

NEWS AROUND TOWN

2019 Crawfish Music Festival

Check out various artists like The Outlaws, Colt Ford and many more at the 2019 Crawfish Music Festival, April 24- 28 in Biloxi, Mississippi. Saturday, April 27 will feature a Crawfish cook-off to see who the best boiler on the coast is. Tickets and entries for sale online.

Water Lantern Festival

On May 4 Tupelo will be hosting a Water Lantern Festival. This festival is filled with fun, happiness, hope, and great memories that you'll cherish for a lifetime. This is a family friendly event that can be shared by everyone. Friends, families, neighbors, and lots of people that you haven't met can come together to create a peaceful, memorable experience. Tickets for sale online.

Nelly with TLC and Flo Rida

Nelly, TLC and Flo Rida, American Hip Hop artists, will be performing at the Tuscaloosa Amphitheatre July 23 in Tuscaloosa, Alabama. Tickets for sale online.

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SUNDAY
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Sunday School (all ages) - 9:15 am

SUNDAY EVENING
Youth Drama & AWANA - 4pm
Discipleship Training - 5pm
Evening Worship - 6pm

WEDNESDAY
Kid's Drama - 6 pm
Adult/Youth Bible Study, RAs, GAs
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**Starkville 662-323-5232
Columbus 662-329-9992
West Point 662-494-7555**

An advertisement for Bob's Paint and Auto Body. The background is a dark blue with a subtle pattern of white stars. At the top left is a small white square with a black 'f' logo. The main title 'BOB'S' is in large, bold, 3D letters with an American flag pattern (stars and stripes). Below it, 'Paint and Auto Body' is written in a white, cursive script. A red horizontal band contains the text 'No Matter What You Drive...We've Got You Covered!' in white. Below this is a list of services: Insurance repair for all makes & models, Auto Interior Seat Repair, Hail Damage Repair, Paintless Dent Removal, Deer Damage Repair, and Antique and Vintage Car Specialists. To the right of the list is a black sports car. At the bottom left is a pink classic car. At the bottom right, a white box contains the text 'Voted the Best Body Shop in the Golden Triangle'. The bottom of the ad features a white bar with the address and phone number: 83 EAST PLYMOUTH ROAD | COLUMBUS, MS | 662.327.1221. A small vertical copyright notice '© The Triangle' is on the far right edge.

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

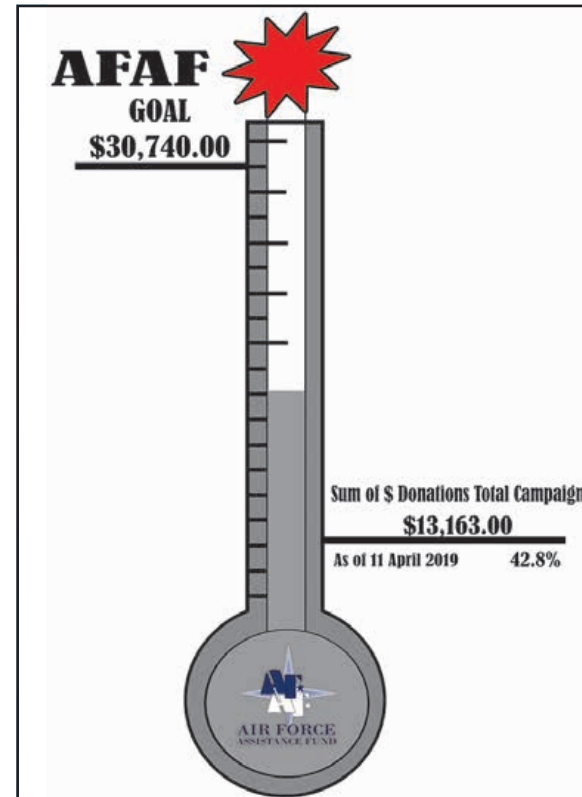
Photo for illustration purposes only.

"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. I 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."

**COMMUNITY
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www.ccsms.org/pach

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News Briefs

Wing Newcomers Orientation

All new active-duty service members are required to attend the Wing Newcomers Orientation starting at 8 a.m. April 16 in the Kaye Auditorium. The Wing Newcomers brief is a great way to learn about all the organizations on base and get a feel for how Columbus operates. Spouses are also encouraged to attend.


SUPT 19-08/09 Graduation

Specialized Undergraduate Pilot Training Class
19-08/09 graduates 10 a.m., April 19 at the Kaye Auditorium.

Spring Fling/Easter Egg Hunt

A Spring Fling and Easter Egg Hunt will occur at 9 a.m. - noon, April 20 near the Club. Activities include an Easter parade, face painting, petting zoo and more!

C O L U M B U S A F B T R A I N I N G T I M E L I N E									
PHASE II		PHASE III		IFF		WING SORTIE BOARD			
Squadron	Track Select	Squadron	Graduation	Squadron	Graduation	Aircraft	Required	Flown	Annual
37th (20-02)	May 15	48th (19-08)	Apr. 19	49th (19-GBC)	Apr. 30	T-6	877	873	14,167
41st (19-25)	Apr. 19	50th (19-08)	Apr. 19			T-1	344	299	4,868
						T-38	168	189	5,411
						IFF	180	148	2,308
Brig. Gen. Kristin E. Goodwin, the Commandant of Cadets, United States Air Force Academy, Colorado, is the guest speaker for Specialized Undergraduate Pilot Training Class 19-08/09's graduation at 10 a.m. April 19, 2019, in the Kaye Auditorium.						<i>* Mission numbers provided by 14 FTW Wing Scheduling.</i>			



**14TH
FLYING
TRAINING
WING
DEPLOYED**

As of press time, 51 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.

14th CES cleans up local highway



Courtesy photo

Members of the 14th Civil Engineer Squadron pose for a group photo March 22, 2019, in Columbus, Mississippi. The 14th CES performed a highway cleanup on Hwy. 45 and Happy Irby Parkway.

Military Spouse Appreciation Breakfast

A Military Spouse Appreciation Breakfast will be held in the Airman & Family Readiness center on May 9 from 9 a.m. – 10 a.m. To RSVP, call 662-434-2790 by May 2.

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
15	16 Wing New-comers, 8 a.m. @ Kaye Auditorium	17	18	19 SUPT Class 19-08/09 Graduation, 10 a.m. @ Kaye Auditorium	20/21 20th: Spring Fling/Easter Egg Hunt, 9 a.m.- noon @ Club area 21st: Easter Holiday	April 30: IFF Class 19GBC Graduation April 30: Enlisted Promotions/Quarterly Awards May 3: 14th OSS Change of Command May 7: Wing Newcomers
22 Earth Day	23	24 Administrative Professional's Day	25	26 50th FTS Change of Command, 9:50 a.m. @ Fire Station Boss & Buddy, 4 p.m. @ Club	27/28 27th: 12th Annual Citywide Unity Picnic, 4-8 p.m. @ Riv-erwalk Park	May 10: Military Spouse Appreciation Day May 17: SUPT Class 19-10/16 Assignment Night May 18: Armed Forces Day May 23: Memorial Day Retreat Ceremony May 27: Memorial Day

Silver Wings

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Layout Designer

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.

Air Force, Army, Navy secretaries host first national discussion on sexual assault, harassment

Secretary of the Air Force Public Affairs

ANNAPOLIS, Md. — Secretary of the Air Force Heather Wilson joined her Army and Navy counterparts April 4-5, for the first national discussion on sexual assault and sexual harassment at America's colleges, universities and service academies summit at the U.S. Naval Academy in Annapolis.

