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**Weather**

**Friday**  
  
Partly Cloudy  
**High 84°F Low 65°F**

**Saturday**  
  
Partly Cloudy  
**High 86°F Low 65°F**

**Sunday**  
  
Rain  
**High 86°F Low 65°F**

**Monday**  
  
Thunderstorms  
**High 86°F Low 67°F**

Forecast provided by the 14<sup>th</sup> OSS Weather Flight


**News Briefs**

**Wing Newcomers Orientation**  
A Wing Newcomers Orientation will start at 8 a.m., May 21 in the Kaye Auditorium. All new military members and Department of Defense civilian employees are required to attend the orientation. This is an opportunity to learn all about the different organizations on base.

**Federal Holiday**  
Most base offices will be closed May 24 and May 27 due to a federal holiday and an Air Education and Training Command's Family Day.

**Memorial Day Retreat Ceremony**  
A Memorial Day Retreat Ceremony will begin at 4:14 p.m., May 28 at the Wing Headquarters.

**Inside**

**Feature 8**  
National Police Week  
is highlighted in this  
week's feature.



U.S. Air Force photo by Elizabeth Owens  
Team members flip a tire during the A-BLAZIN' Race May 10, 2019, on Columbus Air Force Base, Miss. Similar to the challenges in the international game show, the "Amazing Race", teams raced against each other in a competition to see who could complete the stationed challenges in the shortest amount of time.

# A-BLAZIN' Race cultivates, connects Airmen across Columbus AFB

**Airman 1st Class Jake Jacobsen**  
14th Flying Training Wing Public Affairs  
More than 230 participants in teams raced around Columbus Air Force Base, Mississippi, May 10 during the A-BLAZIN' Race completing nine obstacles that included, pushing trucks,


flipping tires, swimming, singing and so much more.  
Completing the A-BLAZIN' Race in the fastest time was the 14th Operations Support Squadron team. The Force Support Squadron Avengers came in last place and were awarded

See RACE, Page 3

**To advertise in Silver Wings,  
call 328-2424**

COLUMBUS AFB TRAINING TIMELINE									
PHASE II		PHASE III		IFF		WING SORTIE BOARD			
Squadron	Track Select	Squadron	Graduation	Squadron	Graduation	Aircraft	Required	Flown	Annual
37th (20-22)	June 11	48th (19-16)	May 31	49th (19-HBC)	May 29	T-6	1,358	1,405	17,261
41st (20-03)	May 30	50th (19-16)	May 31			T-1	495	358	5,671
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	616	502	6,698
						IFF	251	211	2,778
						* Mission numbers provided by 14 FTW Wing Scheduling.			





# 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.*

## Marriage Monday


Marriage matters! Join the Columbus Air Force Base Helping Agencies for a marriage tune-up and a FREE meal at 6 p.m. June 3 at the Blaze Chapel. For child care, please call the Chapel at 434-2500.

## 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](http://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.



Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
20	21 Wing Newcomers, 8 a.m. @ Kaye Auditorium	22 Master Sgt. Release Party, 4 p.m. @Club	23	24 AETC Family Day, Most base offices closed	25/26	June 4: Wing Newcomers  June 6: D-Day Anniversary  June 6: 37th FTS Change of Command  June 6: Enlisted Partnering  June 7: Wing Diversity Day  June 9-15: National Flag Week  June 14: Flag Day  June 14: SUPT Class 19-17/18 Assignment Night  June 16: Father's Day
27 Memorial Day Holiday, Most base offices closed	28 Memorial Day Retreat Ceremony, 4:14 p.m. @ Wing HQ	29 IFF Class 19-HBC Graduation	30 49th FTS Change of Command, 8:49 a.m. @ Fire Station  Enlisted Promotions, 3 p.m. @ Club	31 SUPT Class 19-10/16 Graduation, 10 a.m. @ Kaye Auditorium	1/2 1st: LGBTQ+ Month and National Safety Month	

## Silver Wings

### How to reach us

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### Submission Deadline

The deadline for submitting copy for next week's SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

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*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.*

## COMMUNITY

(Continued from page 13)

### Installation Voting Assistance Office

A&FRC houses the Voting Assistance Office (VAO) which is open from 7:30 a.m. - 4:30 p.m. Monday through Friday, 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](mailto: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



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I defend my Country with my Life.  
I am an American Airman.  
Wingman, Leader, Warrior.  
I will never leave an Airman behind,  
I will never falter,  
And I will not fail.



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.

### 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.

### 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](mailto: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://millifelearning.militaryonesource.mil/MOS/f?p=SIS:2:0:> For additional information, please contact the A&FRC Relocation Manager at (662) 434-2701/2790.

## FSS

(Continued from page 14)

### 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 5 p.m., stop in for a great time! Call 434-3426 for more information.



**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.

**Lifeguards Wanted**  
Columbus AFB is in need of lifeguards for the 2019 summer season. If you are interested or know someone that is, the YMCA in Columbus is holding a lifeguard certification course. For more information call 434-2507.

**Focus on Your Mental Health at the Library**  
Join us at the library from 11 a.m.-4 p.m. May 22 as we make vision boards. Call 434-2934 for more information.

**Paintball Tournament: Students vs. Instructors**  
Get your teams of eight together and sign up at Outdoor Recreation, this is a fun event you don’t want to miss! \$25 per participant includes paintballs, guns, and helmets. May 25 from 9 a.m.-noon. Call 434-2505 for more information.

