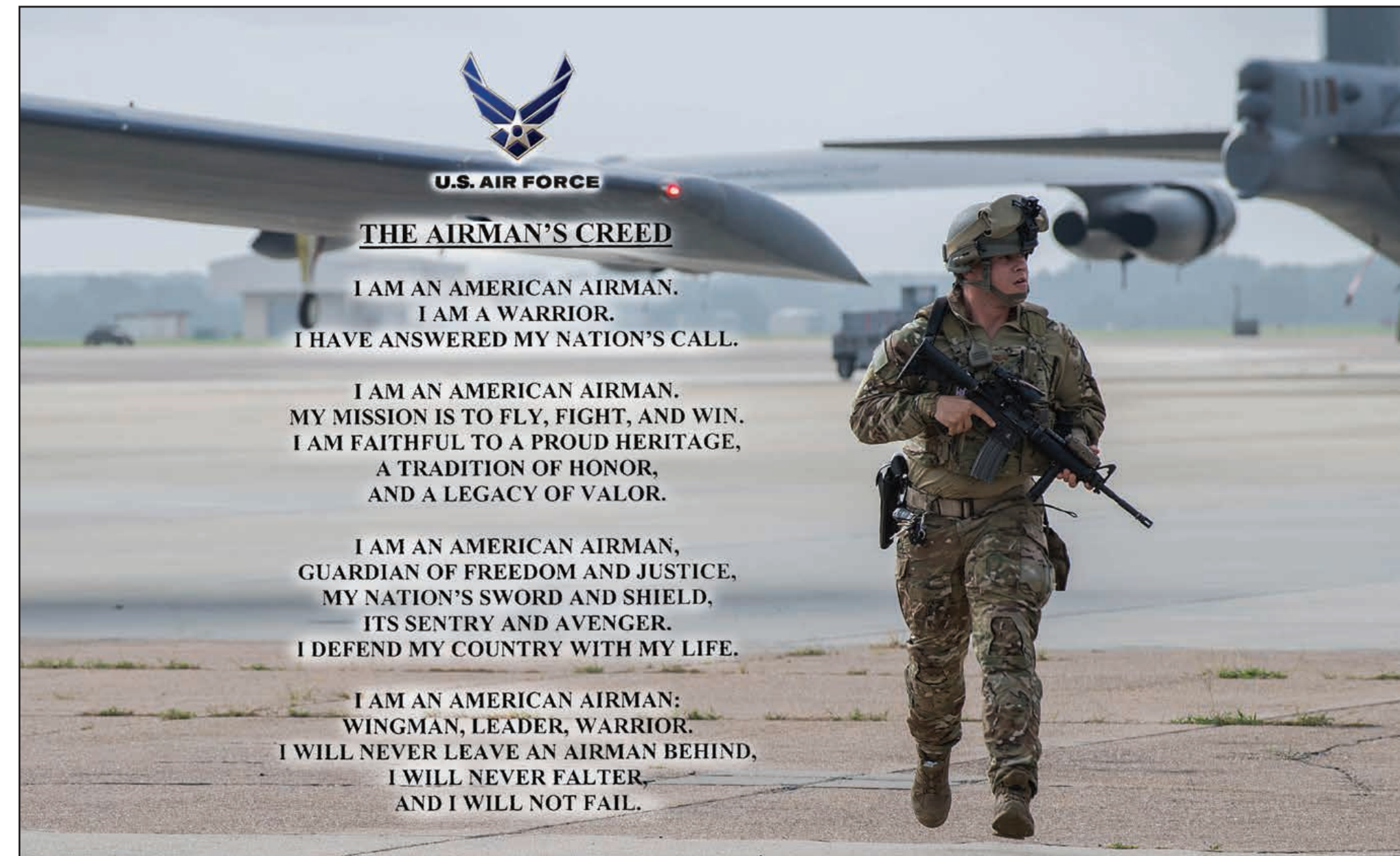
(Continued from page 1)

in the squadron and his innovative thinking.

"Col. Kennedy is a 'behind the scenes' kind of guy," she said. "He doesn't like the limelight at all and would much rather thrust those of us around him into the spotlight than have it shine on him. He's the kind of guy that would do anything for his troops, he's willing to take risks and make tough decisions."

