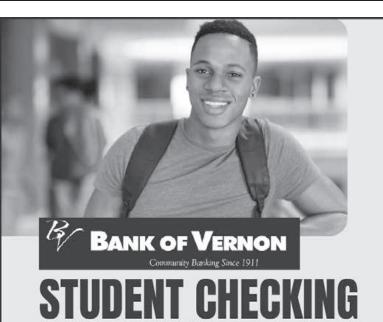
12 SILVER WIN Feb. 5, 2021 SILVER WINGS Cultivate, Create, CONNECT



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FDIC P

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



"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, 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."



For more information: www.ccsms.org/pach Chunky Chuck's ⇒ OLD FASHIONED ICE CREAM PARLOUR € Now Serving BReakfast! 7am - 10am Sausage Cheese Balls . Biscuits with GRavy . Cinnamon Polls 3189 HIGHWAY 45 NORTH SUITE 6 . COLUMBUS, MS . 662-570-1531 .

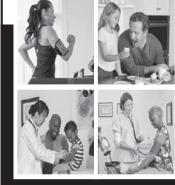
RENT-A-SPACE 406 Wilkins Wise Rd. www.columbusrentaspace.com 662-327-5656

A \$25.00 donation will be made to www.woundedwarrioroutdoors.com on behalf of any CAFB Personnel who rents a storage space.

JDRF is committed to accelerating life-changing breakthroughs to

CURE PREVENT TREAT

type 1 diabetes and its complications



A CFC participant Provided as a public service.

Finding cures. Saving children®

Families never receive a bill from St. Jude for treatment, travel. housing or food – because all a family should worry about is helping their child live.

Treatments invented at St. Jude have helped push the overall childhood cancer survival rate from 20 percent to more than 80 percent since we opened 50 years ago.



800-822-6344 stjude.org

> A CFC Participant Provided as a public service.

SILVERIWINGS

Vol. 45, Issue 3 Columbus Air Force Base, Miss.



COVID-19 General Info

The base is executing a measured approach to reopen ing 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/groom ing 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

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 ef fective logistics support for the 14th Flying Training Wing's flying train-

CHECK OUT COLUMBUS AFB









Columbus AFB YouTube page

columbus afb

www.columbus.af.mil Columbus AFB Facebook page

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 further. 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 tablished that combatting the said. "DOD has over 1,000 pandemic is his number one military medical personnel on

DOD leaders are firmly committed to protecting the requests for assistance that DOD workforce and their families and safeguarding the department's mission capabilities, he said. Department personnel are also working on the front than 400,000 Americans.



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 other 80 medical personnel to

civilian agencies in this effort. support three hospitals in Tex-

DOD personnel are working in as, and 87 medical personnel many civilian hospitals to help are supporting three hospitals in the crisis. They're also helpin Arizona and New Mexico. ing with logistics, and leaders The Army Corps of Engiare looking for ways the deneers has deployed more than partment can do more. "Today 40 personnel to help Califorthere are over 20,000 National nia hospitals handle the flood of COVID-19 cases. "Those Guardsmen deployed providing COVID support, including resources are certainly availat over 216 vaccine sites in 36 able to any hospital or any on COVID-19. This firmly es- states and territories," Rose other health care entity that is looking to expand their existing infrastructure," Rose said. prepare-to-deploy orders avail-Friedrichs spoke about the able to support state and local

ment Agency]."

cludes 224 medical personnel

department's vaccine plan, which is aligned with the Cenhave come through FEMA ters for Disease Control and [Federal Emergency Manage-Prevention's rollout plan. The current support in-

in the first category began in December. This is almost fin- ble with this." lines to combat the effects of a to support eight hospitals and ished, he said, and includes pandemic that has killed more an intensive care unit facility medical personnel, police, promised regular reports on in California. There are an emergency frontline workers, the progress in the future.

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 vouth 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 Vaccinations for groups our communities to make sure that we're as efficient as possi-

Both Rose and Friedrichs

Silver Wings

How to reach us

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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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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

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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.