**Autobahn Indoor Speedway**  
Feed your need for speed! June 8, from 8 a.m.-3 p.m. \$40 per person includes transportation, equipment and 2 hours of unlimited driving. Must be 18 and up. Call 434-2547 or stop by Outdoor Recreation to sign up.

**Geyser Falls**  
A fun day in the sun for all at Geyser Falls Water Park in Philadelphia, Mississippi. Guests can move about the water park and purchase food on their own. All participants will need to bring extra dry clothes for the bus ride back. \$15 per person for Single Airmen, and families of deployed military. \$20 per person for general participants, includes: admission to Water Park and transportation. Children under 3 are free. Call 434-7861 for more information.

**SAVE THE DATE: BLAZE FEST**  
Get ready for Fun, Food and FIREWORKS July 3. More information coming soon!



**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.

**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 to 6 years, Fridays at 10 a.m. and 3:30 p.m. for ages birth to 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 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.  
See FSS, Page 15

**RACE**  
(Continued from page 1)

the “sloth trophy.” The Ladies of the 80s, a spouse team, won the spirit award for their outfits, punk and overall singing capabilities at the karaoke battle.

Second Lt. Riley Quinlan, 14th Civil Engineer Squadron Emergency Management Flight commander, was the mind behind the event, and led a team of nearly 50 volunteers to pull off the feat. The race was also followed by a barbeque to celebrate Spouse Appreciation Day.

Col. Samantha Weeks, 14th Flying Training Wing commander, and Chief Master Sgt. Raul Villarreal, Jr., 14th Flying Training Wing command chief master sergeant, asked Quinlan several months ago to develop an event that would be physically challenging, bring people together and fun to complete. Quinlan gave them a few ways they could do it and ended up going with the most competitive, most fun, outlandish option that was given.

Initially they pitched the max amount of participants for the event to be 130-150 but many more wanted to get in on the fun. Teams represented nearly every squadron, flight and spouses.

“One of the challenges about the event was that we would need a lot of volunteers because a lot of logistics go in with the event,”



U.S. Air Force photo by Elizabeth Owens  
**Two team members of the 14th Contracting Squadron work together to guess different food while blindfolded during the A-BLAZIN' Race May 10, 2019, on Columbus Air Force Base, Miss. Nine stations were set up in various locations around base with different challenges attached to each station.**

Quinlan said. “We needed all the help we could find because we ended up settling on nine different challenge locations with multiple water stations set up around the base

along with safety and medical being involved and the barbecue following.”

The challenges included a truck push and dummy drag at the gym side parking lot, an



U.S. Air Force photo by Sharon Ybarra  
**Tthe 14th Comptroller Squadron team works with their teammate to hunt down coins in a bucket of noodles while blindfolded during the A-BLAZIN' Race May 10, 2019, on Columbus Air Force Base, Miss. Challenges included an alpha warrior challenge, a gross food challenge, a coin challenge and so much more.**



U.S. Air Force Base by Sharon Ybarra  
**Teams run across the finish line during the A-BLAZIN' Race May 10, 2019, on Columbus Air Force Base, Miss. Nearly 230 people participated in the wing-wide physically challenging event.**

alpha warrior challenge, a food challenge at the Chapel, a coin challenge at the 14th Mission Support Group building and so much more.

“We can’t have the mission and moral go on at the same time and they both be the No. 1 priority,” Quinlan said. “But because we had operations decrease at roughly 11, we were able to facilitate a wing-wide moral event like this because we had one number, one priority at that moment which was the moral event. That manifested itself to the point all the group commanders and wing leadership came out and participated in one way or another. That type of image to see an airman first class and a colonel come out and sweat together is a special occasion.”

Afterward, attendees socialized at the end of the event during the barbecue, in honor and recognition of the significant contributions, support, and sacrifices of military spouses.

The A-BLAZIN’ Race allowed for a great way to cultivate and boost morale for Airmen and connect with everyone across the base. The tremendous amount of spouse support during the race and at the barbeque, showcased the strength of community at Columbus AFB.

Being the first event of its kind at Columbus AFB allows for new improvements and different ideas for the next possible event that Airmen can look forward to.

