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Columbus. MS

"The 12 Steps have put me in touch with a power greater than myself and for that I am grateful."



For more information:

www.ccsms.org/pach

I came to the Pines at a point when I was physically addicted to alcohol. I was in a suicidal state and chose treatment over the other option. relapsed in treatment when I went on a weekend pass because I was triggered by my anger. Today, I use the 12 Steps as a way of dealing with my problems. I make a meeting every day, attend aftercare, and have two sponsors. Working with others is the best way for me to get outside of myself and find purpose. The 12 Steps have put me in touch with a power greater than myself and for that I am grateful."



Cultivate, Create, CONNECT

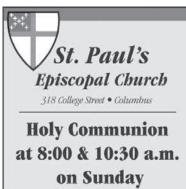
HOUSE FOR RENT: SOUTHSIDE

3BR/2BA, 2300 sqft, very nice w/ 2 car garage, lg back yard. Pets need approval. \$1,050 per mo + dep.

APARTMENT FOR RENT

2BR/2BA located in Historic Downtown Columbus. 2,000 sq. feet. Hardwood floors throughout. Open floor. Very nice. \$1300/mo.





(childcare provided)

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Vol. 42, Issue 50





News Briefs

Federal Holidays Christmas and New Year's day.

Enlisted Promotions Enlisted Promotions will begin at 11 a.m. Dec. 28 in the Columbus Club. Join fellow Team BLAZE members in celebrating their accomplishment.

4:30 p.m.

PHASE

Squadron 37th (19-18) 41st (19-19)

Gen. Stephen W. "Seve" Underaraduate Pilot Train



Most base offices will be closed from Dec. 24-25 and Dec. 31-Jan.1 because of federal holidays and an Air Education and Training Command's family day,

Gate Closure, Visitor Center Hours

The South Gate will close at normal closing time on Friday, Dec. 21, at 6 p.m. and remain closed until Wednesday, Jan. 2, at 6 a.m. The Visitor Center will be open normal hours Dec. 26-28 from 7:30 a.m. to

Pleus speaks to SUPT Class 19-03, offers many words of advice

Airman 1st Class Keith Holcomb 14th Flying Training Wing Public Affairs

Maj. Gen. Scott Pleus, director of plans, programs, and requirements, at Air Combat Command Headquarters, in at Joint Base Langley-Eustis, Virginia, was the guest speaker for Specialized Undergraduate Pilot Training Class 19-03, Dec. 14, here.

He acknowledged the incredible accomplishments of the students receiving their silver wings, but asked they don't forget to be thankful of those who helped them get there, he reminded the students of the Air Forces ability as a service paved by Airmen before them, and he told them throughout their time they need to stay positive by cultivating a good character and cultivating wingmen.

"The opportunity to go back and talk with the next generation of our Air Force is really important., I think we have a responsibility as senior leaders, both enlisted and officer, is to go back and mentor those young people. My time left in the Air Force is fleeting and it's their Air Force they are stepping into. It's hard to believe it was 28 years ago I walked across that stage."

Reminding the students their time just began, they still have had thousands of Airmen who've helped them reach this point, and he reminded the students to thank those they can.

"Coming back [to a pilot training wing] you get to see how much the base really plays a role in creating our pilots," Pleus said. "The instructor pilots, the folks in the tower, and the medical group you work with every day, but all the [support agencies surrounding them] has got to be the biggest surprise.

Pleus made sure to recognize those who helped the pilots, from the support agencies to instructor pilots themselves, but noted student pilots have spent many hours studying and, flying and studying more to reach this stage.

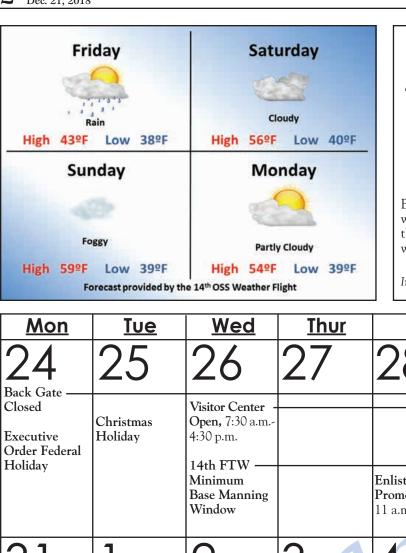
"It's important for the young pilots to work just as hard as they did in pilot training no matter what unit they are assigned to," Pleus said. "... I think in pilot training you think it's just something to get through, and the intensity and workload is Joint Base Langley-Eustis, Virginia, was the guest speaker something that will end after pilot training when in reality it's for Specialized Undergraduate Pilot Training Class 19-03, just beginning.'



U.S. Air Force photo by Airman 1st Class Keith Holcomb

Mai. Gen. Scott Pleus, director of plans, programs, and requirements, at Air Combat Command Headquarters, in at Dec. 14, 2018, on Columbus Air Force Base, Mississippi, He explained to the students there are only about 60,000 Pleus graduated from Columbus AFB 28 years ago and was able to tour the facilities again during his visit as a See PLEUS. Page 3 araduation speaker

				See T LEO 5, 1	age J gluuuu	non speaker.		
Со	LUMBU	JS AF	B T R	AININ	GTI	MELI	NE	
II	Рна	SE III	IF	ΓF		Wing So	rtie B oari)
Track Select	Squadron	Graduation	Squadron	Graduation	Aircraft	Required	Flown	Annual
Jan. 8	48th (19-05)	Jan. 24	49th (19-DBC)	Jan. 31	T-6	1,324	1,482	6,261
Jan. 24	50th (19-04)	Jan. 15			T-1	604	479	2,114
"Wilson is Vice Chief of Staff of the U.S. Air Force, Arlington, Va., will be the guest speaker for Specialized aining Class 19-04's graduation at 10 a.m. Jan. 25, 2019, in the Kaye Auditorium.					T-38	650	561	2,490
					IFF	232	240	961
						* Mission nur	nbers provided by 14 F7	FW Wing Scheduling.



NEWS

14TH FLYING TRAINING WING DEPLOYED

As of press time, 8 TEAM BLAZE members are deployed worldwide. Remember to support the Airmen and their families while they are away.

Deployment numbers provided by the

Sat/Sun



Long Range

Installation Personnel Readiness Office.

Fri

DSN: 742-7068 Fax: (662) 434-7009 E-mail: silverwings@us.af.mil

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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) 328-2424.

AFWERX hosts Spark Cell Missed TRICARE Open Season? workshop to share ideas, There's still time to act! build innovation network **TRICARE** Communications FALLS CHURCH,

Dan Hawkins

Air Education and **Training Command** Public Affairs

AUSTIN, Texas – Airmen from across the Air Force gathered here Dec. 13-14 to learn about the Department of Defense's innovation ecosystem and the best ways to plug into the overall culture of innovation at every level of the Total Force.

The Spark Cell workshop, hosted by the AFWERX-Austin hub team, was designed to help grow the network of willing collaborators and share innovation.

portunity to shape the future in order to move forward as a journey. There are pockets of strategic way forward." excellence all across the Air Force that we want to connect in a decentralized network of with industry, as well as learnsemi-autonomous cells.

The workshop included ing and acquisition processes, classes on innovation fundamentals, tools, building a team the two days. and existing Spark Cell lessons learned case studies

from wings across Air Educa-Base, Miss., Joint Base San ficiently." Antonio and Sheppard AFB,

"(AETC attendees) used out to the warfighter rapidly Airmen.

