16 SILVER WING Aug. 24, 2018 SILVER WINGS

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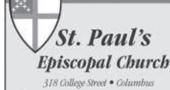
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Come worship with us at Airmen's Hill!!! We are now at two locations every Sunday, including Airmen's Hill at 1830, to better serve you.

• North (Airmen's Hill) Campus service time at 1830 —144 MS 373

• East (Main) Campus service time at 1000 —321 Forrest BLVD, Columbus

Get more information or view previous sermons on our website: goodshepherdcolumbus.dioms.org Follow us on social media: f /goodshepherd.columbus GoodShep39705



Holy Communion at 8:00 & 10:30 a.m.

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WEDNESDAY

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You may be qualified to have our **GMAT/GRE** requirement waived!



CApplication Deadline: October 26 Elasses Start: November 27

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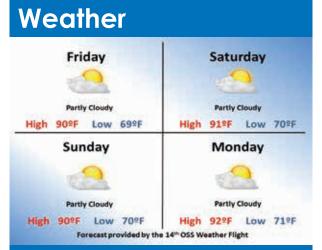
THE UNIVERSITY OF ALABAMA®

SILVERINGS

Columbus Air Force Base, Miss.

Columbus Air Force Base, Mississippi

Vol. 42, Issue 33 August 24, 2018



News Briefs

Wing Newcomers

All new active-duty service members are required to attend the Wing Newcomers Brief at 8 a.m. Aug. 28 at the Columbus Club. Spouses are also encouraged to attend.

Enlisted Promotions

The monthly Enlisted Promotion Ceremony will be at 3 p.m. Sept. 30 at the Columbus Club.

AETC Family Day/Labor Day

There will be an Air Education and Training Command family day Aug. 31. The family day is in conjunction with Labor Day Sept. 4. Most base offices will be closed.

Inside



Feature 8

The 14th Flying Training Wing Leadership Structure is highlighted in this week's feature.



deputy commander, listen as Col. Samantha Weeks, 14th FTW commander, speaks at Specialized Undergraduate Pilot Training Class 18-13's graduation Aug. 17, 2018, on Columbus Air Force Base, Mississippi. SUPT class 18-13 was the first araduating class under Weeks' command.

Weeks speaks at SUPT 18-13 graduation, sets baseline for 14th FTW

Overall

Airman 1st Class Keith Holcomb

14th Flying Training Wing Public Affairs

Col. Samantha Weeks, 14th Flying Training Wing commander, spoke at Specialized Undergraduate Pilot Training

Class 18-13's graduation Aug. 17 on Columbus Air Force Base, Mississippi, and shared experiences throughout her career. She stated to SUPT Class 18-13 those decisions and experiences

See GRADUATION, Page 3

Flown

Colui	MBUS AFB	TRAINING TIM	ELINE
PHASE II	PHASE III	IFF	Wing Sortie Board

Overall Overall Graduation 6.42 days 49th (18-LBC) -4.84 days

???????, is the guest speaker for Specialized Undergraduate Pilot Training Class 18-14's graduation at 10 a.m. Sept. 7, 2018, in the Kaye Auditorium

8,258 702 9,352



14TH FLYING TRAINING **WING DEPLOYED**

As of press time, 27 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.

Team BLAZE's newest staff sergeants

News



U.S. Air Force photo by Sharon Yabarra

The newest 14th Flying Training Wing staff sergeants selects stand for a group photo Aug. 22, 2018, on Columbus Air Force Base, Mississippi. Thirty senior airmen from Columbus AFB are to promote to the rank staff sergeant, which had under a 53 percent promotion rating this year.

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat/Sun</u>	<u>Long Range</u> <u>Events</u>
27	28	29	30	31	1/2	Sept. 11: Patriot Day
	HQ AETC —			AETC Family	1st-2nd: 40th	Sept. 14: SUPT Class
	Command		Enlisted	Day (most base	Annual Prairie	18-15 Assignment Nigh
	Chaplain Visit		Promotions, 3 p.m. @ Club	offices closed)	Arts Festival, 9 a.m5 p.m. in	Sept. 18: Air Force
	Wing New- comers, 8 a.m.		Hearts Apart,	0,7	West Point	Birthday
	@ Club		5-7 p.m. @ Dewayne Hayes			Sept. 21: POW/MIA
			Splash Pad			Recognition Day
	4			7	0.70	Sept. 22: AF Birthday
3	4	5	6		0/9	Ball
Labor Day				SUPT Class 18-14		Sept. 25: Wing
(most base offices closed)				Graduation		Newcomers
						Sept. 28: SUPT Class
						18-15 Graduation
						Sept. 28: Enlisted
						Promotions

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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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.



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14 SILVER WINGS Aug. 24, 2018

Produce Pilots, Advance Airmen, Feed the Fight Produce Pilots, Advance Airmen, Feed the Fight

SILVER WINGS 9 Aug. 24, 2018

News Around Town

Hitching Lot Farmers' Market

The Hitching Lot Farmers' Market is open April through October (Mondays from 4-6 p.m.; Thursdays from 7-10 a.m.; Saturdays from 7-10 a.m.). For more information, contact Columbus Main Street at (662) 328-6305.

Sept. 7

Alabama, American country-music group, will be performing at 7:30 p.m. at the Bancorp South Arena in Tupelo, Mississippi. Tickets are available online.

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

Dispatch, 328-2424.

Miscellaneous

ramic ducks which includes three small ducks, two large planter ducks, one candy dish large duck, three medium ducks and five large ducks. These ducks are in excellent condition. Asking \$29, one buyer only.

Six different Avon collector miniature ducks 1984, ducks in original boxes. The miniature ducks are in perfect condition. Asking \$29, one buyer

purchased through The Commercial Lightly used Belkin n300 Wi-Fi router. Great Wi-Fi router for your computer, tablet and smart phone connections. Asking \$29, one buyer only.

For Sale: Collection of 14 assorted ce- If interested, please call (662)

For Sale: Large capacity washer and dryer for sale. \$175 each or both for

For Sale: Antique Spanish dining room set (table/6 chairs, buffet and china cabinet) purchased in Madrid, Spain in 1983. Excellent condition, must see \$1200 or best offer. Call (662)

"I am going to do all that I must to stay sober to finall see the true plan."