Christian thinks Kennedy is able to exceed the Air Force's expectations because of how he takes care of the people under him.

"Col. Kennedy believes if you take care of the troops, they will take care of the mission," she said. "That has been proven through the success of his last command and he has continued that drive towards mission success in his current command. It's truly a pleasure to get to work with him every day."



BLAZE Hangar Tails: E-8C Joint STARS

Mission

The E-8C Joint Surveillance Target Attack Radar System, or JSTARS, is an airborne battle management, command and control, intelligence, surveillance and reconnaissance platform. Its primary mission is to provide theater ground and air commanders with ground surveillance to support attack operations and targeting that contributes to the delay, disruption and destruction of enemy forces.

Features

The E-8C is a modified Boeing 707-300 series commercial airframe extensively remanufactured and modified with the radar, communications, operations and control subsystems required to perform its operational mission. The most prominent external feature is the 27-foot long, canoe-shaped radome under the forward fuselage that houses the 24-foot long, side-looking phased array antenna.

The radar and computer subsystems on the E-8C can gather and display detailed battlefield information on ground forces. The information is relayed in near-real time to the Army and Marine Corps common ground stations and to other ground command, control, communications, computers and intelligence, or C4I, nodes.

The antenna can be tilted to either side of the aircraft where it can develop a 120-degree field of view covering nearly 19,305 square miles and is capable of detecting targets at more than 250 kilometers. The radar also has some



U.S. Air Force photo by Greg L. Davis

A number of E-8C Joint Surveillance Target Attack Radar System aircraft from the 116th Air Control Wing, Robins Air Force Base, Georgia, evacuated to Tinker Air Force Base, Oklahoma, to escape the path of Hurricane Irma Sept. 9, 2017. Joint STARS aircraft are operated by Air Combat Command.



U.S. Air National Guard photo by Senior Master Sgt. Roger Parsons

An E-3 Sentry AWACS from the 964th Airborne Air Control Squadron (AACCS), 552nd Air Control Wing (ACW), Tinker Air Force Base (AFB), Oklahoma, sits on the flightline next to an E-8C Joint STARS from Team JSTARS at Robins AFB, Ga, Oct. 26, 2017. The 964th AACCS, along with aircraft maintainers from the 552nd Aircraft Maintenance Squadron and security forces Airmen from the 552nd ACW, flew out of Robins AFB while supporting Exercise Bold Quest. The exercise gave the 964th a chance to test new software and integrate with the E-8C Joint STARS. Team JSTARS, consisting the 116th ACW, Georgia Air National Guard, active duty Air Force 461st ACW, and ARMY JSTARS, provides joint airborne command and control, intelligence, surveillance, reconnaissance over land and water, and combat support forces to meet state and national objectives.

Medical Corner

Supporting a weight loss journey

February is Heart Health month — for multiple reasons! If you're taking the month to focus on a healthy relationship with your partner, but are concerned about his or her weight, there are things you can do to support behavior change in a healthy and encouraging way.

Resist the urge to control or criticize. Instead, express genuine concern, and focus on healthy, sustainable changes that you can make together.

Some phrases to avoid include:
"You're going to eat that?"
"You're going to gain more weight if you keep eating so much."
Some supportive phrases to try include:
"Let's both commit to healthy eating in the New Year."
"Since you've expressed wanting to eat healthier, how can I help?"

Additionally, consider where your partner is in the "Stages of Change." These are the stages one goes through on his or her journey to making a behavior change. These stages apply to all behaviors, across all pillars of Comprehensive Airman Fitness — not just food and diet!

- The "Stages of Change" steps are:
- **Precontemplation.** Your partner is either unaware of the problem or has no intention to change.
 - **Contemplation.** She or he is aware of the issue and might be seriously thinking of changing, but hasn't committed to take action.
 - **Preparation.** Your loved one plans to take action soon, although he or she might stay in this stage for a long time.
 - **Action.** His or her behavior is modified during this stage. Remember that it takes considerable effort to change.
 - **Maintenance.** She or he works hard to prevent relapse during this stage.
 - **Termination.** Your loved one has accomplished the change.

Keep in mind that he or she has to be the one to initiate the change. However, you can create healthy lifestyle changes together! Pack nutritious lunches and snacks for work or school, and prepare well-balanced meals. Check with your installation about cooking classes and other wellness activities offered through Health Pro Promotion, Chaplain's office, Airman and Family Readiness Center, USO, and more!

