D-Day Anniversary
June 6, 1944, more than 160,000 Allied troops landed along the beaches of Normandy, France. More than 5,000 ships and 13,000 aircraft supported the invasion. Take time to remember the tens of thousands of Allied service members that were killed or injured that day.

Wing Diversity Day
Wing Diversity Day is from 10 a.m. to 2 p.m., June 7 in the Columbus Club. Enjoy cultural performances, educational booths, food demonstrations and free food tastings!

National Flag Week
National Flag Week is June 9-15, with Flag Day occurring on June 14. Celebrate National Flag Week and Flag Day by displaying the American flag.

SUPT Class 19-10/16 graduates today at 10 a.m. at the Kaye Auditorium.

Memorial Day ceremony honors Medal of Honor recipient, pilot graduate
Airman 1st Class Hannah Bean, Specialized Undergraduate Pilot Training Class 17-14 graduate, in front of the Richard “Gene” Smith Plaza during a Memorial Day ceremony May 28, 2019, on Columbus Air Force Base, Miss. The Memorial Day ceremony honored the nation’s fallen Airmen, Soldiers, Sailors and Marines, and included a special memorial service for Chapman and Albandor.

"Today is not a day of celebration, but a day to remember, reflect and be grateful for the men and women who selflessly sacrificed for their nation," said Col. Samantha Weeks, 14th Flying Training Wing commander. "We remember the sacrifices of our steadfast Soldiers, Sailors, Airmen and Marines."

Columbus AFB Training Timeline

Phase II
- Squadron 18-20/22 - June 11
- Squadron 18-05 - June 11
- (1st-22) - June 25

Phase III
- Squadron Graduation 48-12 (18-12) - June 20
- NATO (SRCX) - June 20

IFF
- Squadron 18-05 - June 25
- Squadron 18-05 - June 25
- 448 - 2/05

Wing Sortie Board
- T-6 - 2,484
- T-1 - 321
- T-38 - 1,392
- IFF - 485

Mission numbers provided by 14 FTW Wing Scheduling.
Columbus AFB Diversity Day: Discovering World Culture
June 7 from 10am-2pm at the Columbus Club

How to reach us
14th Flying Training Wing Public Affairs
5500 Seventh Street, Suite 210
Columbus, MS 36704
Commercial: (662) 434-7068
DSN: 742-7068
Fax: (662) 434-7009
E-mail: silverwings@us.af.mil

Cultivate, Create, CoNNECt

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.

Silver Wings
Go behind the scenes and see what it takes to put out a daily newspaper! Call 662-328-2424 today to schedule a tour for your group or organization.

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.

Published by the Commercial Dispatch Publishing Company, Inc., a commercial enterprise. Advertisements appearing in this publication do not necessary constitute endorsement by the DOD, the Department of the Air Force or Service Publications, Inc., of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

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

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, MS, Commercial Dispatch advertising department one week prior to desired publication date. The advertising department can be reached at (662) 328-2424.
The Air Force’s rapid acquisition efforts have been supported by a number of other initiatives. According to Secretary of the Air Force Heather Wilson, the Air Force met its “Century Challenge” milestone this month, cutting 100.5 years of unnecessary schedule from existing weapons development programs since May 2018. The challenge to streamline and accelerate programs was put forth to the service’s acquisition community as the Air Force focuses on adversaries who are rapidly innovating.

Wilson credited the Air Force’s success to Congressional support that provided funding for the 2018 National Defense Authorization Act and the 2019 National Defense Authorization Act. The 2016 National Defense Authorization Act, which the Air Force is implementing, is expected to significantly expand the capa-

“Treatments for PTSD can be brought on by the exposure to death, serious injury, so-
vial violence or some other traumatic or emotional experiences. It can be caused by exposure to traumatic events through themself, by witnessing them or by someone they care about,” said Dr. Will Roper, the assistant secretary of the Air Force for acquisition, technology and logistics.

The development of PTSD can be brought on by the exposure to deaths, serious injury, so-
vial violence or some other traumatic or emotional experiences. It can be caused by exposure to traumatic events through themself, by witnessing them or by someone they care about.

The events took a major toll on him, and as a result he began suffering both physically and mentally.