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



For more information:

Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members

Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue.

Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will

Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

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Please let us know what you think Are you happy with the Silver Win What would you like to see more of If you would like to give any other	gs? Yes 🗆 f in the new	No □ spaper? News □			

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GRADUATION

(Continued from page 1)

were guided by the lessons learned throughout her time at pilot training.

Weeks stepped to the podium and immediately congratulated the new pilots, Airmen, families, friends and community for making the graduation possible.

She then focused on her target, to share her experiences and learned lessons with the U.S. Air Force's and partner nations' newest aviators to help them as they prepare to fly multimillion dollar airframes to impact the Defense Department and their respective countries' mission with priceless precision.

"Maintain aircraft control, analyze the situation, and take the appropriate action," Weeks said. "Military pilots have a reputation of being calm, cool and collected. It doesn't mean we don't get stressed and it doesn't mean we can handle every situation we are faced with. It does mean facing those challenges we are able to keep a stable platform, maintain basic control of our aircraft, keep our jet in the sky, keep things in line and provide time to assess and act."

She continued, paralleling the stress of flying to stress in everyday life. Each can be difficult to navigate, but staying calm and effectively assessing the situation will result in some sort of success.

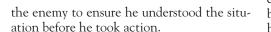
She then spoke about a personal experience in the F-15C Eagle, which involved enforcing a no-fly zone during Operation Southern Watch.

"We were on the tanker, my flight lead was taking his gas when an E-3 [Sentry] AWACS told us an aircraft was crossing north of the no fly zone," Weeks said. "My flight lead disconnected from the tanker and called us to immediately head south. I looked at my gas, but knew my responsibility was to trust my flight lead, fly my jet (maintain aircraft control), and be in position."

She said she wondered 'What would come next,' an air-to-air engagement or a divert to an auxiliary field due to gas? She recalled her training took over and without thinking too much of the possible outcomes she followed the procedures learned throughout training.

ment before they act.

"Throughout that engagement I fell back on that basic first step; maintain aircraft control," Weeks said. "I challenge you to not only maintain aircraft control, but also maintain our proud heritage, our legacy, and continue to build upon it. ... I ask you to own that pride and I ask you to spread that pride. ... Be proud and humble of what you do."



No matter the situation or environment The final step is to take the appropriate they must use the tools available to assess action, Weeks stated. This is the critical astheir next course of action. In the air their pect and its foundation's within step one and tools are the controls in the cockpit, but in life that could be family, friends, co-workers, two

the appropriate action." Weeks said. "Military pilots have a

reputation of being calm, cool and collected. It doesn't mean

we don't get stressed and it doesn't mean we can handle every

situation we are faced with

She then highlighted a story of heroism To highlight this, Weeks relayed the from a Columbus Undergraduate Pilot Trainstory of Col. Robin Olds, commander of ing graduate, Sully Sullenberger and U.S. the 8th Tactical Fighter Wing at the time Airways flight 1549.

and explained his role in Operation Bolo "In a few split seconds he maintained airduring Vietnam. The operation was formed craft control, assessed the situation, used his The second step for an emergency situate to deceive Vietnam People's Air Force into training and experience to take the approtion involves analyzing the situation. Weeks a combat environment in which they were priate action and saved 155 lives that day on serve in. Right now, our Air Force needs bold charged the graduates to assess the environ- outnumbered by U.S. forces. Olds observed the Hudson River," she stated. "His aviation leaders ... so be bold!"

Team BLAZE legacy. Be proud of that, add to it, and build upon it." She left a few words for the Team BLAZE

members, charging each individual to be a leader. She quoted Vince Lombardi, former head coach of the Green Bay Packers and his charge of "watch your words, they become your actions; watch your actions they become your habits; watch your habits, they become your character."

This was Weeks' first SUPT graduation as the commander of the 14th FTW; she helped congratulate more than 25 pilots on their accomplishment and wished them luck as they get ready to continue their journey.

"Your families provided the foundation of your character, and our Air Force core values require integrity," she stated. "It is up to you to turn your character and our core values into leadership. My parting message is to see yourself as a leader in any and every role you



Specialized Undergraduate Pilot Training Class 18-13 stands and recognizes a few instructor pilots during their graduation

Aug. 17, 2018, on Columbus Air Force Base, Mississippi. There are thousands of people who make pilot training possible for the U.S. Air Force aviators. career was founded here. That is part of the "Maintain aircraft control, analyze the situation, and take

Increasing your influence regardless of rank

Master Sgt. Jordan Boothe

14th Operations Support Squadron

The ability to influence others is important no matter what role you fill in an organization, including the military. Influencing is an art, learned over time through education, personal experience and trial and error.

I was recently asked the question, "How do I increase my influence as a Junior Enlisted Airman?" Reflecting on my own personal experience, I remember the hard lessons learned from both failures and successes as a follower, a peer and as a leader. Below are a few tips to help anyone increase their level of influence regardless of rank.

First, embody the common personality traits of an influential person. Selflessness, humility, genuineness, passion, transparency

back from others will help identify areas that grow your influence. need to be worked on.

one size fits all method. Influencing styles or popular tool that breaks down personality tactics have been researched and categorized by many different institutions.

Harvard Business Review places them into five styles: rationalizing, asserting, negotiating, inspiring, and bridging. Identifying your natural influencing style and becoming aware that it's not the only one nor the most effective in every situation is a good place to start. Try different styles for different situations to see what works and what doesn't.

Attach yourself to influential mentors and role models. By observing their actions in all scenarios, you can see what methods they use to influence others as well as the personaliand charisma are the first handful that come ty traits they possess. Ask them to give you

to mind. Self-evaluation and requesting feed- direct and honest feedback on how you can

Understand how others think and op-Use different approaches. There isn't a erate. The Myers-Briggs Type Indicator is a types into 16 categories each with unique interests, reactions, values, motivations and skills. Acknowledging and comprehending that there are multiple personality types that you are surrounded by will help you choose which influencing style may work best.