"My colleagues and I believe we have an obligation to share what we are learning and to work with colleges and universities across America to reduce the instances of sexual assault and sexual harassment in every community and on every campus," Wilson said. "That's what this conference is about – our willingness, as institutional leaders, to admit that we don't have the answers, but we all know we have problems. And we're more likely to be able to reduce the instances of sexual assault if we work together."

Subject matter experts and key stakeholders – including members of Congress, civilian college and university leaders, and Department of Defense and Military Service Academy heads – provided messages, recommendations and strategies to improve responses to incidents of sexual assault and harassment.

The summit began April 4 with opening remarks of the secretaries of the Navy and the Army.

Secretary of the Army Dr. Mark T. Esper said, "Sexual assault and sexual harassment are no doubt difficult problems. But working together we have the opportunity to better understand the root causes, exchange innovative ideas and work toward the goal of ridding our institutions of these crimes."

Secretary of the Navy Richard V. Spencer followed Esper by reiterating his previous remarks that students of today are tomorrow's leaders who "trust us to provide a safe and supportive learning environment."

College students between the ages of 17 and 24 are among the nation's most vulnerable in terms of sexual violence victimization and perpetration, regardless of their enrollment in a military service academy or civilian college or university.

Following the press conference in the morning, Sen. Martha McSally, R-Ariz., was the keynote speaker. She shared her personal connection to the military, service academies and as a survivor of military sexual assault.

"There are survivors in plain sight, they are among you in this room whether you have told anyone or not," McSally said. "For me, I could just speak for myself, it was actually a part of what strengthened me and gave me more resolve to fight for others, to stop these things from happening."

McSally reiterated her commitment to meeting with military leaders to find ways to better inform and equip commanders with the tools to respond to incidents of sexual assault.

"All of their promise and all of their potential, and everything they had when they were dropped off at your universities or your academies – it's snuffed out – because of this issue," she said. "Let's be honest about it. Let's figure out how to do something really different, really meaningful to change



cultivate a network of senior leaders, experts and dynamic thinkers who will continue communicating toward the goal of reducing sexual assault and sexual harassment at colleges and universities.

The service academies have unique sets of data they will share with other colleges and universities to gain a more holistic understanding of the common populace.

On that line, Dartmouth College's President Philip J. Hanlon delivered a 'Looking Forward' keynote in which he said the topic is central to fulfilling the academic mission and the ability of students to thrive.

"We know that our institutions cannot maximize academic excellence unless campuses are safe, equitable, diverse and inclusive," Hanlon said as he shared lessons learned from initiatives to reduce sexual assault at Dartmouth. "If there is one thing that is clear, we cannot achieve our highest aspirations as individuals or institutions without eliminating behaviors that cause most harm to our communities and inevitably hold us back. Thank you for dedicating yourselves to this work."

Experts had program evaluations on the last day of the summit in a panel that included Dr. Elise Lopez of the University of Arizona; Dr. Sharyn Potter of the University of New Hampshire; Dr. Christina Gidycz of The University of Ohio; and Dr. Ashlea Klahr of the Office of People Analytics. Assessments continued during breakout sessions covering such topics as, innovative approaches, climate leadership and gender-specific areas.

Poster presentations, which enabled attendees to share evidence-based practices and relevant data toward that end, included "A Life Skills Approach to Sexual Assault Prevention," "University of Minnesota's President's Initiative to Prevent Sexual Misconduct," "Beyond Asking Questions: Mapping Tools Lead to Environmental Prevention Strategies," "Are There Patterns? Examining the Reporting of Sexual Assault," and "Prevention Programs: The Missed Component of Skills-Based Communication Training."

Keynote Speaker of the last day was a national advocate on the topic of sexual assault and former NFL player, Troy Vincent, who shared his own stories. Vincent has been also known with his 'Call2Lead' message asking students, particularly male students, to lead the way in ending domestic violence.

As each service secretary is committed to identifying solutions that improve the lives of the military members, cadets and midshipmen, the torch has been passed to the Army which will host the next national discussion on the subject at West Point in 2020.

In a few months, the Department of the Navy will distribute a survey to gather data from participating schools on progress made on sexual assault and sexual harassment prevention and response on campuses.

(Editor's note: Reporting by the Office of the Navy Chief of Information.)

Senate Armed Services Committee recognizes importance of space while offering divergent views on Space Force

Charles Pope
Secretary of the Air Force
Public Affairs

WASHINGTON — The Senate Armed Services Committee acknowledged April 11 that maintaining U.S. superiority in space is a national imperative but expressed skepticism that creating a Space Force as a new, sixth branch of military is the best approach for achieving that goal.

The hearing was one of the first – and most high profile to date – focusing solely on the administration’s plan to create a Space Force within the Air Force as a new branch of the military to confront emerging threats in space. Chairman James Inhofe, R-Okla., set the tone at the outset, saying he had two primary questions: How much will the Space Force cost and how will it “fit” into the military’s larger operations, mandates and strategic goals?

While Inhofe said the first question has been answered, “I’m still waiting for answers to the other question.”

Indeed, questions about the Space Force’s form and function and whether it provides crucial new capabilities or duplicates existing ones dominated the two-and-a-half-hour long hearing. Those same questions are likely to dominate debate in coming months as Congress considers the issue.

The hearing featured testimony from Acting Secretary of Defense Patrick M. Shanahan, Secretary of the Air Force Heather Wilson, Chairman of the Joint Chiefs of Staff Gen. Joseph E. Dunford and Gen. John E. Hyten, commander of United States Strategic Command.

In making the case for the Space Force, Shanahan echoed observations that have been made repeatedly by Wilson and other senior military and civilian leaders.

“We currently maintain an advantage relative to these competitors, but our space enterprise was built for a strategic environment that no longer exists and our margin of dominance is quickly shrinking,” he said, specifi-



U.S. Air Force photo by Staff Sgt. Rusty Frank

Secretary of the Air Force Heather Wilson testifies on the proposal to establish a United States Space Force during a Senate Armed Services Committee hearing in Washington, D.C., April 11, 2019.

cally noting actions by Russia and China.

“We must not wait until we experience conflict in space to adapt our posture,” he said in testimony prepared for the hearing. “As other great powers become more competent and capable in space, America burdens increased risk because we will not have sufficient time to ‘hammer out’ what will be needed and how to do it if contingencies arise.”

By the end of the hearing, only one senator – freshman Marsha Blackburn, R-Tenn. – voiced unequivocal support. “I may be an outlier on this committee,” she said, “but I totally get why you need Space Force. I fully understand why you need to make this a priority and to focus on this.”

For her part, Wilson reprised a primary argument for why a Space Force is necessary in an era of great power competition and at a time when space has moved from an open and uncontested environment to one that is highly contested and militarily crucial.

“America is the best in the world at space, and our adversaries know it,” Wilson said. As

cess and make it more nimble. Changes made to date in discarding unnecessary acquisition practices have cut 21 years out of space programs alone.

Even so, many on the committee were not convinced.

“All of us would agree that space is essential to the security of the United States,” said ranking member Jack Reed, D-R.I. “We must prepare accordingly. The question is, how?”

Reed voiced concern that, in his view, the organizational structure for the Space Force is “top heavy.” “Why didn’t you think harder about coming up with a leaner structure?” he asked.

Reed also asked why the National Reconnaissance Office and assorted intelligence agencies with responsibilities for space were not folded into the Space Force.

Shanahan responded that, “the bias is toward speed” which meant the proposal includes “stakeholders we have control of.”

Sen. Joni Ernst, R-Iowa, said, “It’s agreed (Space Force) is a necessity but there’s no agreement for how to sort it out.”

Sen. Angus King, I-Maine, said he was “undecided but skeptical.” “How is it that adding a box to an org chart is going to give us a qualitative military edge?”