	100	<u>neu</u>		<u> </u>	<u>301/3011</u>	Events
24 Back Gate —	25	26	27	28	29/30	Jan. 15: Wing Newcomers
Closed Executive Order Federal	Christmas Holiday	Visitor Center - Open, 7:30 a.m 4:30 p.m.				Jan. 21: Break for Martin Luther King Jr.
Holiday		14th FTW —— Minimum Base Manning		► Enlisted Promotions,		Jan. 21: Birthday of Martin Luther King Jr.
		Window		11 a.m. @ Club		Jan. 24: Enlisted Partnering Dinner
31 Back Gate —	1	2 OG Annual	3	4	5/6	Jan. 31: Quarterly Awards/ Enlisted Promotions
Closed AETC Family	New Year's Day Holiday	Safety Refresh- er, 8:30 a.m. for IP's, 10:45 a.m.				Feb. 1: SUPT Class 19-06 Assignment Nig
Day		for students				Feb. 5: Wing Newcomers
	L)K					Feb. 8: Annual Award Banquet
7	8	9	10	SUPT Class	12/13	Feb. 15: SUPT Class 19-06 Graduation
				SUPT Class 19-04/05 Assignment Night, 10 a.m. @ Kaye Auditorium		HAPPY S HAPPY S HOLIDAY JOYFUL VEW YEAR SOUTH

AF News





Courtesy Photo

Maj. Ryan Brewer, right, 14th Flying Training Wing Spark Cell director, discusses what the Columbus Air Force Base (Miss.) Spark Cell is doing to create a culture of innovation with attendees at the AFWERX Spark Cell Workshop Dec. 13, 2018, in Austin, Texas. The workshop was designed to help grow the network of willing collaborators and share ideas and approaches that foster a results-driven culture of innovation.

Experiencing the collab-

ing more about the contract-

ideas and approaches that fos- this workshop as a way to and allow units to accomplish ter a results driven culture of tighten our communications their missions more effectiveand work directly with AFW- ly is ultimately the mission of "Every Airman has the op- ERX and Pilot Training Next Spark Cells, said Perez. "We want every Airman

force and help us maintain team on specific projects and to shape the Spark Cell netour competitive advantage requirements," said Maj. Ryan work in a way that meets over our adversaries," said Brewer, 14th Flying Train- their mission needs," said Pe-Maj. Tony Perez, AFWERX ing Wing innovation direc- rez. "This dynamic network Spark director. "We want our tor. "Although we have been is results-driven and is always Airmen to know that they're talking weekly, it was good to evolving based on the contrinot alone on this innovation meet face to face and plan a butions of every Airman. We support efforts that make the Air Force more mission effecoration efforts by AFWERX tive at the tactical level and make our Airmen's lives better."

According to the AFWwas also critical learning over ERX website, AFWERX's core mission is to improve Air "Seeing all of the work that Force capabilities by connect-AFWERX is putting in with ing innovators, simplifying Several representatives industry partners is going to technology transfer, and accelhelp accelerate Air Force in- erating results by connecting tion and Training Command novation," said Brewer. "Some diverse, innovative members attended the workshop to of our biggest issues involve from industry, academia, and share ideas and collaborate, in- the contracting processes and government; creating capabilcluding the Spark Cell direc- AFWERX is helping us travel ities options and prototype optors from Columbus Air Force those roads faster and more ef- portunities for the Air Force; facilitating streamlined acqui-Generating ideas and solu- sition processes; and fostering Texas, and Vance AFB, Okla. tions that help get solutions a culture of innovation in the

OPEN SEASO

ACT NOW FOR HEALTH CARE COVERAGE IN 2019

WHAT TO DO IF YOU MISSED OPEN SEASON:

FEDERAL BENEFITS OPEN SEASON (FEDVIP) <

/irginia — If you TRICARE missed Open Season, you still have time to enroll. For this year only, you can enroll in or change your TRICARE Prime or TRICARE Select plan through Dec. 31, 2018 or coverage starting on an. 1, 2019.

You may also change our type of enrollment, ike switching from individual to family covrage.

If you're considering change, don't delay. Starting on Jan. 1, 2019, you'll only be able to enroll or make changes to your TRICARE Prime or TRICARE Select plan during open season or after a Qualifying Life Event, or QLE. The next TRICARE Open Season will take place in fall of 2019.

A Qualifying Life Event is certain change in your life, such as marriage, birth of a child, or loss of a family member,

Open Season. which may mean different TRICARE options are available to you. A QLE opens a 90-day period for you to make eligible enrollment changes. A QLE for one family member means all family members may make enrollment changes. For more on QLEs, visit Life Events on the TRICARE website.

You have three options to enroll in a TRICARE Prime or TRICARE Select plan: Online: Go to the Beneficiary Web Enrollment website. (Stateside only) By phone: Call your TRICARE regional contractor.

By mail: Send your enrollment form to your regional contractor.

The Federal Benefits Open Season also ended on Dec. 10, 2018. If you were eligible, his open season allowed you to enroll in the Federal Employees Dental and Vision Insurnce Program, or FEDVIP.

If you wanted to enroll in FEDVIP, but missed the open season for reasons beyond your ontrol, you may have a chance to apply for belated enrollment. To find out what options are available to you, visit the FEDVIP enrollment website at www.benefeds.com. You can also call 1-877-888-3337 for assistance.

To be sure you don't miss changes related to your TRICARE benefit, sign up to receive emails from TRICARE at https://www.tricare.mil/subscriptions. You can also visit TRI-CARE Changes to keep updated on all changes to TRICARE.

Photo by TRICARE Communication This infographic describes the options available if you missed enrolling in the Federal Employees Dental and Vi sion Insurance Program (FEDVIP) before the end of TRICARE

If you intended to enroll in the Federal Employees Dental and Vision Insurance Program (FEDVIP) before the end of the Federal Benefits Oper Season on Dec. 10, 2018, but were unable to do so for reasons that were beyond your control, visit BENEFEDS.com to find out what options are available to you



f you missed TRICARE Open Season, you still have time to act!

To learn more about Federal Benefits Open Season, visit, benefeds.com

To learn more about TRICARE Open Season, visit: www.bicare.mil/OpenSeason or ca

TRICARE West 1-844-855-9378 TRICARE East Humana Military East 1-800-444-544

ligible beneficiaries can take advantage of a one-time, grace period extension, which ends on Dec. 31, 2018 (ESD)

For more information on how to enroll after TRICARE Open Season, visit www.tricare.mll/OpenSeasor

Columbus Air Force Base Information and Events

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

Get Connected with Your New Base App!

As a way to connect people together, Columbus Air Force Base launched a new app to connect Airmen and families to the mission and community! The app is available on all app stores and can be found by searching 'Co-lumbus Air Force Base'.

Winter Reading Program

Register at the Library and enjoy a winter of stories, activities and tons of fun! For more information, contact 434-2934.

Lunch Buffets at the Overrun

Enjoy daily lunch buffets Tuesday – 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.

Lunch Brunch

Enjoy brunch at the Event Center 11 a.m.-1:30 p.m . Dec. 20 from. Menu will include a wide selection of delicious breakfast and lunch options and options will vary each month. The cost is only \$10 club members; \$12 non-members; \$5 ages 5–11; free for ages four and under. For more information, contact 434-2489.

Free Crafts at the Base Library

Craft like no one is watching! The Base Library is offering the following craft weeks during normal business hours: Kwanza Craft Week from Dec. 26–29. For more information, contact the Base Library at 434-2934.