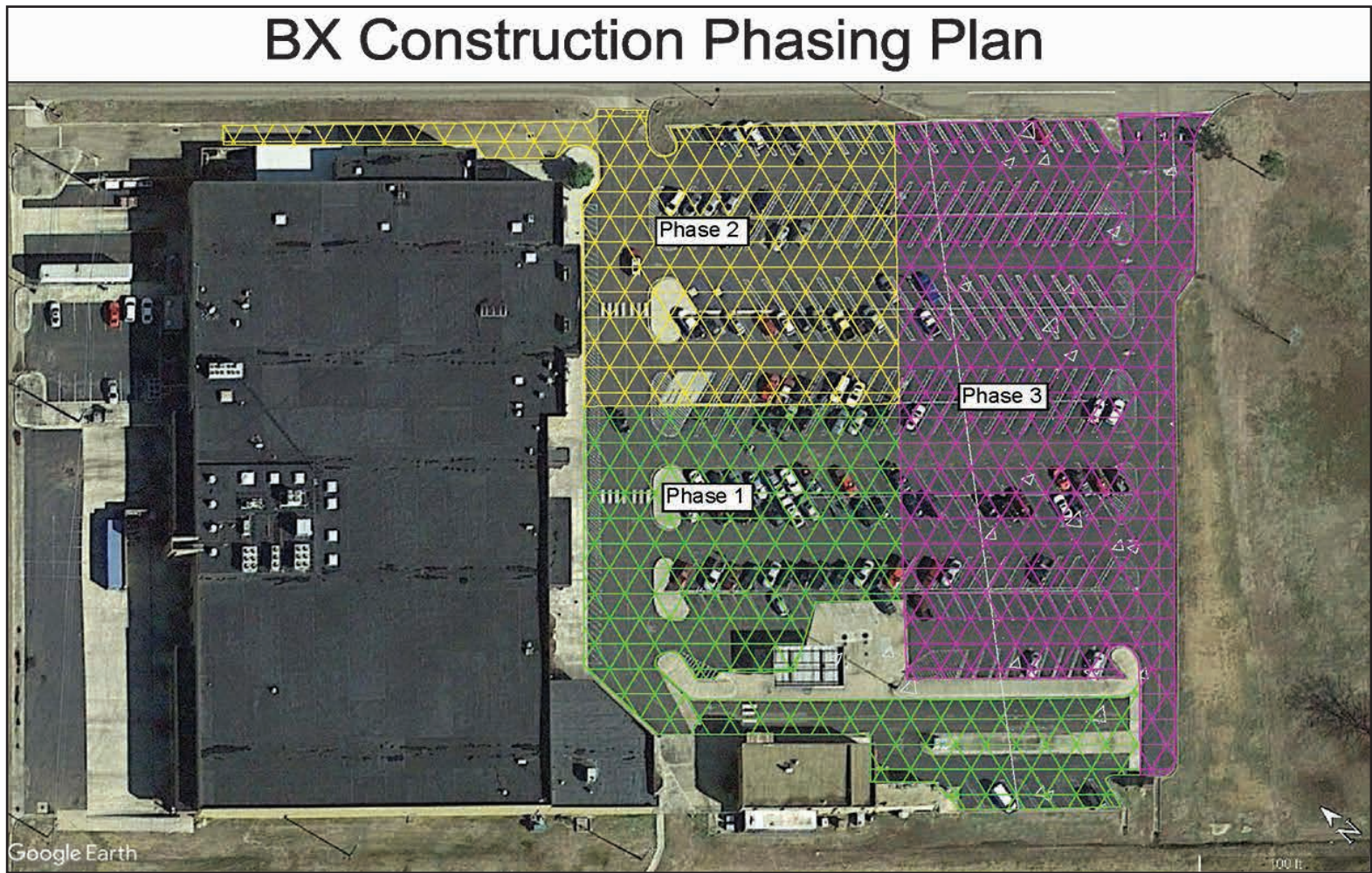


# BX, Commissary parking lot construction project delayed

14th Civil Engineer Squadron

Due to a combination of an extremely wet spring, unforeseen conditions of the ground material under the parking lot, and a bad asphalt mix used during the first phase of the project, there will be significant delays to the Base Exchange/Commissary parking lot project completion date. The completed portion of phase one will need to be redone. The asphalt plant had an incorrect equipment setting that caused an improper asphalt mix that has already started failing. The contractor will replace the asphalt completed during phase one after completion of phases two and three.

Phase two has been delayed due to the extremely wet spring and also because the sub-surface ground material has not been able to hold the heavy construction equipment during the paving process. The contractor has hired a soil testing engineering firm to take samples and provide a report that will outline the appropriate way forward. The samples will be taken May 17 in the morning and the 14th Civil Engineer Squadron expects the report to be delivered next week. Once the report is reviewed, 14th CES will provide the contractor with the required solution. The expected completion date of the project is now the end of August.



Courtesy graphic

## Columbus AFB continues fight against environmental impacts from plastic

Jan Patton  
14th Civil Engineer Squadron  
Environmental Element

The environmental problems with plastic continue to make media headlines. You can find articles on everything from sea birds choking on plastic to a rare Coelacanth turtle dying from potato chip bags wrapping around its intestines. While industries continues to search for a biodegradable version of plastic, the best approach continues to be the three R's – Reduce, Reuse and Recycle.

A few of the ways individuals can reduce their use of plastic include: carry a reusable bottle, carry shopping bags, avoid excessive product packaging and say no to disposable cutlery. In effort to help members reduce and re-use more at Columbus Air Force Base, Mississippi, various organizations

have installed new filtered, bottle filler water fountains. These fountains have a digital counter that shows how much plastic waste has been eliminated from disposable plastic bottles simply by refilling existing containers. The 14th Civil Engineer Squadron utility shop estimates 30 of these water fountains have been installed around base.

If you can't avoid using plastic, the 14th CES Environmental Element provides a recycling program that accepts plastics. Plastic types one and two are accepted at the Recycling Center from 6:30 a.m. to 4:30 p.m. and after hours by drop off along the fence at the recycling center. Also, there is a recycling drop off trailer located in the Commissary parking lot. If you are a base organization in need of recycling bins, you can obtain them by contacting Mike Blythe at (662) 434-7353.



## Columbus AFB celebrates A-BLAZIN' Race winners



U.S. Air Force photo by Melissa Doublin

Leadership from the 14th Flying Training Wing stand with the first place winners of the A-BLAZIN' Race May 10, 2019, on Columbus Air Force Base, Miss. Nearly 230 Team BLAZE members signed up to participate in the A-BLAZIN' Race.



