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Vol. 43, Issue 16

“Cultivate Airmen, Create Pilots, CONNECT”

Columbus Air Force Base, Miss.

April 26, 2019

USAFA commandant gives leadership advice to Columbus AFB's newest pilots

Airman Hannah Bean
14th Flying Training Wing
Public Affairs

Brig. Gen. Kristin Goodwin, U.S. Air Force Academy Commandant of Cadets, spoke at Specialized Undergraduate Pilot Training Class 19-08/09's graduation April 22 in the Kaye Auditorium.

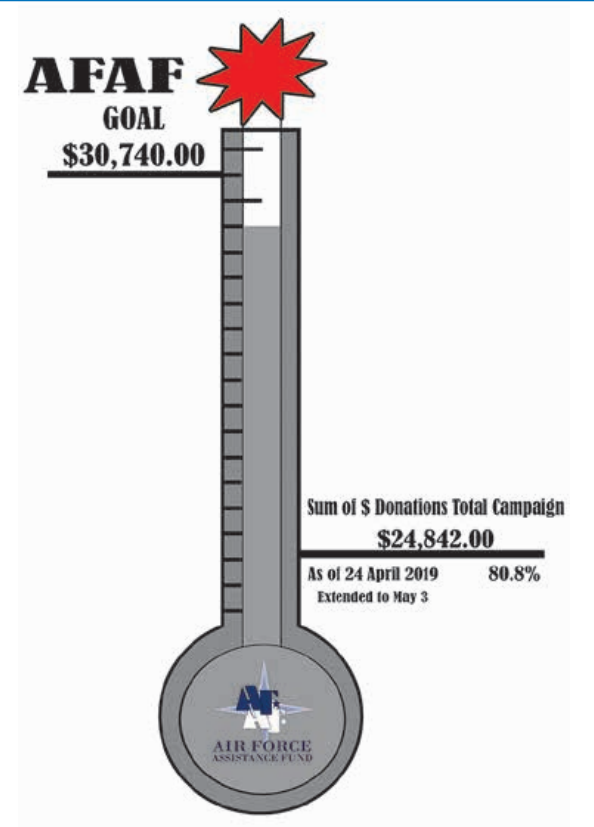
Nine of the pilots from the graduating class were Air Force Academy graduates themselves and knew Goodwin from their time there.

Goodwin spoke to each graduate on their new assignments across the world in different aircraft and some of the experiences they may have.



U.S. Air Force photo by Airman Hannah Bean

Brig. Gen. Kristin Goodwin, U.S. Air Force Academy Commandant of Cadets, speaks at Specialized Undergraduate Pilot Training Class 19-08/09's graduation April 19, 2019, on Columbus Air Force Base, Miss. During her speech, Goodwin spoke to each graduate on their new assignments across the world in different aircraft and some of the experiences they may have.



News Briefs

Single Parents Cookout

A Single Parent cookout will occur at 5:30 p.m., May 3 at Magnolia Park. All single parents are invited to participate.

Wing Newcomers Orientation

A Wing Newcomers Orientation will occur at 8 a.m., May 7 in the Kaye Auditorium. All new military members and DoD civilian employees are required to attend the orientation. This is an opportunity to learn all about the different organizations on base.

A-BLAZin' Race

The A-BLAZin' Race will occur at 11 a.m., May 10 beginning at the Kaye Auditorium. There will also be a free BBQ and a pool party at 1 p.m. near the Club.

COLUMBUS AFB TRAINING TIMELINE									
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 (19-10)	May 31	49th (19-GBC)	Apr. 30	T-6	2,139	2,172	15,466
41st (20-01)	May 2	50th (19-10)	May 31			T-1	774	635	5,204
Brig. Gen. Edward Vaughan, Special Assistant to the Director of Training and Readiness, Deputy Chief of Staff for Operations, Headquarters U.S. Air Force, the Pentagon, is the guest speaker for Specialized Undergraduate Pilot Training Class's 19-10/16 graduation at 10 a.m., May 31 in the Kaye Auditorium.						T-38	1,008	828	6,050
						IFF	419	335	2,495
* Mission numbers provided by 14 FTW Wing Scheduling.									

Call The Commercial Dispatch ad department at 328-2424 to advertise in Silver Wings

Weather

Friday

Mostly Cloudy w/chc Rain

High 75°F Low 60°F

Saturday

Sunny

High 79°F Low 50°F

Sunday

Partly Cloudy

High 76°F Low 58°F

Monday

Partly Cloudy

High 84°F Low 54°F

Forecast provided by the 14th OSS Weather Flight

14TH FLYING TRAINING WING DEPLOYED

As of press time, 53 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.

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
29	30 IFF Class 19GBC Graduation Enlisted Promotions/Quarterly Awards, 3 p.m. @ Club	1 National Military Appreciation Month	2	3 14th OSS Change of Command, 9:14 a.m. @ Fire Station Single Parent Cookout, 5:30 p.m. @ Magnolia Park AFAF Campaign ends	4/5	May 17: SUPT Class 19-10/16 Assignment Night May 18: Armed Forces Day May 21: Wing Newcomers May 23: Memorial Day Retreat Ceremony May 24: AETC Family Day May 27: Memorial Day Holiday May 29: IFF Class 19HBC Graduation May 30: 49th FTS Change of Command May 30: Enlisted Promotions
6	7 Wing Newcomers, 8 a.m. @ Kaye Auditorium	8	9 CCAF Graduation, 1 p.m. @ Club	10 A-BLAZIN' Race & BBQ 11 a.m. @Kaye Auditorium. BBQ, 1 p.m. @ Club Military Spouse Appreciation Day	11/12 12th: Mother's Day	

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.