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)

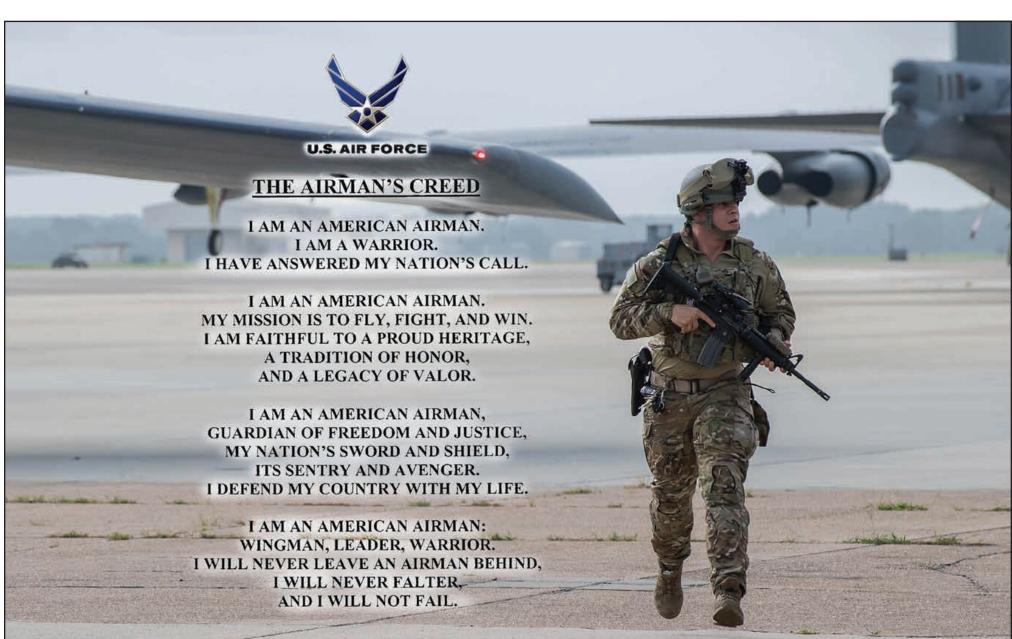
in the squadron and his innovative thinking.

"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.'

SILVER WINGS

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

"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.'



SILVER WINGS Feb. 5, 2021 3 SILVER WINGS Feb. 5, 2021 Cultivate, Create, CONNECT Cultivate, Create, CONNECT

COMMUNITY

(Continued from page 5)

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-comefirst-serve basis.

Pre- and Post-Deployment Tour

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

(Continued from page 8)

Coffee House on 5th

(662) 434-2233.

(662) 434-7861.

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

Coffee House on 5th, located in the Blaze

8 a.m.-noon. Call for more information at

Information, Tickets & Travel (ITT)

tion, call (662) 434-7861 or 434-2507.

nations. To book your vacation at www.amer-

prior to separation or 24 months prior to retirement. Please contact A&FRC at (662) 434-2790 to schedule a counseling session and/or for more information.

Employment Workshop

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

Survivor Benefit Plan

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

Are you nearing military retirement? The

one decision you will need to make before

Personal Financial Readiness

Need help with financial matters? Want to make the most of your money? The Personal Financial Counselor (PFC) can help you and your family: manage finances, resolve financial problems and reach long-term goals such as education, buying a home and planning for retirement. PFC services are at no cost, private and confidential. Please contact the PFC at (662) 998-0411.

Key Spouse Program (KSP)

The mission of KSP is to provide information and resources to military spouses, supporting families in successfully navigating through the military life cycle. The KSP is a CC's program. The CC establishes and maintains the program within the unit, to include choosing team members. Once selected as a KS in writing, you will need to attend initial/refresher KS training and continuing education. For more information, please call (662) 434-2839.

Military and Family Life Counselor

Military and Family Life Counselors (MFLCs) provide non-medical counseling

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

Sponsorship Training

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

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 Commons, is back open to 50% capacity applied to the total cost of reservation. Reserinside. Drive through or come in to enjoy a vation must be a minimum of four hours and reserved in person. For more information, cup of coffee or a tasty treat. Their hours are contact (662) 434-7861. Monday-Friday, 6 a.m.-5 p.m. and Saturday,

CAFB Library

The Base Library is offering virtual board games, live craft demonstrations, STEM activities, book clubs and much more on their Information, Tickets & Travel is back open! Hours are Monday, Thursday, and Fri-Facebook page: @columbusairforcebaselibrary. For more information, contact (662) day from 10 a.m.-5 p.m. (closed on Tuesday, Wednesday, Saturday and Sunday). Come by 434-2934 or send them a direct message on and check out their new location at Outdoor their Facebook page, Columbus Air Force Recreation building 152. For more informa-

FSS Gift Cards

Exclusive Military Vacation Pack-Make your shopping easier! Purchase or redeem your FSS Gift Card at the following locations: Arts and Crafts, Bowling Center, Did you know that you can book exclusive military vacation packages at ITT and save Child Development Center, Columbus Club, Information Tickets and Travel, Outdoor up to 60%? American Forces Travel is now Recreation or the Youth Center. For more serving APF and NAF civilians. Packages include Universal Studios and Disney destiinformation, stop by any of these locations.

icaforcestravel.com or visit your ITT office at Horse Boarding Available

The CAFB Riding Stables usually has

information, contact Outdoor Recreation at (662) 434-2505.