U.S. Air Force photo by Melissa Doublin

Leadership from the 14th Flying Training Wing stand with the winners of the sloth award, the Force Support Squadron Avengers, during the A-BLAZIN' Race May 10, 2019, on Columbus Air Force Base, Miss. Nearly 230 Team BLAZE members signed up to participate in the A-BLAZIN' Race. The FSS Avengers were awarded the sloth award for arriving in last place during the event.



U.S. Air Force photo by Melissa Doublin

Leadership from the 14th Flying Training Wing stand with the spirit award winners, the Ladies of the 80s, during the A-BLAZIN' Race May 10, 2019, on Columbus Air Force Base, Miss. Nearly 230 Team BLAZE members signed up to participate in the A-BLAZIN' Race. The Ladies of the 80s won the award for their outfits, spunk and overall singing capabilities at the karaoke battle.

### 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 21. This event is mandatory for all newly arrived military and DoD civilian personnel. 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.

#### 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.

#### Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. June 6 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.

#### Air Force Recovery Coordination Program

A Recovery Care Coordinator (RCC) will be providing assistance from noon-5 p.m. June

5; 8 a.m.-5 p.m. June 6; and 8 a.m.-noon Jun 7 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.

#### Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop is from 8 a.m.-3 p.m. Jun 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.

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

The next Transition Assistance Program (TAP) workshop is from 7:30 a.m.-4 p.m. July 8-12 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.

#### Federal USA Jobs Workshop

The next Federal USA Jobs workshop is from

9-10:30 a.m. July 17. 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.

#### Career Exploration & Planning Track Workshop

The next Career Exploration & Planning Track workshop is from 8 a.m.-3 p.m. July 22-23 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.

#### 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.

#### Bundles for Babies

The next Bundles for Babies workshop is from 1-3:30 p.m. Aug. 22 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.

#### 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.

See COMMUNITY, Page 15

### 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)



## Golden Triangle leaders tour Columbus AFB



Golden Triangle leaders stand with a 14th Security Forces Squadron military working dog handler and his dog after a MWD demonstration May 15, 2019, on Columbus Air Force Base, Miss. The local leaders were able to see and speak to Airmen in their workplaces, allowing them to learn about Columbus AFB and its impact on the area.



Golden Triangle leaders watch the 14th Civil Engineer Squadron firefighters put out a training fire May 15, 2019, on Columbus Air Force Base, Miss. Tours of Columbus AFB help those outside the military understand pilot training and Air Force life, connecting them to service members from across the country.

## VIEWPOINT

# Police Week 2019

By Maj. Eric Eaton

14th Security Forces Squadron

Police Week was established by President John F. Kennedy in 1962. Kennedy signed a proclamation designating May 15 as Peace Officers Memorial Day and the week around it as Police Week. During this time, we pause to reflect on the calling our police officers have answered and reflect on those that have made the ultimate sacrifice in the line of duty. The National Law Enforcement Officers Memorial in Washington, D.C., commemorates the over 21,000 U.S. national, state, and local officers that have died in the line of duty dating back to the first recorded fatality in 1791. This memorial represents the brave men and women who gave their lives in order to provide the safe communities that have allowed many of us to get where we are today.

The men and women who serve law enforcement are close cousins to the military. A simple look at a police organization and rank structure shows that they are paramilitary organizations. However, there are deeper connections that we as military members share with our law enforcement community. Law enforcement, like the military, is a profession, a calling to serve a greater purpose. These brave men and women put their lives on the line in order to protect and defend the community. Despite the fact that men and women put their lives at risk – when life is invaluable – no one ever joins law enforcement to become a millionaire. We, as military members, share this strong bond. A willingness to put everything on the line, not for money or glory, but because we believe in something bigger than ourselves.

The military and law enforcement community are also

close by how we define ourselves. Law enforcement agencies across the country have different standards to measure their officers. This is no different than the different career fields the Air Force has with different standards that define success. What links all Airmen and all law enforcement is the fact that, despite differences, we are driven by values. For Airmen, we are all defined by integrity first, service before self and excellence in all we do. Our local Columbus Police Department is defined by their values of integrity, motivation, always proactive, good attitude, and ethically sound. The value driven professions we share define us and make us better: Better police, better Airmen and better leaders. The values allow us to enter unique, dynamic and dangerous situations driven by emotion, fear, violence and death. The values allow us to focus our attention in these dynamic situations to determine not “what are we supposed to do,” but rather “what is the right thing to do.” This connection runs deep between the military and law enforcement.

Police week is an opportunity to express gratitude for the men and women who serve in law enforcement and those that have given their lives in service. For the Air Force, it is a time to honor our defenders. The men and women of the security forces career field that protect installations from Columbus Air Force Base, Mississippi, to the 8,500 miles of missile complex at Minot AFB, North Dakota, and Thule Air Base, Greenland, to Yokota AB, Japan, Elmendorf AFB, Alaska to the Horn of Africa and beyond. Over 30,000 total force security forces Airmen work 24/7 protecting nuclear weapons, aircraft, bases and our Airmen. Nuclear convoys, traffic enforcement, installation entry control, combat arms training and maintenance, military working dog, Secret Service Support, air base defense and electronic sensor systems are just some of the duties that defenders execute day in and day out. Each of these defenders has a unique story to share.

Each of these defenders carries the mantle of the security forces honored tradition of protecting our Airmen.