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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Editorial content is edited, prepared and provided by the 14th Flying Training Wing Public Affairs Office of Columbus AFB, Miss.

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.

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After getting busted for possession of meth on June 24, 2015, my life has changed dramatically. I've gone from spending most of my time high, or trying to get high, to now passing every single drug test, working at a local animal shelter, and going to AA/NA meetings daily. My mental and physical health are better and most of my relationships have improved. My personal finances have also untangled. I wake up every day and I'm glad to be alive, when I once used to pray that I would die before I went to bed. Each day gets a little better. The pretrial diversion program probably saved my life. As crazy as it may sound, I'm grateful that I got arrested or I doubt that I would be alive today."

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COMMUNITY

(Continued from page 12)

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.

Personal Financial Readiness

Need help with financial matters? Want to make the most of your money? The Personal Financial Counselor (PFC) can help you and your family: manage finances, resolve financial problems and reach long-term goals such as education, buying a home and planning for retirement. PFC services are at no cost, private and confidential. Please contact the PFC at (662) 998-0411/434-2790 or e-mail PFC.Columbus.USAF@zeiders.com, located in the A&FRC.

Key Spouse Program (KSP)

The mission of KSP is to provide information and resources to military spouses, supporting families in successfully navigating through the military life cycle. The KSP is a CC's program. The CC establishes and maintains the program within the unit, to include choosing team members. Once selected as a KS in writing, you will need to attend initial/refresher KS training and continuing education. For more information, please call (662) 434-3323.

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 martial issues, parenting, career stress and anger. All counselors are licensed mental health providers, and they can meet either on or off base. There is no charge for services, and appointments can usually be made within one to two days. To contact the MFLC, please call (662) 435-1110.

Sponsorship Training

An electronic version of sponsorship training called eSponsorship Application & Training (eSAT) is the required training course to become a sponsor. It can be found in Military One Source's MilLife Learning training Course Catalog at this link <https://militaryone-source.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.

Installation Voting Assistance Office

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

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 available on a first-come-first-serve basis.

Pre- and Post-Deployment Tour Briefing

These briefings are mandatory for active duty personnel who are either deploying or returning from deployment or a remote tour. The briefings are held daily at the A&FRC. Pre-deployment is at 9:30 a.m., and post-deployment is at 1:30 p.m. Please contact A&FRC at (662) 434-2794/2790 for more information.

Pre-Separation Counseling

This counseling is a mandatory briefing for personnel separating or retiring, and is to be completed at least 90 days prior to separation. It may be completed up to 12 months prior to separation or 24 months prior to retirement. Counseling is held daily at 8:30 a.m., and it takes approximately 60 minutes. Please contact A&FRC at (662) 434-2790 for more information.

Employment Workshop

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



U.S. Air Force photo by Johnny Saldivar

Aaron Cole, a grandson of retired Lt. Col. Richard “Dick” E. Cole, sings the national anthem during a memorial service for his grandfather at Joint Base San Antonio-Randolph, Texas, April 18, 2019. Cole, the last surviving Doolittle Raider, was among 80 Airmen who took part in the storied World War II Doolittle Tokyo Raid and was a founding Airman of the U.S. Air Force Special Operations community.



U.S. Air Force photo by Johnny Saldivar

Staff Sgt. Michelle Doolittle, a descendant of Gen. Jimmy Doolittle, sings “America the Beautiful” during a memorial service celebrating the life of retired Lt. Col. Richard “Dick” E. Cole at Joint Base San Antonio-Randolph, Texas, April 18, 2019. Cole, the last surviving Doolittle Raider, was the co-pilot on a B-25 Mitchell for then-Col. Jimmy Doolittle during the storied World War II Doolittle Tokyo Raid.



U.S. Air Force photo by Johnny Saldivar

Air Force Chief of Staff Gen. David L. Goldfein addresses the family of retired Lt. Col. Richard “Dick” E. Cole during a memorial service at Joint Base San Antonio-Randolph, Texas April 18, 2019. Cole was the last surviving Doolittle Raider who took part in the storied World War II raid on Tokyo and was a founding Airman of the U. S. Air Force Special Operations community.

MEMORIAL

(Continued from page 13)

“(Cole) and the Doolittle Raiders made the impossible, possible since 1942 as pioneers of global strike,” Goldfein said. “On that fateful day, Col. Cole and his fellow wingmen cemented the very notion of joint airpower with the clear statement that America’s Air Force can hold any target at risk anywhere, anytime.”

Acknowledging the Cole family’s loss, the chief of staff spoke to Cole’s significant contributions to our nation’s defense and lifetime place in the Air Force family as “one of the rare giants of the Greatest Generation.”

“(Cole’s) legacy will endure because as long as there is a United States Air Force, Airmen will toast him and his fellow Doolittle Raiders,” Goldfein said. “We are better prepared today to defend our great nation because of him...and because of you.”

Staff Sgt. Michelle Doolittle from the Band of the Golden West based at Travis Air Force Base, Calif., then sang “America the Beautiful” with backup from the Band of the West’s Freedom Brass quintet from JB-SA-Lackland.

The performance held special meaning to the family with Staff Sgt. Doolittle being a descendant of Gen. Jimmy Doolittle, who led the raid on Tokyo and flew with Cole in Aircraft No. 1 in the B-25 Mitchell formation off the deck off the U.S.S. Hornet.