Free Mango Languages

Learn a new language today! Free Mango Languages available at the Base Library; real-life conversations in over 70 languages. For more information, contact (662) 434-2934.

Lawn Mower and Bicycle Repair

Outdoor Recreation is now offering lawn mower repair and self-help bicycle repair. For more information, contact (662) 434-2507.

Hobby and Craft Instructors Need-

Do you have a hobby or craft project you can share with others? Arts & Crafts is looking for craft instructors. For more information, contact (662) 434-7836.

Wood Shop Has Reopened!

The Wood Shop is now open Tuesday-Friday from 9 a.m.-5 p.m. and on Saturday from 8 a.m.-3 p.m. The cost is \$5 for first hour and \$3 for every hour after the first. Please call (662) 434-7836 for any questions.

Referees Needed

Referees needed for various sports at the

stall space available. For pricing and more Fitness Center. For more information or to sign up, contact (662) 434-2772.

RV Storage Lot

Don't clutter your home space, park with us. Outdoor Recreation offers a great place to store your RV year around. You will have 24-hour access and can pay monthly or yearly. For more information, call (662)

Instructors Needed

The Youth Center is seeking instructors for tumbling classes, dance classes, piano and guitar lessons. For more information, contact the Youth Center.

Space A Lodging

The Magnolia Inn usually has openings for Space A family and single units. Contact the lodging desk at (662) 434-2548. Guest Services staff is on duty from 6 a.m.-10 p.m. daily. For reservations 24/7, visit https://af. dodlodging.net/propertys/Columbus-AFB. After hours services call (662) 251-2931.

Ride in Style

Information Tickets and Travel offers a shuttle service to the airport of your choice. For more information, contact (662) 434-7861.

BLAZE Hangar Tails: E-8C Joint STARS

The E-8C Joint Surveillance Target Attack Radar System, or ISTARS, 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

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 anten-

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

limited capability to detect helicopters, rotating antennas and low, slow-moving fixed wing aircraft.

As a battle management and command and control asset, the E-8C can support the full spectrum of roles and missions from peacekeeping operations to major theater

Background

Joint STARS evolved from Army and Air Force programs to develop, detect, locate and attack enemy armor at ranges beyond the forward area of troops. The first two developmental aircraft deployed in 1991 to Operation Desert Storm and also supported Operation Joint Endeavor in December 1995.

Team JSTARS men and women have contributed tremendously to overseas contingency operations, flying more than 85,000 combat hours in support of Operations Enduring Freedom, Iraqi Freedom, New Dawn Odyssey Dawn, and Unified Protector. Their operational resume includes support of six Combatant Commands including U.S. Pacific Command, U.S. Northern Command and U.S. Southern Command, U.S. Africa Command, U.S. Europe Command.

Team JSTARS was the first organization in the U.S Air Force to activate under the Air Force's Total Force Initiative as a "blended" wing. America's first "Total Force" wing, the former 93rd Air Control Wing, an active-duty Air Combat Command unit, and the 116th Bomb Wing, a Georgia Air National Guard unit, were deactivated Oct.1, 2002. The 116th Air Control Wing was activated blend-

October 2011, the Active Associate construct was formed by the newly activated 461st Air Control Wing as a member of Team ISTARS.

Team JSTARS through the 116th ACW is the only unit that operates the E-8C and the Joint STARS mission.

General Characteristics

Primary function: airborne battle management Contractor: Northrop Grumman Corp.