Force Support Squadron Gift Cards

Make your shopping easier! Purchase or redeem your Force Support Squadron Gift Card at the following locations: Arts and 2934. Crafts, Bowling Center, Café at Whispering Pines, Child Development Center, Columbus Club, Information Tickets and Travel,

FSS Services



Deadline to purchase: Friday, January 4, 2019 Pit Party: \$10 per Pit Pass Saturday, February 9, 2019, 10:30 a.m. - 12 p.m. Requires 1 p.m. event ticket & is limited in quantity

Please contact ITT for more information at 434-7861

Outdoor Recreation or the Youth Center. For ally has stall space available. For pricing and more information, stop by any of these loca- more information, contact Outdoor Recretions.

Wood Shop is OPEN!

The Wood Shop is back in business! They are open Mon.-Thurs. from 10 a.m.-5 p.m. and Saturday 8 a.m.-4 p.m., call 434-7836 for more information.

Exclusive Military Vacation Pack- Free Mango Languages ages

military vacation packages at ITT? Packages include Universal Studios and Disney destinations. To book your vacation, visit or contact your ITT office at (662) 434-7861

Storytime Schedule

The Base Library is offering Storytime on Tuesdays at 10 a.m. for ages 3-6 years and Fridays at 10 a.m. for children up to 2 years old. For more information, contact 434-2934.

Game Night at the Library

The Base Library is offering a free game night at 5 p.m. the second Thursday of each month. For more information, contact 434-

Horse Boarding Available

The Columbus AFB Riding Stables usu- 434-2419.

ation at 434-2505.

Laser Bowlina

The Strike Zone offers laser bowling every Friday and Saturday night starting at 5 p.m., stop in for a great time! Call 434-3426 for more information.

Learn a new language today! Free Man-Did you know that you can book exclusive go 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 twenty-four 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 434-2505.

The Overrun Open Friday Nights

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

Lawn Mower and Bicycle Repair

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

Hobby and Craft Instructors Need-

Do you have a hobby or craft project you can share with others? Arts & Crafts is looking for craft instructors. For more information, contact 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 24hour 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 the airport of your choice. For more information, contact 434-7861.

Assignment Transportation for Nights

Reserve the bus of van through Information Ticket and Travel for assignment nights. Reservation must be made in person, the cost is \$30 per hour with a four hour minimum. Price includes Columbus and local areas. For more information, contact 434-7861.

Cultivate, Create, CONNECT

Airman & Family Readi

Arts & Crafts. Bowling Center Child Development Ce Columbus Club..

Commissary Exchange.

Fitness Center

Library.

Medical Group.

Military Personnel and

Multimedia

Outdoor Recreation ...

Shoppette South Gate Visitor Center Youth Center.



FRIDAY: 8:30 a.m.-7 p.m. SATURDAY: 22 8:30 a.m.-6 p.m. Please read from top to bottom on each column

Christmas, New Year's and **AETC Family Day Holiday hours**

ness Center	Closed Dec. 24-25, Dec. 31-Jan. 1
	Closed Dec. 18-Jan. 1
	Closed Dec. 25-Jan 1
nter	Closed Dec. 24-25, Dec. 31-Jan. 1
	Closed Dec. 21-Jan. 1
	Closed Dec. 24-25, Dec. 31- Jan. 1
0	pen 7 a.m5 p.m. Dec. 24, Closed Dec. 25
	Closed Dec. 25, Jan. 1
Finance	
Finance	
Finance	
Finance	Closed Dec. 25-26, Dec. 31-Jan. 1
FinanceO	Closed Dec. 25-26, Dec. 31-Jan. 1 Closed Dec. 24-25, Dec. 31-Jan. 1 Open 9 a.m3 p.m. Dec. 22, 29-30, Jan. 2; Closed Dec. 23-28 & 31, Jan. 1 pen 8 a.m5 p.m. Dec. 24, Closed Dec. 25
Finance	Closed Dec. 25-26, Dec. 31-Jan. 1

U.S. Air Force photo by Airman 1st Class Keith Holcomb

Specialized Undergraduate Pilot Training students stand and clap to recognize instructor pilots during their graduation, Dec. 14, 2018, on Columbus Air Force Base, Mississippi. Maj. Gen. Scott Pleus, director of plans, programs, and requirements, at Air Combat Command Headquarters, in at Joint Base Langley-Eustis, Virginia, was the guest speaker for SUPT Class 19-03.

PLEUS

(Continued from page 1)

officers in the Air Force and even fewer are pilots. He reminded them flying hours don't make good leaders, their character makes a good leader.

He left them with a few words of wisdom, sticking a fact about the Air Force in the air. Pleus holds tight the accomplishments of past and present Airmen, and acknowledged SUPT Class 19-03 will continue to complete missions that will change the future.

"We're the only service with the word 'fight' in our motto," Pleus said. "In the Army, 'This we'll defend'; in the Navy, 'Forged by the sea; the Marine Corps, Semper Fi; the U.S. Air Force it's 'Fly, Fight, Win,' don't forget that.



In observance of the upcoming holidays Dec. 21, 2018 – Jan. 5, 2019

ommissary Hours of Operations are:					
SUNDAY: 23 Noon-4 p.m.	SUNDAY: 30 Noon-4 p.m.				
Early Close	Early Close				
MONDAY: 24 CLOSED	MONDAY: 31 CLOSED				
(Christmas Eve)	(Christmas Eve)				
TUESDAY: 25 CLOSED	TUESDAY: 1 CLOSED				
(Christmas Day)	(New Year's Day)				
WEDNESDAY: 26	WEDNESDAY: 2				
9:30 a.m6 p.m.	9:30 a.m6 p.m.				
THURSDAY: 27	THURSDAY: 3				
9:30 a.m.–7 p.m.	9:30 a.m7 p.m.				
FRIDAY: 28	FRIDAY: 4				
8:30 a.m6 p.m.	8:30 a.m6 p.m.				
SATURDAY: 29	SATURDAY: 5				
8:30 a.m.–6 p.m.	8:30 a.m6 p.m.				



U.S. Air Force photo by Airman Hannah Bean

Chaplain (Capt.) Timmie Henson, 14th Flying Training Wing chaplain, speaks to students during a book drive at West Lowndes Elementary School in Columbus, Mississippi, Dec. 18, 2018. The BLAZE Chapel gathered over 700 books to donate to students in the Columbus and Lowndes county area.

Airmen donate over 700 books to local students

Airman Hannah Bean

14th Flying Training Wing Public Affairs

The BLAZE Chapel gathered delivered hundreds of books to students at West Lowndes Elementary School Dec. 18.

Throughout the months of November and December, members of the BLAZE Chapel gathered more than 700 book for students at West Lowndes Elementary and several other school in the local area.

of reading," said Melissa Parker, West Lowndes Elementary School first grade teacher and community liaison. "Many of their path to success."

our students live in poverty, so there a limited amount of print materials in the homes."

Various drop off locations were available on Columbus Air Force Base, Mississippi, for members to donate books.

"We want kids to know that adults and, especially, members of the United States military care about them," said Chaplain (Lt. Col.) Steven Richardson, 14th Flying Training Wing wing chaplain. "We want them to see our people in uniform as peo-"It encourages the children to read and helps us build a love ple that care about them and want them to succeed. It's not just a gift to make them feel good, it's a gift to help them in



U.S. Air Force photo by Airman Hannah Bea Members of Team BLAZE hand out books to students during a book

drive at West Lowndes Elementary School in Columbus, Mississippi, Dec. 18, 2018. Later in the week, the Chapel will go to other schools in the Columbus, Lowndes County area to deliver books to students of various grades and age levels.