Hyten responded that while currently senior military leaders and commanders have responsibility for space, they also have other demands. That fractured approach, he said, must be resolved now that space is highly contested.

With a Space Force, he said, “there will be somebody in the Pentagon focusing all attention, all the time, on space.”

One thing most agreed on was the need to concentrate on space.

“Everyone loses if war extent expands into space,” Wilson said. “But we are developing the capabilities to deter and, if necessary, to fight and win in the space domain as we do in all other domains so that our adversaries will choose wisely to deal with our diplomats and not with our war fighters, and that’s what this is about.”

BIRTHDAY

(Continued from page 1)

Force Reserve has evolved from a “standby” force for emergencies into a major command of the Air Force.

Reservists in every branch are an important part of the Department of Defense’s strategy for manpower, global reach, and military flexibility.

The 43rd Flying Training Squadron is Columbus AFB’s Air Force Reserve unit providing active guard reserve and traditional reserve instructor pilots to aid in creating pilots here.

Originally activated at Langley Field, Virginia, in 1939, the 29th Bombardment Squadron (heavy) was redesignated the 43rd in March 1940. The squadron was equipped with B-18s, B-17s and eventually B-24s.

During World War II, the squadron participated in air reviews and antisubmarine



Courtesy photo

43rd Flying Training Squadron

patrols over the Atlantic Coast. In 1943, the unit was moved to Pratt Army Air Field, Kansas, and transitioned to flying the B-29.

On Feb. 25, 1945, the squadron flew its

Columbus AFB AFAF 2019 update

Staff Sgt. Joshua Smoot

14th Flying Training Wing Public Affairs

There are only two weeks left until the April 26 deadline to donate to the Air Force Assistance Fund.

The wing’s goal for this year’s campaign is to reach \$30,740. Halfway through the campaign, we are at \$13,163 or 42.8 percent of the goal.

“I want to thank everyone who has donated so far and I hope to see the donations continue to flow,” said Capt. Nancy Lacy, the AFAF Installation Project Officer for Columbus Air Force Base, Mississippi. “Let’s keep these donations coming and beat our goal.”

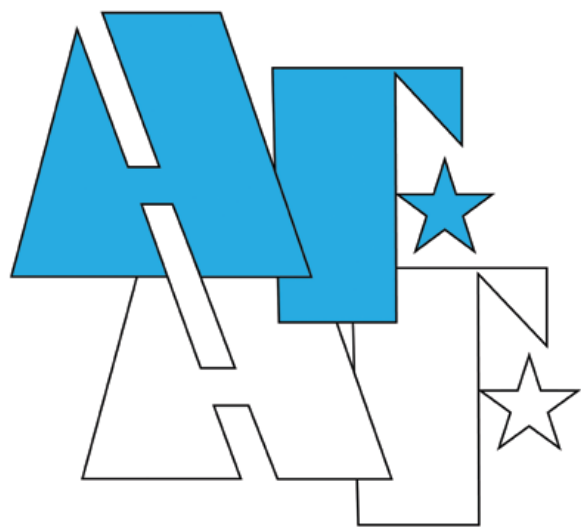
The AFAF is the official nonprofit, charitable organization of the Air Force. The organization provides support to Airmen and their families – active duty and retired, officers and enlisted.

The target audience for donations is Air Force personnel, including guardsmen, reservists and retirees. Unsolicited donations may also be accepted from others, including (non-retiree) civilian employees, sister service military personnel and retirees.

Contributions to the campaign are deductible for Federal Income Tax purposes as an itemized deduction.

Donors making check or money order contributions of \$250 or more directly to Headquarters Air Force Personnel Center (via postal mail) will receive a signed receipt (letter) for tax purposes.

Contributors may obtain a receipt for payroll deduction or



cash contributions made to an authorized AFAF campaign keyworker by asking for the receipt portion of the contributions form (AF Form 2561).

Key workers in each unit will accept donations during the campaign via payroll deductions, or through cash, check or money order.

For questions, call 662-434-3319 or contact your unit keyworkers:

14th Mission Support Group: Kenny Hutchinson*

14th Civil Engineer Squadron: 2nd Lt. Nicollette Hallmark

14th Contracting Squadron: 2nd Lt. Caelan Campbell

14th Communication Squadron: Senior Airman Melissa Vossler

14th Force Support Squadron: Staff Sgt. Kaneitha Bailem & Airman 1st Class Anthony Connors

14th Logistics Readiness Squadron: Michael Spring

14th Security Forces Squadron: Tech. Sgt. Christopher Keylich

14th Operations Group:

37th Flying Training Squadron: 1st Lt. Taylor Brown

41st FTS: 1st Lt. Gared Chapman

48th FTS: 1st Lt. Rachel Jovene

49th Fighter Training Squadron: Capt. Cole Stegeman

50th FTS: Capt. Ryan May* and 1st Lt. Taylor Skrobot

14th Operations Support Squadron: Staff Sgt. Hayden Harrison

14th Student Squadron: Capt. Mark Price

Wing Staff Agencies:

Airman 1st Class Kaden Nichols*

Airman Hannah Bean*

14th Medical Group: Tech. Sgt. Antone Schiefelbein*

14th Medical Support Squadron:– Airman 1st Class James Goode

14th MDOS: Airman 1st Class Xavier Payton & Airman 1st Class Bilqeas Abdul

*Unit Project Officers

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Brig. Gen. Goodwin to speak at SUPT Class 19-08/09's graduation

Brig. Gen. Kristin E. Goodwin, the Commandant of Cadets, United States Air Force Academy, Colorado, is the guest speaker for Specialized Undergraduate Pilot Training Class 19-08/09's graduation at 10 a.m. April 19, in the Kaye Auditorium.

General Goodwin commands the 4,000-member Cadet Wing and more than 200 Air Force and civilian support personnel. Her responsibilities include character and leadership development, military training, supervising cadet life activities and providing support to facilities and logistics.

General Goodwin graduated from the United States Air Force Academy in 1993 with a Bachelor of Science degree in mechanical engineering and earned her pilot wings in 1995 from Laughlin Air Force Base, Texas. She served in various assignments as a command pilot with more than 2,900 hours in multiple aircraft platforms to include the B-52, B-2, EC-130, C-130, T-38, T-1 and T-37. General Goodwin commanded the 509th Operations Support Squadron and the 2d Bomb Wing, leading the B-52 back into combat for the first time in a decade. Gen. Goodwin also oversaw the incorporation of the B-2 into theater operational plans while integrating policies, standards and procedures for B-2 training and combat employment. She was part of the planning team for night one of the "shock and awe" air strike campaign during Operation Iraqi Freedom and led the planning of air operations for night one of Operation Odyssey Dawn in Libya.

General Goodwin was a National Defense Fellow and served as a pacific region political adviser to the Chief of Staff of the Air Force in the Bangkok Embassy, Thailand, addressing counter-insurgency, port security and refugee issues. Gen. Goodwin was hand-selected as the U.S. Pacific Command Commander's Action Group Deputy Director, and was responsible to the USPACOM Commander for development of strategic concepts, theater engagement planning with regional leaders and annual congressional testimony. Prior to assuming her current position, she was the senior military assistant to the Secretary of the Air Force.

EDUCATION

- 1993 Bachelor of Science, mechanical engineering, U.S. Air Force Academy, Colorado Springs, Colo.
- 1999 Squadron Officer School, Maxwell Air Force Base, Ala.
- 2001 Master of Arts, business and organizational management, George Washington University, Washington, D.C.



