

Weather

Friday  Rain High 72°F Low 46°F	Saturday  Partly Cloudy High 66°F Low 43°F
Sunday  Sunny High 70°F Low 45°F	Monday  Sunny High 73°F Low 48°F

Forecast provided by the 14th OSS Weather Flight

News Briefs

Spring Pilgrimage Half Marathon and 5k

The third annual Columbus Spring Pilgrimage Half Marathon starts at 7 a.m. and the 5k run starts at 8 a.m. April 2. Both events begin at the Tennessee Williams Home.

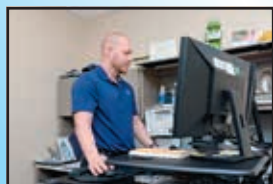
Mayor's Unity Picnic

The City of Columbus Mayor's Unity Picnic starts at 4 p.m. April 2 at the Riverwalk. The event is open to the public and features free food, music and family entertainment. For more information, contact Greg Lewis at 251-4016.

SUPT Class 16-07 graduation

Specialized Undergraduate Pilot Training Class 16-07 graduates at 10 a.m. April 8 in the Kaye Auditorium.

Inside



Feature 8

Health and Fitness is highlighted in this week's feature.



U.S. Air Force photo illustration/Senior Airman Stephanie Englar
Second Lt. Austin Hornsby, Specialized Undergraduate Pilot Training Class 16-07, celebrates with his flightmates after receiving his assignment to fly the F-35 Lightning II at 16-07 assignment night on Columbus Air Force Base, Mississippi, March 25. Hornsby will be the first SUPT student ever to accept the challenge of piloting the F-35.

First F-35 Lightning II SUPT slot received at Columbus

Airman 1st Class John Day

14th Flying Training Wing Public Affairs

Assignment nights at Specialized Undergraduate Pilot Training bases are where new pilots learn what aircraft they are destined to fly as they start their Air Force career.

History was made at Columbus Air Force Base, Mississippi, March 25, when the assignment night for SUPT Class 16-07 revealed the first-ever training slot for the new F-35 Lightning II.

See F-35, Page 2

COLUMBUS AFB TRAINING TIMELINE

PHASE II				PHASE III				IFF				WING SORTIE BOARD			
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required	Flown	Annual
37th (16-15)	0.95 days	1.14 days	Apr. 1	48th (16-07)	-1.29 days	2.52 days	Apr. 8	49th (16-FBC)	-0.64 days	2.14 days	Apr. 1	T-6	2,783	2,733	14,609
41st (17-01)	4.50 days	3.39 days	Apr. 25	50th (16-07)	1.48 days	1.13 days	Apr. 8					T-1	946	906	4,914
												T-38	906	1,019	4,866
												IFF	396	326	1,979

The Specialized Undergraduate Pilot Training Class 16-08 guest speaker is Col. Murry Mitten, U.S. Air Force retired.



14TH FLYING TRAINING WING DEPLOYED

As of press time, 50 TEAM BLAZE members are deployed worldwide. Remember to support the Airmen and their families while they are away.

Deployment numbers provided by the Installation Personnel Readiness Office.

F-35

(Continued from page 1)

Second Lt. Austin Hornsby, SUPT Class 16-07, will be the first SUPT student to receive the challenge of piloting the F-35 aircraft.

"I really wanted to fly the F-22 Raptor; I was leaning toward an air-to-air fighting mission," Hornsby said. "But I never imagined I would get this chance to fly the F-35."

The F-35 is the U.S. Air Force's latest fifth-generation fighter. It will bring an enhanced capability to survive in the advanced threat environment in which it was designed to operate. With its aerodynamic performance and advanced integrated avionics, the F-35 will provide next-generation stealth, enhanced situational awareness and reduced vulnerability for the United States and allied nations.

"The F-35 is going to do a bit of everything, so I'm really stoked for the opportunity," Hornsby said. "Not only will I get to do air-to-air, but also some air-to-ground, two really satisfying mission sets."

Many begin the journey to become U.S. Air Force pilots, but fewer become fighter pilots and even fewer still have stepped into the cockpit of the F-35.

"Ever since the Air Force Academy, I wanted to become a fighter pilot," Hornsby

said. "Watching the Thunderbirds and other fighters at football games made me realize that. Flying the T-38 was the first step, and it led me on the path to something greater."

Although Hornsby exhibited great skill in all aspects of aviation, he attributed his success to the others who got him there.

"My dad was in the crowd at assignment night and was excited as I was to hear I would be flying the newest aircraft. My flight commander really went out on a limb and put his neck out on the line for our class," Hornsby said. "As a whole, our flight worked together and excelled together. That is why we succeeded."

Hornsby's journey is far from over. Although he has been selected to fly the F-35, he will first have to compete against his peers of the same skill to move on to train in the newest 5th generation fighter aircraft.

After graduation from SUPT, future fighter and bomber pilots attend Introduction to Fighter Fundamentals to prepare them for their follow-on fighter or bomber aircraft.

"I still have to compete for this spot at IFF this summer," Hornsby said. "There will be 10 slots and those 10 will compete at IFF down at Randolph Air Force Base, Texas. The top six will move on to the F-35 B-Course."

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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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) 328-2427.

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
4 Spring Pilgrimage	5 Retired Chiefs Luncheon, 11:30 a.m. @ Club	6 Columbus High School AFJROTC base tour	7	8 SUPT Class 16-07 Graduation, 10 a.m. @ Kaye	9/10	Apr. 19: Wing Newcomers Orientation Apr. 19: Honorary Commander Reception Apr. 21: 48th FTS Change of Command Apr. 22: 43rd FTS Change of Command Apr. 29: First Quarterly Awards Ceremony Apr. 29: Enlisted Promotions Ceremony Apr. 29: SUPT Class 16-08 graduation
11 Night Week	12 MSU Propulsion Tour	13	14	15 Class 16-08 Assignment Night, 5:30 p.m. @ Club	16/17 16th - Boy Scout Camporee 16th & 17th - BCCA Autocross	May 4-5: Holocaust remembrance May 6: 16-09 Assignment Night May 10: Wing Newcomers Orientation May 13: CCAF Graduation May 14: BLAZE-fest May 20: SUPT Class 16-09 graduation

April 1 - 2

Hop into Spring during the Downtown Columbus Open House from 10 a.m. to 5 p.m. Special promotions and door prizes are available at participating businesses.