Show concern about your partner's weight. Retrieved from <https://www.hprc-online.org/social-fitness/couples-intimacy/show-concern-about-your-partners-weight>

Help your partner lose weight. Retrieved from <https://www.hprc-online.org/social-fitness/couplesintimacy/help-your-partner-lose-weight>

Choose "Heart-Check" Foods for your Health

The American Heart Association's Heart-Check certification program and front-of-package label was established in 1995.1 The Heart-Check program helps consumers quickly and easily identify heart healthy foods while grocery shopping and while dining out.

To be certified, products must meet specific nutrition criteria based on science. There are seven certification categories, and each category has its own set of nutrition criteria.2 The nutrition criteria include limits on saturated fat, trans fat and sodium, and ensures the right mix of beneficial nutrients to prevent heart disease and stroke.3

A 2014 study surveyed 11,000 Americans, and found when people ate foods that met the criteria for the Heart-Check program, they ate more fiber, whole grains, fruits, and vegetables. These foods are linked with higher quality diets, and these individuals were less likely to have risk factors for heart disease.4

Over 1,000 products have the Heart-Check mark! A full list of heart-check certified foods in the grocery store can be downloaded from heart.org's website.

You can also visit the American Heart Association's website to find recipes that meet the Heart-Check criteria.

1. Johnson, RK, Lichtenstein, AH, Kir-Etherton, PM, Carson, JS, Pappas, A, Rupp, L, & Vafiadis, DK. (2015). Enhanced and updated American Heart Association heart-check front-of-package symbol: Efforts to help consumers identify health food choices. *Journal of the Academy of Nutrition and Dietetics*, 115(6). <https://doi.org/10.1016/j.jand.2015.02.008>.



COVID-19 vaccinations

For information regarding the COVID-19 vaccine please visit <https://www.columbus.af.mil/News/Video/>. The 14th Medical Group collected information on what the COVID-19 vaccine is, how it works, side effects and more for the volunteers who plan to get the vaccine.

Security and policy review

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

Last Look Area

Recycling is what the Last Look Area provides! Slightly used furniture and equipment is available to all Columbus Air Force Base facilities for free. Pick-up and delivery is the customer's responsibility. There is a three-day maximum for customers who wish to reserve items.

Facility hours are from 8 a.m. – 4 p.m. Monday through Friday.

Need more information? Contact Inspections at 434-7231 or 434-7332. Parking is available at the back of building 158.

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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!



T-1A Jayhawk



T-38C Talon

SUPT Class 21-05 earns silver wings



Capt. Kirk Jaunich
Melbourne, Florida
A-10



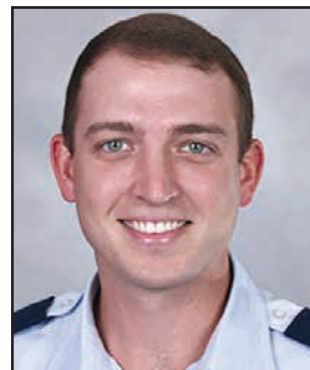
Capt. Anthony Olive
Niles, Ohio
F-15C



Capt. Michael Totty
Braselton, Georgia
C-17



1st Lt. Masatoshi Iwamoto
Iwamizawa, Hokkaido
C-2



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Meridian, Mississippi
KC-135



2nd Lt. Andrew Blevins
Louisville, Kentucky
C-130H



2nd Lt. Johnathan Callawaert
Wilmington, Ohio
T-6



2nd Lt. Matt Dieffenbach
Harrisburg, Pennsylvania
C-5



2nd Lt. Sean McMahon
Sydney
KC-135



2nd Lt. Sean Prendergast
Columbus, Ohio
KC-135



2nd Lt. John Renard
San Clemente, California
C-5



2nd Lt. Mary Jo Wright
Elko, Nevada
T-38

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

Specialized Undergraduate Pilot Training Class 21-05 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.

1st Lt. Jing Ye Tok and 2nd Lt. John Renard 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 Davidson who excelled in training and typified the tenets of the association; promoting aerospace power and a strong national defense.

The distinguished graduates of Class 21-05 recognized were Tok and Renard 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 21-05's pilot partner is Zachary's.