“During the beginning of my counseling I realized I had become paranoid; I thought everyone was after me. I was afraid to leave my house. I was always on high alert. Sometimes I would be at home and all of a sudden I would hear a noise and run outside to check if there was something going on. I would have to take all my medications right then and there to calm myself down. I would take them and I would feel better, but I would still have to take them every day,” Corvin said.

“During the beginning of my counseling I realized I had become paranoid; I thought everyone was after me. I was afraid to leave my house. I was always on high alert. Sometimes I would be at home and all of a sudden I would hear a noise and run outside to check if there was something going on. I would have to take all my medications right then and there to calm myself down. I would take them and I would feel better, but I would still have to take them every day,” Corvin said.

The Mental Health Clinic at Holloman Air Force Base provides care to all active duty military and their family members. They have access to various programs and services, including counseling, medication management, and other mental health services.

“During the beginning of my counseling I realized I had become paranoid; I thought everyone was after me. I was afraid to leave my house. I was always on high alert. Sometimes I would be at home and all of a sudden I would hear a noise and run outside to check if there was something going on. I would have to take all my medications right then and there to calm myself down. I would take them and I would feel better, but I would still have to take them every day,” Corvin said.
Summer – A Time to enjoy family, friends, and practice good risk management

Jay Poseck
Air Force Safety Center Public Affairs

KIRTLAND AIR FORCE BASE, N.M. — While June 21, 2019, marked the beginning of Summer, we all know the weekend acts as the intellectual kickstart to the summer season for many. It is the moment we experience the end of a long period of school or work, a break from the cold, and a chance to enjoy a spot between too hot, too cold, and not too cold. Many families are not fortunate to have the luxury of a weekend together. Friends grills and barbeques to time those who never go back to the United States. Simply put, it is a greatvasture for the future of the Thunderbirds and the Thunderbirds.

"Every year we love Airman to water-related activities and many times it's simply due to lack of preparation," Parsons added. "Airmen must intimately understand the hazards presented by water, whether it is temperature, depth, currents, or alcohol and sleep deprivation into the mix."

Summer is a time that every Airman should rejoice. The beautiful weather is cause to explore the corners of the United States, but also countries across the globe, as Airmen are engaging in worldwide operations. With those adventures come risks. Airmen are encouraged to have a plan, understand their local hazards and practice good risk management.

"It's not that Airmen don't know alcohol impairs their decision-making ability, because I think the Commandant takes every opportunity to emphasize and re-emphasize drinking and driving," Rush said. "What's missing is a thought of what else we must engage in to add to their realization of the potential of alcohol, poor judgment and summer activities with the fear of a loss simply isn't there."

Summer is a time that every Airman should rejoice. The beautiful weather is cause to explore the corners of the United States, but also countries across the globe, as Airmen are engaging in worldwide operations. With those adventures come risks. Airmen are encouraged to have a plan, understand their local hazards and practice good risk management.

Summer is a time that every Airman should rejoice. The beautiful weather is cause to explore the corners of the United States, but also countries across the globe, as Airmen are engaging in worldwide operations. With those adventures come risks. Airmen are encouraged to have a plan, understand their local hazards and practice good risk management.

Summer is a time that every Airman should rejoice. The beautiful weather is cause to explore the corners of the United States, but also countries across the globe, as Airmen are engaging in worldwide operations. With those adventures come risks. Airmen are encouraged to have a plan, understand their local hazards and practice good risk management.

Summer is a time that every Airman should rejoice. The beautiful weather is cause to explore the corners of the United States, but also countries across the globe, as Airmen are engaging in worldwide operations. With those adventures come risks. Airmen are encouraged to have a plan, understand their local hazards and practice good risk management.

Summer is a time that every Airman should rejoice. The beautiful weather is cause to explore the corners of the United States, but also countries across the globe, as Airmen are engaging in worldwide operations. With those adventures come risks. Airmen are encouraged to have a plan, understand their local hazards and practice good risk management.

Summer is a time that every Airman should rejoice. The beautiful weather is cause to explore the corners of the United States, but also countries across the globe, as Airmen are engaging in worldwide operations. With those adventures come risks. Airmen are encouraged to have a plan, understand their local hazards and practice good risk management.