Be credible. Just like trust, credibility is tough to earn and easy to lose.

"When it comes to earning and retaining credibility, two key factors are reliability and consistency," stated Master Sgt. Josh Matias, 14th Operations Group tower chief air traffic

Maintaining transparency and setting the example also play a major role in credibility.

Credibility has a direct relationship with influence. Walk the walk!

Knowledge is power. As Master Sgt. Dave Pennington, 14th OG first sergeant says, "Learn your job!"

Being the subject expert in your realm increases your level of influence. Ways to increase your knowledge power include reading, life experience, lessons learned through both failures and successes, and being willing to ask questions. Knowledge power doesn't necessarily mean you have to know all of the answers. It also includes knowing where to find the answers and the ability to network with those that are experts in their realms.

This is not an all-inclusive list of tips to increase your level of influence but hopefully a good starting point.

"The key to successful leadership today is influence, not authority." - Ken Blanchard

Bowling Center closed for renovations

Gwendolyn Granderson

14 Force Support Squadron Marketina Director

The 14th Force Support Squadron is at it again. In continued pledge to deliver fun, value and variety, the squadron announces a new round of renovations.

A significant part of these enhancements is the renovation of the Bowling Center to include a contemporary redesign with new flooring and tables.

Additional plans include renovation of the snack

"We are committed to offering a fun environment for our military families," stated Kathleen More, Bowling Center manager.

During the Bowling Center closure, breakfast will be offered by the Columbus Club 6:30-10 a.m. from Aug. 27-31. Lunch options will include the Café at Whispering Pines and the Columbus Club. The Bowling Center will reopen Sept. 1.





When you see this sign, stop. Help keep our children safe.

USDA net system reduces aviation bird strikes

Staff Sat. Joshua Kina

386th Air Expeditionary Wina Public Affairs

SOUTHWEST ASIA — The U.S. Department of Agriculture works with safety teams around the Air Force to limit the presence of birds on and around airfields to protect aircraft from bird strikes, an issue that costs the Air Force millions of dollars every year in damages.

At an undisclosed location in Southwest Asia, the USDA team has taken a system for catching birds used at a few stateside installations in the Air Force and created one fitted for use at the busiest aerial port in U.S. Air Forces Central Com-

Ted Pepps, USDA wildlife biologist, designed a drop net system for this area of operations and worked with the base's combat metals shop to build it in-house.

"The drop net is a mass capture device," said Pepps. "It allows us to catch more birds in a shorter amount of time. It is more efficient and effective. Back home we use it for bird control and wildlife research, and we hope to do the same

The simple design horizontally suspends a 15-by-15 foot net between electromagnets powered by a car battery. The operator drops the net flat to the ground on unsuspecting birds using a remote similar to a garage door opener with a range up to about a football field

"This is a big deal in the AOR because there are a lot of sensitive areas," said Pepps. "Areas that we can't shoot guns or pyrotechnics, so this [system] will fill that void."

Most birds are skeptical of changes in their environments, so USDA members do not drop the net daily. Once the birds have acclimated to the device, which normally takes a few days, they go out and drop it early in the morning while the birds are eating seed placed under the net.

Once captured, the birds are humanely removed from the

"A system like this demonstrates the potential that our Airmen from all components of the total force—civilian, Guard or Reserve, or active duty—have to make a difference through their ingenuity and creativity," said Lt. Col. Edmund Harrington, AFCENT deputy director of safety. "Mr. Pepps' drop net presents a simple solution to a variety of challenges with mitigating the wildlife strike risk in the [area]."

This solution will not completely phase out other cages and traps that require the constant attention of USDA per-

Ted Pepps, U.S. Department of Agriculture wildlife biologist, kneels in front of the drop net bird trap he created and built in July 2018. This trap system has been used to capture more than 20 birds alive at a time, with minimal manpower time invested. U.S. Air Forces Central Command safety sees many uses throughout the area of responsibility for similar systems in order to reduce bird strikes to aircraft, which cost AFCENT an average of over \$3 million annually sonnel. Those methods still require the team to replenish the variety of locations, ensuring that it can be used wherever the

food and water, and they can't leave the birds exposed to the elements. The traps must be checked often to ensure that when a bird is captured, it remains alive.

"With most traps, you use a lot of man-hours for a minimal result," added Pepps. "With the drop net, where you pull the birds out immediately, there is not a huge time commitment with catching 50 to 100 birds."

The entire system is mobile and can be easily placed in a Airmen and joint and coalition partners," said Harrington.

birds relocate, said Pepps.

The drop net system is placed away from the airfield and attracts the birds that would normally fly in the vicinity of the flight line, as well as other important areas around base.

"We hope to see devices like this one in broader use throughout the [area], and I encourage our safety teams to look for other innovative ways to reduce mishap risks for our



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



FSS Services 12 SILVER WINGS Aug. 24, 2018 Produce Pilots, Advance Airmen, Feed the Fight

Columbus Air Force Base Information and Events

Ioin our Facebook page at Columbus AFB Living, Twitter at @columbusafbliving, Instagram at columbus_afb_living, or visit our website at www.columbusafbliving.com to keep up to date with all the great events happening around base. Check out the calendar on the website for important Airman and Family Readiness Center events. For more information, contact 434-2337.

Bowling Center Closed for Renovations

Pardon our progress! The Bowling Center will be closed for renovations Aug. 27. The Columbus Club will offer breakfast from 6:30–10 a.m. Aug. 27. Lunch options include the Columbus Club and the Café at Whispering Pines. For more information, contact 434-3426.

Force Support Squadron Smile Program

We want to make you smile! Watch for hidden smiles for a chance to win with 14th FSS during the month of August. More details coming soon!

New Library Hours of Operation

The Base Library hours of operation are 10 a.m.–5 p.m., Monday through Friday and 8 a.m.—noon, Saturday. For more information, contact 434-2934.