The city of San Antonio, represented by Mayor Ron Nirenberg, then presented the Cole family with a resolution of respect for Cole’s military service and record of personal sacrifice in helping others, as well as ac-



U.S. Air Force photo by Sean M. Worrell

Secretary of the Air Force Heather Wilson speaks to attendees at the memorial service to celebrate the life of retired Lt. Col. Richard “Dick” E. Cole at Joint Base San Antonio-Randolph, Texas, April 18, 2019. Cole, the last surviving Doolittle Raider, was the co-pilot on a B-25 Mitchell for then-Col. Jimmy Doolittle during the storied World War II Doolittle Tokyo Raid.

knowledging Cole’s deep ties to the San Antonio area and expressing their condolences over his passing.

Even after retirement from the service in 1966, Cole never left his fellow Airmen behind, representing the Air Force and the



(U.S. Air Force photo by Johnny Saldivar

Richard Cole, son of retired Lt. Col. Richard “Dick” E. Cole, speaks to attendees during a memorial service for his father at Joint Base San Antonio-Randolph, Texas, April 18, 2019. The last surviving Doolittle Raider and a founding Airman of the U.S. Air Force Special Operations community, Cole passed away April 9 in San Antonio.

Doolittle Raiders at events around the country, promoting the spirit of service and heritage among new generations of Airmen.

“The Doolittle Foundation Scholarship foundation was extremely important to my dad,” Rich Cole said. “He spent the last 50 years of his life raising awareness and donations for the scholarship; it really was his way of not only giving back to Gen. (Jimmy) Doolittle’s memory, but to the Air Force.”

After a final salute to the Doolittle Raid-

er from his son, and with “Amazing Grace” wafting over the hangar from a ceremonial bagpipe, guests were ushered outside for flybys from aircraft with historical significance and ties to Cole, including an RC-135 reconnaissance aircraft from his days with the 95th Bombardment Squadron; a B-52 Stratofortress bomber; a historic B-25 Mitchell bomber; and finally a “Missing Man” formation flown by T-38C Talons from the 12th Flying Training Wing.

GRADUATION

(Continued from page 1)

challenges and newer generations of technology.

“The future is bright and we have a chance to graduate the new and next generation of warriors and leaders,” Goodwin said. “We believe in you and we empower you like no other nation can. You will be trusted to take risks, to be bold, and to move out with your commander’s intent. We trust you because you are professional, well-trained and you’re the best.”

She told students that the time to learn and reflect is now. Reflection will help them understand where they have been, their successes, their failures and is part of looking toward the future. To fully prepare for what comes next, pilots have to take time to learn.

Goodwin quoted Winston Churchill telling the pilots, “To each, there comes in their lifetime a special moment when they are figuratively tapped on the shoulder and offered the chance to do a very special thing, unique to them and fitted to their talents. What a tragedy if that moment finds them unprepared or unqualified for that which could have been their finest hour.”

Goodwin then told the pilots that they will be tapped on the shoulder, so her challenge to them was to be ready for it.

She told them to be educated, prepared to be innovative, and able to adapt and embrace change. When they can tell that the winds are shifting, Goodwin told them to be the first to lead the formation in a new direction.



U.S. Air Force photo by Airman Hannah Bean

Brig. Gen. Kristin Goodwin, U.S. Air Force Academy Commandant of Cadets, speaks to students from Specialized Undergraduate Pilot Training Class 19-08/09, before their graduation April 19, 2019, on Columbus Air Force Base, Miss. Nine of the pilots from the graduating class were Air Force Academy graduates themselves and knew Goodwin from their time there.

She then left the graduates with three words of advice and a congratulations - trust, love and commitment. Goodwin said these three words are key to becoming good leaders. She noted that when she said the word, love, she says it, not in a romantic sense, but

in a compassionate sense.

“Take a moment to think through all of the leaders that you respect and admire to this point,” Goodwin said. “If you think about that, run three questions through your mind. Did you trust them? Did they love you?

Were they committed to the high standards of excellence? You as a leader need to be worthy of trust.”

Goodwin said that leadership is a gift that is given by those who follow. She continued by saying that a leader’s job is to be worthy of that gift.

“You do it by being trustworthy and caring about your people,” Goodwin said. “To lead, you have to have a genuine interest in the welfare of others and you have to show compassion. There are maintainers, refuelers and hundreds of other Airmen that keep the jet ready and allow us to do very important missions. They might not work directly for you, but you should still try, every single day, to treat them with respect.”

Goodwin further explained to the graduates to take time to listen to Airmen’s stories, find out what motivates them, be inspired by them and inspire them as well. In addition, she emphasized that leaders must be committed to excellence. Excellence is not a birthright and must be earned through the Airmen they will lead.

“Finally, it is time to lead, so lead our Airmen well,” Goodwin said. “Take charge and lead the change. Be trustworthy, show compassion and commit to excellence. That is how we will continue to dominate in air, space and cyberspace. Your instructors did a superb job getting to where you are today and investing in you. I know they have confidence in you and I have confidence in you as well. I am truly honored to serve with you and to be your forever wingman.”

MUW Counseling Center to host Walk a Mile in Her Shoes

April is Sexual Assault Awareness month and all over the world survivors are raising their voices for prevention. On April 30, 2019, the Mississippi University for Women Counseling Center will be hosting Walk a Mile in Her Shoes at 5 p.m. followed by a speaker. Walk a Mile in Her Shoes was created by Frank Baird in 2001 with just a small group of men; however, the movement has become worldwide with tens of thousands of men raising millions of dollars for local rape crisis centers, domestic violence shelters and other sexualized violence education, preven-


tion and remediation programs.

We are asking males in our community to wear high heeled shoes as part of a worldwide movement to raise awareness and to stop rape, assault and violence. Shoes will be provided to all participants. This march empowers men to join in the efforts of women, by literally walking in high heels, to make our communities a safer place to live, and it provides an opportunity for communities to talk about these important issues. It is critical to open communication about sexualized violence within our


community. Sexualized violence does not just affect women, it effects the men who care about them, their families, their friends and the community. We are asking that you and other men in your office join us in our efforts to raise awareness.