April 2

Starting at the Tennessee Williams Home, Participate in the third annual Columbus Pilgrimage Half-Marathon and 5K. Whether you're a novice runner or seasoned athlete, this great race is not to be missed. The half marathon unwinds on a scenic course that takes you along the Tombigbee River bed and ends at the historic river bridge, while the 5K loops through some of the South's most beautiful, historic neighborhoods. The Half-Marathon starts 7 a.m. and 5K at 8 a.m. For more

information visit online at columbushalfmarathon5k.com.

April 2

This year's eighth annual Catfish in the Alley features a day of fun for the whole family, including a catfish cook-off, vendors, food, cold beverages, and some of the best blues musicians in the South. For more information visit online at visitcolumbus.org.

April 3

"The world's reigning male chorus" and GRAMMY® Award winning ensemble, Chanticleer, performs at 7 p.m. at the Mississippi University for Women. Complimentary tickets and information are available at Visit Columbus located at 117 Third Street South; seating is limited.

BARGAIN LINE

The deadline for submitting ads is noon Monday before the desired publication date. Ads turned in after the deadline will run the following week. Ads can be mailed to or dropped off at the public affairs office in the 14th Flying Training Wing Headquarters building, e-mailed to silverwings@us.af.mil or faxed to 434-7009. Calling Ext. 7068 by noon Monday can extend the run date of ads already submitted. Silver Wings reserves the right to limit ads based on content, space and frequency of requests. Advertisements for private

businesses or services providing a continuous source of income may not appear in the Bargain Line. They may, however, be purchased through The Commercial Dispatch, 328-2424.

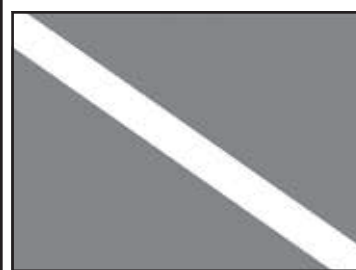
Miscellaneous

For Sale: White Kenmore chest freezer with power light, sliding basket and in excellent condition; must sell, \$195. For more information call 356-4511.

For Sale: Olde Town 146 Saranac Green Canoe used only three times and stored indoors. High back seats with center seat storage, bought new for \$699, asking \$450 or best offer. For more information call Mike at 574-0369.

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www.columbus.af.mil

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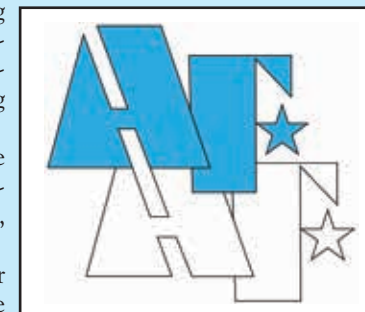
Columbus raises \$48,544.62 for AFAF

Senior Airman Kaleb Snay
14th Flying Training Wing Public Affairs

After four weeks of collecting generous donations, the 14th Flying Training Wing raised 129 percent of its \$37,521 goal, raising \$48,544.62.

The Columbus Air Force Base Air Force Assistance Fund Campaign ran from Feb. 29 – March 25, which is less than previous years.

"Team BLAZE, thank you for your generous contributions to the AFAF," said Col. John Nichols, 14th Flying Training Wing Commander. "Your selfless donations for the Air Force Enlisted Village, Air Force Aid Society, Air Force Villages, and LeMay Foundation will provide much needed assistance for past, present, and future Airmen, as well as their families."



Sixteen of Team BLAZE's enlisted Airmen graduated from Airman Leadership School Class 16-3 March 24 at the Columbus Club on Columbus Air Force Base, Mississippi.

U.S. Air Force photo/Melissa Doublin

ALS graduates future leaders

14th Flying Training Wing Public Affairs

Sixteen of Team BLAZE's enlisted Airmen graduated Airman Leadership School Class 16-3 March 24 at the Columbus Club.

Three senior airmen received the class's top honors. Senior Airman Karlyn Wilken, 14th Operations Support Squadron, received the John L. Levitow Award.

Staff Sgt. Steven McCray, 14th Logistics Readiness Squadron, received the Commandant Award.

Senior Airman Dawn Edwards, 14th Medical Operations Squadron, received the Academic Achievement and Distinguished Graduate awards.

The other Class 16-3 graduates are: Senior Airman Jessica Tran, 14th Medical Support

Squadron Senior Airman Michael Beck, 14th Security Forces

Squadron Senior Airman Chinua Belle, 14th Flying Training Wing

Senior Airman Nickolas Candiano, 14th Civil Engineer Squadron

Senior Airman Alexander Cardenas, 14th SFS

Senior Airman Robert Carino, 14th MDOS

Senior Airman Ramon Curtis, 14th OSS

Senior Airman Stephanie Englar, 14th FTW

Senior Airman Dillon Kersey, 14th SFS

Senior Airman Joel Molina, 14th CES

Senior Airman Kevin Morgan, 14th MDOS

Senior Airman Nickolaus Phifer, 14th FTW

Senior Airman Christopher Rutledge, 14th OSS

2016 Tax Center remains open until April 15

The Columbus AFB Tax Center will remain open through April 15. Trained volunteers will prepare your tax returns for free. The Tax Center is located on the first floor of the Personnel Center, building 926, room 105.

If you are an active duty member, retiree, or dependent, then you may qualify for this free tax preparation service.

The hours of operation are:
8 a.m. to 4 p.m. Wednesday and Friday by Appointment only
Walk-in hours are from 8 a.m. to noon Mondays for simple 1040 returns.

The scope of our tax preparation is limited. For more information or to schedule an appointment, please call the Tax Center at 434-7030.

Warning Signs

Warning signs of T1D may occur suddenly and include:

- Extreme thirst
- Frequent urination
- Drowsiness or lethargy
- Increased appetite
- Sudden weight loss
- Sudden vision changes
- Sugar in the urine
- Fruity odor on the breath
- Heavy or labored breathing
- Stupor or unconsciousness



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Catfish in the Alley

10am Catfish Alley gets the Blues! Four world-class blues artists will be performing throughout the day.

Noon Dig in! Catfish, BBQ and other delectable selections available for purchase.

Children can dive into bounce house and slides, all FREE of charge!