Security forces carries on the legacy of Staff Sgt. Terrence Jensen, the first air policeman killed in action during the Vietnam Conflict on July 1, 1965 while conducting post checks on his Airmen. They carry on the legacy of the men in Bunker 51 during the Battle of Tan Son Nhut on January 31, 1968. The only survivor, Sergeant Alonzo Coggins and his four fellow defenders who gave their lives – Sergeants Louis Fisher, William Cyr, Charles Hebron and Roger Mills – held their positions long enough for backup forces to arrive and push back the enemy. Defenders carry on the legacy of the 12 women selected in November 1971 to be the first women to enter the Security Police Academy at Lackland AFB, Texas. In more recent history, defenders built a base from scratch at Manas International Airport in Kyrgyzstan to enable combat missions in Afghanistan. They jumped in northern Iraq with the Army’s 173rd Airborne Brigade. They secured the largest internment facility at Camp Bucca, Iraq. They gave their lives as well. Fourteen security forces members have given the ultimate sacrifice in Iraq and Afghanistan. Security forces Airmen descend from an honored history and continue to carry that legacy into the future.

During Police Week, think about the stories that each and every defender and police officer has. Think about the families and stories they continue to live. Think about your connection through your shared values. Think about all the greatness you have accomplished in communities that are safe and secure. There is no need to say “thank you” to a defender. Defenders are committed to the mission regardless of gratitude. Instead, be grateful for “the days where nothing happens, absolutely nothing.” “On those days when nothing happens, you’re welcome.”

# Weeks emboldens graduates during MUW ceremony

Airman Hannah Bean

14th Flying Training Wing

Public Affairs

Col. Samantha Weeks, 14th Flying Training Wing commander, spoke to graduates May 11 at the Mississippi University for Women’s 134th commencement ceremony in the Rent Auditorium.

Often referred to as graduation, the commencement ceremony is an end-of-spring semester celebration for students projected to successfully complete all of their graduation requirements by the end of the spring or summer semester of the year.

Over 530 students applied for the May graduation. The conferring of degrees for participants of the College of Nursing and Health Sciences was at 10 a.m. while the conferring of degrees for students of the College of Arts, Sciences and Education and the College of Business and Professional Studies was at 2 p.m.

Maddy Norgard, MUW 2018-2019 Student Government Association president, welcomed everyone to the ceremony, taking a moment to speak to the graduates on their recent accomplishments.

“Graduates, today is a culmination of your academic learning throughout the ‘W,’ but your learning doesn’t stop here,” Norgard said. “Today is just the beginning of a transitional period in your lives which will bring just as much learning and growing as your time here has. Before you leave this place, I hope you can take a moment today to reflect on everything the W represents.”

Afterward, Nora Miller, MUW president, introduced Weeks as the ceremony’s speaker. Miller gave the audience background on Weeks’ career and a description of her job as the 14th FTW commander.

Weeks congratulated the graduates for their hard work and dedication throughout their time in school. She emphasized walking across the stage is an incredible accomplishment and is a culmination of their effort, their emotional and academic investment and many long years of dedication. She noted the years of hard work, sweat and probably a few tears were worth it to bring them to this pivotal moment.

“I can tell you, each one of you have inspired me, your university and our amazing community of Columbus, Mississippi,” Weeks said. “Today you represent the best and brightest, joining a long line of college women and men dating back to the humble origins of this institution in 1884, but none of you made it here by yourself. You all most certainly got to this point with the support and encouragement from family, friends, mentors, professors or staff.”

Weeks continued to tell her of story, noting it may sound like many of the graduates. She shared of being a first-generation college student and having the dream of becoming a woman fighter pilot. At the time in 1981, women could not be fighter pilots; however Weeks was determined to be bold, have a dream and work hard to make her dream a reality, not letting anyone get in her way.



U.S. Air Force photo by Airman Hannah Bean

**Col. Samantha Weeks, 14th Flying Training Wing commander, speaks at the Mississippi University for Women’s 134th commencement ceremony May 11, 2019, at the MUW Rent Auditorium in Columbus, Miss. Often referred to as graduation, the commencement ceremony is an end-of-spring semester celebration for students projected to successfully complete all of their graduation requirements by the end of the spring or summer semester of that year**

“For me, hard work, determination and dedication were the keys to achieving my dream, but it also took a little help and Congress,” Weeks said. “In 1993, they changed the law, allowing women to fly fighter aircraft in the United States military. So luck and timing aren’t a bad thing to have on your side either.”

Weeks went on to speak about going off to the U.S. Air Force Academy, not knowing if she’d be able to achieve her dream of becoming a fighter pilot. Even upon graduating from the Academy, there was still flight training she had to go through. She had to perform the best she could to successfully continue chasing her dream.

“That little 6-year-old girl who set her sights on the impossible, she stayed true to herself, to her dream,” Weeks said. “She never quit and she never stopped trying. Her boldness, my boldness, kept me driving on even during the tough times.”

Weeks connected her story with the graduates, saying most of them have experienced tough times in life though there will be more in the future, don’t let those hurdles stop them. Be bold.

“You will fail, you will face obstacles, walls or ceilings and these things may seem final, impenetrable or impossible,” Weeks said. “You’re likely to doubt yourself at certain points, your abilities and you may even think about giving up, but

don’t. Be bold.

“Pick yourself up, go around, through, over or under those obstacles,” she continued. “Destroy whatever is getting in your way. Sometimes you’ll get in your own way and instead of seeing life is a ladder with rungs you have to climb, see it as a jungle gym, where there are multiple paths and multiple ways to success.”

Weeks added the graduates’ willingness to accept the challenge, push beyond their perceived limits, morally, mentally and physically has perfectly positioned them to be bold going forward in life.