U.S. Air Force photo by Airman 1st Class Keith Holcomb Hundreds of books sit in boxes the weekend before being gifted to children in Lowndes County, Mississippi, during the 2018 holiday season.

Professional **Organization Corner**

Company Grade Officers Council

The council — second and first lieutenants, and captains — promotes the development of CGOs throughout the 14th Flying Training Wing. They maintain an informational network to enhance the professional development and officer camaraderie the throughout the wing.

Meets first Friday of every month at 11:30 a.m. at the Columbus Club

President: Capt. Amessia Brown;

Vice President: Capt. Daniel Wilson

Air Force Sergeants Association

The Air Force Sergeants Association (AFSA) is an association dedicated to representing enlisted men and women and their families. AFSA fights for more that benefits and pay, they have a by-name seat at the influential tables in both the Congress and the Pentagon to help shape the tough policy decisions affecting the enlisted corps today.

Meets 3rd Thursday of the month at noon at the Columbus Club

President: Staff Sgt. Jacob Gettys;

Vice President: Master Sgt. Brent Shields **BLAZE Top 3**

The Top 3 establishes and maintains a spirit of comradeship and esprit de corps that will enhance the prestige of all senior NCOs, encourage an attitude of unified purpose and set an example for all enlisted personnel according to the standards, traditions and customs of the Air Force.

Meets the third Thursday of every month at 3 p.m. at the Columbus Club.

President: Master Sgt. Arkelia Hamlet;

Vice President: Master Sgt. Joi Washington

BLAZE 5/6

The 5/6 represent motivated staff and technical sergeants. They provide an opportunity to meet Airmen, and to network with peers. The organization mentors junior enlisted, assist other private organizations, and are heavily involved with community relations.

Meets the last Wednesday of every month at noon at the Columbus Club

President: Tech. Sgt. Stacy Powell;

Vice President: Tech. Sgt. Crayton Felder

First Four

The Airman's Activity Council functions as a social and professional organization established to enhance morale, esprit de corps, and cooperation between members from the E1-E4. This is accomplished through fundraisers, on and off base, volunteer opportunities, and events or trips for those eligible to become members.

Meets the last Thursday of every month at noon at the Montgomery Village

President: Senior Airman Kiara Rodriguez;

Vice President: Senior Airman Brittani Amavizca-Waddington

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 (Goals, Plans, Success) Workshop

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

Air Force Recovery Coordination Proaram

A Recovery Care Coordinator will be providing assistance from noon-5 p.m. Jan, 9; 8 a.m.-5 p.m. Jan. 10; and 7:30 a.m.-noon Jan. 11 at the A&FRC. The Recovery Coordination Program streamlines and improves the way care and support is delivered to wounded, ill, and injured Airmen and their families. The RCP provides the support of a RCC 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 A&FRC at (662) 434-2790.

Federal USAJobs Workshop

The next Federal USAJobs workshop is from 9-10:30 a.m. Jan. 16. This is a workshop on writing resumes, applications, and job search using the USAJobs website. To register or for more information, please call A&FRC at (662) 434-2790.

Workshop

The next Entrepreneurship Track Transition workshop is from 8 a.m.-3 p.m. Jan 17-18. This workshop is conducted by the Small Business Administration for veterans and all base personnel interested starting up and operating their own business. To register or for more information, please call A&FRC at (662) 434-2790.

Career Exploration & Planning Track Workshop

COMMUNITY

Entrepreneurship Track Transition

The next Career Exploration & Planning Track workshop is from 8 a.m.-3 p.m. Jan. 22 in the A&FRC. This workshop helps members identify skills, increase awareness of training and

Cookie drive



U.S. Air Force photo by Steve Brodderick

The Columbus Air Force Base Spouses Club prepares cookies for Airmen across the 14th Flying Training Wing Dec. 13, 2018, at the Chapel Annex.

credentialing programs, and develop an action is pen to all spouses of active-duty military memplan to achieve career goals. To register or for bers assigned to Columbus AFB. Attendees will more information, please call A&FRC at (662) 434-2790.

Wing Newcomers Orientation

The next Wing Newcomers Orientation is from 8 a.m.-noon Jan 29. This event is mandatory for all newly arrived active-duty and civilian personnel, and spouses are encouraged to attend. The orientation is at the Columbus Club. To register or for more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

Airman & Family Readiness Center **Open House**

Please visit A&FRC between 11 a.m.-1 p.m. Jan. 30 for an OPEN HOUSE to learn about all the services available to you and your family Refreshments and door prizes will be provided. This event is open to anyone with access to the A&FRC

Hearts Apart

The next Hearts Apart is from 5-7 p.m. Jan 31. This monthly social event is for family members whose sponsor is deployed, on a remote tour, or TDY for more than 30 days. To register or for more information, please call A&FRC at available on a first-come-first-serve basis. (662) 434-2790.

Heart Link

receive information about life in the Air Force, in the local area, and at Columbus AFB from local subject matter experts including spouse leaders. To register or for more information, please call A&FRC at (662) 434-2790.

Bundles of Joy

The next Bundles of Joy workshop is from 1-3:30 p.m. Feb. 21, in the A&FRC. This program is designed for active-duty Air Force members and/or their spouses who are pregnant or have a child 4 months old or less. Attendees will learn about finances, labor and delivery, and infant care. A \$50 gift card sponsored by the Air Force Aid Society will be provided for each qualifying child. To register or for more information, please call A&FRC at (662) 434-2790.

Discovery Resource Center

The Columbus A&FRC has 12 computers with internet access available for job searches, assessments, resumes, cover letters, state and federal applications, and companies' employment information. A printer and fax machine is available. A lending library of books, DVDs, and periodicals on transition and EFMP topics are available for check out. These resources are

Volunteer Opportunities

If you are interested in volunteering, please The next Heart Link is from 8:30 a.m.-noon contact the A&FRC. We have volunteer op- 5:30 p.m. - Student Pilot Bible Study Jan. 31, in the A&FRC. This half-day program portunities located across the base for one-time (Open to all denominations)

events, special events, or on a continual basis. Volunteers are needed on base at the Youth Center, Child Development Center, Library, Medical Clinic, Chapel, Airman's Attic, Thrift Store, the Retiree Activities Office, and many other locations. For more information, please call A&FRC at (662) 434-2790.

Military and Family Life Counselor Program

Military and Family Life Counselors provide non-medical counseling to help Airmen (single and married), spouses, and other family members cope with stressful situations created by deployments, reintegration, and life challenges such as martial issues, parenting, career stress, and anger. All counselors are licensed mental health providers, and they can meet either on or off base. There is no charge for services, and appointments can usually be made within one to two days. To contact the MFLC, please call (662) 435-1110/360-5372.

Employment Workshop

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

Chapel Schedule

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: 3:30 p.m. – Religious Education, grades K-9 (Start in Fall) 4 p.m. – Choir Practice

- 4 p.m. Confession (or by appointment)
- 5 p.m. Mass
- 1st and 3rd Sunday Fellowship Meal following

Tuesdays:

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

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

Protestant Community

Sundays: 9 a.m. – Adult Sunday School 10:45 a.m. – Community Worship Service (Donut Fellowship following) 3rd Sunday of Each Month - Protestant Faith Ablaze

Wednesdays:

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

Thursdays:

12 SILVER WINGS Dec. 21, 2018

Wedical Corner



Conclusive evidence supporting public health consequences of e-cigarettes

In recent years, vaping has grown significantly in popularity. However, despite their popularity, little is known about the health effects of e-cigarettes.