Lunch Buffets at the Overrun

Enjoy daily lunch buffets Tuesday thru Friday at the Columbus Club. Daily buffets include: Tuesday-Taco and Nacho \$9, Wednesday-Chicken Wings and Pasta \$10, Thursday-Southern Style \$10 and Friday-Fried Catfish \$10. Club Members receive a \$2 discount. For more information, contact 434-2489.

New Base Pool Hours of Operation

Starting Aug. 13, the base pool will be open Saturday and Sunday only from 11 a.m.-6 p.m. Lap Swim will be available from 6–7:30 a.m. & 11 a.m.–12:30 p.m. Aug. 13–31. The last day the base pool will be open is Labor Day, Sept. 3. For more information, contact 434-2505.

Alpha Warrior Air Force Tour

Are you ready for the challenge? The Alpha Warrior Air Force Tour is coming to Columbus Air Force Base Aug. 23–24 featuring celebrity competitors. For more information, 14th FSS Gift Cards contact the Fitness Center at 434-2772.

Dodgeball Tournament

and is single elimination. Register by noon Aug. 27. For more mation, stop by any of these locations. information, contact 434-2772.

Youth Soccer Registration

Register no later than Aug. 31! Volunteer coaches needed. contact 434-2934. For more information, contact 434-2504.

Free Prezi Workshop

tation platform that helps you connect more powerfully with Recreation at 434-2505.

CUSTOMER APPRECIATION MONTH COLUMBUS AIR FORCE BASE FORCE SUPPORT SQUADRON AUGUST 2018 Visit your favorite Force

your audience. Learn how to use Prezi at the Base Library at 3 p.m. Sept. 19. For more information, contact 434-2934.

6th Annual Wet N' Wild Color Run

Support Squadron

activities and we'll show

you our appreciation!

There are lots of ways to

collect a reward

The Youth Center is offering a Color Run at 8:30 a.m. Sept. 22, at Lil Blazer Park. Free to military ID card holders. Open to all ages and all fitness levels. For more information, contact 434-2504.

Storytime Schedule

The Base Library is offering Storytime on Tuesdays at 10 a.m. for ages three–six years and Fridays at 10 a.m. for ages up to two years old. For more information, contact 434-2934.

Make your shopping easier! Purchase or redeem your 14th FSS Gift Card at the following locations: Arts and Crafts, Bowling Center, Café at Whispering Pines, Child Develop-The Fitness Center is offering a free Dodgeball Tournament Center, Columbus Club, Information Tickets and Travment at 5 p.m. Aug. 27. This event requires a team of six el, Outdoor Recreation or the Youth Center. For more infor-

Game Night at the Library

The Base Library is offering a free game night at 5 p.m. The Youth Center is offering Youth Soccer for ages 3–18. the second Thursday of each month. For more information,

Horse Boarding Available

The Columbus AFB Riding Stables usually has stall space What is Prezi? Prezi is the interactive, cloud-based presenavailable. For pricing and more information, contact Outdoor the airport of your choice. For more information, contact

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 434-2934.

Play Paintball

Outdoor Recreation offers paintball for groups or individuals. You must book 24 hours in advance; 17 years old and under must be accompanied by an adult. The cost is \$15 per person for party of 10 or more; \$20 per person for party of nine or less. You must purchase paint balls at Outdoor Recreation for \$50 per case of 2,000. For more information, contact

The Overrun Open Friday Nights

The Overrun is open Fridays 4:30 p.m. until midnight. For more information, contact 434-2419.

Lawn Mower and Bicycle Repair

Outdoor Recreation is now offering lawn mower repair and self-help bicycle repair. For more information, contact

Hobby and Craft Instructors Needed

Do you have a hobby or craft project you can share with others? Arts & Crafts is looking for craft instructors. 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.

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.

Instructors Needed

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

Fitness on Request

The Fitness Center offers a truly comprehensive group fitness platform that is available all day and completely customizable to meet your needs with 119 different classes on the Fitness on Request system. For more information, call 434-2772.

Space A Lodging

The Magnolia Inn usually has openings for Space A family and single units. Contact the lodging desk at 434-2548.

Ride in Style

Information Tickets and Travel offers a shuttle service to

Golden Triangle

Job Fair

Sponsored by WCBI TV & Wise Staffing Service

Military, Students, and Civilian Job Fair Open to the public

10:00 a.m. - 1:00 p.m. Thursday, August 30, 2018 **Trotter Convention Center** 402 2nd Ave. North ● Columbus, MS

ATTENTION JOB SEEKERS

- No admission fee! Local and National Company Recruiters will be interviewing for all disciplines Recruiting for Industrial-Business-Computers-Medical-**Transportation-Education-Service positions** Market your skills to a wide variety of companies For additional information and list of employers, visit http://www.wcbi.com click on Community Tab, select Job Fair, click Golden Triangle Job Fair. Scroll down for list of registered employers.
- For additional information contact Jennifer Barnette at (662) 871-6761

Tips for Job Seekers

- ➤ Be on Time for the job fair, arrive early
- > Bring your resume and/or business cards
- > Come Dressed for Success
- ➤ Have a positive attitude
- > Remember you only get one chance to make a first
- > Make arrangements for your children before the job fair
- ➤ No Solicitation

The Golden Triangle Job Fair will be held 10 a.m.-1 p.m. Aug. 30 from the Trotter Convention Center, Columbus, Mississippi.

For additional information and list of employers visit http://www.wcbi.com click on the Community Tab, select Job Fair, click Golden Triangle Job Fair. Scroll down for a list of registered employers.

As of August 20th this is a list of confirmed employers who will be attending.

First Command Waters Truck and Tractor Saint Leo University Wise Staffing ACR Coach Waste Pros MSU Human Resources CPI Group Eat With Us Group

US Army Recruiting Plum Creek Environmental PACCAR Sherwin-Williams Comforcare Flight Safety International Qualified Staffing Prestage Farms MSU Distance Ed

MS State Personnel Board University of West Alabama Woodmen Life Aurora Flight Sciences City of Starkville Finch-Henry Job Corp Stark Aerospace Southwire

Why Recognizing our Heritage **Matters: The Air Force Ball**

1st Lt. Hannah Ferrarini 14th Force Support Squadron

In a few short weeks, Columbus

Air Force Base will take an evening to celebrate the Air Force's 71st birthday and the 77th year that the air base has been a part of the Columbus, Mississippi community.