A light dinner will be served for all participants. Please contact Rob'Dreka Shaw at rcshaw@muw.edu if you are interested in being a part of our event.

We look forward to hearing from you soon,
The W Counseling Center Team



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



Team BLAZE hosts spring fling and Easter egg hunt



U.S. Air Force photo by Airman Hannah Bean

Team BLAZE members celebrate spring during the 14th Force Support Squadron Spring Fling and Easter Egg Hunt April 20, 2019, on Columbus Air Force Base, Miss. The spring event featured numerous activities including egg hunts for various age groups, a brunch buffet, bouncy castles and more.



U.S. Air Force photo by Airman Hannah Bean

Team BLAZE members check out different animals in the petting zoo during the 14th Force Support Squadron Spring Fling and Easter Egg Hunt April 20, 2019, on Columbus Air Force Base, Miss. The petting zoo featured animals including goats, sheep, ducklings and more for attendees to see and touch.



U.S. Air Force photo by Airman Hannah Bean



LEFT: Children and family members hunt for Easter eggs in a field during the 14th Force Support Squadron Spring Fling and Easter Egg Hunt April 20, 2019, on Columbus Air Force Base, Miss. The spring event featured numerous egg hunts for various age groups from toddlers all the way to 11 years old and up.

Final Doolittle Raider’s tradition of honor, legacy of valor celebrated at memorial

Dan Hawkins
Air Education and Training
Command Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — The tradition of honor and legacy of valor that defined the life of retired Lt. Col. Richard “Dick” E. Cole were celebrated during a memorial service at Joint Base San Antonio-Randolph, April 18.

On the day marking the 77th anniversary of the storied World War II Doolittle Tokyo raid and in a hangar surrounded by vintage aircraft linked to the Doolittle Raider’s career, Cole’s family and friends, Air Force senior leaders, and Airmen of all ranks gathered to recognize the accomplishments of the humble warrior from Ohio who answered his nation’s call in America’s darkest days.

After a stirring rendition of the national anthem by Cole’s grandson Aaron, Rich Cole, Lt. Col. Cole’s son and a retired U.S. Air Force lieutenant colonel like his father, spoke passionately about his father and his willingness to be a wingman and leader, defending his country with his life.

“All the (Doolittle Raiders) thought they were doing their job and they didn’t expect the adoration they got when they returned home,” Rich Cole said. “One of the greatest lessons my dad imparted on us was that being willing to do something impossible and die for your country was an honorable thing.”

Secretary of the Air Force Heather Wilson talked to those gathered about the strategic importance of the Doolittle Raiders and their risky mission to fly, fight and win in retaliation against Japan for their surprise attack on Pearl Harbor just months earlier.

“(The Raiders) planned the unthinkable,” Wilson said. “To strike Tokyo from an aircraft carrier...with a land-based bomber. If the 16-ship package had been discovered by Japanese subs, it could have ended what was left of the U.S. fleet in the Pacific.”

Wilson recounted how Cole once described heroes as those “who took risks that brought about important consequences,” but never counted himself among them.

“When America was at its lowest point, it needed a hero,” Wilson said. “(America) found 80 of them who put the country on their back and flew straight into the heart of the enemy. For this, we will never forget.”

Air Force Chief of Staff Gen. David Goldfein told the audience several stories centered on Cole and how unassuming he was about his career, which included becoming one of the first air commandos in the U.S. special operations community, viewing his own place in history simply as someone doing their job as part of the big picture.



U.S. Air Force photo by Tristin English

ABOVE: Attendees bow their heads during the invocation at a memorial service for retired Lt. Col. Richard “Dick” E. Cole at Joint Base San Antonio-Randolph, Texas, April 18, 2019. Cole, the last surviving Doolittle Raider, was the co-pilot on a B-25 Mitchell for then-Col. Jimmy Doolittle during the storied World War II Doolittle Tokyo Raid and was a founding Airman of the USAF Special Operations community.



U.S. Air Force photo by Sean Worrell

LEFT: Secretary of the Air Force Heather Wilson, Air Force Chief of Staff Gen. David L. Goldfein and memorial attendees watch flyover during a memorial service celebrating the life of retired Lt. Col. Richard “Dick” E. Cole at Joint Base San Antonio-Randolph, Texas, April 18, 2019. Cole, the last surviving Doolittle Raider, was the co-pilot on a B-25 Mitchell for then-Col. Jimmy Doolittle during the storied World War II Doolittle Tokyo Raid.

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. May 7. 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.

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 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.

Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. May 15 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.

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

Students connect, utilize class projects with CAFB



Instructor pilots stand with students and professors from the University of Southern Mississippi in front of a T-38 Talon for a group photo April 17, 2019, on Columbus Air Force Base, Miss. The projects students were working on were provided by 12th Flying Training Wing, Randolph Air Force Base, Texas and U.S. Marine Corps headquarters, Washington, D.C.

U.S. Air Force photos by Airman Hannah Bean



First Lt. Dennis Cook, 50th Flying Training Squadron instructor pilot, talks with students from the University of Southern Mississippi April 17, 2019, on Columbus Air Force Base, Miss. Students were tasked with researching and finding solutions to projects given to them from operating units to try and provide different ways to be a more effective force.



Instructor pilots chat with students and professors from the University of Southern Mississippi during a tour April 17, 2019, on Columbus Air Force Base, Miss. The visit was designed to facilitate conversation between students, IPs and maintainers to assist in their class projects.

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.

Hearts Apart

The next Hearts Apart is from 5-7 p.m. May 30. 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.

Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop is from 8 a.m.-3 p.m. June 12-13. 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.

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)

See COMMUNITY, Page 15



The used oil recycle unit at the recycling center, April 22, 2019, on Columbus Air Force Base, Miss. Airmen and civilians can use this facility to drop off and dump used oil into a barrel located inside the unit where it will then be disposed of once the barrels fill to capacity.



Bins full of glass next to a pulverizing machine, April 22, 2019, on Columbus Air Force Base, Miss. Once enough glass is collected at the recycling center, it is thrown into the machine and turned into sand and potting soil by pulverizing it down.

Team BLAZE contributes to Earth Day

Airman 1st Class Jake Jacobsen

14th Flying Training Wing Public Affairs

The global event called Earth Day celebrated its 49th year on April 22 and continues to motivate people to help solve climate change, end plastic pollution, protect endangered species and to be educated on our impact on Earth.

Columbus Air Force Base is all about being ecofriendly and making sure that our mission to Cultivate Airmen, Produce Pilots, and Connect doesn't compromise the environment. To help ensure this process goes as planned, members of Team BLAZE can turn to the 14th Civil Engineering Squadron for support.

"Our duty is to make sure all the natural resources here on base like trees, water, soil and gas are sustainable for the future and ensure there isn't a loss significant enough to impact the mission here on Columbus AFB," said Timothy Turner, 14th CES natural resources program manager.

Turner went on to say that all trees on base are considered commercial, so it is their duty to manage and maintain them for urban landscaping areas.

The 14th CES works hand in hand with the U.S. Forestry Service to make sure the trees are managed properly.

"We try to balance areas on the base to where we have recreational areas for the people, but still have enough habitat for wildlife," Turner said. "It's because we have a balance of the two that we can have outdoor activities like nature trails and biking areas where people can come into contact with nature"

Team BLAZE members contribute to helping the environment by using the base's recycling program, operating hybrid



vehicles, planting trees and picking up trash in the community.

The recycling center is one of the biggest way Columbus can help future generations have adequate space for all their waste needs. Their work stops landfills in Mississippi from filling up even faster than what they already are. Instead of throwing things in the trash, consider items such as paper, cardboard, glass, oil, wood including tree branches, electronics, batteries, plastics and all kinds of scrap metals can be tossed into a recycle bin or dropped off at the recycling center.

"On Columbus AFB, we are sending 54.8 percent of our trash to recycling and 45.2 percent goes to the land fill," said

Michael Blythe, 14th CES hazardous and solid waste qualified recycling program manager. "Our personal goal is to be at a 60 percent recycle rate by the year 2020."

There are two 24-hour recycle drop off locations on Columbus AFB, one of which is out of service right now with the commissary parking lot being remodeled, but it will be put back in service once the work is finished. The functional one is located at the recycling center near Outdoor Recreation.

Earth Day may only be one day, but the 14th Flying Training Wing can help out the environment everyday by continuing these ecofriendly habits and reducing negative impacts on Earth.

BLAZE Hangar Tails: E-3 Sentry (AWACS)

Mission

The E-3 Sentry is an airborne warning and control system, or AWACS, aircraft with an integrated command and control battle management, or C2BM, surveillance, target detection, and tracking platform. The aircraft provides an accurate, real-time picture of the battlespace to the Joint Air Operations Center. AWACS provides situational awareness of friendly, neutral and hostile activity, command and control of an area of responsibility, battle management of theater forces, all-altitude and all-weather surveillance of the battle space, and early warning of enemy actions during joint, allied, and coalition operations.

Features

As an air defense system, E-3s can detect, identify and track airborne enemy forces far from the boundaries of the United States or NATO countries. It can direct fighter-interceptor aircraft to these enemy targets. Experience has proven that the E-3 Sentry can respond quickly and effectively to a crisis and support worldwide military deployment operations. AWACS may be employed alone or horizontally integrated in combination with other C2BM and intelligence, surveillance, and reconnaissance elements of the Theater Air Control System. It supports decentralized execution of the air tasking order/air combat order. The system provides the ability to find, fix, track and target airborne or maritime threats and to detect, locate and ID emitters. It has the ability to detect threats and control assets below and beyond the coverage of ground-based command and control or C2, and can exchange data with other C2 systems and shooters via datalinks.

With its mobility as an airborne warning and control sys-

tem, the Sentry has a greater chance of surviving in warfare than a fixed, ground-based radar system. Among other things, the Sentry's flight path can quickly be changed according to mission and survival requirements. The E-3 can fly a mission profile approximately 8 hours without refueling. Its range and on-station time can be increased through in-flight refueling and the use of an on-board crew rest area.

Background

There are 31 aircraft in the U.S. inventory. Air Combat Command has 27 E-3s at Tinker. Pacific Air Forces has four E-3 Sentries at Kadena AB, Japan and Elmendorf AFB, Alaska.

As proven in operations Desert Storm, Allied Force, Enduring Freedom, Iraqi Freedom, and Odyssey Dawn/Unified Protector the E-3 Sentry is the world's premier C2BM aircraft. AWACS aircraft and crews were instrumental to the successful completion of operations Northern and Southern Watch, and are still engaged in operations Noble Eagle and Enduring Freedom. They provide radar surveillance and control in addition to providing senior leadership with time-critical information on the actions of enemy forces. The E-3 has also deployed to support humanitarian relief operations in the U.S. following Hurricanes Rita and Katrina, coordinating rescue efforts between military and civilian authorities.

The data collection capability of the E-3 radar and computer subsystems allowed an entire air war to be recorded for the first time in the history of aerial warfare.

In March 1996, the Air Force activated the 513th Air Control Group, an AWACS Reserve Associate Program unit which performs duties on active-duty aircraft.