The National Academy of Sciences conducted a study and found firm conclusive evidence concerning public health consequences of e-cigaretters, and the limitations to the evidence, including chance, bias, and confounding factors, can be ruled out with reasonable confidence.

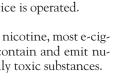
Conclusive evidence



Exposure to nicotine from e-cigarettes is highly variable and depends on product characteristics (including device and e-liquid characteristics) and how the device is operated.

In addition to nicotine, most e-cigarette products contain and emit numerous potentially toxic substances.





Other than nicotine, the number, quantity, and characteristics of potentially toxic substances emitted from e-cigarettes are highly variable and depend on product characteristics (including device and e-liquid characteristics) and how the device is operated



E-cigarette devices can explode and cause burns and projectile injuries. Such risk is significantly increased when batteries are of poor quality, stored improperly, or modified by users

Intentional or accidental exposure to e-liquids (from drinking, eye contact, or dermal contact) can result in adverse health effects including but not limited to seizures, anoxic brain injury, vomiting, and lactic acidosis.

Intentionally or unintentionally drinking or injecting e-liquids can be fatal.

Completely substituting e-cigarettes for combustible tobacco cigarettes reduces users' exposure to numerous toxicants and carcinogens present in combustible tobacco cigarettes.

PUBLIC HEALTH CONSEQUENCES OF E-CIGARETTES: CONCLUSIONS BY LEVEL OF EVIDENCE. Retrieved from https:// www.nap.edu/resource/24952/012318ecigaretteConclusionsbyEvidence.

JUUL E-Cigarettes

THE FACTS: What Pediatricians and **Families Need to Know**

Substantially more young people use e-cigarettes than any other tobacco product, including traditional combustiole tobacco cigarettes.

JUUL is a sleek, small e-cigarette that esembles a flash drive. Unlike other type of e-cigarettes, JUUL does not look like a traditional cigarette and thus may not be immediately identifiable as a vaping device.

JUUL comes in youth-friendly flavors, ncluding mango, mint and fruit-medley Youth cite flavors as a common reason or e-cigarette use.

JUUL is highly addictive. The concenation of nicotine in JUUL is more than ouble the con<u>centration found in othe</u> e-cigarettes. This high concentration is serious concern for youth, who are Iready uniquely susceptible to nicotine addiction.

JUUL users have a significant risk of pecoming cigarette smokers. Youth who use e-cigarettes are more likely to progess to smoking traditional cigarettes.

"JUULing" is increasingly common in nigh school and college campuses. Edu cators report that youth are using JUUL ir classrooms, hallways and restrooms, and are sharing devices with their peers. This ocial use encourages non-users to try UUL.

JUULing: What Pediatricians and Families Need to Know. Retrieved from https://www.aap org/enus/Documents/AAP-JUUL-Factsheet.pdf



message from your health promotion Health Myth **Busting Team**

Dear Health Myth Busters,

I'm a longtime smoker, but lately I've been thinking about quitting....again. I've tried to quit a couple of times before starting again because of stress or hanging out with my smoker friends. I heard that using e-cigarettes can help me quit. At least I won't be breathing in smoke and my clothes won't stink. What do you think?

> Sincerely, Looking for a Game Changer

Dear Game Changer.

It's great that you are thinking of quitting tobacco. Making a change is a process, not a one-time event. Quitting tobacco is no different. It takes time and effort. The best place to start is by talking to your health care provider and, if necessary, using one of the Food and Drug Administration (FDA) approved quitting medications.

If you are thinking about using e-cigarettes to help you quit, here's some thoughts/advice from the CDC:

E-cigarettes are not approved by the FDA as a quitting aid. Most e-cigarettes contain nicotine. Nicotine is highly addictive and can harm adolescent brain development, which continues into a person's early to mid-20s. Research on whether e-cigarettes can help smokers quit is limited, but currently there is no conclusive science showing e-cigarettes are effective at helping people quit smoking. If you do use e-cigarettes as part of a quit attempt, it is important to COMPLETELY stop using regular cigarettes and switch entirely to e-cigarettes. Reducing the number of regular cigarettes you smoke by partially replacing them with e-cigarettes is not a meaningful way to reduce your risk or protect your health. Wishing you success in your quitting process.

> 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 Health Promotion webpage https://www. airforcemedicine.af.mil/Resources/ Health-Promotion/



14th Force Support Squadron

It is not every day we get the opportunity to work with and learn from an employee whose career has spanned more than 50 years (29 years military service and 24 years civil service).

The 14th Force Support Squadron at Columbus Air Force Base, Mississippi, has been the beneficiary for 23 of those years with Mark Horning as part of the team and leading from the front in various capacities within the Airman & Family Readiness Center. As Horning prepares for his upcoming retire ment on Dec. 31, 2018, it seemed only fitting to share a little more of the story about this humble servant.

Horning was born in Council, Idaho, and was raised on his family's farm in Midvale, Idaho, where he worked as a ranch-hand throughout his high school years. This experience and upbringing established a strong work ethic that would serve him well throughout his career(s). Upon graduation from Midvale High School in 1964, he enlisted in the U.S. Marine Corps. This decision was not initially supported by his parents, but they eventually came around and realized that it would be better to enlist on his own terms rather than be drafted, noting also that military service provided job specific training and the opportunity for free college education.

Military life began when he attended boot camp at Marine Corps Recruit Depot in San Diego, California, and was subsequently assigned to Marine Corps Air Station in El Toro, California, as an operational communications field wireman.

do, Florida. Unfortunately, the base was on Soon after arriving, Horning was deployed the Base Realignment and Closure list and by ship with the 2nd Light Anti-Aircraft he had to move on when the base did finally Missile Battalion to Chu Lai, Republic of Vietnam, where he remained for 15 months close. He was immediately hired in November (August 1965-November 1966). After a short 1995 as Relocation Assistance Program Spestint back in the continental U.S., he was decialist in the Airman & Family Readiness ployed yet again ... this time for 17 months Center at Columbus Air Force Base, Missisto Dong Ha, Republic of Vietnam (February 1968-July 1969).

Horning was selected for assignment to Parris Island, South Carolina. He spent eight years at this location, serving as senior drill instructor, senior academic instructor and battalion sergeant major. While at Parris Island, he was lucky enough to meet his wife, Eleanor "Jean" Horning, and they were married in March 1981. Jean has been the rock in Horning's life over the last 37 years and has been by his side

Mark Horning retires after 53 years of service

Maj. Douglas Hickey

With his career continuing to progress,



Mark Horning sits on a bunk in El Toro, California, in 1965. This was Horning's first assignment of many as a U.S. Marine.

as he was promoted to sergeant major in 1988 (top 1 percent of United States Marines), she was there as he transitioned from military to civil service, and she is by him as he retires from service altogether.

Prior to his retirement from the Marine Corps in August 1993, Sgt. Maj. Horning completed his Bachelor of Arts degree in Interdisciplinary Studies from the University of South Carolina and also served one last combat tour, deploying in support of Operation Desert Storm. The highlight of this successful tour was returning the entire unit home with zero casualties. He surely closed out his Marine Corps career strong and postured himself for success as he prepared for the transition to civil service, looking to lead others once again in a different capacity.