This is a time where all of Team BLAZE can step away from operations and recognize the incredible heritage that we are a part of. Yes, that "we" includes you.

So, why should you care about our heritage? Why should you care that establishment of our base is due to the persistent efforts of local citizens and 100 of the area's leaders banding together to secure the defense industries that would lead to the establishment of an Army Air Field in 1941? Or that we graduated 195 students a month during World War II for a total of 7,412 pilots? Or that we have been a Strategic Air Command asset for 12 years of our 77-year history? And, time and time again, we have been tasked by the Air Force to produce the best pilots in the world.

It matters because it allows us, as Airmen, to understand who we are now by understanding the actions and people that led us to 2018. Heritage includes the intangible

knowledge and traditions that we have inherited from past generations we cherish today, and that we will pass along in the future.

It is the experience that we can look back on and know that we can handle the road ahead because we

Columbus Hir Force Base Presents 2018 Air Force Birthday Ball Air Force Ball **Partners in Progress Since 1941** Saturday, September 22 Social Hour: 6:00 P.M. **Trotter Convention Center** Main Event: 7:00 P.M **Guest Speaker:** Major General Jack Catton, US Air Force Retired For tickets: https://tickettailor.com/events/columbusaibbirthdayball/162451 Child Care Provided by the CDC and Youth Center. Call (434-2479/2504) to register

have met greater challenges before. Heritage is how we know that, to- Ball will take place on September gether, Columbus AFB will rise to 22, 2018, at the Trotter Center in the occasion, because we always do and we are proud of it. So, mark you formation and to purchase tickets calendars and join us in recognizing our heritage on Sept. 22, 2018.

The 2018 Air Force Birthday downtown Columbus. For morning please visit: https://www.tickettailor.com/event/view/id/162451

SILVER WINGS Aug. 24, 2018

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.

Program

434-2791, cell (662) 352-6456; email SLO2@

Air Force Recovery Coordination

The Recovery Coordination Program (RCP)

streamlines and improves the way care and sup-

port is delivered to wounded, ill, and injured Air-

men and their families. The RCP provides the

support of a Recovery Care Coordinator (RCC)

who guides the Airman and family along their

road to recovery. Those eligible include wound-

ed, ill, and injured Airmen who: (1) have a seri-

Community

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.)

Pre-Separation Counseling

This counseling is a mandatory briefing for personnel separating or retiring, and is to be completed at least 90 days prior to separation. It may be completed up to 12 months prior to separation or retirement. Counseling is held daily at 8:30 a.m., and it takes approximately 60 minutes. Please contact Airman & Family Readiness Center (A&FRC) at (662) 434-2790 for more

Pre- and Post-Deployment Tour Briefing

These briefings are mandatory for active duty personnel who are either deploying or returning from deployment or a remote tour. 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 at (662) 434-2794/2790 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 (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.

Military and Family Life Counselor Program

Military and Family Life Counselors (MFLCs) provide non-medical counseling to help Airmen (single and married), spouses, and other family members cope with stressful situations created by deployments, reintegration, and life challenges such as marital 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) 364-0504/434-2790.

Installation Voting Assistance Of-

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 Department of Labor. Preseparation counseling is located in the Airman & Family Readiness Federal Post Card Application (FPCA) SF-76, is required before attending, and recommended

AETC Public Affairs leadership visits CAFB



Discovery Resource Center

The Columbus A&FRC has 12 computers

The mission of KSP is to provide information

and resources to military spouses, supporting

school related matters, advocates for the needs

of military students, make referrals, provides

educational options and networking oppor-

tunities, and is the liaison between the base,

Center and can be reached at: work (662)

Rufus Ward, local historian, introduces the history of the Victory Fliers to Col. Dedra Witham, Air Education and Training Command Public Affairs (PA) director, Chief Master Sgt. Pamela Anderson, AETC chief enlisted manager, and the 14th Flying Training Wing PA team Aug. 17, 2018, in Columbus, Mississippi. Witham and Anderson spent three days with the 14th FTW PA team to observe work, answer questions and provide feedback on the performance of the office.

Federal Write-in Absentee Ballot (FWAB) SF- attendance is 8-12 months prior to separation/ 186, and National Mail Voter Registration Form retirement. Spouses are encouraged to attend (NVRF). For more information, please contact with their sponsor. To register or for more inforthe Installation Voting Assistance Office at mation, please call the TAP Manager at (662) (662) 434-2701/2790 or e-mail: vote.columbus@ 434-2631/2790.

Personal Financial Readiness

Need Help with Financial matters? Want with internet access available for job searches, to make the most of your money? The Personassessments, resumes, cover letters, state and al Financial Counselor (PFC) can help you and federal applications, and companies' employyour family: manage finances, resolve financial ment information. A printer and fax machine problems and reach long-term goals such as edis available. A lending library of books, DVDs, ucation, buying a home, and planning for retireand periodicals on transition and EFMP topics ment. PFC services are at no cost, private, and are available for check out. These resources are confidential. Please contact the PFC at (662) available on a first-come-first-serve basis. 998-0411/434-2790 or e-mail PFC.Columbus. USAF@zeiders.com, located in the A&FRC. Key Spouse Program (KSP)

Volunteer Opportunities

If you are interested in volunteering, please families in successfully navigating through the contact the A&FRC. We have volunteer opmilitary life cycle. The KSP is a CC's program. portunities located across the base for one-time The CC establishes and maintains the program within the unit, to include choosing team memevents, special events, or on a continual basis. olunteers are needed on base at the Youth Cenbers. Once selected as a KS in writing, you will ter, Child Development Center, Library, Medical need to attend initial/refresher KS training and Clinic, Chapel, Airman's Attic, Thrift Store, the continuing education. For more information, Retiree Activities Office, and many other locaplease call (662) 434-3323. tions. For more information, please call A&FRC **School Liaison Officer**

Transition Assistance Program GPS (Goals, Plans, Success) Workshop

The next Transition Assistance Program (TAP) workshop will be held Sept. 10–14, 7:30 a.m.-4 p.m. 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 schools, and local community. The SLO office

ous 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

Wing Newcomers Orientation

Columbus AFB A&FRC at (662) 434-2790.