- 2005 Air Command and Staff College, Maxwell AFB, Ala., by correspondence
- 2006 Near East Asia/ Near East/ North Africa/ China Seminar Courses, U.S. Department of State Foreign Service Institute, Washington, D.C.
- 2007 Asia-Pacific Center for Security Studies: Executive Course, Honolulu, Hawaii
- 2007 Air Command and Staff College, POLAD Fellowship, Washington, D.C.
- 2007 Air War College, Maxwell AFB, Ala., by correspondence
- 2013 Air Force Fellow (SDE), Center for Strategic and International Studies Think Tank, Washington, D.C.

ASSIGNMENTS

- 1. August 1993–January 1994, Assistant Deputy Executive Officer, Professional Military Studies, U.S. Air Force Academy, Colorado Springs, Colo.
- 2. January 1994–March 1995, student pilot, T-37 / T-1, Laughlin Air Force Base, Texas.
- 3. March 1995–August 1995, student, Lead-In C-130 Training, Little Rock AFB, Ark.
- 4. August 1995–February 1998, EC-130H Aircraft Commander, Mobility Officer, Squadron Standardization and Evaluation Liaison Officer, Scheduler, 41st Electronic Squadron, Davis-Monthan AFB, Ariz.
- 5. February 1998–July 1999, Group Operations Executive Officer; EC-130 Instructor Pilot in Compass Call and Airborne Battlefield Command and Control Center, 355th Operations Group, Davis-Monthan AFB, Ariz.
- 6. July 1999–June 2001, AF Intern Program, SAF/AA and CJCS/LA offices, Headquarters U.S. Air Force, Washington, D.C.
- 7. June 2001–June 2002, B-2 Initial Qualification; T-38 Pilot, 394th Combat Training Squadron, Whiteman AFB, Mo.
- 8. June 2002–November 2004, flight commander; Chief of Scheduling; B-2 Mission Commander; T-38 Pilot, 325th Bomb Squadron, Whiteman AFB, Mo.
- 9. November 2004–December 2005, Chief, Wing Scheduling; B-2 Instructor Pilot; T-38 Pilot, 509th Operations Support Squadron, Whiteman AFB, Mo.
- 10. December 2005–July 2006, assistant director of operations; Chief, Wing Combat Plans; B-2 Instructor Pilot; T-38 Pilot, 509th Operations Support Squadron, Whiteman AFB, Mo.
- 11. July 2006–July 2007, National Defense Fellow, Office of the Foreign Policy Advisor, Chief of Staff of the Air Force, Headquarters U.S. Air Force, Washington, D.C.
- 12. July 2007–August 2009, Deputy Director, U.S. Pacific Command Commander's Action Group, Camp Smith, Hawaii
- 13. August 2009–June 2010, Director of Operations 393d Bomb Squadron; B-2 Evaluator Pilot, Whiteman AFB, Mo.
- 14. June 2010–June 2011, Commander, 509th Operational Support Squadron; B-2 Evaluator Pilot, Whiteman

- AFB, Mo.
- 15. June 2011–June 2012, Executive Officer to Commander, Air Combat Command, Langley AFB, Va.
- 16. June 2012–June 2013, Air Force Fellowship, Center for Strategic and International Studies Think Tank, Washington, D.C.
- 17. June 2013–August 2014, Vice Commander, 509th Bomb Wing, Whiteman AFB, Mo.
- 18. August 2014–May 2016, Commander, 2nd Bomb Wing, Barksdale AFB, La.
- 19. June 2016–April 2017, Senior Military Assistant to the Secretary of the Air Force, Headquarters U.S. Air Force, the Pentagon, Washington, D.C.
- 20. May 2017–present, Commandant of Cadets, U.S. Air Force Academy, Colorado Springs, Colo.

SUMMARY OF JOINT ASSIGNMENTS

- 1. July 2007–August 2009, Deputy Director, U.S. Pacific Command Commander's Action Group, Camp Smith, Hawaii, as a lieutenant colonel

FLIGHT INFORMATION

- Rating: command pilot
- Flight hours: more than 2,900
- Aircraft flown: T-37, T-1, T-38, C-130, EC-130, B-2, B-52

MAJOR AWARDS AND DECORATIONS

- Legion of Merit with oak leaf cluster
- Defense Meritorious Service Medal
- Meritorious Service Medal with two oak leaf clusters
- Air Medal
- Air Force Commendation Medal
- Air Force Achievement Medal with three oak leaf clusters
- Joint Meritorious Unit Award
- Outstanding Unit Award with Valor Device with three oak leaf clusters
- Organizational Excellence Award
- Combat Readiness Medal with three oak leaf clusters
- National Defense Service Medal with bronze star
- Armed Forces Expeditionary Medal
- Global War on Terrorism Service Medal
- Nuclear Deterrence Operations Service Medal with 'N' Device and three oak leaf clusters
- NATO Medal

EFFECTIVE DATES OF PROMOTION

- Second Lieutenant June 2, 1993
- First Lieutenant June 2, 1995
- Captain June 2, 1997
- Major Sept 1, 2003
- Lieutenant Colonel June 1, 2008
- Colonel July 1, 2012
- Brigadier General June 2, 2018

(Current as of November 2018)

New direction for female-specific flight equipment

Airman 1st Class Bailee A. Darbasie
99th Air Base Wing Public Affairs

NELLIS AIR FORCE BASE, Nev. — The Air Force is working to redesign the gear used by female pilots across the force after facing challenges with current flight equipment.

"We have women performing in every combat mission, and we owe it to them to have gear that fits, is suited for a woman's frame and (one) can be in for hours on end," said Air Force Chief of Staff Gen. David L. Goldfein at a Defense Writers Group breakfast, March 2018 in Washington, D.C.

The majority of the equipment currently worn by pilots was built off anthropometric data from the 1960s, a time when only men were in aviator roles.

The lack of variety and representation in the current designs have caused multiple issues for women, said Col. Samantha Weeks, the 14th Flying Training Wing commander, assigned to Columbus Air Force Base, Mississippi.

Many of the uniform issues circulate around G-suits, flight suits, urinary devices and survival vests.

"The challenges other female aviators and I face are the fit and availability of our flight equipment," said Capt. Lauren Ellis, 57th Adversary Tactics Group executive officer.

Limited sizes and accessibility often force aircrew to order the wrong size and have it extensively altered to fit properly, taking time and money away from the mission, Ellis said.

"All of the bladders on my G-suit need to be modified," Ellis said. "It's a lot of work for the Aircrew Flight Equipment, or AFE, Airmen. Even after they're modified, the proportions don't fit."

G-suits are vital anti-gravity gear for aviators. The bladders in the suit fill with air and apply pressure to the pilot's body to prevent a loss of consciousness during high levels of acceleration. Not having a properly fitted G-suit could lead to hypoxia followed by unconsciousness.

Ellis said ill-fitting flight suits are a common problem for men and women. Aircrew who are significantly above or below average height have a hard time finding suits that fit their body type.

Even if a woman found a flight suit close to her size, the flight-suit zipper is designed for men—not women. Female aircrew struggle with relieving themselves during flights because the flight-suit zipper isn't designed low enough for them to properly use their urinary devices.



Participants of the Female Flight Equipment Workshop demonstrate issues women face with the current survival vests at AFWERX Vegas, Las Vegas, Jan. 30, 2019. Female Airmen stationed across the globe traveled to attend the workshop to explore areas of opportunity and come up with solutions for their issues.

"There are flight suits that were designed with longer zippers for women, but they're almost never available," Ellis said. "It's common for females to have to wait months to receive the flight suit they've ordered which causes them to have to wear the male one."

Along with the possibility of injury and discomfort associated with G-suits and flight suits, women struggle to get their life-saving gear to fit accordingly. The process of ejecting is so powerful, even pilots with well-fitting gear are at a serious risk of injury. It's important for aviators to be heard and the modernization of equipment for everyone continues, Ellis said.