Power plant: four Pratt and Whitney TF33-102C

Thrust: 19,200 pounds each engine

Wingspan: 145 feet, 9 inches (44.4 meters) Length: 152 feet, 11 inches (46.6 meters) Height: 42 feet, 6 inches

Weight: 171,000 pounds (77,564 kilograms)

Maximum takeoff weight: 336,000 pounds (152,409

Fuel capacity: 155,000 (70,306 kilograms)

Payload: electronic equipment and crew

Speed: 449 - 587 mph (optimum orbit speed) or Mach 0.52 - 0.65 (390 - 510 knots)

Range: nine hours

Ceiling: 42,000 feet (12,802 meters)

Crew: (flight crew), four; (mission crew) normally 15 Air Force and three Army specialists (crew size varies according to mission)

Unit Cost: \$244.4 million

Initial operating capability: December 1997

Inventory: total force, 16



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

A number of E-8C Joint Surveillance Target Attack Radar System gircraft 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 (AACS), 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 AACS, 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 part-

Visit the Human Performance

Resource Center for their "Get into

Fighting Weight" Challenge. This

5-Challenge guide provides goals you

and your partner can accomplish

together. To learn more, visit: https://

www.hprc-online.org/totalforce-

fitness/fighting-weight.

cerned about his or her weight, there are things you can do to support behavior change in a healthy and encouraging way.

Resist the urge o control or criticize. Instead, express genuine concern, and focus on healthy, sustain-

able 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

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

The "Stages of Change" steps are:

- Precontemplation. Your partner is either unaware of the probem or has no intention to change.
- Contemplation. She or he is aware of the issue and might be eriously thinking of changing, but hasn't committed to take action.
- Preparation. Your loved one plans to take action soon, although ne or she might stay in this stage for a long time.
- Action. His or her behavior is modified during this stage. Renember that it takes considerable effort to change.
- Maintenance. She or he works hard to prevent relapse during
- 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-

Help your partner lose weight. Retrieved from https://www.hprc-online.org/doi.org/10.1016/j.jand.2015.02.008. social-fitness/couplesintimacy/help-your-partner-lose-weight

Choose "Heart-Check" Foods for your Health

American Heart Association

CERTIFIED Meets Criteria For Heart-Healthy Food

The American Heart Association's Heart-Check certification program and front-ofpackage 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 frontof-package symbol: Efforts to help consumers identify health food choices. Journal of the Acad emy of Nutrition and Dietetics, 115(6). https://

COVID-19 vaccinations

Cultivate, Create, CONNECT

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.

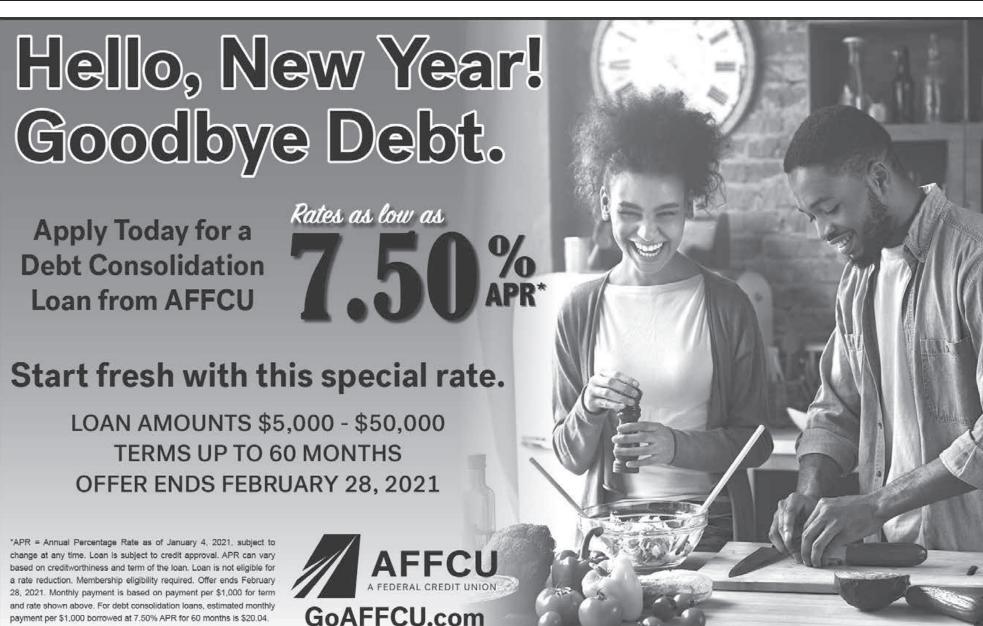
Last Look Area

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.