Music Line-Up

10:00am Big Joe Shelton
11:30am Terry "Harmonica" Bean
1:00pm Homemade Jamz
2:30 pm Christone "Kingfish" Ingram



Saturday, April 2
10am-4pm

Catfish Alley
in Downtown
Columbus, MS

Sensational
Saturday Fish Fry

Live Blues

COLUMBUS AFB SINGLE PARENTS MEET AND GREET

Providing support and networking for single parents working at Columbus AFB and a voice to leadership about issues affecting single parents

Feel like you're alone raising kids as a single parent at Columbus AFB?

Here's your chance to meet other single parents.

Who: Single parents and their kids

What: Meet and Greet and Potluck

When: April 08, 4:30—6 p.m.

Where: Columbus AFB Chapel

Come on out and enjoy food, fun, advice from other single Air Force Parents, and much more.



For more info:

Find us on Facebook:
Columbus AFB Single Parents

Or e-mail us at...
columbussingleparents@gmail.com

Base, local emergency services receive active shooter training



U.S. Air Force photo/Elizabeth Owens
Special Agent Chris Cheatham, FBI, speaks to attendees of the Active Shooter Executive Law Enforcement Conference March 24 at the Columbus Club on Columbus Air Force Base, Mississippi. The two-day class taught both military and local law enforcement and emergency responder executives the best practices and aspects of an active shooter and mass shooting situation.

Shine highlights women's accomplishments during history luncheon



U.S. Air Force photo/Senior Airman Stephanie Englar
Angela Shine, T.V. host of "Faith N Mind" and Women's History Month luncheon guest speaker, addresses the crowd during the luncheon March 30 at the Columbus Club on Columbus Air Force Base, Mississippi. Shine talked about women's achievements both in-and-out of the military as well as breaking through the glass ceiling.

Retired colonel to speak at SUPT 16-07 graduation

Team BLAZE welcomes retired Col. Murry Mitten, former Director of Staff of the Wisconsin Air National Guard, as the guest speaker for Specialized Undergraduate Pilot Training Class 16-07.

Mitten earned his Bachelor of Science degree in Geography from the University of Wisconsin at Whitewater in 1986.

Mitten's professional military training includes Squadron Officer School, Air Command and Staff College, Air War College, and numerous aviation-training courses.

Mitten received his commission in 1988 as a graduate from the Air National Guard Academy of Military Science in Knoxville, Tennessee. He entered undergraduate pilot training in August 1988 at Laughlin Air Force Base, Texas. Upon graduation he was assigned to the 126th Air Refueling Squadron, 128th Air Refueling Wing, Gen. Mitchell IAP, Wisconsin, as a KC-135 co-pilot.

Mitten was hired as an Active Guard Reserve in March 1990 to support the unit's

alert mission. He has held numerous positions over his career including Chief of Training, Pilot Scheduler, Flight Safety Officer, EWO Training Officer and Operations Support Flight Commander, and Operations Group Commander. He then assumed command of the 128th ARW as Wing Commander. After his time in command he accepted a job as the Director of Staff of the Wisconsin Air National Guard at state Headquarters where he then retired.

Mitten was rated as a command pilot with experience in the KC-135E and R model tankers accruing over 4,000 flying hours including time supporting Desert Shield, Desert Storm, Allied Force, Operation Noble Eagle, Operation Enduring Freedom and Operation Iraqi Freedom. His military awards include Meritorious Service Medal, Air medal, Aerial Achievement Medal, Air Force Achievement Medal, Armed Forces Expeditionary Medal, Southwest Asia Service Medal, Kosovo Campaign Medal and more.

Multimedia move complete, new location at Wing HQ



U.S. Air Force photo/Senior Airman Kaleb Snay
The Public Affairs Multimedia office has moved to its new location at the 14th Flying Training Wing Headquarters building, left through the main entrance. The PA Multimedia office is open from 7:30 a.m. - 4:15 p.m. For more information, call 434-2444.

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MICARE

(Continued from page 12)

Instructions for downloading existing MiCare Patient Health Record through RelayHealth:

1. Sign in to your secure messaging account from a laptop or desktop computer.
2. Click on "Download My Data" from the home screen.
3. Select the name of the individual whose information to download, and then click "Download Health Data."
4. Choose the health data download format. For a readable format, choose "PDF." For a format which can be recognized by a health record repository, choose "XML." It is advisable to save both formats.
5. To download, click "Download my data."
6. Choose the location where to save the file(s) on your laptop or



Courtesy graphic
The Air Force's secure patient portal, MiCare, is scheduled to make changes to the personal health record process March 28. Automatic updates to MiCare PHR will be discontinued; however, electronic health records will continue to be available through the Blue Button feature on TRICARE Online.

desktop and click "Save."

7. To print the data, click on "Print Health Record."
8. Click "Print" at the top or

bottom of the page.

For more information about MiCare visit www.airforcemedicine.af.mil/MiCare.

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Crosstalks aimed at improving KC-135 service

Maj. Jon Quinlan
507th Air Refueling Wing
Public Affairs

“We want to enhance aircraft availability,” Barnes said. “It’s all about getting more iron on the ramp.”

TINKER AIR FORCE BASE, Okla. — Experts from the Air Force Life Cycle Management Center, the Air Force Reserve, National Guard Bureau and the Legacy Tanker Division conducted a customer support visit here and at two other bases March 14-18 to listen to unit concerns regarding KC-135 Stratotanker support and logistics.

The team, headed by Maj. Gen. Glenn Davis, the mobilization assistant to the AFLCMC commander, also traveled to Birmingham Air National Guard Base, Alabama, and Grissom Air Reserve Base, Indiana, with airlift provided by the 507th Air Refueling Wing here.

According to William R. Barnes, the deputy chief of the Legacy Tanker Division here, the purpose of the visit was simple.

“We want to enhance aircraft availability,” Barnes said. “It’s all about getting more iron on the ramp.”

The team of nearly 30 logistics, maintenance, acquisitions and engineering experts discussed topics including supply rate times, sustaining engineering, product support management and part transportation.

According to Davis, the open and frank discussions were beneficial as there sometimes can be a disconnect between metrics viewed at major commands versus what’s going on at the ground level in operational units.



U.S. Air Force Photo/Maj. Jon Quinlan

Maj. Gen. Glenn Davis, the mobilization assistant to the Air Force Life Cycle Management Center commander, gives opening remarks during a KC-135 Stratotanker customer support visit to the 507th Air Refueling Wing at Tinker Air Force Base, Oklahoma. The group visited Tinker AFB and also Birmingham Air National Guard Base, Alabama, and Grissom Air Reserve Base, Indiana, from March 14-18 to enhance KC-135 customer service between all the agencies.