“Today you join a group of noteworthy alumni,” Weeks said. “People who have used their experience at the ‘W’ to sharpen their grit, to empower them to make bold decisions and make calculated risks. Alumni like the honorable Lenore Prather, class of 1953, who was the first woman to serve as a Supreme Court justice in Mississippi; or Dr. Elizabeth Lee Hazen, class of 1910, who was the co-discoverer of the world’s leading anti-fungal medication.”

During a time where odds and doubts could have prevailed, these MUW graduates chose to be bold.

“Your alumni paved the way, excelled, lead in business, medicine, science, the military and our communities,” Weeks said. “You joined an alumni that has proven anything is possible, especially when you take a bold chance, bet on yourself and rely on the foundation you have built here.”

Weeks added she hopes graduates will walk away with a desire to continue to grow, to find a purpose and define their why.

“It’s taken me about a decade to understand my why, but every day I continue to serve the Air Force is another day to knock a brick out of the wall that tried to hold me back so those who come behind me walk easier, get farther, are uplifted and surpass anything that I’ve done to get to greater heights, achieve more and better our Air Force and our nation,” Weeks said.

Weeks then challenged the graduates to continue to grow. She noted the graduates’ generation has the unique ability to process information, communicate and dare to think boldly.

“I see it every single day as we teach our young officers to fly planes and lead across our Air Force,” Weeks said. “You are a uniquely talented generation motivated to change the world for the better, which is critical because you are entering a uniquely challenging and dynamic world. You will need to be adaptable, professional and compelling.”

Weeks also challenged graduates to not only continue to grow themselves, but to also join the long blue line and grow others around them.

“You are the types of graduates our businesses, communities and government need,” Weeks said. “My challenge here is for you to be willing and excited, to be bold, inspired and comforted by the grit and growth you’ve experienced here at the W. Give back to the Mississippi community who supported you, find your purpose in uplifting others so we can aspire to new heights together.”



# Columbus AFB celebrates Military Spouse Appreciation Day



U.S. Air Force photo by Melissa Doublin  
Military spouses participate in various challenges during the Military Spouse Appreciation Day barbeque May 10, 2019, on Columbus Air Force Base, Miss. Similar to the challenges in the international game show, Minute to Win It, spouse groups raced against each other in a competition to see who could complete the challenges in the shortest amount of time.



U.S. Air Force photo by Melissa Doublin  
Military spouses participate in various challenges during the Military Spouse Appreciation Day barbeque May 10, 2019, on Columbus Air Force Base, Miss. Similar to the challenges in the international game show, Minute to Win It, spouse groups raced against each other in a competition to see who could complete the challenges in the shortest amount of time.



U.S. Air Force photo by Melissa Doublin  
Staff Sgt. Thomas Buena, 14th Contracting squadron contract officer, and his wife, Laura, receive prizes during the Military Spouse Appreciation Day barbeque May 10, 2019, on Columbus Air Force Base, Miss. Military Spouse Appreciation day is a day to honor and acknowledge the significant contributions, support, and sacrifices of military spouses.



## Medical Corner



## MENTAL HEALTH MONTH

### How the foods you eat affect how you feel



Serotonin is a neurotransmitter that helps regulate sleep and appetite, mediate moods, and inhibit pain. Since about 95% of your serotonin is produced in your gastrointestinal tract, and your gastrointestinal tract is lined with a hundred million nerve cells, or neurons, it makes sense that the inner workings of your digestive system don't just help you digest food, but also guide your emotions. What's more, the function of these neurons — and the production of neurotransmitters like serotonin — is highly influenced by the billions of “good” bacteria that make up your intestinal microbiome. These bacteria play an essential role in your health. They protect the lining of your intestines and ensure they provide a strong barrier against toxins and “bad” bacteria; they limit inflammation; they improve how well you absorb nutrients from your food; and they activate neural pathways that travel directly between the gut and the brain.

Studies have compared “traditional” diets, like the Mediterranean diet and the traditional Japanese diet, to a typical “Western” diet and have shown that the risk of depression is 25% to 35% lower in those who eat a traditional diet. Scientists account for this difference because these traditional diets tend to be high in vegetables, fruits, unprocessed grains, and fish and seafood, and to contain only modest amounts of lean meats and dairy. They are also void of processed and refined foods and sugars, which are staples of the “Western” dietary pattern. In addition, many of these unprocessed foods are fermented, and therefore act as natural probiotics. Fermentation uses bacteria and yeast to convert sugar in food to carbon dioxide, alcohol, and lactic acid. It is used to protect food from spoiling and can add a pleasant taste and texture.

#### What does this mean for you?

Start paying attention to how eating different foods makes you feel — not just in the moment, but the next day. Try eating a “clean” diet for two to three weeks — that means cutting out all processed foods and sugar. Add fermented foods like kimchi, miso, sauerkraut, pickles, or kombucha. If you suspect you have trouble tolerating dairy products, you might want to eliminate and try non-dairy alternate products. Some people eliminate grain when avoiding processed foods and feel better. Instead of eliminating all grains, start switching to whole grains, nuts, seeds and legumes. See how you feel. Give it a try!

Nutritional psychiatry: Your brain on food. Retrieved from <https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626>

### Mineral Deficiencies and Depression

Inadequate levels of major elements have direct, observable effects on biomarkers of mood and behavior. The identification of mineral deficiencies has become an increasingly important component of treatment for mood disorders.