"In certain situations, having ill-fitting gear, such as harnesses and survival vests, can result in a loss of life," Ellis said. "If an aircrew member ejects from the aircraft with equipment that doesn't fit, they can be severely injured or lose their life."

The Air Force and Air Combat Command are working to find a feasible solution for aircrew members.

Part of the strategy to correct the uniform problem was to take part in several collaborative Female Flight Equipment Workshops at AFWERX Vegas. Female Airmen stationed across the globe traveled to the innovation hub and attended the workshops to explore areas of opportunity and come up with proposed solutions.

"The purpose of the workshops is to bring together female aviators, Aircrew Flight Equipment, Human Systems Program Office personnel and subject matter experts to

understand the current products, the acquisition process and the actual needs from the field," Weeks said.

Throughout the workshops, aviators participated in briefings, as well as discussions and exercises with the agencies involved in the design and distribution of their gear.

"The Human Systems Program Office acquires and sustains all equipment for male and female Airmen," said Lt. Col. Elaine Bryant Human Systems Program Office deputy chief, assigned to Wright-Patterson Air Force Base, Ohio. "We are committed to hearing our consumers' voices, and we will make the changes necessary to our current process to meet their needs."

The workshops established the commu-

nication needed between the consumer, designers and suppliers to reach a mutual goal of understanding and development.

"We now have some pretty clear actions coming out of the Female Flight Equipment Workshops," Bryant said. "We've heard the feedback, and we want to make sure we have actionable things we're accomplishing within specific time frames for our consumers."

The Human Systems Program Office will strive to make progressive changes within their operations and better their acquisition process, explained Bryant.

"We will take the field up on their offers of coming out to the units and meeting the aircrew for whom we supply," Bryant said. "We'll ensure we maintain the lines of communication needed to better our program."

Another major improvement for female aviators is the adoption of the Battlefield Airmen Rapid Resource Replenishment System, a centrally managed equipment facility. BARS is capable of shipping needed resources directly to female aircrew. Using this system will allow women to acquire the proper fitting equipment they need within an acceptable timeline.

"BARS is a step in the right direction," Ellis said. "Everyone deserves to have equipment that fits them. There are certain things we have to adapt to, but as long as we're trying to improve and modernize our gear, we can be a more ready and lethal force."

"The Air Force has evolved over the years and continues to evolve," Weeks echoed. "Female aviators entering the Air Force now will not have the same issues I had over the last 21 years."

Information from an ACC news feature was used in this story.



Participants of the Female Flight Equipment Workshop discuss the advantages and disadvantages of multiple-piece body armor at AFWERX Vegas, Las Vegas, Jan. 30, 2019. Throughout the workshops, aviators participated in briefings, discussions and exercises, with an opportunity to voice their concerns and opinions to the agencies involved with the design and distribution of their gear.

U.S. Air Force photo by Airman 1st Class Bailee A. Darbasie

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 'Columbus Air Force Base'.

Lunch Buffets at the Overrun

Enjoy daily lunch buffets Tuesday through Friday at the Columbus Club. Daily buffets include: Tuesday – Tacos and Nachos \$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.

Free Breakfast for Club Members

Start your morning off at the Overrun with free breakfast for club members and \$8 for non-members from 6:30–9 a.m. April 16. Become a club member and save! For more information, contact 434-2489.

Lip Sync Battle Competition

On April 27 get ready to bring it! Calling all lip sync-ers and air guitarists! Sign up at the Columbus Club by April 19 and get ready for a night of music and fun! \$10 for individuals and \$20 for groups (up to 12 people). For a complete list of rules and regulations please visit the Columbus Club. Call 434-2489 for more information.

Youth Summer Camps

The Youth Center offers a variety of camps during the summer to keep the kids from getting bored. Contact the Youth Center for a full list of camps available through August. For more information call 434-2504.

Spring Fling

Mark your calendars for April 20 starting at 9 a.m. and join the Youth center along with the Columbus club for a fantastic Spring Fling! Free activities include: Egg hunt, bounce castles, Easter Parade, face painting, petting zoo, games and more!

A special Easter themed brunch buffet will be available, \$8 club members, \$10 non-club members, FREE for children 8 and under. Call 434-2504 for more information.

Escape Tuscaloosa

On May 5 from 1-7 p.m., come and experience a mental and physical adventure game. Players will follow a sequence of clues, hints, puzzles, riddles and strategy with a tactical approach. Players have 60 minutes to solve the mystery and 'escape' the room. After you successfully escape, we will stop at Chuy's Mexican Restaurant for dinner and Cinco de Mayo celebrations! Ticket price is \$28 per person and includes, transportation and entrance to escape room. The firm deadline to sign up for this event is April 22. Contact ITT 434-7861 for more information.

Theme Thursdays at the Overrun

Join us April 18 & 25 for Theme Thursdays, this month's theme is Show us your Talent!! Can you sing? Can you dance? Come and woo the crowd and enjoy \$0.45 wings, drink specials and sports games on TV's. Call 434-2489 for more information.

Fitness Expo

Kick-off National Physical Fitness and Sports Month at the



4th annual Fitness Expo on May 1. The expo will feature organizations specializing on wellness, sporting goods, and various other health relates industries. For more information call 434-2772.

Fitness Run

The National Fitness Month 5K will be held May 3 at 7 a.m. The run is free and will start and end at the Fitness Center. For more information call 434-2772.

Assignment Night Transportation

Book Assignment Night transportation with ITT! Reserve the bus, the van or both! The cost is only \$30 per hour for Columbus and local areas; a \$30 deposit is required and applied to the total cost of reservation. Reservation must be a minimum of four hours and reserved in person. For more information, contact 434-7861.

Martial Arts

Martial Arts classes are available at the Youth Center every Tuesday and Wednesday from 5-6 p.m. receive two free introductory classes, contact the Youth Center for more information at 434-2504.

Exclusive Military Vacation Packages

Did you know that you can book exclusive military vacation packages at ITT? Packages include Universal Studios and Disney destinations. To book your vacation at www.americaforcetravel.com or visit 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, Fridays at 10 a.m. and 3:30 p.m. for ages birth–2 years, and 10 a.m. on Saturdays for all ages. For more information, contact 434-2934.

FSS Gift Cards

Make your shopping easier! Purchase or redeem your FSS Gift Card at the following locations: Arts and Crafts, Bowling Center, Café at Whispering Pines, Child Development Center, Columbus Club, Information Tickets and Travel, Outdoor Recreation or the Youth Center. For more information, stop by any of these locations.

Horse Boarding Available

The CAFB Riding Stables usually has stall space available. For pricing and more information, contact Outdoor Recreation at 434-2505.

Free Mango Languages

Learn a new language today! Free Mango Languages available at the Base Library; real-life conversations in over 70 languages. For more information, contact 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 is Open Friday Nights

The Overrun is open Fridays 4:30 p.m. until midnight. Excluding Graduation nights. For more information, contact 434-2489.

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 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.

Wood Shop is OPEN!

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

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.

MS Military Youth of the Year awarded to Columbus AFB's youth

Airman Hannah Bean

14th Flying Training Wing
Public Affairs

Columbus AFB's own Youth of the Year was awarded the Mississippi Military Youth of the Year during a competition in Clarksdale, Mississippi, March 6-8.

NaTerika Shellman competed against Youth of the Year selections from Keesler AFB and Naval Air Station Meridian. Through her efforts, she received over \$5,000 in scholarships and will go on to compete at the Boys and Girls Club of America South-east Regional Level in Atlanta, June 18.