The next Wing Newcomers Orientation will be held on Aug. 28, 8 a.m.-noon. This event is mandatory for all newly arrived active duty and civilian personnel, and spouses are encouraged to attend. The orientation is held at the Columbus Club. To register or for more information. please call the A&FRC Relocation Manager at (662) 434-2701/2790.

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

3:30 p.m. - Religious Education, grades K-9

4 p.m. – Choir Practice

p.m. – Confession (or by appointment)

lst and 3rd Sunday - Fellowship Meal following

Tuesdays:

11:30 a.m. – Daily Mass (Phillips Auditorium)

11:30 a.m. – Adoration (Phillips Auditorium) 2nd Saturday of each month - Faith Ablaze

Protestant Community

Sundays:

9 a.m. – Adult Sunday School The School Liaison Officer (SLO) assists 10:45 a.m. – Community Worship Service DoD employees and their families in making (Donut Fellowship following)

3rd Sunday of Each Month - Protestant Faith a smooth transition in and out of local public, private, and homeschool environments. The SLO is the primary point of contact for all

Wednesdays:

6 p.m. - AWANA: Begins September 26th (Open to all denominations)

Thursdays:

5:30 p.m. – Student Pilot Bible Study (Open to all denominations)

All Sunday Worship Services are held in the Kaye Auditorium until further notice

BLAZE Hangar Tails: E-8C Joint STARS

The E-8C Joint Surveillance Target Attack Radar System, or ISTARS, is an airborne battle management, command the E-8C can support the full spectrum of roles and missions and control, intelligence, surveillance and reconnaissance from peacekeeping operations to major theater war. platform. Its primary mission is to provide theater ground and air commanders with ground surveillance to support at- **Background** tack operations and targeting that contributes to the delay,

disruption and destruction of enemy forces. Features

The E-8C is a modified Boeing 707-300 series commercial airframe extensively remanufactured and modified with the radar, communications, operations and control subsysprominent external feature is the 27-foot long, canoe-shaped long, side-looking phased array antenna.

gather and display detailed battlefield information on ground forces. The information is relayed in near-real time Command, U.S. Africa Command, U.S. Europe Command. to the Army and Marine Corps common ground stations and puters and intelligence, or C4I, nodes.

The antenna can be tilted to either side of the aircraft former 93rd Air Control Wing, an active-duty Air Combat where it can develop a 120-degree field of view covering nearly 19,305 square miles and is capable of detecting targets National Guard unit, were deactivated Oct.1, 2002. The at more than 250 kilometers. The radar also has some lim- 116th Air Control Wing was activated blending Guard and ited capability to detect helicopters, rotating antennas and active-duty Airmen into a single unit. In October 2011, the

As a battle management and command and control asset,

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

Team JSTARS men and women have contributed tretems required to perform its operational mission. The most mendously to overseas contingency operations, flying more than 85,000 combat hours in support of Operations Endurradome under the forward fuselage that houses the 24-foot ing Freedom, Iraqi Freedom, New Dawn Odyssey Dawn, and Unified Protector. Their operational resume includes The radar and computer subsystems on the E-8C can support of six Combatant Commands including U.S. Pacific Command, U.S. Northern Command and U.S. Southern

Team JSTARS was the first organization in the U.S Air to other ground command, control, communications, com- Force to activate under the Air Force's Total Force Initiative as a "blended" wing. America's first "Total Force" wing, the Command unit, and the 116th Bomb Wing, a Georgia Air

Active Associate construct was formed by the newly activated 461st Air Control Wing as a member of Team JSTARS. Team JSTARS through the 116th ACW is the only unit

that operates the E-8C and the Joint STARS mission.

Produce Pilots, Advance Airmen, Feed the Fight

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 (13

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

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

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

Unit Cost: \$244.4 million

Initial operating capability: December 1997

Inventory: total force, 16



U.S. Air National Guard photo by Senior Master Sat. Roger Parson:

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, Georgia, 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.



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

VIEWPOINT 10 SILVER WINGS Aug. 24, 2018 SILVER WINGS Aug. 24, 2018 Produce Pilots, Advance Airmen, Feed the Fight

The Making of an Afghan A-29 Combat Pilot

Lt. Col. Rvan Cleveland

81st Fighter Squadron commander

The goal of the 81st Fighter Squadron is to build a self-sufhundred maintainers for Afghanistan.

Currently, we are just over halfway to those goals. This article will focus on the long road in the making of an Afghan A-29 Super Tucano combat pilot, of which the men and women of Columbus Air Force Base, Mississippi, play a vital

levels, and socioeconomic backgrounds. Some students grew comprehend, and understand the material up in the city of Kabul and others were raised in small villages spread throughout war-torn Afghanistan.

them remember the dark days of Taliban rule. The drive to creating a peaceful Afghanistan bond them together as broth- formation flying.

and receive their commission as officers in the Afghan Air Force. Much like officer training in the U.S., some attend month course similar to our Officer Training School.

start their long journey away from home. Students attend introductory flight training abroad in various Cessna aircraft (C-152s, C-172s, and C-208s)

The students are away from Afghanistan for anywhere handling and instrument training. Upon returning home, the to protect civilians and friendlies while efficiently finding, "ATTACK!" -Gilligan

Commander's Action Line

students who finish at the top of their class with the highest scores in English compete to attend A-29 training in the trained in convoy escort, armed reconnaissance, air interdic-United States.