#### Zinc

- Inhibits NMDA\* receptors
  - Enhances BDNF (brain derived neurotrophic factor) gene expression
  - Supports normal T-cells and immune response
  - Increases GABA\*\* responses
- #### Magnesium
- Inhibits NMDA receptors
  - Mediates stress reactions via HPA (hypothalamic-pituitary-adrenal) axis
- #### Iron
- Involved in dopamine and serotonin synthesis

- Supports brain myelination
- Maintains GABA homeostasis

#### Copper

- Inhibits GABA responses
- Interacts with zinc to regulate synaptic transmission
- Iodine
- Synthesis, activation and metabolism of thyroid hormones

\* The NMDA receptor is very important for controlling synaptic plasticity and memory function.

\*\* GABA is a neurotransmitter that blocks impulses between nerve cells in the brain.

Mineral Deficiencies and Depression: Evidence-Based Research. Retrieved from <https://blog.radiantlifecatalog.com/mineral-deficiencies-anddepression-evidence-based-research>

## A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,  
I recently changed shifts and have limited time to prepare meals each day. I often grab what I can from the snack bar at work or pick-up a meal from the 'Grab and Go' or a nearby restaurant. My coworkers and I noticed changes in my mood. Some days I just feel better than others. I've focused on getting more sleep and exercising regularly. Next, I'd like to make some diet improvements. I've often heard the saying “you are what you eat.” Is the saying true as it relates to my mood?

Sincerely,  
Does Food Affect Your Mood?

Dear Does Food Affect Your Mood?,  
You ask a great question. Last year, the Journal of Affective Disorders, pooled data from 24 independent studies surveying nearly 2 million people that showed that adherence to a healthy diet is associated with a somewhat lower risk of depression over time. In fact, their review showed diets that included a variety of vegetables, legumes, fish and seeds demonstrated improved moods.

Based on their findings, you are what you eat. So follow the Dietary Guidelines for Americans and eat a variety of dark green, red and orange vegetables and fruits. Choose lean proteins, include legumes (beans and peas), whole grains and fat-free or low-fat dairy or fortified soy or nut beverages. Ensure that you drink adequate amounts of water and limit saturated and trans fats, as well as added sugar and sodium.

Consider prepping your meals and snacks for the work week during your off-time so that you are not limited in your food choices during work shifts. You will likely find that preplanning what you eat along with the other changes you have made (increased exercise and sleep) may help to improve your mood.

Sincerely,  
Health Myth Busters

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you “Bust The Myths!” Send your questions to [usaf.jbsa.afmsa.mbx.hpo@mail.mil](mailto:usaf.jbsa.afmsa.mbx.hpo@mail.mil). Make sure to include in the subject line “Health Myth Buster.” For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



# BLAZE Hangar Tails: F-15E Strike Eagle

## Mission

The F-15E Strike Eagle is a dual-role fighter designed to perform air-to-air and air-to-ground missions. An array of avionics and electronics systems gives the F-15E the capability to fight at low altitude, day or night, and in all weather.

## Features

The aircraft uses two crew members, a pilot and a weapon systems officer. Previous models of the F-15 are assigned air-to-air roles; the “E” model is a dual-role fighter. It has the capability to fight its way to a target over long ranges, destroy enemy ground positions and fight its way out.

The aircraft’s navigation system uses a laser gyro and a Global Positioning System to continuously monitor the aircraft’s position and provide information to the central computer and other systems, including a digital moving map in both cockpits.

The APG-70 radar system allows aircrews to detect ground targets from long ranges. One feature of this system is that after a sweep of a target area, the crew freezes the air-

to-ground map then goes back into air-to-air mode to clear for air threats. During the air-to-surface weapon delivery, the pilot is capable of detecting, targeting and engaging air-to-air targets while the WSO designates the ground target.

The low-altitude navigation and targeting infrared for night, or LANTIRN, system allows the aircraft to fly at low altitudes, at night and in any weather conditions, to attack ground targets with a variety of precision-guided and unguided weapons. The LANTIRN system gives the F-15E unequaled accuracy in weapons delivery day or night and in poor weather, and consists of two pods attached to the exterior of the aircraft.

## General Characteristics

**Primary function:** Air-to-ground attack aircraft  
**Contractor:** The Boeing Company  
**Power plant:** Two Pratt & Whitney F100-PW-220 or 229 turbofan engines with afterburners  
**Thrust:** 25,000 - 29,000 pounds each engine  
**Wingspan:** 42.8 feet (13 meters)

**Length:** 63.8 feet (19.44 meters)  
**Height:** 18.5 feet (5.6 meters)  
**Weight:** 37,500 pounds ( 17,010 kilograms)  
**Maximum takeoff weight:** 81,000 pounds (36,450 kilograms)  
**Fuel capacity:** 35,550 pounds (three external tanks plus conformal fuel tanks)  
**Payload:** depends upon mission  
**Speed:** 1,875 mph (Mach 2.5 plus)  
**Range:** 2,400 miles (3,840 kilometers) ferry range with conformal fuel tanks and three external fuel tanks  
**Ceiling:** 60,000 feet (18,288 meters)  
**Armament:** One 20mm multibarrel gun mounted internally with 500 rounds of ammunition. Four AIM-9 Sidewinder missiles and four AIM-120 AMRAAM, or eight AIM-120 AMRAAM missiles. Any air-to-surface weapon in the Air Force inventory (nuclear and conventional)  
**Crew:** Pilot and weapon systems officer  
**Unit cost:** \$31.1 million (fiscal 98 constant dollars)  
**Initial operating capability:** September 1989  
**Inventory:** Total force, 219



U.S. Air Force photo by Tech. Sgt. Matthew Plew

An F-15E Strike Eagle assigned to the 494th Fighter Squadron conducts aerial training over the North Sea April 29. The 494th conducts routine training daily to ensure the 48th Fighter Wing brings unique air combat capabilities to the fight when called upon by United States Air Forces in Europe-Air Forces Africa.