Force Sustainment Center, Oklahoma City Air Logistics Complex and Air Mobility Command.

The Reserve 507th Maintenance Group commander, Col. Travis Caughlin, said that the partnerships built during these visits are

very important to KC-135 operations and the unit is always happy to assist.

The partnerships and plans built by these visits will ensure that the nearly 60-year-old KC-135 is flying well beyond 2030, Barnes said.

MiCare updates process for personal health record

Prerana Korpe
Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. — The Air Force’s secure patient portal, MiCare, also known as RelayHealth, is making changes to the personal health record process March 28.

Automatic updates to MiCare PHR will be discontinued; however, electronic health records will continue to be available through the Blue Button feature on TRICARE Online (TOL). Beneficiaries can use TOL to access both past health records and health records which become available moving forward. TOL meets the cyber security requirements of the Defense Department to keep personal information safe and secure.

TOL Blue Button provides the following:

- Medication profile (DOD and Veterans Affairs data)

- Allergy profile (DOD and VA data)
 - Problem lists (DOD and VA data)
 - Encounters (DOD data only)
 - Laboratory results (DOD and VA data)
 - Radiology results (DOD and VA data)
 - Vital signs (DOD and VA data)
 - Immunizations (DOD AHLTA -- Armed Forces Health Longitudinal Technology Application -- data only)
- TOL Blue Button users are able to view all available personal health data or tailor a summary report; download, save and print personal health data; and share personal health data in an XML-formatted continuity of care document.
- MiCare remains a secure patient portal for online communications between beneficiaries and their health care team. Secure messaging services remain available and beneficiaries and health care providers can continue to exchange messages through MiCare.

In addition, beneficiaries can download existing MiCare PHR information and message history through RelayHealth.

- Instructions for accessing electronic health records through TRICARE Online’s Blue Button feature:**
1. Go to www.tricareonline.com and click “Log in.”
 2. Log in with your premium DS logon, DOD CAC or Defense Finance and Accounting Services (DFAS) myPay credentials. If you do not have DS logon credentials you may register by clicking “Register.”
 3. Click “Blue Button” on the TOL homepage or top navigation bar to access your personal health data.
 4. Click “Blue Button Download My Data.”
 5. Select the data types and date range for download and then click “Save as CCD.”
 6. Select “Save File” and click “OK” to save.

See **MICARE**, Page 13

BLAZE Hangar Tails: E-4B

Mission

The E-4B serves as the National Airborne Operations Center and is a key component of the National Military Command System for the President, the Secretary of Defense, and the Joint Chiefs of Staff. In case of national emergency or destruction of ground command and control centers, the aircraft provides a highly survivable command, control, and communications center to direct U.S. forces, execute emergency war orders, and coordinate actions by civil authorities. The conduct of E-4B operations encompasses all phases of the threat spectrum. Additionally, the E-4B provides outside the continental United States (OCONUS) travel support for the Secretary of Defense and his staff to ensure Title 10 command and control connectivity.

Features

The E-4B, a militarized version of the

Boeing 747-200, is a four-engine, swept-wing, long-range, high-altitude airplane capable of refueling in flight. The main deck is divided into six functional areas: a command work area, conference room, briefing room, an operations team work area, and communications and rest areas. An E-4B crew may include seating for up to 112 people, including a joint-service operations team, Air Force flight crew, maintenance and security component, communications team, and selected augmentees.

The E-4B is protected against the effects of electromagnetic pulse and has an electrical system designed to support advanced electronics and a wide variety of communications equipment. An advanced satellite communications system provides worldwide communication for senior leaders through the airborne operations center. Other improvements include nuclear and thermal effects shielding, acoustic control, an improved



U.S. Air Force photo

An Air Force E-4B National Airborne Operations Center aircraft.

technical control facility and an upgraded air-conditioning system for cooling electrical components.

To provide direct support to the President, the Secretary of Defense, and the JCS, at least one E-4B NAOC is always on 24-hour alert, 7-days a week, with a global watch team at one of many selected bases throughout the world.

In addition to its national and NC2 mission, the E-4B provides support to the Federal Emergency Management Agency, which provides communications and command center capability to relief efforts following natural disasters, such as hurricanes and earthquakes.

Background

The E-4B evolved from the E-4A, which had been in service since late 1974. The first B model was delivered to the Air Force in January 1980, and by 1985 all aircraft were converted to B models. All E-4B are assigned to the 55th Wing, Offutt Air Force Base, Nebraska.



U.S. Air Force photo/Tech. Sgt. Jerry Morrison

An Air Force E-4B National Airborne Operations Center aircraft sits at the international airport in Bogota, Colombia. The E-4B serves as the National Airborne Operations Center and is a key component of the National Military Command System for the President, the Secretary of Defense, and the Joint Chiefs of Staff.



To advertise in Silver Wings, call The Commercial Dispatch at 328-2424

Columbus AFB hosts pilot for day



U.S. Air Force photo/Melissa Doublin

Lt. Col. Kirby Ensser, 41st Flying Training Squadron Commander, places a name tag on Andrew McCall, Pilot for a Day program participant, before his exciting day in the life of a pilot March 28 at Columbus Air Force Base, Mississippi. McCall and his family learned about the base's mission, visited static aircraft displays, toured various units and ended the day "flying" in a T-6 Texan II simulator.

MSU students, Team BLAZE Airmen 'Salute Those Who Serve'



Photo courtesy of Kelly Price/MSU Media Relations

Columbus Air Force Base Airmen salute alongside Mississippi State University players during the playing of the National Anthem March 20 at an MSU softball game in Starkville, Mississippi. "Salute Those Who Serve" was the game's theme honoring service members past, present and future.

VIEWPOINT

Character

Brig. Gen. Karl McGregor
U.S. Air Forces Central

AL UDEID AIR BASE, Qatar — "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character," said Martin Luther King Jr., in one of his most famous speeches.

Character is what's deep inside each of us, it's who we are on a daily basis, it's who we are when things go well and more importantly, when things go wrong. It's who we are when

we're in leadership positions, as well as with the family in our living rooms. Character is our moral and ethical strength; it is who we are when no one is looking. Character is a mix of traits that are distinct to each person and baked into that person's life. It's much more than just what we try to display for others to see, good character is doing the right thing because it is right to do so.