NaTerika Shellman, daughter of Stanley and Natarsha Shellman, is a student at Caledonia High School who utilizes a lot of her time volunteering and being a part of numerous clubs and activities.

"She loves to give service before others," said Natarsha, 14th Force Support Squadron chief of resource management. "She has over 400 hours in volunteering, not to mention the stuff that she does that doesn't get counted to volunteer hours. She's hard working. She does so much. We are like 'When do you have time to be a teenager.' She is always out doing something service-wise. She babysits when she's not working. I don't think she realizes how much she does that's not for herself."

The competition is a three-day event where competitors will interact with each other in various activities and showcase their skills via interviews and even deliver a speech to an audience.

"Her speech this year was about her growth and how the Boys & Girls Club helped her to get to where was that day," Natarsha said. "It was really a speech about 'who I am' and it was amazing. It was all her own. There was no help. It's a very inspiring speech."

Natarsha went on to explain NaTerika's experiences form her first time competing and how much she has grown this year, showcasing how much she's grown in the few years and her leadership skills.

"She got to tell the world what she thought about herself," said Stanley, 14th Flying Training Wing Maintenance Authority contracting officer representative. "It was natural. It wasn't something she had to remember, she just told them about herself and who she was. She was talking. She explained who she was, how she was, what she felt, what she's gone through and she ended the



U.S. Air Force photo by Melissa Doublin
NaTerika Shellman

"She loves to give service before others," said Natarsha Shellman, 14th Force Support Squadron chief of resource management.

speech with 'My name's NaTerika Shellman.' This is my daughter and I'm honestly in awe of how she did that."

Established in 1947, Youth of the Year is Boys & Girls Clubs of America's premiere recognition program. It celebrates young people, ages 14 to 18, for their commitment to community service, academic success, good character and citizenship, and establishing long-term goals. The Youth of the Year title recognizes leadership, service, academic excellence and dedication to live a healthy lifestyle.

Military Youth of the Year, a distinct component of the Youth of the Year program, was introduced In 2013 to recognize outstanding teens served by BGCA-affiliated Youth Centers on U.S. military installations worldwide.



Courtesy photo



ABOVE: NaTerika Shellman with a group of volunteers during Breakfast with Santa, December 2018. NaTerika is a student at Caledonia High School who utilizes a lot of her time volunteering and being a part of numerous clubs and activities.

LEFT: The 2019 winners of the Mississippi Youth of the Year Celebration, March 6-8 in Clarksdale, Miss. NaTerika Shellman competed against Youth of the Year selections from Keesler Air Force Base and Naval Air Station Meridian.

Courtesy photo

BLAZE Hangar Tails: C-130 Hercules

Mission

The C-130 Hercules primarily performs the tactical portion of the airlift mission. The aircraft is capable of operating from rough, dirt strips and is the prime transport for airdropping troops and equipment into hostile areas. The C-130 operates throughout the U.S. Air Force, serving with Air Mobility Command, Air Force Special Operations Command, Air Combat Command, U.S. Air Forces in Europe, Pacific Air Forces, Air National Guard and the Air Force Reserve Command, fulfilling a wide range of operational missions in both peace and war situations. Basic and specialized versions of the aircraft airframe perform a diverse number of roles, including airlift support, Antarctic ice resupply, aeromedical missions, weather reconnaissance, aerial spray missions, fire-fighting duties for the U.S. Forest Service and natural disaster relief missions.

General Characteristics

Primary Function: Global airlift
Contractor: Lockheed-Martin Aeronautics Company
Power Plant:
C-130H: Four Allison T56-A-15 turboprops
C-130J: Four Rolls-Royce AE 2100D3 turboprops
Length: C-130E/H/J: 97 feet, 9 inches (29.3 meters)
Height: 38 feet, 10 inches (11.9 meters)

Wingspan: 132 feet, 7 inches (39.7 meters)
Cargo Compartment:
C-130E/H/J: length, 40 feet (12.31 meters); width, 119 inches (3.02 meters); height, 9 feet (2.74 meters).
Rear ramp: length, 123 inches (3.12 meters); width, 119 inches (3.02 meters)
Speed:
C-130E: 345 mph (Mach 0.49) at 20,000 feet (6,060 meters)
C-130H: 366 mph (Mach 0.52) at 20,000 feet (6,060 meters)
C-130J: 417 mph (Mach 0.59) at 22,000 feet (6,706 meters)
Ceiling:
C-130J: 28,000 feet (8,615 meters) with 42,000 pounds (19,090 kilograms) payload
C-130H: 23,000 feet (7,077 meters) with 42,000 pounds (19,090 kilograms) payload
C-130E: 19,000 feet (5,846 meters) with 42,000 pounds (19,090 kilograms) payload
Maximum Takeoff Weight:
C-130E/H/J: 155,000 pounds (69,750 kilograms)
Maximum Allowable Payload:
C-130E: 42,000 pounds (19,090 kilograms)
C-130H: 42,000 pounds (19,090 kilograms)
C-130J: 42,000 pounds (19,090 kilograms)

Maximum Normal Payload:
C-130E, 36,500 pounds (16,590 kilograms); **C-130H,** 36,500 pounds (16,590 kilograms); **C-130J,** 34,000 pounds (15,422 kilograms)
Range at Maximum Normal Payload:
C-130E, 1,150 miles (1,000 nautical miles)
C-130H, 1,208 miles (1,050 nautical miles)
C-130J, 2,071 miles (1,800 nautical miles)
Maximum Load:
C-130E/H/J: 6 pallets or 74 litters or 16 CDS bundles or 92 combat troops or 64 paratroopers, or a combination of any of these up to the cargo compartment capacity or maximum allowable weight.
C-130J-30: 8 pallets or 97 litters or 24 CDS bundles or 128 combat troops or 92 paratroopers, or a combination of any of these up to the cargo compartment capacity or maximum allowable weight.
Crew: C-130E/H: Five (two pilots, navigator, flight engineer and loadmaster)
Unit Cost: C-130E, \$11.9, C-130H, \$30.1, C-130J, \$48.5 (FY 1998 constant dollars in millions)
Date Deployed: C-130A, Dec 1956; C-130B, May 1959; C-130E, Aug 1962; C-130H, Jun 1974; C-130J, Feb 1999
Inventory: Active force, 145; Air National Guard, 181; Air Force Reserve, 102



U.S. Air National Guard photo by Tech. Sgt. Austen R. Adriaens
A C-130 Hercules from the 133rd Airlift Squadron prepares to take off on an airdrop mission in Yuma, Ariz. Feb. 28, 2019. This year's Operation Snowbird exercise consisted of a multi-state aviation partnership between the 133rd and 182nd Airlift Wings, in preparation for future overseas deployments.



U.S. Air Force photo by Senior Airman Sadie Hewes
Firefighters assigned to the 103rd Civil Engineer Squadron respond to a simulated C-130 Hercules engine fire March 2, 2019, on the flightline of Bradley Air National Guard Base, East Granby, Conn. The simulation was a part of an Operational Readiness Exercise held on the base March 2- 3, 2019.

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.)

Wing Newcomers Orientation

The next Wing Newcomers Orientation is from 8 a.m.-2:30 p.m. April 16. This event is mandatory for all newly arrived military and DoD civilian personnel, and spouses are encouraged to attend. This base-wide CONNECTION orientation begins at the Kaye Auditorium and consists of a guided base tour. To register, please contact your unit CSS, or for more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. April 23 in the A&FRC. Highly encouraged for first-time and over-seas relocating members. Get the very latest moving information straight from base-wide relocation assistance agencies. Learn what to expect before you move with information from Tri-Care, Housing, Military Pay, TMO, Medical Records and A&FRC. Be sure to bring and ask any relocating questions you may have during his event.