U.S. Air Force photo by Senior Airman Shawna L. Keyes

Two F-15E Strike Eagles, assigned to the 4th Fighter Wing, perform a flyover during the national anthem at the Wings Over Wayne Air Show, April 28, 2019, at Seymour Johnson Air Force Base, North Carolina. During the opening ceremony the Black Daggers, the official U.S. Army Special Operations Command Parachute Demonstration Team, performed as the F-15E Strike Eagles conducted a flyover.

# Gasoline, propane safety

**Fire Inspector Darren Amos**  
14th Civil Engineer Squadron

## Gasoline safety tips

- Keep gasoline out of children’s sight and reach. Children should never handle gasoline.
- Do not use or store gasoline near possible ignition sources (i.e., electrical devices, oil- or gas-fired appliances, or any other device that contains a pilot flame or a spark).



- Store gasoline outside the home (i.e., in a garage or lawn shed) in a tightly closed metal or plastic container. Never store gasoline in glass containers or non-reusable plastic containers (i.e., milk jugs).
- Store only enough gasoline necessary to power equipment and let machinery cool before refueling it.
- Never use gasoline inside the home or as a cleaning agent.

- Clean up spills promptly and discard clean-up materials properly.

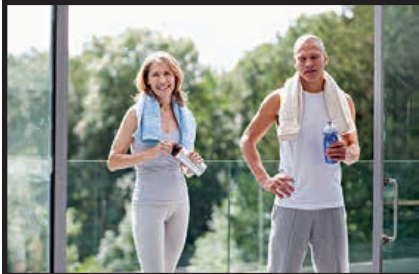


- Do not smoke when handling gasoline.
- Never use gasoline in place of kerosene.
- Use caution when fueling automobiles. Do not get in and out of the automobile when fueling. Although rare, an electrical charge on your body could spark a fire, especially during the dry winter months.
- Only fill portable gasoline containers outdoors. Place the container on the ground before filling and never fill containers inside a vehicle or in the bed of a pick-up truck.
- Follow all manufacturer’s instructions when using electronic devices (those with batteries or connected to an electrical outlet) near gasoline.

## Propane home safety tips

- Handle any propane-powered equipment cautiously and always follow the manufacturer’s instructions.
- Cylinder tanks for equipment such as stoves and ovens must be located outside of the home.
- Never store or use propane gas cylinders larger than one pound inside the home.
- Never operate a propane-powered gas grill inside the home.
- Have propane gas equipment inspected periodically by a professional for possible leaks or malfunctioning parts.
- Carefully follow the manufacturer’s instructions when lighting a pilot.
- If you smell a strong odor of gas, leave the area immediately and call the fire department from outside the home.

Data from National Fire Protection Association

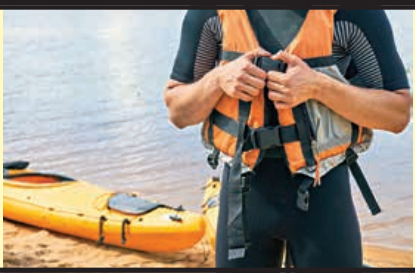


**Stay hydrated!**

**Practice water safety. Be watchful of kids in pools.**



**Be safe on the water, wear a life preserver**



**Cycle safe, wear a helmet**



**Share the road. Watch for motorcyclist.**

**Don’t drink and drive.**







U.S. Air Force photo by Senior Airman Keith Holcomb

Airmen from the 14th Security Forces Squadron double-time march in formation May 13, 2019, on Columbus Air Force Base, Mississippi. National Police Week activities were held from May 13-18, 2019, to highlight the Airmen who put their lives on the line to keep their fellow Airmen safe.

# National Police Week observed



U.S. Air Force photo by Sharon Ybarra

Airmen from the 14th Security Forces Squadron supervise Senior Airman Keith Holcomb, 14th Flying Training Wing photojournalist, while practicing the 'shoot, move, communicate' drill May 14, 2019, on Columbus Air Force Base, Mississippi. It is crucial for security forces to understand the basic shoot, move, communicate drill, so they can respond effectively in the case of a dangerous event on Columbus AFB.



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

Airmen from the 14th Security Forces Squadron stand at attention as they pay respects to those defenders who made the ultimate sacrifice May 15, 2019, on Columbus Air Force Base, Mississippi. The U.S. Air Force security forces members are the first line of protection for all U.S. Air Force assets and have a strong heritage of heroes who paved the way for those serving today.



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

Military Working Dog handlers from the 14th Security Forces Squadron demonstrate their capabilities to children from the Youth Center May 16, 2019, on Columbus Air Force Base, Mississippi. The patrolmen and MWD handlers work to protect 14th Flying Training Wing personnel and assets 24/7.



U.S. Air Force photo by Senior Airman Keith Holcomb

Airmen from the 14th Security Forces Squadron march in formation May 13, 2019, on Columbus Air Force Base, Mississippi. National Police Week is a week dedicated to the defenders of all generations who protect U.S. citizens and assets, at home and abroad.