For those of us who serve in the military, we are and should be held to a higher standard than the general public. We are servants of our country and our bond to those we serve is tied to our reputations and inevitably, to the character that reputation is built upon. Reputation is a long-term display of good character traits and we enhance that display, by making our character traits consistent by living our morals and ethics every day.

We must model good character for ourselves, our families and our service organizations daily. When promises are made, no matter how small, they must be kept. Be a great example, be known as a promise keeper. Never take shortcuts, communicate the importance of quality to your team and make sure that in times of stress, the importance of delivering quality is not lessened. Stay consistent when you deal with others. Treat everyone with respect, regardless of how long the day has been or the number of setbacks created by people in the organization that "just don't get it."

Finally, always self-audit. At the end of the day, week and month, review your decisions for bias and consistency against the character goals you're striving to achieve. Every action reflects on your character, as Whorton says, "no matter how small." Make sure your reflection is in line with who you are.

Tuskegee Airmen gather for 75th anniversary, induct CSAF as honorary member

Tech. Sgt. Patrick Brown
42nd Air Base Wing Public Affairs

MAXWELL AIR FORCE BASE, Ala. — Original members of the Tuskegee Airmen, their families and supporters gathered in downtown Montgomery March 22 to commemorate the 75th anniversary of the Tuskegee Airmen Experience.

Air Force Chief of Staff Gen. Mark A. Welsh III was among the guests.

Only 40 miles from where the U.S. Army

Air Corps trained the first African American military aviation group in U.S. history, retired Brig. Gen. Leon A. Johnson presented Welsh with a Tuskegee red jacket, making him an honorary member of the Tuskegee Airmen. The red jacket represents the distinctive red that pilots and maintainers painted on the tails of their P-47 Thunderbolts and P-51 Mustangs in the 332nd Fighter Group.

Johnson, now the board chair of the Tuskegee Airmen Foundation and national president of Tuskegee Airmen Inc., said the induction was to recognize a man who understands and personifies the impact that the men and women of the Tuskegee mission have had on the nation.

"We're taking this action because (Welsh) has been an active proponent and supporter of getting the message about the legacy and heritage of the Tuskegee Airmen out to the members of your Air Force and the strength that comes from diversity," Johnson said.

Induction as an honorary member of Tuskegee Airmen Inc. is a reflection of a person's support of the overall goals of the organization, said Marv Abrams, the central region president of the group.

Those goals, according to Abrams, not only include preserving the heritage and legacy of the original Tuskegee Airmen, but introducing youth to aviation and science, technology, engineering and math (STEM) opportunities through youth programs.

Theodore "Ted" Lumpkin, one of the 10 original Tuskegee Airmen who attended, said he was happy to see Welsh help preserve that legacy for today's youth.

"When you see important individuals wanting to be and feeling honored to be an honorary member, it's very satisfying and it gives you the indication that we're going to continue to exist ... and hopefully inspire youngsters to emulate what we did," Lumpkin said.

Welsh joins a distinct group of honor-



U.S. Air Force photo/Trey Ward

Air Force Chief of Staff Gen. Mark A. Welsh III is inducted as an honorary Tuskegee Airman during the Tuskegee Airmen Foundation's 75th anniversary commemoration in Montgomery, Alabama, March 22, 2016.

ary members including former President Bill Clinton, director George Lucas, "Good Morning America" co-anchor Robin Roberts, radio personality Tom Joyner, and former Air Force Chief of Staff Gen. Norton Schwartz, who also attended the commemoration.

"To say that this evening is an honor for me ... might be the biggest single understatement of my life," Welsh said with notable emotion in front of the group of nearly 200 after Johnson helped him replace his uniform coat with the honorary red coat.

"It is such an incredible privilege just to be here to celebrate the 75th anniversary of the lighting of this eternal flame that was lit at Chanute Field in Illinois in 1941, and is still burning brightly in the eyes of the 10 original Tuskegee Airmen sitting here tonight," he continued. "I'm still unable to wrap my mind around the fact you're allowing me to wear a red jacket. I just don't feel worthy."

To learn more about the history of the Tuskegee Airmen and the youth outreach programs, visit www.af.mil.

F-16 crashes in Afghanistan; pilot safely ejects

455th Air Expeditionary Wing Public Affairs

BAGRAM AIRFIELD, Afghanistan — An F-16 Fighting Falcon assigned to the 455th Air Expeditionary Wing crashed during takeoff March 29 at about 8:30 p.m. local

time near Bagram Airfield.

The pilot safely ejected, was recovered by coalition forces, and is being evaluated by medical personnel at the Craig Joint Theater Hospital on Bagram Airfield. Coalition forces have secured the crash site.

F-16s at Bagram Airfield provide 24-hour over-watch and close air support for ground units in Afghanistan. Enemy fire was not a factor in the crash, and Air Force officials will investigate the cause of the crash.

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

Columbus Air Force Base Information and Events
Join our Facebook page at Columbus AFB Living, Twitter at @columbusafbliving, MyAir-ForceLife App on any smart phone or visit our website at 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 434-2337.

The Overrun Now Open Evenings
The Overrun is open each Thursday 4:30 – 8 p.m. and Friday 4:30 p.m. until midnight. Bar Menu includes chicken wing basket, chicken tender basket, club wrap, or buffalo chicken wrap. For more information, contact 434-2419.

Supply Drive for St. Jude and Baptist Hospitals
The Youth Center is collecting donations for St. Jude Children's Hospital and Baptist Memorial Hospital. Drop off school supplies at the Youth Center Monday – Friday from 10 a.m. – 6 p.m. April 1 – 30. For more information and a complete list of items needed, please contact 434-2504.


Free Breakfast for Club Members
The Columbus Club is offering free breakfast for club members April 4 from 6:30 – 8 a.m. Non-members pay \$8 per person. Become a Club member and eat for free plus enjoy all the benefits of being a member. For more information, contact 434-2489.

Monthly Family Dining
The Columbus Club is offering All You Can Eat Country Dinner Buffet April 7 from 5 – 8 p.m. The cost is only \$12 for members; \$14 non-members; \$5 ages 5 – 11; 4 and under free. For more information, contact 434-2489.

Air Force vs. Army Bench Press Competition
The Fitness Center is offering an Air Force vs. Army Bench Press Competition April 18 at 6 p.m. Competition includes: 1 rep max and max reps, male and female divisions, 300 Club qualification, and overall winner. All participants receive a free t-shirt. For more information or to sign up, contact 434-2772.