Hearts Apart

The next Hearts Apart is from 5-7 p.m. April 25. This monthly social event is for family members whose sponsor is deployed, on a remote tour or TDY for more than 30 days. To register or for more information, please call A&FRC at (662) 434-2790.

Air Force Recovery Coordination Program

A Recovery Care Coordinator (RCC) will be providing assistance from noon-5 p.m. May 8; 8 a.m.-5 p.m. May 9; and 8 a.m.-noon May 10 at the A&FRC. The Recovery Coordination Program (RCP) 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.

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

The next Transition Assistance Program (TAP) workshop is from 7:30 a.m.-4 p.m. May 6-10 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

SUPT Class 19-08/08 Assignment Night



U.S. Air Force photo by Airman Hannah Bean
Specialized Undergraduate Pilot Training Class 19-08/09 wait to see their first assignment during Assignment Night April 5, 2019, on Columbus Air Force Base, Mississippi. Assignment nights are full of traditions and heritage, from the drinking mugs given to the students who will graduate soon to the experience of finding out the airframe.

Department of Labor. Preseparation counseling is required before attending, and recommended attendance is 12-24 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.

Career Exploration & Planning Track Workshop

The next Career Exploration & Planning Track workshop is from 8 a.m.-3 p.m. May 13-14 in the A&FRC. This workshop helps members identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. To register or for more information, please call A&FRC at (662) 434-2790.

Federal USA Jobs Workshop

The next Federal USA Jobs workshop is from 9-10:30 a.m. May 15. 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.

Bundles for Babies

The next Bundles for Babies workshop is from 1-3:30 p.m. May 16 in the A&FRC. This program is designed for active-duty AF members and/or their spouses who are pregnant or have a child 4 months old or less. Attendees will learn about finances, labor and delivery, and infant care. A \$50 gift card sponsored by the Air Force Aid Society will be provided for each qualifying child. To register or for more information, please call A&FRC at (662) 434-2790.

Heart Link

The next Heart Link is from 8:30 a.m.-noon July 25 in the A&FRC. This half-day program is open to all spouses of active-duty military members assigned to Columbus AFB. Attendees will 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.

Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop is from 8 a.m.-3 p.m. Sept. 19-20. 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.

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) 435-1110.

Sponsorship Training

An electronic version of sponsorship train-

ing called eSponsorship Application & Training (eSAT) is the required training course to become a sponsor. It can be found in Military One Source's MilLife Learning training Course Catalog at this link <https://millifelearning.militaryonesource.mil/MOS/f?p=SIS:2:0::> For additional information, please contact the A&FRC Relocation Manager at (662) 434-2701/2790.

Volunteer Opportunities

If you are interested in volunteering, please contact the A&FRC. We have volunteer opportunities located across the base for one-time events, special events or on a continual basis. Volunteers are needed 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.

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.

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



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



Military kids: Appreciate what they have

Major Doug Hickey

Commander, 14th Force Support Squadron

April is the Month of the Military Child and it is truly an opportunity for us all to recognize and acknowledge the sacrifices made by our kids, who don't have any choice when it comes to where they will move next. They become experts at learning new cultures, adjusting to new schools and making new friends. Kids excel at facing challenges head-on and grow into community leaders amongst their peers.

What I take from the description above is that we can all learn something from our kids if we just pay attention to what they are saying and doing. My own daughter gained strength through my four deployments before she was 9 years old and has continued to grow from the experience of moving five times over 13 years. When she was 8 years old, she was given the chance to write an article for Stars and Stripes as part of the Month of the Military Child. The topic of the article was "what I enjoy about being a military brat." My daughter highlighted the fact that she was able to learn about various

cultures and travel to new places ... in the end she focused on the opportunities that existed versus focusing on the negatives or challenges. The moving is not always easy, and in fact gets harder as she gets older, but she has learned to appreciate what she has, knows she can overcome any challenge, and actually communicates verbally more often now despite this age of technology.

The opportunity to be stationed at Columbus Air Force Base presents these same opportunities to appreciate what you have, especially when it comes to your kids. If we expect our kids to do this, we must lead by example as they are always watching us. For starters, parents should put down their smartphones, disconnect from the Spouses Page and actually participate in events with their kids ... time goes by too fast and you are going to miss the opportunity to appreciate what you have right in front of you.

Take the time to meet with the School Liaison Officer (SLO) on base and learn about the Military Interstate Children's Compact Commission, which has the best interests of

your kids in mind when it comes to their educational well-being and development. The SLO has a direct link to school administrators and helps them to understand the unique challenges faced by military families in schools. If you have kids, the SLO should be one of your mandatory stops when arriving at a new base or departing from your current base.

As a way to further develop your child's social and physical development, be sure to make your way over to the Youth Center to inquire about youth sports programs, school age care programs, 4-H, Boys & Girls Club of America and upcoming summer camps which could include performing arts, STEM, science, soccer, culinary arts, music, sideline sports, robotics, etc.

Appreciate what you have. Be an active participant in helping your child find his or her identity and achieving their full potential. Getting your kids involved helps to create a sense of belonging and builds their self-confidence, which will aid them in coping and adjusting to the many moves that happen as a military child over the years.



Medical Corner



SLEEP HEALTH

Macro- and micronutrients and how it influences insomnia, sleep apnea, and other disorders

Macronutrients - a type of food composition, such as fat, protein, or carbohydrate

Protein - Increased protein intake is linked with less difficulty falling asleep, less difficulty maintaining sleep, and less non-restorative sleep.

Carbs - Carbohydrate consumption is associated with less difficulty maintaining sleep. But this benefit is more with complex carbs—the researchers observed deleterious effects of sugar and benefits of fiber. Sugar intake was linked with more excessive daytime sleepiness. Increased fiber resulted in less difficulty maintaining sleep, less difficulty with nonrestorative sleep, and less daytime sleepiness.

Fats - The role of fat in diet is controversial, in part because many studies lump all fats into one category and some studies don't account for other macronutrient composition. Increased fat consumption was not associated with any adverse sleep symptoms. However, a low-fat diet was associated with nonrestorative sleep and excessive daytime sleepiness.

Micronutrients - traditionally thought of as vitamins and minerals, but they also include individual metabolites, amino acids, and fatty acids.

B Vitamins - Vitamin B1 (thiamin) has been shown to reduce daytime sleep time, improve sleep patterns, and increase activity. B9 (folate) is one of several nutrients implicated in improving mood and sleep. B6 (pyridoxine) may improve dream recall. B12 (cobalamin) influences circadian rhythms. One study found that people with insomnia consumed significantly lesser quantities of B vitamins as compared to normal sleepers.

Amino Acids and Metabolites - Amino acid asparagine has been found to have an effect on fatigue. Mental and physical fatigue also coincides with reduced levels of glutamine, serine, and carnitine.

Minerals - Magnesium and zinc may improve sleep. Magnesium treatment may also be useful in restless legs syndrome of sleep-related insomnia.

Fatty Acids - oleic acid deficiency is a common finding in insomnia patients. This fatty acid regulates our drive for sleep. Consumption of fish, a source of omega-3 fatty acids, has also been associated with improved sleep.



Break the Cycle: Treat Sleep Apnea First

An estimated 18 million Americans have sleep apnea, a sleep-related breathing disorder that leads individuals to repeatedly stop breathing during sleep. Not only does sleep apnea seriously affect one's quality of sleep, but it can also lead to health risks such as stroke, heart attack, congestive heart failure and excessive daytime sleepiness.

Sleep apnea is often associated with people who are overweight – weight gain leads to compromised respiratory function when an individual's trunk and neck area increase from weight gain. These interacting problems of weight gain and sleep apnea make it difficult to help oneself off the slippery slope of health problems.