> Visit us online! www.columbus.af.mil





FSS Services SILVER WINGS Feb. 5, 2021

The Strike Zone

IS MOVING BACK TO

THE BOWLING CENTER

The Bowling Center lanes are open! Hours are Tues-

day-Friday: 3-9 p.m., Saturday: noon-6 p.m. Sign-up via the

Bowling Center's Facebook page @ColumbusAFBBowling-

Center. Limited to 4 persons per lane. Maximum of 20 people

in the facility. Beverages and packaged snacks will be avail-

able during bowling hours. For more information, call (662)

The Bowling Center is offering Unlimited Cosmic Bowl-

ing on 19 February from 7-10 p.m. Patrons can enjoy unlimit-

ed games of cosmic bowling with neon pins until close. If you

get a strike with a neon head pin, you will win a prize! There

will be cosmic party lights and music videos. Bowlers will pay

\$10 per person (not including shoes). Reserve your lane on

the Bowling Center's Facebook page at @columbusafbbowl-

ingcenter or call (662) 434-3426. Limited to 4 persons per

lane. Masks must be worn when entering the facility (they

The library is offering curbside delivery. Find your book at

www.columbusafb.milasolutions.com. Email your order to the

library at 14.fss.fsd.library@us.af.mil. A confirmation email

will be sent when your order is ready! Orders received before

1100 will be ready during 1-4 p.m. that same day. Before pick-

ing 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,

in the back parking lot of the library. To return DVDs and

can be taken off when in the bowling area)

Library Curbside Delivery

Bowling Center

434-3426.

TAKE-OUT

TO PLACE AN

ORDER CALL

Join our Facebook page at Columbus AFB Living, 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

Back to School Plannina

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.

Youth Center Upcoming Events

Parents! Are you ready for a night out? Drop your sweethearts off at the Youth Center on 13 February from 6-10 p.m. for a night of fun while you enjoy a night out for two. There will be pizza, games, and crafts. \$20 per child. You must register by COB on 11 February. AF1181 and required Flu shot must be on file. For questions, call (662) 434-2504.

Columbus Club & The Overrun Lounge

The Columbus Club and the Overrun Lounge are back! TGIF... Start your weekend off right with Friday Night Bar at 4 p.m. It also features bar favorites like wings, mozzarella sticks, fries and much more.

Head over to The Club for "The Big Game Watch Night" and enjoy food and drink specials and incredible door prizes while you watch the game on the big screen with your friends! Doors open at 4:30 p.m. and the game starts at 5:30 p.m.

Also, beginning Wednesday, February 10th, The Overrun Lounge will be open at 4 p.m. on Wednesday, Thursday, and Friday. Food services for dinner will also be available those nights from 4-8 p.m.

Let's Connect! Boss & Buddy Night at the Club Wednesdays from 3:30–5:30 p.m. and eEnjoy a few brews with your boss and buddies.

Strike Zone Grill Going Back to the Bowling Cen-

The Strike Zone Grill (also known as the Snack Bar) is moving back to the Bowling Center on Monday, February 8th with DINE-IN and TAKE-OUT service. The expanded eating area will allow for social distancing. Grab'n go products will be available including during bowling. The hours are Monday-Friday: 6:30 a.m.-2 p.m., Sat & Sun: Closed. Breakfast is offered until 10:30 a.m. For take-out orders, call (662) you can drop them off anytime at the book drop off located

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

Stop by Arts & Crafts for all you Framing and Engraving needs! Call A&C at (662) 434-7856 to arrange for curbside

Auto Skills Center & Hobby Shop Grand Openina 5 February!

For all you shade tree mechanics, the Auto Skills Center is making preparation to reopen on Friday, 5 February at 3 p.m.! It features lifts, air hoses, equipment for self-serve oil and filter changes, tire balance and rotation, and tools for repair and maintenance. Open Friday 3-7 p.m., Saturday and Sunday from 10 a.m.-6 p.m. Follow ColumbusAFBLiving. com and Social Media for updates.

Fitness Center

Take advantage... The Columbus AFB Fitness Center no longer requires you to sign up for fitness sessions! Swing by anytime during normal operating hours to get your workout in! Other Risk Mitigation plans still apply. Hours of operation are as follows- Monday-Friday: 5 a.m.-9 p.m., Saturday & Sunday: 8 a.m.-6 p.m. Check with the Fitness Center for their holiday hours. Now serving all eligible DoD cardholders! 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 Alpha Warrior Tent at the Fitness Center is open Friday 5 a.m.-6:30 p.m. and Satuday & Sunday 8 a.m.-3:30 p.m. Sign ups no longer required! Open to all eligible DoD Cardholders. 10 customers per session. 100% ID Check. Check in at the Fitness Center. Mask required to enter and exit. For more information call (662) 434-2772.

Don't miss the Sweetheart 5K presented by the Fitness Center on February 12th at 7 a.m. Sign-up on the Fitness Center's SignUpGenius page: https://www.signupgenius.com/ tabs/93d7ede00a2cae5c42-fitness.