During the spring of 1999, the first AWACS aircraft went

through the Radar System Improvement Program. RSIP is a joint U.S./NATO development program that involved a major hardware and software intensive modification to the existing radar system. Installation of RSIP enhanced the operational capability of the E-3 radar electronic counter-measures and has improved the system's reliability, maintainability and availability.

General characteristics

Primary function: airborne battle management, command and control

Contractor: Boeing Aerospace Co.

Power plant: four Pratt and Whitney TF33-PW-100A turbofan engines

Thrust: 20,500 pounds each engine at sea level

Rotodome: 30 feet in diameter (9.1 meters), 6 feet thick (1.8 meters), mounted 11 feet (3.33 meters) above fuselage

Wingspan: 145 feet, 9 inches (44.4 meters)

Length: 152 feet, 11 inches (46.6 meters)

Height: 41 feet, 9 inches (13 meters)

Weight: 205,000 pounds (zero fuel) (92,986 kilograms) Maximum Takeoff Weight: 325,000 pounds (147,418 kilograms) Fuel Capacity: 21,000 gallons (79,494 liters)

Speed: optimum cruise 360 mph (Mach 0.48)

Range: more than 5,000 nautical miles (9,250 kilometers)

Ceiling: Above 29,000 feet (8,788 meters)

Crew: flight crew of four plus mission crew of 13-19 specialists (mission crew size varies according to mission) Unit Cost: \$270 million (fiscal 98 constant dollars) Initial operating capability: April 1978

Inventory: active force, 32 (one test); Reserve, 0; Guard, 0



U.S. Air Force photo/Staff Sgt. Clayton Cupit

A U.S. Air Force E-3 Sentry flies toward a KC-135 Stratotanker for refueling Feb. 28, 2019, while flying over in support of Operation Inherent Resolve. The E-3 Sentry is an airborne warning and control system, or AWACS, aircraft with an integrated command and control battle management, or C2BM, surveillance, target detection, and tracking platform. The aircraft provides an accurate, real-time picture of the battlespace to the Joint Air Operations Center.



U.S. Air Force photo by Airman 1st Class Christopher S. Sparks

A U.S. Air Force E-3 Sentry Airborne Warning and Control System aircraft assigned to Tinker Air Force Base, Oklahoma, lands on the flightline in support of Exercise Baltic Operations at NATO Air Base Geilenkirchen, Germany, June 5, 2018. The Airborne Warning and Control System, or AWACS, is a powerful airborne search and track radar system using a rotating dome attached 11 feet above the top of the aircraft. The AWACS provides all-weather surveillance, command, control and communications needed by commanders of U.S. and NATO air defense forces.

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 thru 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.

Lunch & Learn: Impact of Mental Health on Stress Induced Inflammation Leading to Cardiovascular Remodeling

May 3, 12:00 p.m., the library has invited Dr. Anberita Matthews, from the University of Tennessee Health Science Center to speak about mental health and its impact on the cardiovascular system, as a means to celebrate Mental Health Awareness Month. For more information call 434-2934

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.

Theme Thursdays at the Overrun

Join us May 2 for Theme Thursdays for Latin Night to Celebrate Cinco de Mayo, enjoy \$0.45 wings, and 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 fourth annual Fitness Expo on May 1. The expo will feature organizations specializing on wellness, sporting goods and various other health related 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 \$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

Lunch & Learn
Impact of Mental Health on Stress Induced Inflammation Leading to Cardiovascular Remodeling
May 3, 12:00 p.m.

The Library has invited Dr. Anberita Matthews, from the University of Tennessee Health Science Center to speak about mental health and its impact on the cardiovascular system, as a means to celebrate Mental Health Awareness Month.

For more information or to reserve a seat, contact the Library at 434-2934

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.americaforcestravel.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 Monday-Thursday form 10 a.m.-5 p.m. and Saturday 8 a.m.-4 p.m. 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.

Ride in Style

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

Laser Bowling

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

The Last Lecture

Col. Derek Stuart
14th Operations Group commander

In September of 2006, Randy Pausch, a professor of computer Science at Carnegie Mellon University, was diagnosed with pancreatic cancer. In August of that same year, he was given a terminal diagnosis of three to six months of good health left. He died on July 25, 2008. Carnegie Mellon University had a lecture series at that time titled the last lecture and Pausch gave his last lecture Sept. 18, 2007. He entitled it, “Really Achieving Your Childhood Dreams.” This lecture was such a hit on YouTube that he went on to do other media appearances and finally wrote a New York Times Bestseller entitled, “The Last Lecture.”

In his lecture and in his book, he focused on experiences in his life that allowed him to fulfill his childhood dreams. For this article, I wanted to point out three main points from his book that we can learn from. First, it’s important to have dreams. Second, sometimes we need to be driven to achieve our dreams and third, time management is important to a happy life.

Dreams are important as we grow. Whether your dream is to be a pilot or an air traffic controller, everyone needs dreams to strive to attain it. Childhood dreams are our initial goals in life. Pausch had several dreams and he was able to complete most of them. As a young child, I had a dream to be a pilot in the Air Force. When I was in high school, I damaged my knee and watched as I was eliminated from the U.S. Air Force Academy due to medical concerns about my left knee. I went on to the Air Force Reserve Officer Training Corps and was told I could join the Air Force, but I could not be a pilot. I took the scholarship determined that someday I would prove to the Air Force that there was no problem with my knee and I would be allowed to fly. It took nearly three years of asking, but finally, I had a boss that believed my knee was OK and allowed me to get another physical. I was now pilot qualified. I didn’t take no for an answer much like Randy Pausch always found a way to accomplish his childhood dreams.