After achieving the minimum English score in Afghanficient, effective Combat Air Force for Afghanistan. Four istan, students are sent to the Defense Language Institute years ago, the squadron was re-activated and charged with (DLI) to hone their language skills and ultimately prepare creating a few dozen combat ready attack pilots and over a them for Undergraduate Pilot Training (UPT) at Columbus AFB. DLI training takes another two to six months depend-

At Columbus AFB the fire hose begins. In Phase 1, trying to learn academics in a second (third or maybe fourth) language at the intense rate of UPT is a daunting task, to say the least. It takes the average Afghan student 10-15 minutes Our students come from a wide variety of tribes, education per page of the T-6 Flight Manual or more to fully translate,

Phase 1 of T-6 training is a tremendous challenge for our students, but the study habits and lessons learned in the course Some are sons of professors, doctors, or military officers are invaluable. From there, the students move into Phase 2, while others are from more modest beginnings, but all of which is a slightly paired down T-6 flying syllabus. The focus of this six-month course is to provide an introduction to ensure those days never return and the notion of someday—aircraft general handling, patterns/landing, instruments, and—their troops on the ground.

The fundamentals they learn at Columbus provide the All students complete military training in Afghanistan backbone and building blocks for their follow-on training at Moody AFB.

Over the next year in the 81st FS, our students build on a four-year military academy, while others complete a six- the skills learned at Columbus AFB. They spend the next six months in A-29 Initial Qualification Training, which exand formation) as the Columbus T-6 syllabus.

The last six months of their training is called A-29 Mission Qualification Training (MQT).

from two to four years as they complete this basic aircraft A-29 as a weapons system. This course teaches them how

fixing, and destroying enemy targets. Specifically, they are tion, and close air support (CAS).

This training concludes with high-density altitude and mountain flying training in Colorado where realistic Afghan combat missions are simulated.

Within weeks of returning to Afghanistan, our students will fly their first combat sorties and put their training to the test. On these missions they must fall back on their extensive CAS training to quickly assess the situation on the ground, determine if civilians are present, and make life or death decisions about whether and where to employ their weapons.

Unlike U.S. Air Force deployments, which typically last four to six months, Afghan A-29 pilots face an enduring bat-

They must balance their normal family life with the stress of supporting continuous combat missions launched from

Despite all these pressures, Afghan pilots are airborne everyday to provide critical support and lethal firepower for

The journey to become an A-29 combat wingman has taken them away from their home and family for up to six years. Many of our students have wives and children back in Afghanistan, a few even have met their young child for the first time upon their return home from the United States.

It is difficult for Americans to relate to this level of personal sacrifice and their hard work and determination is awe-in-From there students are chosen for pilot training and pands on all the same phases (contact, instrument, low level, spiring. These truly are a next generation of Afghan leaders and they possess the ability to lead their country forward.

Thank you, the men and women of Columbus AFB, for your important role in the making of an Afghan A-29 combat In MQT, they learn the necessary skills for employing the pilot. Please, when you see these Afghan pilots around base, thank them for their sacrifice and dedication to their country.

The Airman's Creed

434-1414

The Commander's Action Line is your lirect line to the commander for comments and suggestions on how to make Columbus AFB a better place. 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 phone number is 434-1414. Callers should leave their name and phone number to receive an answer. All names will be kept confi-

dential. Message may be answered in the Silver Wings without names. Written questions may also be brought to the PA office in the Wing Headquarters building, BLDG. 724, suite 210. Questions and answers may be edited for brevity and style.

I am an American Airman. I am a Warrior.

I have answered my nation's call.

I am an American Airman.

My mission is to fly, fight, and win.

I am faithful to a proud heritage.

A tradition of honor,

And a legacy of valor.

I am an American Airman

Guardian of freedom and justice, My nation's sword and shield,

Its sentry and avenger.

I defend my country with my life.

I am an American Airman.

Wingman, leader, warrior.

I will never leave an Airman behind.

I will never falter,

And I will not fail



Getting a daily dose of essential fatty acids



The battle of the Omegas

Hemp seeds, hemp oils and any food substance derived from the plant Cannabis Sativa are classified as being "off limits" for those serving in the military. Although there are many health benefits from consuming or using these items, there is a chance that by doing so any drug screenings may produce false positives.

Why people use hemp

The hemp plant, or cannabis sativa plant, is commonly confused with marijuana. The global market for hemp consists of more than 25,000 products in nine submarkets: agriculture, textiles, recycling, automotive, furniture, food and beverages, paper, construction materials, and personal care. Although they are cousins, the amount of tetrahydrocannabinol or THC found in hemp is only a fraction of what is in marijuana – less than one percent in hemp vs three to 15 percent or upwards of 30 percent found in

In today's modern health driven economy and new agricultural age, there are more and more individuals and families looking for ways to live a healthier life as we live longer. From eating more organic and plant-based, to veganism and vegetarianism, many look for a way to eat healthier and to be healthier. In recent years, hemp has gained a foothold outside of health food stores in what was once thought to be only for hippies and stoners and has made it's way into both large box-chain grocery outlets and online retailers.

Hemp has many health benefits. The most common forms of hemp consumed are hemp seeds and hemp oils. Hemp seeds from the Cannabis sativa plant contain two-essential fatty acids: linoleic acid (omega-6) and alpha-linolenic acid (omega-3). These two substances are important components for improving the health of cell membranes, regulating blood pressure, and controlling inflammatory responses. The human body is not capable of producing these fatty acids and have to be consumed from a diet making them "essential fatty acids."

Why consuming hemp is banned in the mili

Because hemp is a cousin to marijuana and comes from the same family, cannabidiol (CBD) - a chemical compound naturally found in marijuana – can still be found in hemp. Consuming hemp oil or hemp seeds can still trigger a positive result on any drug screening test as it still con-

DoD policy as set in DoDI 1010.01 specifically mentions marijuana, "synthetic cannabinoids," and controlled substances (which include THC), but does not mention hemp per se, and test levels for THC are described in DoDI 1010.16. Because CBD is classified as a Schedule I controlled substance by the Federal Drug Administration, any use of cannabinoids are punishable under Uniform Code of Military Justice. Although there is no specific mention of hemp in DoDI 1010.01, AFI 90-507 Military Drug Demand Reduction Program does clearly state that any use of hemp or hemp products is punishable under UCMJ - "In order to ensure military readiness, the ingestion of products containing or products derived from hemp seed or hemp seed oil is prohibited. Failure to comply with the mandatory provisions of this paragraph by military personnel is a violation of Article 92, UCMJ."