Summer is a time that every Airman should rejoice. The beautiful weather is cause to explore the corners of the United States, but also countries across the globe, as Airmen are engaging in worldwide operations. With those adventures come risks. Airmen are encouraged to have a plan, understand their local hazards and practice good risk management.

Summer is a time that every Airman should rejoice. The beautiful weather is cause to explore the corners of the United States, but also countries across the globe, as Airmen are engaging in worldwide operations. With those adventures come risks. Airmen are encouraged to have a plan, understand their local hazards and practice good risk management.

Summer is a time that every Airman should rejoice. The beautiful weather is cause to explore the corners of the United States, but also countries across the globe, as Airmen are engaging in worldwide operations. With those adventures come risks. Airmen are encouraged to have a plan, understand their local hazards and practice good risk management.

Summer is a time that every Airman should rejoice. The beautiful weather is cause to explore the corners of the United States, but also countries across the globe, as Airmen are engaging in worldwide operations. With those adventures come risks. Airmen are encouraged to have a plan, understand their local hazards and practice good risk management.

Summer is a time that every Airman should rejoice. The beautiful weather is cause to explore the corners of the United States, but also countries across the globe, as Airmen are engaging in worldwide operations. With those adventures come risks. Airmen are encouraged to have a plan, understand their local hazards and practice good risk management.

Summer is a time that every Airman should rejoice. The beautiful weather is cause to explore the corners of the United States, but also countries across the globe, as Airmen are engaging in worldwide operations. With those adventures come risks. Airmen are encouraged to have a plan, understand their local hazards and practice good risk management.
Seeking mental health treatment: Chief shares his experience with PTSD

Staff Sgt. Christine Groening
49th Wing Public Affairs

HOLLoman AFB, N.M. — "Dealing with a traumatic event from 2011 in Afghanistan has been a struggle for me," Corvin said. "I've been fighting to get away from it for a long time, but it has kept coming back to me."

"Before the 2011 mission, I was deployed to Afghanistan for a year and a half," Corvin said. "I was working as a combat repairer in the maintenance section of the F-22 Raptor. During that deployment, I saw and experienced some things that haunts me to this day."

"I lost a lot of friends that day," Corvin said. "I saw things that were just too much, things that I never want to see again."

"After that mission, I was in a state of shock. I didn't know how to process it or deal with it," Corvin said. "I just kept putting it away and pushing it down."

"It's been a struggle for me to come to terms with what I saw," Corvin said. "I've been dealing with it for a long time, but it's just now starting to come back to me."

"I've been dealing with PTSD for a long time," Corvin said. "I've been trying to deal with it on my own, but it's just not working."

"I knew I needed to get help," Corvin said. "I was struggling with it on my own and it wasn't working."

"I went to the therapist and started getting help," Corvin said. "I started dealing with it and I'm starting to get better."

"I'm finally starting to come to terms with what I saw," Corvin said. "I'm finally starting to deal with it and I'm finally starting to get better."

"I'm finally starting to deal with it and I'm finally starting to get better," Corvin said. "I'm finally starting to come to terms with what I saw."
People with behavioral health conditions are more likely to smoke. Psychologists are among those working to understand why and how they quit.

In some cases, people with mental illness may be using tobacco to mask symptoms or relapse risk. Others use it to cope with stress or anxiety. Some might also be more likely to smoke. Psychologists are among those working to understand why and how they quit.

Smoking and mental illness

- Mood changes: Mood changes are common among people who smoke. Changes in mood can affect anything from smoking behavior to the way a person perceives their health. Changes in mood can also be a sign of a mental illness. Smoking may be used as a coping mechanism for mood-related issues.
- Increased heart rate: Smoking increases heart rate and blood pressure, which can lead to more heart disease.
- Withdrawal symptoms: Symptoms of nicotine withdrawal can include increased heart rate, agitation, irritability, and difficulty concentrating. These symptoms can be severe and last for weeks or months after quitting.
- Increased risk of lung cancer: Smoking increases the risk of lung cancer, which is the leading cause of death from cancer.

Mental Health Month

Cultivate, Create, Connect

We can’t just ignore this population,” says Tim McAfee, MD, director of the CDC’s Office on Smoking and Health. “I think we’re almost at the beginning of a paradigm shift in mental health treatment.”