Learn to Cross Stitch like a Pro
The Arts and Crafts Center is offering a free cross stitch class on Mondays and Tuesdays at 3 p.m. Classes begin April 25 at 3 p.m. Participants must provide their own materials for the class. For more information, contact 434-7836.

Columbus Club Lunch Buffet Specials
The Columbus Club is offering a lunch buffet Monday - Friday 11 a.m. – 1:30 p.m.; Monday – Mexican Buffet, Tuesday- Italian Buffet, Wednesday – Pizza and Wings Buffet, Thursday- Southern Buffet, Friday – Catfish and Spaghetti



APRIL 2016 - MONTH of the
MILITARY CHILD

APRIL 15
Purple Up Day
in support of the
Military Child


Bowling Center Events 434-3426
Apr 4-25 Kids 16 and under can Bowl FREE every Monday in April

CDC Events 434-2479
Apr 1 Military Child Parade, reading of the MotMC proclamation
Apr 10-16 Celebrating NAECY Week of the Young Child
Music Monday, Taco Tuesday, Career Day Wednesday,
Fine Arts Thursday, Family Social Friday at 1600
Apr 14-15 Picture Day with Amber's Photography Studio
Apr 22 Earth Day

Golf Course Events 434-7932
Apr 3-24 Kids 16 and under can Golf FREE every Sunday in April with parent

Outdoor Rec 434-2507
Apr 1-30 25% off inflatable rental at Outdoor Recreation

Youth Center Events 434-2504
Apr 1-30 Community Service Project for St Jude
Apr 1 Kickoff Celebration with Hot Dog Roast Dinner
Apr 9 Big Help Project (Clean up Parkway)
Apr 15 Bowling (Teens Only)
Apr 22 Parent & Child Sports Night
Apr 29 Closing Ceremony (Hamburger Burn)



Buffet. Cost of buffet is only \$7.95 for club members and \$8.95 for non-members. For more information, contact 434-2419.

Story Time at the Library
The Base Library is offering Story Time every Friday at 10:30 a.m. for all ages. The library is located in the Education Center, building 916. Hours of operation are as follows: Tuesday, Thursday and Friday 10:30 a.m. – 2:30 p.m. and Sundays 1 – 5 p.m. For more information, contact 434-2934.

Cosmic Bowling Special
The Bowling Center is offering Cosmic Bowling for only \$12 per person every Friday and Saturday night from 5 – 8 p.m. You also may purchase individual games for \$3 per game with purchase of \$1.50 shoe rental. For more information, contact 434-3426.

Lawn Mower Repair
Lawn mower repair is now available at Outdoor Recreation. The cost is only \$40 per hour plus parts; pickup and delivery available. For more information, contact 434-2507.

Gymnastics Instructor Needed
Gymnastics Instructors needed at the Youth Center. For more information, contact Kayline Hamilton at 434-2503.

Hobby and Craft Instructors Needed
Do you have a hobby or craft project you can share with others? For more information, contact 434-7836.

Referees Needed
Referees needed for various sports at the Fitness Center. For more information or to sign up, contact 434-2772.

ness Center. For more information or to sign up, contact 434-2772.

Free Pool Passes and FootGolf
Independence Pool Passes and FootGolf is included with Whispering Pines Golf Membership. . If you have an individual golf membership, you receive an individual pool pass and FootGolf membership and if you have a family golf membership, you receive a family pool pass and FootGolf membership. Visit Outdoor Recreation for your free pool pass today. For more information, contact 434-2505.

Make Your Shopping Easier
Force Support Squadron gift cards are available in increments of \$5 to fit any budget. They can be used at most Force Support Squadron facilities at Air Force installations worldwide and they never go out of style. Purchase your gift card at one of the following locations: Bowling Center, Golf Course or Youth Center. For more information, contact 434-3426.

Brazilian Jiu Jitsu Class
Free classes are scheduled every Monday, Wednesday, and Friday at 6 p.m. The benefits include huge gains in confidence, functional strength, flexibility, discipline, and overall physical conditioning. Mandatory equipment: BJJ Kimono (Gi); for ages 13 and up. For more information, contact 434-2772.

Wood Shop Self Help
Do you need to complete a wood project? The base wood shop is open Saturdays from 10 a.m. – 4 p.m. for only \$4 per hour. For more information, contact 434-7836.

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 434-2505.

Green Plate Special
Whispering Pines Golf Course offers a special for lunch Monday through Friday. For more information, call 434-7932 or check us out on Facebook at Columbus AFB Living or Twitter @CAFBLiving!

Instructional Classes at Youth Center
Youth Programs is offering piano lessons, guitar lessons, tumbling classes, dance classes, and martial arts instruction. Times and ages vary for all classes. Call 434-2504 or stop by the Youth Center for more information.

Fitness on Request
CAFB Fitness and Sports offers a truly comprehensive group fitness platform that is available all day and completely customizable to meet your needs with over 30 different classes on the Fitness on Request system. For more information, call 434-2772.

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.)

Transition Assistance Program GPS Workshop
This workshop is held 7:30 a.m. - 4 p.m. April 4 - 8. The Transition Assistance Program Workshop For Senior Leadership is for entrance at the corporate level based on education and/or experience. It is reserved for officers and senior NCOs. It has seminars on: Transition, Military Occupational Code Crosswalk, Financial Planning, Health Benefits, MS Dept of Employment Security, Dept of Veterans Affairs, Disabled TAP, Dept of Labor TAP portion. Pre-separation counseling is required before attending. Recommend attendance 8 – 12 months prior to separation/retirement. Spouses are encouraged to attend with their sponsor. To register call 434-2839.

Resume and Cover Letter
This workshop from 9 – 10:30 a.m. April 12, gives you preparation for writing effective civilian resumes and cover letters. To sign up, call 434-2839/2790.

Federal USAJobs Workshop
This workshop from 9 - 10:30 a.m. April 13, is a workshop on writing resumes, applications, and job search, using USAJobs, Call 434-2790 to register.

Troops To Teachers
This workshop from 10:30 a.m.- noon April 13, is an informational workshop for members pursuing or interested in a teaching career after the military. For more information or to register call 434-2790.

Wing Newcomers Orientation
This brief from 8 a.m. – 12:15 p.m. April 19, is mandatory for newly arrived active-duty and civilian personnel. Spouses are encouraged to attend. The orientation is held at the Columbus Club, for more information call 434-2839.