Horning's civil service career began in April 1994 when he received a term assignment as Transition Assistance Program Manager at the Naval Training Center in Orlan-

To his credit, Horning has directly worked nearly every program the A&FRC has to offer and continued to progress professionally, much like he did with the Marine Corps. He closes out his civilian career in the top seat of the A&FRC, as Flight Chief.

As a servant leader, Horning continued to merge the concepts of leadership and teamwork that he learned on day one of Marine Corps boot camp into the daily grind of



Mark Horning (right) stands with other U.S. Marine sergeants in 1974.



U.S. Air Force photo by Mary Crump

reer ... proving that things do, in fact, come full-circle

As flight chief, Horning has led a stellar team in promoting, educating and facilitating readiness and resiliency for Airmen and their families. This operation serves a one-stop shop in connecting Airmen, families, civilians and retirees to the resources they need.

Programs and services that are frequently provided include: family readiness, family and work life services, employment services, transition assistance program, relocation assistance, personnel financial management, Air Force aid, exceptional family member program-family support and casualty assistance.

Throughout his 23 years at Columbus AFB, there have been many highlights, however, I'd like to list just a few that were not necessarily the norm for someone in his position. Horning was intimately involved with establishing the Golden Triangle Employment Exposition into the third largest in the state of Mississippi.

For about eight months over the last year,



Courtesy photo ABOVE: Mark Horning Stands with his wife Eleanor "Jean" Horning at the U.S. Marine Corps Ball in 1989.

LEFT: Mark Horning gives flowers to his wife Jean during his retirement Dec 18, 2018, on Columbus Air Force Base, Mis-

achieving the mission throughout his ca- Horning was also dual-hatted and tackled the responsibilities inherent with the position of Child & Youth Services Flight Chief, successfully leading the Child Development Center and Youth Center teams in preparing for the annual Air Force Unannounced Inspection and Department of Defense Audit.

> This was no small task and did not go unnoticed as the Child Development Center as achieved the gold standard of child care. earning the 5-year National Association for the Education of Young Children accredita-

> In closing, and on behalf of the men and women of Team Blaze at Columbus Air Force Base, it has been an honor to serve alongside such a humble leader who has successfully managed two full careers.

> Thank you Mark and Jean Horning for your dedicated service to both the United States Marine Corps and the United States Air Force from 1964 to 2018.

> You have truly earned the title of Marine and we wish you both the best of luck in retirement.

Airman on the Street:

What is your favorite holiday tradition?



Rank/Name: Mai. Rvan Brewer Hometown: Lilburn, Georgia Unit: 14th Wing Staff Agencies Answer: "When I was growing up, my brother and I would go to a midnight movie. Now that I have my own kids, that are too young to take to midnight movies, we open one gift on Christmas Eve, mix up hot chocolate. and go look at all the Christmas lights.



Rank/Name: Senior Master Sgt. Joi Washington Hometown: Pensacola, Florida Unit: 14th Force Support Squadron Answer: "Making gingerbread houses."



Rank/Name: Second Lt. Logan Zook Hometown: Fishers. Indiana Unit: 14th Student Squadron Answer: "Getting to go home and see family."



Rank/Name: Betty Townsend Hometown: Silver City, Mississippi **Unit:** 14th Contracting Squadron Answer: "Opening one present before going to bed on Christmas Eve."

Unattended cooking fires

Darren Amos 14th Civil Engineer Squadron Fire Inspector

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

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



• Be alert ... If you are sleepy or have consumed alcohol don't use the stove or stovetop. • Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave he kitchen for even a short period of time, turn the stove off.

• If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.

• Keep anything that can catch fire like oven mitts, wooden utensils, food packaging, or owels away from the stovetop.

- Turn pot handles toward the back of stove.
- Wear short sleeves or roll up sleeves.
- Know where your fire extinguisher is located and how to use it.
- Never store cooking oil or cooking spray above the stovetop.

• Clean your exhaust fan filter and oven regularly to reduce grease laden particulate. Aany ovens today have a self-clean feature.

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

• On the stovetop, smother the flames by carefully sliding the lid over the pan and turnng off the burner. Leave the pan covered until it is completely cooled.

• For an oven fire, turn off the heat and keep the door closed.

- If you have any doubt about fighting a small fire...
- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 911 to report any emergency.

(Editor's Note: Data from National Fire Protection Association and U.S. Fire Administration)

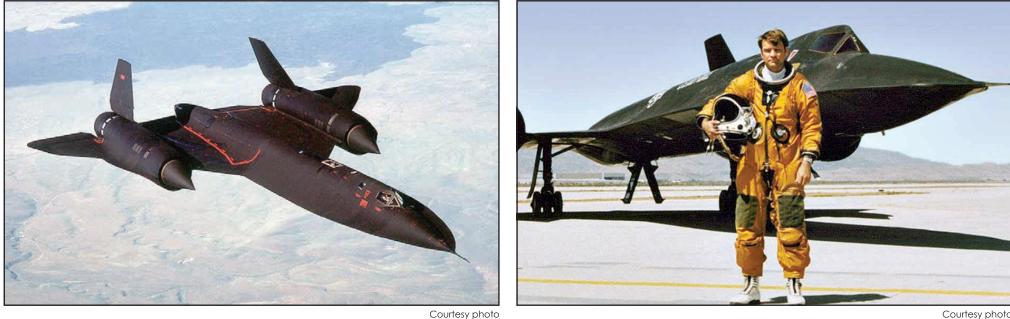


Be responsible this holiday season. Don't drink and drive.

Background

The Lockheed SR-71 Blackbird is a long-range, Mach 3+ strategic reconnaissance aircraft that was operated by the United States Air Force. It was developed as a black project from the Lockheed A-12 reconnaissance aircraft in the 1960s by Lockheed and its Skunk Works division. Renowned American aerospace engineer Clarence "Kelly" Johnson was responsible for many of the design's innovative concepts.

During aerial reconnaissance missions, the SR-71 operated at high speeds and altitudes to allow it to outrace threats. If a surface-to-air missile launch was detected, the standard evasive action was simply to accelerate and outfly the missile. The SR-71 was designed to have basic stealth characteristics and served as a precursor to future stealth aircraft.



The SR-71 was known for being the fastest plane in history. If a surface-to-air missile launch was detected, the standard evasive action was simply to accelerate and outfly the missile.

Dav of Givina

Columbus Convention and Visitors Bureau, 662-329-1191 or bus, Mississippi. Prices and more information can be found at Breakfast followed by volunteers giving out school sup-800-327-2686, or nancy@visitcolumbusms.org. http://www.visitcolumbusms.org/event/columbus-arts-counplies to teachers to help finish the school year from 8 a.m.-5 cil-35th-annual-gala/. To purchase tickets, call 662-328-2787 Feb. 23 – Columbus Arts Council 35th Annual Gala and for additional information on this or any other Columbus p.m. at 402 Second Ave. North Columbus, Mississippi. It is events, contact Nancy Carpenter, CEO, Columbus Convensponsored by Visit Columbus, The City of Columbus, Unit-Enjoy an open bar, New Orleans cuisine, music, dancing tion and Visitors Bureau, 662-329-1191 or 800-327-2686, or ed Way, and The W. For additional information on this or and more at Columbus Arts Council's 35th Annual Gala any other Columbus events, contact Nancy Carpenter, CEO, honoring Larry Feeney at 402 Second Ave. North Colum- nancy@visitcolumbusms.org.