One of Pausch’s childhood dreams was to be in the NFL. Unfortunately, he wasn’t very good at football. He tried out for a league as a child and was the smallest guy on the squad. As he did the basic drills required of the coach, he would routinely be chastised for doing them incorrectly and have to repeat them. Eventually, the coach would get frustrated with him and tell him he owed push-ups after practice. It was a frustrating time for a young boy as he tried to live his childhood dream of being in the NFL. An assistant coach put it all into perspective for him. He told Randy, “When you are screwing up and nobody says anything to you anymore, that means they’ve given up on you.” That lesson stuck with Randy throughout his life. “When

Dreams are important as we grow. Whether your dream is to be a pilot or an air traffic controller, everyone needs dreams to strive to attain it.

you see yourself doing something badly and nobody’s bothering to tell you anymore, that’s a bad place to be. You may not want to hear it, but your critics are often the ones telling you they still love you and care about you and want to make you better.”

Pausch was an expert in time management. He even gave lectures on time management that are still available on YouTube. Here are some of his key points in managing time:

- **Time must be explicitly managed, like money.** He focused his time management on what was important and let the rest slide.
- **You can always change your plan, but only if you have one.** Plan ahead with a good to-do list and avoid wasting precious time.
- **Ask yourself: Are you spending your time on the right things?** Invest your precious time on what’s really important to you.
- **Develop a good filing system.** Keeping good records eliminates wasted time as you search for what you need in the future.
- **Rethink the telephone (or email).** Avoid wasting time on the phone or on email. Sometimes it’s better to get up and go talk to an individual rather than call or email them. People like face-to-face interaction and respond better.
- **Delegate.** If you can delegate things to a trusted individual, do it. It will free up your time for what’s really important to you.
- **Take a time out.** It’s OK to disconnect from the work at hand occasionally. In fact, you and your family may need the break. After a good break, you will return in a better condition to work and carry on.

I encourage everyone to watch Pausch’s lecture. He does a great job expressing how he feels about living out your childhood dreams. The most important piece of his “last lecture”, is that he uses the lecture as a way to give back to his kids who were too young to understand that he was dying. His important message was that we all have a legacy to pass to our future generations, make sure it is the right legacy and encourage them to follow their dreams. Pausch lived for more than a year after his diagnosis of three to six months. During that time, he completed his list of childhood dreams and passed the lessons he learned on to his children by way of his book and lecture. May we all learn what’s important in life and follow our dreams.



THE A-BLAZIN' RACE
COLUMBUS AFB

FRIDAY MAY 10, 2019

TEAMS MEET OUTSIDE THE KAYE AUDITORIUM
RACE TIME: 1100 - 1300

FUN RACE  **FREE BBQ**  **OPEN POOL**

TEAMS WILL COMPETE AGAINST OTHER GROUPS AND SQUADRONS TO TEST MENTAL & PHYSICAL CAPABILITIES

REGISTER YOUR TEAMS BY MAY 1, 2019
(<https://www.eventbrite.com/e/the-a-blazin-race-tickets-59552331627>)

CULTIVATE AIRMEN ~ CREATE PILOTS ~ CONNECT!

Courtesy graphic

The A-BLAZIN' Race will start at 11 a.m. May 10, 2019, at the Kaye Auditorium on Columbus Air Force Base, Miss. The race will be an approved alternate duty location for military personnel. Teams will compete against other groups and squadrons to test mental and physical capabilities. Register your teams with the link provided in the graphic.

Join the Vietnam Traveling Memorial Wall Escort as it makes Its way to Guin, Alabama on May 9, 2019.

Beginning in Hamilton, AL

at the Old Walmart parking lot next to Tractor Supply

Line up is at 1:00

Kickstands up at 3:00



Medical Corner

Alcohol Awareness

The effects of alcohol on athletic performance

Alcohol use is widespread in the realm of sports. Consumption ranges from the weekend warrior guzzling a beer after completing a run to elite athletes popping champagne in the locker room after a championship win. Alcohol is often used as a means of celebration or relaxation, and athletes frequently consume drinks without much thought of the acute and chronic effects on performance and health...but they should.



Alcohol after exercise

To recover properly from exercise, it is important to replenish glycogen, stimulate muscle protein synthesis (MPS), and restore fluid balance. Alcohol and the behaviors associated with intoxication can interfere with many aspects of the recovery process. Beverages containing greater than or equal to 4% alcohol can delay recovery from a dehydrated state. To adequately replace lost fluids, it is important for athletes to drink rehydrating beverages such as sports drinks, or consume water with salty foods, prior to alcohol consumption.

Exercise and Hangovers

The effects of alcohol do not simply wear off when signs of intoxication are gone. Heavy drinking can lead to an array of symptoms commonly referred to as a hangover. Athletes are not immune to hangovers, which can influence their training and competitions. The main effects of hangovers include electrolyte imbalance, hypoglycemia, gastric irritation, vasodilation, and sleep disturbances. These effects cause an array of physical symptoms, which may leave an athlete feeling drained and unable to train as hard as normal. Research has shown an approximate 11% decrease in aerobic capacity in those exercising with a hangover.

Chronic Effects of Alcohol

Athletes are susceptible to the health effects associated with excessive alcohol consumption, which can also affect performance. Alcohol is calorically dense, providing seven calories per gram, with a standard drink in the United States containing 14 grams of alcohol. Additionally, behaviors associated with heavy drinking, such as irregular eating patterns and increased consumption of unhealthy foods, may lead to increased caloric intake. Over time, this combination can affect an athlete’s body composition.