First Term Officer's PFR
The First Term Officers' Personal Financial Readiness Workshop is required by AFI for all newly assignment personnel to their first station. The event will be 9 - 10 a.m. April 19. Call 434-2790 to sign up.

Military Life Cycle
The Military Life Cycle workshop, 1 - 2 p.m. April 19, allows the VA contractors to explain to service members; whether first term, separating, retiring or a veteran, what services the VA offers and what they are able to provide throughout the member's military career and how to apply for benefits. To register and more information please call 434-2839/2790.

Happy Irby Golf Tournament 'tees up' more than \$6,000



Participants tee off at the start of the Happy Irby Golf Tournament March 25 at the Golf Course on Columbus Air Force Base, Mississippi. The tournament raises money for the Happy Irby Christmas Fund which provides support to Columbus residents during the holiday season. The tournament raised over \$6,000 and had over 50 participants.

U.S. Air Force photo/Sharon Ybarra

Heart Link For Spouses
This event from 8:30 a.m. - noon April 20, is for spouses new to Columbus AFB or the military lifestyle. The event is held at Columbus Club. It is a fun-filled spouse orientation program with info on protocol, finance, benefits, helping agencies, local conditions and prizes. It is a great way to meet others new to Columbus AFB. To register and for more information, please call 434-2790.

Smooth Move
This class, 10 - 11:30 a.m. April 20, provides relocating members/families with valuable information about moving. You learn what to expect from TMO, Housing, Military Pay, Legal, Billeting, Tri-Care, Medical Records, and A&FRC. Please call 434-2790 to register.

Pre-separation Counseling
This counseling is a mandatory briefing for personnel separating or retiring, to be completed at least 90 days prior to separation. It may be completed up to 12 months prior to separation or retirement. The counseling is held daily at 8:30 a.m. It takes approximately 60 minutes. Please contact A&FRC, 434-2839/434-2790 for more information.

Pre, Post Deployment Tour Brief
These briefings are mandatory briefings

for active-duty personnel who are either deploying or returning from deployment or a remote tour. The briefings are held daily at the A&FRC. Pre-deployment is at 9:30 a.m., and post-deployment is at 1:30 p.m. Please contact A&FRC, 434-2839/434-2790 for more information.

Survivor-Benefit Plan
Are you nearing military retirement? The one decision you will need to make before you retire involves participation in the Survivor Benefit Plan. As with all good decision-making, you need to know the facts before you can make a sound decision, and be wary of anyone telling you they can offer you a better deal. Always get the true facts about the SBP before making up your mind. Additional details are available by calling (662) 434-2720.

Military and Family Life Consultant Program
The MFLC counselors provide non-medical counseling to help Airmen (both single and married), their spouses and other family members to cope with stressful situations created by deployments, reintegration, and life challenges such as martial issues, parenting, career stress and anger. All consultants are licensed mental health providers. Counselors 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, call 662-364-0504.

Volunteer Opportunities
If you are interested in volunteering please contact the Airman & Family Readiness Center. We have volunteer opportunities located throughout the base for a one-time event, special events, or on a continual basis. Volunteers are needed on base at the Youth Center, Child Development Center, Library, Golf Course, Medical Clinic, Chapel, Airman Attic, Thrift Store, the Retiree Activities office and many others. For more information please call A&FRC at 434-2790.

Air Force Recovery Coordination Program
The Recovery Coordination Program streamlines and improves the way care and support are delivered to wounded, ill, and injured Airmen and their families. The RCP provides the support of a Recovery Care Coordinator who guides the Airman and family along their road to recovery. Those eligible include wounded, ill and injured Airmen who: (1) have a serious illness or injury (2) are unlikely to return to duty within a specified amount of time (3) may be medically separated from the military. Additional details are available by contacting the Columbus AFB RCC at DSN: 493-3399, Office: 334-953-3399 or tim.griggs.1.ctr@us.af.mil.

Chapel Schedule
Whether you are new to Columbus Air Force Base or have been around for a while, our parish communities welcome you to join us as we worship, fellowship, and encourage one another. For more information, please call 434-2500.

Catholic Community
Sundays:
3:45 p.m. – Religious Education, grades K-9 (Chapel Annex)
4 p.m. – Choir Practice (Chapel Sanctuary)
4 p.m. – Confession (or by appointment)
5 p.m. – Mass w/Children's Church
Tuesdays:
11:30 a.m. – Daily Mass
Wednesdays:
11:30-12:30 p.m. – Adoration

Protestant Community
Sundays:
9 a.m. – Adult Sunday School (Chapel Library)
10:45 a.m. – Traditional Worship Service
Tuesdays:
5 p.m. – Student Pilot Bible Study (Chapel Library)
Wednesdays:
4 p.m. - Music Rehearsal

Ecumenical services
Wednesdays:
6 p.m. – AWANA, a religious education program for children ages three years old to 6th grade
6 p.m. – Adult Bible study on the Gospel of John
6 p.m. – Youth Group

Health and fitness advisor keeps Airmen and families ready

Airman 1st Class John Day
14th Flying Training Wing
Public Affairs

Living a fit and healthy life is important for everyone including Airmen, officers and enlisted, Team BLAZE civilians and spouses.

The Health and Wellness Center retired to make way for a new program to not only fill the same role, but to expand upon it and increase its reach and impact.

Robert Pagenkopf, 14th Medical Group Health Promotion Program Coordinator, replaced the Columbus Air Force Base HAWC this year.

"I'm the one stop for everything key to living healthy on Columbus Air Force Base," Pagenkopf said. "When the HAWC went away, they created this position, eliminating the exercise physiologist and dietitian spots."

The three major categories offered by the health promotion program are tobacco cessation, nutritional fitness and physical activity.

"My position handles all the other things lost with the HAWC changeover," Pagenkopf said. "I teach nutrition classes, facilitate running clinics, injury prevention workshops and many other health promotion programs for the base."

These programs are accessible to anyone on Columbus AFB looking to create a better lifestyle.

"I see all ID card holders; anyone who needs help whether they come in on their own or are referred here by their supervisor or commander," Pagenkopf said.

Though individual appointments provided by the HAWC no longer exist, Pagenkopf still takes time to attend to the fitness needs of those who require a more



U.S. Air Force photo/Airman 1st Class John Day

Robert Pagenkopf, 14th Medical Group Health Promotion Program Coordinator, works to promote health and nutrition on Columbus Air Force Base, Mississippi, March 31. Pagenkopf's position replaced the Columbus Air Force Base Health and Wellness Center and provides three main services: tobacco cessation, nutritional fitness and physical activity.

focused approach.