Richard Simon, MD recommends treating sleep apnea first: "Unfortunately, we do not have great treatments for obesity that have long term success rates of much greater than 5–10%," Simon says. "Thus I prefer to start therapy...and then add exercise... People feel restored when they are effectively treated for sleep apnea and are more willing to start exercising then."

INSOMNIA, SLEEP & YOUR LIFESTYLE, SLEEP APNEA, SLEEP HEALTH: Diet, Exercise and Sleep.

Retrieved at <https://www.sleepfoundation.org/articles/diet-exercise-and-sleep>



A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,
I recently changed my eating habits and increased my level of physical activity in an effort to improve my overall health and lose weight. Although, I've made several changes to include increasing my fruit and vegetable intake, drinking more water, and added weight training to my regular cardiovascular routine, I'm having trouble losing weight. It has been three months of consistent improvements in these areas and I have had minimal changes in weight and body composition. I oftentimes feel exhausted. Recently, I read that too little sleep can impact one's ability to lose weight. I sleep a total of 5-6 hours a night. Is it true that sleep can affect weight loss?

Sincerely,
Motivated But Exhausted

Dear Motivated But Exhausted,
Congratulations on making changes to improve your overall health and lose weight. It is great that you are seeking advice on how to further improve your health. When it comes to sleep and its relationship with nutrition, there is evidence that sleep can affect how we eat. In fact, there are studies that have observed that sleep deprivation, over time, may affect the hormones that control hunger and satiety.

There are two hormones that are associated with the appetite – leptin and ghrelin. The hormone leptin regulates feelings of fullness, while the hormone ghrelin regulates feelings of hunger. When we have healthy sleep patterns, leptin increases during sleep and ghrelin decreases during sleep. If sleep deprived, leptin levels are lower and ghrelin levels are higher which results in increased feelings of hunger while also slowing metabolism to preserve energy. These altered satiety cues may result in weight gain or difficulty losing weight. Additionally, other stress hormones and resistance to insulin can result in difficulties managing ones' weight.

There are multiple variables to be considered when evaluating the relationship between sleep and nutrition. Also of note are medical conditions such as acid reflux disease and sleep apnea that affect overall sleep quality and can impact weight control. It is wise to consult with your healthcare provider to determine what may be affecting your sleep habits that in turn are affecting your level of energy and weight control efforts.

Sincerely,
Health Myth Busters

WHAT CAN I RECYCLE?

If it is **DRY**, free of **LIQUIDS**, has no **BIOLOGICAL MATERIAL**, is plastic, metal, paper or glass—we can probably recycle it.

Paper: All cardboard, writing paper and envelopes, junk mail, advertisements, bound books, phone books, magazines and paper packaging.

Plastic: If you drink from it, recycle it. If it had detergent in it, recycle it. We recycle #1 & 2 plastic. Shopping bags can be taken to the CDC for reuse in diaper disposal.

Metal: Soda cans, wire, aluminum, copper. We take it all.

Glass: Bottles of all colors are taken. No other glass products can be taken.

We **CANNOT** accept **Electronic** waste at this time; please stay tuned, we are working on a solution.

Recyclables can be taken to the recycling center or the Shopette parking lot.

BONUS: We also take used motor oil and other stuff. Just visit or give us a call.

Questions: 434-7406/7353



Recycle Center Hours

Mon - Fri: 6:00 a.m. - 4:00 p.m.
Sat & Sun: Closed

Commander's Action Line 434-1414

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

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

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



Share the road. Watch for motorcyclists.



How Does Nutrition Impact Sleep Disorders? Retrieved from <http://www.sleepreviewmag.com/2018/10/nutrition-impact-sleep-disorders/?ref=cl-title>



U.S. Air Force photo by Airman Hannah Bean
Children wait in line to get their faces painted during the Youth Center's Month of the Military Child kickoff, April 5, 2019, on Columbus Air Force Base, Miss. Military children selflessly share their parents with the military as they endure separations, repeated deployments and navigating multiple moves.



U.S. Air Force photo by Airman Hannah Bean
Children interact and play on the bouncy castles during the Youth Center's Month of the Military Child kickoff April 5, 2019, on Columbus Air Force Base, Miss. April is Month of the Military Child, a time to acknowledge sacrifices and unique contributions made by military families worldwide while highlighting the strength of character and resilience which make military children an asset to our local communities and schools.

Columbus AFB celebrates Month of the Military Child

Airman 1st Class Jake Jacobsen
14th Flying Training Wing Public Affairs

April is the Month of the Military Child, a time to acknowledge sacrifices and unique contributions made by military families worldwide while highlighting the strength of character and resilience which make military children an asset to our local communities and schools.

Sponsored by the Department of Defense Military Community and Family Policy, the Pentagon, military branches and other agencies use the month to recognize military kids for their bravery on the home front.

"Military children do serve as well because of the things they have to put up with," said Col. William Denham, 14th Flying Training Wing vice commander. "They have a very unique upbringing and have to get used to the fact of their mom or dad being gone from time to time."

Military children selflessly share their parents with the military as they endure separations,

repeated deployments and navigating multiple moves. In some cases where a parent may return injured, they have to adapt and assist during the recovery process. The adjustment to these circumstances showcase how military children are examples of resilience in the military community.

Denham said that a lot of these challenges can also be seen as benefits, as they help lay a unique foundation for a child. Through each's respective experiences, children continue their lives being more adaptable and resilient than other children because of the constant changes they encounter.

Some of the advantages of being a military child include going over overseas, experiencing different cultures and being surrounded by other like-minded military families in the community.

Throughout April, the theme "Purple Up" is used over the course of the month as a way to represent children from all the services. Wearing purple is a visible way to show support and thank military youth for their strength and spirit.

"Tribute to this month is important because we

all say thank you for your service to active duty and the spouses but we forget the children are a part of this lifestyle as well," said Victoria Bentley, Columbus AFB Child Development Center assistant program manager.

Bentley and the other workers at the CDC have planned special activities to help highlight the month. They started with a parade to kick off the month and hosted a CDC ball where children came and danced with their parents and friends. Also scheduled is a bike-a-thon, ice cream day, and wacky Wednesdays every Wednesday.

As the month celebration continues, families will be able to participate in many activities, such as a Purple Up Day and a Movie on the Lawn April 12, a and Spring Fling April 20 which will feature egg hunts for various age ranges, face painting, petting zoo, games bounce castles and more. The CDC also provides drop in care so anybody can come in and get a chance to understand and appreciate what the children here experience.



U.S. Air Force photo by Airman Hannah Bean
Andre Logan, 14th Force Support Squadron Child and Youth services Flight Chief, plays basketball with kids during the Youth Center's Month of the Military Child kickoff, April 5, 2019, on Columbus Air Force Base, Miss. As the month celebration continues, families will be able to participate in many activities, such as a Purple Up Day and a Movie on the Lawn April 12, a and Spring Fling April 20 which will feature egg hunts for various age ranges, face painting, petting zoo, games bounce castles and more



U.S. Air Force photo by Airman Hannah Bean
Caregivers watch over kids playing in the bouncy castle during the Youth Center's Month of the Military Child kickoff, April 5, 2019, on Columbus Air Force Base, Miss. One major theme for the month of April is "Purple Up" , which is used as a way to show support and thank military youth for their strength and spirit.



U.S. Air Force photo by Airman Hannah Bean
Parents dance with their children during the Child Development Center Ball dress up and dance, April 5, 2019, on Columbus Air Force Base, Miss. Sponsored by the Department of Defense Military Community and Family Policy, the Pentagon, military branches and other agencies use the month to recognize military kids for their bravery on the home front.