Other ways to get your Omega-3 and Ome-

The use of hemp as part of a daily diet to consume omega-3 and omega-6 may be the "newest and greatest thing since sliced bread," but it is definitely not the oldest nor the best. If you truly want to keep your daily intake of essential fatty acids at peak levels, here are a few healthy and legal ways to do it.

- Eat fish high in omega-3 fats such as salmon, albacore tuna (fresh and canned), sardines, lake trout and mackerel.
- Use moderate amounts of vegetable oils such as canola oil, soybean oil, flaxseed oil and walnut oil.
- Add walnuts or ground flaxseed to cereals, yogurt and salads. Whole flaxseeds will not work as well — they simply pass through the body undigested.
- Substitute ground flaxseed for butter or oil when baking. Use three tablespoons of ground flaxseed instead of one tablespoon of oil.
- Nibble on an omega-3 fatty acid-rich snack such as edamame or steamed soybeans, which are sold fresh or fro-

Additional References & Resources:

- 1. A Community-Based marketing Campaign at Farmers markets
- 2. Should You Get Your Nutrients From Food Or From Supplements? - Harvard Medical School
- 3. Lose To Win: Some Service Members Struggle With Weight Health.Mil

A personal message from your health promotion

Health Myth Busting Team

Dear Health Myth Buster,

I was reading that Hemp is good for you but I am confused because it is prohibited from use if you are in the military. What

> Signed, Seedless

Dear Seedless.

Hemp seeds are rich in healthy fats and essential fatty acids. Hemp seeds are a good source of polyunsaturated and essential fatty acids. They have about a 3:1 ratio of omega-6 to omega-3, which is considered in the optimal range. They are also a great protein source and contain high amounts of vitamin E, phosphorus, potassium, sodium, magnesium, sulfur, calcium, iron and zinc. Whole hemp seeds are a good source of both soluble (20 percent) and insoluble (80 percent) fiber.

Despite being incredibly nutritious, all hemp products are banned from use by military members. That is because hemp seeds are the seeds of the hemp plant, Cannabis sativa. They are from the same species as cannabis (marijuana). Even though, hemp seeds contain only trace amounts of THC (the compound that causes the drug-like effects of marijuana), AFI 90-507, section 1.1.6, states that "the ingestion of products containing or products derived from hemp seed or hemp seed oil is prohibited." This is why it is prohibited from consumption while serving in the military although there are health benefits from doing so.

Hemp seed, oils and other hemp products are often sold in dietary supplements. In addition, hemp seed and oils are added to foods like yogurt, energy bars, and smoothies and based on current policies these products are prohibited. If you are looking for a healthy alternative, include other super seeds such as flax and chia for alternative protein sources, added vitamins and minerals along with phytochemicals. Choose chia over hemp as it contains a richer source of fiber as well as vitamins and minerals and won't be putting you in the "hot" seat.

> Sincerely, Health Myth Busters

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to usaf.jbsa. afmoa.mbx.hpo@mail.mil. Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Healthy Living webpage http://www.airforcemedicine. af.mil/HealthyLiving/



Col. William Denham 14th Flying Training Wing Vice Commander

FEATURE



Col. Samantha Weeks 14th Flying Training Wing Commander

14th Mission Support Group



Chief Master Sgt. Raul Villarreal 14th Flying Training Wing Command Chief

14th Medical Group



Col. Guy Majkowski Group Commander



Chief Master Sgt. Tracy Tolliver **Group Superintendent**



14th Operations Group

Col. Derek Stuart Group Commander

Lt. Col. Ryan Sullivan Lt. Col. Jason Smith

Lt. Col. Jeremy Domb

14 OG Deputy Commanders



Chief Master Sgt. Kelli Brisse Group Superintendent (Incoming)



Col. Gary Hayward Group Commander



Chief Master Sgt. William Witt **Group Superintendent**

Wing Staff Agency



Lt. Col. Dustin Mowrey 14th Flying Training Wing Director of Staff



A look at your wing

Senior Master Sgt. Wade Steinback WSA Superintendent

Capt. Alisha Foster

Command Post

Plans and Programs

14th FTW SARC

Dr. Marcia Stewart

Information Protection Tim Abbey

14th FTW Green Dot

Mrs. Daisy Jones-Brown



L-3 Communications

Vertex Logistics Solutions

Mr. John Hall

14th Medical Support Squadron Lt. Col. Tracy Snyder Commander



14th Medical Operations Squadron Lt. Col. Sean Marshall Commander



14th Operations Support Squadron Lt. Col. James Winning



41st Flying Training Squadron Lt. Col. Brent Curtis



48th Flying Training Squadron Lt. Col. Jason Richardson



50th Flying Training Squadron Lt. Col. Nathan Smith

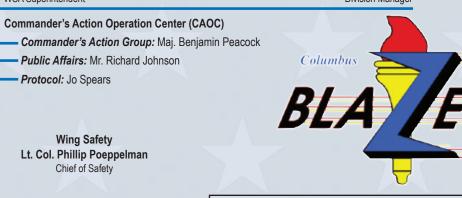


Lt. Col. Ryan Cleveland

14th Logistics Readiness Squadron Lt. Col. Dennis Widner 14th Civil Engineer Squadron Lt. Col. Peter Joo Commander 14th Security Forces Squadron Maj. Eric Eaton Commander



14th Comptroller Squadron Maj. Randi Ludington Commander Chapel Chaplain (Lt. Col.) Steven Richardson Wing Chaplain Staff Judge Advocate **Equal Opportunity Office** Maj. Nichole Torres **Maintenance Quality Assurance** Lt. Col. Jeff Miller Master Sgt. Michael Pearce Wing Inspector General Lt. Col. Michael Cancellare Lt. Col. Chris Best Wing Historian Dr. Doris Crusoe



Tenant Units

University of Alabama AFROTC Detachment 10 Lt. Col. Mark Valdez

Mississippi State University AFROTC Detachment 425 Lt. Col. Joseph Cassidy II

332nd Recruiting Squadron (Nashville, Tennessee)

Defense Intelligence Agency