Outdoor Recreation

Outdoor Recreation's (ODR) hours are Monday, Thursday, and Friday, 10 a.m.-5 p.m. (closed Tuesday and Wednesday) and Saturday/Sunday, 9 a.m.-1 p.m. ODR offers all sorts of rental for the water, camping, and much more! Call ODR at (662) 434-2505 for all of your outdoor activities.

Venture 360 Coming Soon!

Outdoor Recreation is excited about Venture 360 coming in early 2021! This is a new outdoor activity center located at the old CAFB golf course. It will be where community and fun come full circle! Stay tuned to ColumbusAFBLiving.com and social media for updates!

See **FSS**, Page 10

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'

Bundles for Babies

The next "Zoom" Bundles for Babies workshop is from 1-3:30 p.m. Feb. 11. 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.

Wing Newcomers Orientation

The next Wing Newcomers Orientation will be held on Feb. 23 from 8-11:45 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.

Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. Feb. 25 in the A&FRC. This workshop is highly recommended for first-time and over-seas relocating members. Get the very latest moving information straight from basewide 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.

Hearts Apart

The next Hearts Apart will be Feb. 25, 5-7 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.

Enlisted Promotions



U.S. Air Force photo by Melissa Doublin

Col. Seth Graham (far left), 14th Flying Training Wing, commander and Chief Master Sgt. Trevor James (far right), 14th FTW, command chief, congratulate promoting Airmen during an enlisted promotions ceremony Jan. 29, 2021, on Columbus Air Force Base, Miss. Twelve Airmen from Columbus AFB progressed to their next rank taking on additional responsibilities in the respective areas of expertise.

Transition Workshop

The next Transition Assistance Program (TAP) workshop is from 7:30 a.m.-4 p.m. Mar. 1-5 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 register or for more information, please call the TAP Manager at (662) 434-2631/2790.

Federal USA Jobs Workshop

The next Federal USA Jobs workshop is from 9-10:30 a.m. Mar. 10. This is a workshop on writing resumes, applications, and job search using the USAJobs website. To register or for more information, please call A&FRC at (662) 434-2790.

Department of Labor Transition Vocational Track Workshop

The next DoL Transition Vocational Track Workshop is from 8 a.m.-3 p.m. Mar. 15-16 and will be held in the A&FRC. This

workshop helps members identify skills, in-

Assistance Program crease 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.

Heart Link The next "Zoom" Heart Link / Spouse Welcome is from 8:30 a.m.-noon Apr. 8. This half-day program is open to all spouses of active duty military members assigned to Columbus AFB. Attendees will receive informaprior to separation/retirement. Spouses are tion about life in the Air Force, in the local encouraged to attend with their sponsor. To 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.

Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop will be held on Jun. 17-18 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.

Exceptional Family Members Pro- to seeing you all soon!

gram-Family Support, EFMP-FS, establishes implements and maintains the FS (community support) entity of the Air Force EFMF 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-onone 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 or base at the Youth Center, Child Development Center, Library, Medical Clinic, Chapel, Airman's Attic, Thrift Store, the Retiree Activities Office and many other locations For more information, please call A&FRC at (662) 434-2790.

Installation Voting Assistance Office A&FRC houses the Voting Assistance

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

See COMMUNITY, Page 10

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 $_{\mathrm{Feb.\,5,\,2021}}^{\mathrm{SILVER\,WINGS}}$



SUPT Class 21-05 earns silver wings





Capt. Kirk Jaunich Melbourne, Florida A-10



Capt. Anthony Olive Niles, Ohio



Capt. Michael Totty Braselton, Georgia C-17



1st Lt. Masatoshi Iwamoto Iwamizawa, Hokkaido

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.

tor and 76.4 hours in the 1-1A.

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 stu-

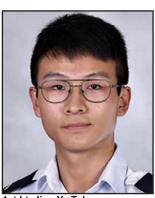
dent will be given a set of pilot wings with their names engraved on the back as a token of good luck from their partners. SUPT Class 21-05's pilot partner is Zachary's.



Capt. Anderson Shelton Clarksville, Tennessee MC-130



Capt. James Tittinger Huntingtown, Maryland



1st Lt. Jing Ye Tok Singapore F-15SG



1st Lt. Malachi Warre Memphis, Tennessee



2nd Lt. Robert Aycock Meridian, Mississippi KC-135



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



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



2nd Lt. Mary Jo Wright Elko, Nevada