BLAZE Hangar Tails: SR-71 Blackbird

The SR-71 served with the U.S. Air Force from 1964 to 1998. A total of 32 aircraft were built; 12 were lost in accidents and none lost to enemy action. The SR-71 has been given several nicknames, including Blackbird and Habu. It has held the world record for the fastest air-breathing manned aircraft since 1976. This record was previously held by the related Lockheed YF-12.

Statistics

Crew: 2: Pilot and Reconnaissance Systems Officer **Payload:** 3,500 lbs. of sensors Length: 107 ft. 5 in. Wingspan: 55 ft. 7 in. Height: 18 ft. 6 in. Wing area: 1,800 ft.² Empty weight: 67,500 lbs.

Loaded weight: 152,000 lbs Maximum takeoff weight: 172,000 lbs. Powerplant: 2 × Pratt & Whitney J58-1 continuous-bleed afterburning turbojets Wheel track: 16 ft. 8 in. Wheelbase: 37 ft. 10 in. Aspect ratio: 1.7

Performance

Maximum speed: Mach 3.3 at 80,000 ft. **Range:** 2,900 nmi Ferry range: 3,200 nmi Service ceiling: 85,000 ft. Rate of climb: 11,820 ft./m Wing loading: 84 lbs./ft.² Thrust/weight: 0.44

Reconnaissance Systems Officer George Morgan stands in front of a Cold War-era U.S. Air Force SR-71 spy plane. Nearly 40 years later, the SR-71 still holds many flight records

News Around Town

for speed.

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

Cultivate, Create, CONNECT

Air Force selects new commandant of cadets for Air Force Academy

Ray Bowden

U.S. AIR FORCE ACADEMY, Colo. — The Air Force announced that Brig. Gen. Michele Edmondson will be the Air Force Academy's next commandant of cadets, Dec. 13

Edmondson is expected to arrive at the Academy next summer and, following a change of command ceremony, will take command of the Cadet Wing from Brig. Gen. Kristin Goodwin.

"This is terrific news," said Academy Superintendent Lt. Gen. Jay Silveria. "We wish General Edmondson and her family the best

one resource: our cadets."

As commandant, Edmondson will command the 4,000-member Cadet Wing and more than 200 Air Force and civilian personnel. Her responsibilities will include character and leadership development, military training, supervising cadet life activities, and providing facility and logistical support to all cadets.

Edmondson has a background in space operations and acquisitions, and will come to the Academy from the White House, where she directs the Space Policy, National Secu- uty chief of staff at the Pentagon after leavrity Council. Before this, she commanded ing Academy.

as she prepares to take charge of our number the 81st Training Wing at Keesler Air Force Base, Mississippi, where she led and provided technical training for 12,000 Airmen and civilians, Reservists and other Defense Department agencies, to create combat capabilities.

She holds masters' degrees in strategic studies, national security affairs and organizational management, and a bachelor's in aerospace engineering.

Edmondson was promoted to brigadier general in August.

Goodwin is scheduled to be the director of Current Operations for the Air Force dep-



Brig. Gen. Michele Edmondson is shown here

as a colonel. The general has been selected

to be the new commandant of cadets at the

U.S. Air Force Academy next year.

U.S. Air Force photo

11:00 a.m. - 1:00 p.m.

- · Air Force Aid Society
- · Casualty Assistance
- Volunteer Resources
- Transition Assistance
- **Personal and Work Life**



VIEWPOINT **Overcoming holiday blues**

Col. Shon Neyland Chaplain, Pacific Air Forces

JOINT BASE PEARL HARBOR-HICKAM, Hawaii — The holiday season is upon us once again, and it is often a busy season. It is filled with shopping, gifts, festivities, joyous music, holiday parties, decorations, and many opportunities to be with family, friends, and coworkers as we close out the old year and welcome the New Year. However, for some this can be a challenging time. Instead of being a season of joy, some may experience increased stress, feelings of loneliness, depression and anxiety. Psychologists often refer to this as the holiday blues. Unfortunately, this is a real phenomenon and some will contemplate suicide.

Military and civilian personnel alike can face higher stress levels during the holidays. The expectation of 'holiday happiness' can seem difficult to obtain if you are experiencing a from family and friends, being away from home, difficulties in the work place or challenges with finances. These stressors are real and can lead to the holiday blues, but they can be overcome

You may be wondering if you are experiencing the holiday blues. Often overlooked warning signs include changes in sleep patterns, weight loss or gain, increased or decreased eating, increased anger or anxiety, headaches, lack of concentration and decreased interests in things you would normally do. Other classic symptoms that can indicate the holiday blues or friends and coworkers. Connecting with one another is a sure depression include being sad often, withdrawn, and not inter- way to provide a sense of hope and encouragement. Comthat these are all real feelings and possibilities for each of us. wingman or family members. Surround yourself with family fitness and leveraging spiritual fitness.

If you, your loved ones, or someone you know show signs of the holiday blues, here are some recommendations to help overcome them.

We must be intentional about socializing with others. The easiest thing to do when faced with difficulties is to isolate ourselves. Isolation can give a false sense that the problems are bigger than they actually are. Spending time with family, friends, and those who care about you can help bolster your emotional well-being. Each of us needs a wingman and support network where we can go when things are not going as we planned in life.

Another area that causes the holiday blues is trying to meet perceived expectations of society. If gifts are a part of your holiday celebrations, understand your gift-giving budget and stick to it. Holiday pressures and wanting to give to those we care about can cause unnecessary financial strain. If your loved one knew you would be carrying debt for the next year troubled relationship, the death of a loved one, separation to buy them a gift, do you think they would still want you to buy it? Oftentimes the pressure to overspend is internal and not external

There is little doubt that a key to overcoming the holiday blues is ensuring that whether you are military or civilian, you are keeping a caring eye on your wingman. This can be checking in via email, a phone call, or going to lunch with them. Connection is the key to letting others know they are loved and not a burden. Those who experience the holiday blues often feel as though they were a burden to their family,

Overcoming the holiday blues is possible when we take the time to connect with our families, friends and coworkers. This holiday season, take a moment to reassess your purpose and recognize what you bring to the defense and freedom of America every day.

and friends

Finally, if you are spiritual, rely on that connection and seek out the spiritual power outside of yourself. Spiritual fitness has to do with our way of looking at life with meaning, hope and inner peace. To be spiritual is to know and live according to the knowledge there is more than meets the eye. Spiritual fitness includes the knowledge there is something greater than ourselves. Whether one attends worship services or gains perspective from embracing nature or patriotism, spirituality remains a viable source of strength and resiliency.

Overcoming the holiday blues is possible when we take the time to connect with our families, friends and coworkers. This holiday season, take a moment to reassess your purpose and recognize what you bring to the defense and freedom of America every day. Remember, look out for one anothertalk to your wingman and check in. Just as our Pacific Air Forces commander has set the vector for each us, to be ready, resilient, and postured for the future, make the decision today to get the most out of the upcoming holiday season by deliberately connecting with others and building social fitness, acting with others or going to events. The key is recognizing municate with others and talk about your feelings with your not letting holiday pressures overwhelm you through mental



OPEN HOUSE Wednesday, 30 January 2019

Please stop by and learn about the many services we have to offer you and your family

> **Refreshments & Door Prizes** will be provided

· Air Force Warrior and Survivor Care **Exceptional Family Member Program** - Military and Family Life Counselor - Deployment - Survivor Benefit Plan - Air Force Families Forever - Employment Assistance

- Relocation Assistance
- School Liaison Officer Financial Readiness

Cultivate Airmen Create Pilots

USAFA Cadets enjoy flights with the 14th FTW



U.S. Air Force photo by Airman 1st Class Keith Holcomb

U.S. Air Force Academy Cadet Kendrick Sanders, prepares for an incentive flight with Maj Paul Redmond, 14th Operations Group assistant operations officer and T-38C Talon instruct tor pilot, Dec. 19, 2018, on Columbus Air Force Base, Mississippi. Three cadets from the local area visited Columbus AFB after their first semester at the Air Force Academy to see what pilot trainina is like.