"Though we do offer various courses on the aspects of fitness and healthy lifestyles, I will still schedule one-on-one appointments for people if the need exists," Pagenkopf said. "For those cases, I can create a specific program based on the needs of the individual."

His office may be a one-man shop but Team BLAZE members will see him around from wing newcomer's orientations to the Bundles of Joy program, and many more base organizations.

"A lot of what I do with health promotion is looking at the base environment, community outreach, working with other

organizations like the fitness center and the Airman and Family Readiness Center," Pagenkopf said.

Not only does health promotion help the base, but it also extends to the downtown community and beyond.

"The health promotion program utilizes what we call a public health model," Pagenkopf said. "This more or less looks at our specific base and alters our programs to our needs. By working with local community organizations, we can do a lot for not only our base, but our dependents, retirees or veterans."

For more information, call 434-1688.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div><div>APRIL</div><div>Month of the Military Child</div></div>				<div>FIT KIDS and FIT FAMILY</div> <div>www.usaffitfamily.com</div> <div>More info call 434-2504</div>	1	2
3	4	5	6	7	8	9
WAIST MANAGEMENT 1100-1200		RUNNING CLINIC PART 1 1100-1200	WAIST MANAGEMENT 1100-1200 INJURY PREVENTION CLASS: HEALTHY SHOULDER 1200-1300			
10	11	12	13	14	15	16
WAIST MANAGEMENT 1100-1200		RUNNING CLINIC PART 2 1530-1630	WAIST MANAGEMENT 1100-1200			
17	18	19	20	21	22	23
WAIST MANAGEMENT 1100-1200		RUNNING CLINIC PART 1 1100-1200	WAIST MANAGEMENT 1100-1200 INJURY PREVENTION CLASS: HEALTHY SHOULDER 1200-1300			
24	25	26	27	28	<div><div></div><div>5210</div><div>Healthy Military Children</div></div>	
WAIST MANAGEMENT 1100-1200			WAIST MANAGEMENT 1100-1200			
<div>Want to Quit Tobacco? Call 662-434-1688</div>						

APRIL 2016

14th MDG, Bldg 1100, Family Health
Phone: (662) 434-1688

Health Promotion Office
Monday - Friday 0730 - 1630

STAFF
Health Promotion Coordinator
Mr. Robert Pagenkopf

WAIST MANAGEMENT:

Monday and Wednesday: 1100-1200

Education and Training Classroom

This 10-week series of classes will involve different topics and weekly weigh-ins, goal setting and follows the Institute of Medicine's protocol for reaching and maintaining a healthy weight. The ten week program is designed to assist participants in losing 5-10% of their total body weight. Can begin at any time.

RUNNING CLINIC:

Part 1: Education & Training Classroom

Part 2: Base Track

Two-part class to improve running form and injury prevention. Part 1 classroom instruction and Part 2 hands on drills.

INJURY PREVENTION CLASS:

Health Promotion and Physical Therapy team to help you prevent or treat those chronic muscular injuries of the back, shoulders, ankles and knees

Classes available upon request.

Call to schedule.



Classes open to all ID card holders.

Eight things you should know about the new U.S. Dietary Guidelines

Mr. Robert Pagenkopf
14th Medical Group
Health Promotion Coordinator

The 2015-2020 guidelines recommend a "healthy eating pattern" with limited sugar and saturated fat, less salt and more vegetables and whole grains. The guidelines are revised every five years and this year's revision of eight things you should know.

1. The government put a limit on sugar, saying added sugar should make up only 10 percent of your daily calories. The guidelines are based on Americans eating a 2,000-calorie-a-day diet, so 10 percent of that diet is about 50 grams of sugar.

2. They removed the limit on cholesterol. It did add, "Individuals should eat as little dietary cholesterol as possible" because "foods higher in dietary cholesterol, such as fatty meats and high-fat dairy products, are also higher in saturated fats." Egg yolks are high in cholesterol, but not high in saturated fat. They make the list of suggested sources of protein.

3. Lower your intake of meats overall, as well as eating less processed meat and poultry, does reduce the risks of cardiovascular disease. Processed meats like bacon and hot dogs have been linked to an increased cancer risk. If you eat meat, it is suggested for the meat, poultry and eggs subgroup — eat 26 ounce-equivalents per week based on a U.S.-style and 2,000-calorie diet. You have options, too: soy products, beans, lentils and seeds are good protein sources, the guidelines say.

4. The guidelines recommend eating two and a half cups of a wide variety of vegetables from all the subgroups of colors and starches a day. A hidden advantage of this suggestion is that it can make you feel full without eating a lot of calories. The suggested two cups of fruit a day, with half coming in the form of whole fruit, provides many essential vitamins and some have high fiber, which helps with digestion. Brown rice, quinoa, and oats are rich in fiber, calcium and vitamin D and can help

with digestion. When eating six-ounce equivalents of grains, half of them should be of the whole grain variety.

5. Alcohol consumed in moderation is Ok. For women, that means no more than one drink a day. For men, it's two. Moderate coffee drinking is defined as drinking three to five cups a day. Coffee has been shown to possibly reduce your risk of Type 2 diabetes and cardiovascular disease and it may even protect against Parkinson's disease.

6. Some fat is vital to your health. "Good" fat includes heart-healthy Omega-3 fatty acids like the kind found in some fish. Fat from oils, about five teaspoons per day, is also ok. Saturated fat, or the "bad" kind that comes from meat, poultry and dairy can raise blood cholesterol, which might increase the risk for cardiovascular disease, weight gain, Type 2 diabetes and cancer. Tran's fat, which the guidelines suggest you consume as little as possible, is harder to find after the Food and Drug Administration told manufacturers to eliminate it from food. Eating trans-fat increases unhealthy cholesterol, LDL, and lowers the good kind, HDL.

7. Eat less than 2,300 milligrams of sodium per day. That's about a teaspoon, which is not a lot, especially when many Americans get much of their sodium from packaged and processed foods.

8. The new guidelines are supposed to be more user-friendly. It models three different types of diets at the 2,000-calorie level: the healthy American diet, Mediterranean diet and vegetarian diet.

Contact Health Promotion for more info on how you can strive to be healthy. 434-1688

Suggested Citation

U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 - 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.