The Effects of Alcohol on Athletic Performance. Retrieved from <https://www.nasca.com/education/articles/nasca-coach/the-effects-of-alcohol-on-athletic-performance/>

Helpful protocol to minimize damage of alcohol*

If you know you'll be having a few drinks, taking this natural protocol beforehand can help “pre-tox” your body, thereby minimizing the damage associated with alcohol consumption.

- **N-acetyl cysteine (NAC):** NAC is a form of the amino acid cysteine. It is known to help increase glutathione and reduce acetaldehyde toxicity that causes many hangover symptoms.
 - **B Vitamins:** Since alcohol depletes B vitamin in your body, and the B vitamins are required to help eliminate alcohol from your body, a B-vitamin supplement taken beforehand, as well as the next day, may help lessen hangover symptoms.
 - **Milk Thistle:** Milk thistle contains silymarin and silybin, antioxidants known to help protect your liver from toxins, including the effects of alcohol. A milk thistle supplement may be most useful when taken regularly.
 - **Vitamin C:** Alcohol may deplete your body of vitamin C. Making sure you're getting enough vitamin C, either via supplements or food, is another trick to use prior to indulging in alcoholic beverages.
 - **Magnesium:** Magnesium is another nutrient depleted by alcohol, and it's one that many are already deficient in.
- *This protocol will NOT make you less susceptible to alcohol poisoning or other acute adverse events associated with binge drinking, so please use common sense and drink responsibly

Even Moderate Alcohol Consumption May Be Far More Harmful Than Previously Thought. Retrieved from <https://articles.mercola.com/sites/articles/archive/2017/01/21/moderate-alcoholconsumption-may-cause-harm.aspx>

A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,
I'm training for a Spartan race and have created a strong social network with my workout buddies. With all the new friends and socializing after runs, there are routine Beer-30 outings after work. However, because I'm in training, I have been avoiding socializing since I don't want to negate my training. My buddy tells me drinking small amounts of alcohol will have little to no effect on my gains, but I've always believed alcohol will reverse all my progress. Is there a way to balance my strengthening and conditioning with socializing?
Sincerely,
Socializer

Dear Socializer,
Thank you for asking this important question. Your buddy has a point, in that we all need to have a good balance with our personal training goals and a healthy social life. He’s partially right about drinking small amounts, but there is more to it than that. Holding onto your conditioning gains is a systems approach, and there are other important factors to consider:

- 1) Balancing your training days with your social days is the first place to start. Don’t try to work out on the same days you are going to socialize, and know your limits. If you do socialize, consider the timing of your social hour. Alcohol can alter your sports performance because of how it affects the body during exercise. Therefore drinking too much alcohol can lead to dehydration.
- 2) Exercising soon after drinking alcohol can make dehydration worse because you also sweat during exercise. Dehydration leads to reduced exercise performance. There is a case to be made for happy hour, if you are not trying to do it directly after your workout. By drinking small amounts, earlier in the day, your body has time to metabolize the alcohol before sleep.
- 3) Sleep is one of the most important aspects of recovery and allows positive rebuilding and repairing of the muscle and tissue proteins.

If you’re serious about making gains for the Spartan race, you have to stop drinking in quantity. Know your limits. Alcohol slows digestive enzymes and inhibits the breakdown of nutrients so your body doesn’t absorb the quality, nor the quantity, of food that you need.
Sincerely,
Health Myth Busters



John Lindell, 14th Flying Training Wing occupation safety manager, speaks to Airmen during lunch at the Blessing of the Bikes event in the chapel April 24, 2019, on Columbus Air Force Base, Miss. The motorcycle safety briefing is a course that Airmen get credit for attending and shows incentive to follow the rules and regulations of motorcycle riding in the military. The event was held to bring together Airmen and those alike to meet and greet one another as well as to pray for the safe journeys of the riders.



Chaplain (Maj.) Bradley Kimble, 14th Flying Training Wing deputy chaplain, and Capt. Steven Bylsma, 49th Fighter Training Squadron Instructor Pilot, lower their heads as they both pray together during the Blessing of the Bikes April 24, 2019, on Columbus Air Force Base, Miss. The event was a way to further the mission here at Columbus AFB by allowing the chaplains to connect with people in a different setting than usual.

Blaze Chapel hosts Blessing of the Bikes



Chaplain (Maj.) Bradley Kimble, 14th Flying Training Wing deputy chaplain, speaks to Airmen arriving for Blessing of the Bikes April 24, 2019, on Columbus Air Force Base, Miss. The event was held to bring together Airmen and those alike to meet and greet one another as well as to pray for the safe journeys of the riders. Airmen had a chance to listen to the words of the chaplain while still voicing their concerns and opinions related to motorcycle services on base.



Chaplain (Lt. Col.) Steven Richardson, 14th Flying Training Wing chaplain, and Master Sgt. Ryan Johnson 14th Force Support Squadron career assistance advisor, pray together during the Blessing of the Bikes April 24, 2019, on Columbus Air Force Base, Miss. The blessing of the bikes is a spring tradition that is held in the military as well as the civilian world in which motorcycle riders can be blessed in the hope it will bring safety for future travels. The event was a way to further the mission here at Columbus AFB by allowing the chaplains to connect with people in a different setting than usual.



Col. Gary Hayward, 14th Mission Support Group commander, and Chaplain (Maj.) Bradley Kimble, 14th Flying Training Wing deputy chaplain, pray together during the Blessing of the Bikes April 24, 2019, on Columbus Air Force Base, Miss. The event is a tradition that is held in the military as well as the civilian world, in which motorcycle riders can be blessed in the hope it will bring safety for future travels. Motorcyclists from all ranks and units came to the chapel to be a part of the blessing and eat lunch with other like-minded people.

U.S. Air Force photos by Airman 1st Class Jake Jacobsen