Airman's Attic donated items

As Columbus AFB enters the holiday "giving" season, please remember neither the Airman's Attic nor the Thrift Store can accept mattresses or large pieces of furniture. Please do not place these items on the side of the building as they become a safety hazard as well as an eyesore.

In addition to receiving a tax write-off for yourself, there are several places in the community that would greatly benefit from these donations. If you need to dispose of such items, some charities will even pick up large items from your home.

Please contact the following locations if you want to donate your large furniture items:

- Salvation Army Pickup Services 662-245-1542
- Palmer Home 662-328-7940
- Goodwill 662-369-7037
- Golden Triangle Waste Services 662-327-6660
- Columbus Landfill 662-329-5115
- Pickupmydonation.com Facebook Marketplace



FEATURE

What time do you open?

Airman's Attic

Tuesday and Thursday: 11 a.m.-1 p.m. Saturday: 10 a.m.-noon. E-6 and below, O-3 and below welcome. Retirees welcome on Saturdays 434-1614 Airman and Family Readiness Center
Monday-Friday: 7:30 a.m.-4:30 p.m.
434-2790
Base Exchange
Monday-Saturday: 9
Sunday: 10 a.m.-7 p

~Arts and Crafts Center Monday-Friday: 10 a.m.-5 p.m. 434-7836

Ves Were Open Base Exchange Monday-Saturday: 9 a.m.-8 p.m. Sunday: 10 a.m.-7 p.m. Holiday hours: 10 a.m.-5 p.m. # (662) 434-2988

Base Exchange Food Court

Subway Monday-Friday: 7 a.m.-6 p.m. Saturday: 9 a.m.-6 p.m. Sunday: 11 a.m.-5 p.m. # (662) 434-1369

Base Housing (Hunt)

Family housing office Monday-Friday: 8 a.m.-5 p.m. # (662) 434-8213/8214

Maintenance office Monday-Friday: 8 a.m.-5 p.m. # (662) 434-8303

(Automated) Base Operator 434-1110

~Barber Shop Monday-Friday: 9 a.m.-5 p.m. Saturday: 9 a.m.-4 p.m. Sunday: Noon-4 p.m. # (662) 434-6699

~Bowling Alley and Grill Monday - Friday: 6:30 a.m.-8 p.m. Saturday: 11 a.m.-7 p.m. Sunday: Closed 434-3426

Café at Whispering Pines Monday- Friday: 10 a.m.-2 p.m. # (662) 434-7932

Phone numbers with "(662)" are considered off-base numbers and you must dial 99-434-#### when on base. ~ Organizations marked with "~" are always closed on federal holidays.

~Chapel

Sanctuary open during duty day for prayer and meditation Chaplains available for counseling by appointment or walk-in On-call 24/7 through Command Post and Friday from 9 a.m.-4 p.m. 434-2500

Sunday Services

Protestant Worship Service: 10:45 a.m. Catholic Confession: Sunday before Mass Catholic Mass: 5 p.m.

Monday 9 a.m.-12:30 p.m.

Tuesday 7:30 a.m.-4:30 p.m. Daily Mass: 11:30 a.m.

Wednesday 7:30 a.m.-4:30 p.m. Catholic Adoration: 11:30 a.m

Thursday 7:30 a.m.-12:30 p.m.

Friday 9 a.m.-4:30 p.m.

~Child Development Center Monday-Friday: 6:30 a.m.-5:30 p.m. 434-2479

~Coffee House on 5th Monday-Friday: 6 a.m.-5 p.m. Saturday: 8 a.m.-noon # (662) 434-2233/434-CAFE ~Columbus Club

Closed on weekends unless otherwise specified

Business and catering Tuesday-Friday: 10 a.m.-3 p.m. 434-2489

Overrun

Tuesday-Friday: 11 a.m.-1:30 p.m. Special events available for booking Mondays 434-2489/2490

Commissary

Sunday: Noon-6 p.m. Monday: Closed Tuesday: 9 a.m.-7 p.m. Wednesday: 10 a.m.-6 p.m. Thursday: 10 a.m.-7 p.m. Friday-Saturday: 9 a.m.-6 p.m. Check online for holiday hours or closures 434-7109

Emergencies

Please call 911 and inform them you are on Columbus AFB.

~Finance

Monday-Friday: 7:30 a.m.-3:30 p.m. 434-2705

Fitness Center

Open 24/7, register at the front desk during hours listed below Monday-Thursday: 5 a.m.-11 p.m. Friday: 5 a.m.-9 p.m. Saturday and Sunday: 8 a.m.-8 p.m. 434-2772

GNC

Monday-Saturday: 9 a.m.-8 p.m. Sunday: 10 a.m.-7 p.m. Holiday hours: 10 a.m.-5 p.m. # (662) 434-5050

~Legal Office

Monday-Friday: 7:30 a.m.-4:30 p.m. Power of Attorney/Notary walk-ins (three or less) Monday-Friday: 8 a.m.-4 p.m. Wills done by appointment only 434-7030

~Library

Monday- Friday: 10 a.m.-5 p.m. Saturday- Sunday: 8 a.m.-noon # (662) 434-2934

Magnolia Inn

Open 24/7 434-2548

Medical Appointments

Closed every third Thursday of the month for training Monday-Friday: 7:30 a.m.-5 p.m. 434-2273 (CARE)

~Optical Shop

Monday-Friday: 10 a.m.-5 p.m. # (662) 434-8707

OSI

Monday-Friday: 7:30 a.m.-4:30 p.m. 434-2852

~Outdoor Recreation

Monday, Thursday and Friday: 9 a.m.-5 p.m. Saturday and Sunday: 9 a.m.-1 p.m. Tuesday and Wednesday: Closed 434-2505

~Personnel Customer Service

Monday, Tuesday, Wednesday and Friday: 7:30 a.m.-3:30 p.m. Thursday: 7:30 a.m.-3:30 p.m. 434-2626

Shoppette

Monday-Friday: 7 a.m.-9 p.m. Saturday-Sunday: 8 a.m.-9 p.m. Holiday hours: 7 a.m.-5 p.m. # (662) 434-6026

~Stylique Salon

Sunday-Monday: Closed Tuesday-Friday: 9 a.m.-5 p.m. Saturday: 9 a.m.-4 p.m. # (662) 434-6717

Thrift Shop

Tuesdays and Thursdays: 9 a.m.-1 p.m. 434-2954

~Visitors Center

Monday-Friday: 7:30 a.m.-4:30 p.m. Closed at noon every third Thursday of the month and closed at 2 p.m. every second Friday 434-3161/7133/2111

~Youth Center

Office Monday-Friday: 10 a.m.-6 p.m. 434-2505

Open Recreation Monday-Friday: 3-6:30 p.m. (Summer hours: 1-6:30 p.m.)