Today are finally having the same realization, he adds. “I think we’re almost at the beginning of a paradigm shift in mental health treatment.”

“We can’t just ignore this population,” says Tim McAfee, MD, director of the CDC’s Office on Smoking and Health. “I think we’re almost at the beginning of a paradigm shift in mental health treatment.”

Tobacco-related illnesses including cancer, heart disease and lung disease are more common among people with mental illness, McAfee says. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blame. Often, people with mental disorders experience a laundry list of risk factors for tobacco use in people with mental illnesses. Social and environmental factors are also likely to blames.
Kids Triathlon
Starting at 5:30 p.m. June 7, at Independence Pool. Open to children ages 5-13. Swim, bike, and run to the finish line. Awarded to the first person to cross the finish line. Packet pickup will be June 4-5. Call 434-2772 to sign up!

Booze Triangle
Starting at 6:30 p.m. June 1, at Independence Pool. First drink at 7:00 p.m. Bring your own beverages, all ages welcome. Must be 21 years and older. Call 434-7836 for more information.

Autobahn Indoor Speedway
Packet pickup will be June 4-5. Call 434-2772 to sign up!

Adventure Indoor Speeding
 Featuring a wide variety of activities for children and adults. Must be 18 and over. $40 per person includes-T-shirt, Race bib, Swag bag, and participation medal.

Lawn Mower and Bicycle Repair
 Outdoor Recreation is now offering lawn mower repair and bicycle repair. For more information, contact 434-2489.

Instructors Needed
 For more information, call 434-2496.

Free Mango Languages
 The CAFB Riding Stables usually has stall space available. Hometown: Columbus, Mississippi

Airman on the Steer:
What do you appreciate about your coworkers?

Name: Airman 1st Class Ariana Smith
Job Title: 14th Force Support Squadron operations support journeyman
Hometown: Miami

Answer: Everyone here is like a family, they’re always willing to help me with what’s going on there and there’s nothing else like it.

Name: Airman 1st Class Christy Tyler
Job Title: 14th Security Forces Squadron patrolman
Hometown: Montgomery

Answer: Working in security forces is thrilling and we always push each other to continue learning, it’s been a great experience.

Name: Airman 1st Class Anna Barrios
Job Title: 14th Operations Support Squadron air traffic controller
Hometown: Miami

Answer: Everyone here shares the same goals and is always helpful. It’s not just a job, it’s a great environment.

Name: Airman 1st Class Cedrik Tyler
Job Title: 14th Operations Support Squadron air traffic controller
Hometown: Tyler, Texas

Answer: This is the best job I’ve ever had. The people here are so great and we have so much fun together.

Safety is the responsibility of every BLAZE Airmen and an integral part of Columbus Air Force Base. As you take the time to enjoy the warmer weather and outdoor activities this season, please remember to avoid unnecessary risks, and make safety a priority in your summer plans.

The National Safety Council recognizes June as National Safety Month, and highlights the Memorial Day Holiday weekend as the start of the critical days of summer. Gone are the days of just worrying about the beach, pool, and park safety. You should include fireworks, biking, boating, and other summer activities in your list of concerns.

For more information, contact 434-2772.

The natural hazards of summer, your Wing Safety office still high-light the 2019 National Safety Month by featuring a variety of topics such as swimming safety, water safety, fire prevention, and boating safety. These topics include a variety of topics such as distracted driving, boating safety, fireworks safety, and air travel safety in the passenger and cargo aircraft, and how to safely host a backyard barbecue.

Safety is the responsibility of every BLAZE Airmen and an integral part of your culture here at Columbus Air Force Base. As you take the time to enjoy the warmer weather and outdoor activities this season, please remember to avoid unnecessary risks, and make safety a priority in your summer plans.

The natural hazards of summer, your Wing Safety office still high-light the 2019 National Safety Month by featuring a variety of topics such as swimming safety, water safety, fire prevention, and boating safety. These topics include a variety of topics such as distracted driving, boating safety, fireworks safety, and air travel safety in the passenger and cargo aircraft, and how to safely host a backyard barbecue.

Safety is the responsibility of every BLAZE Airmen and an integral part of your culture here at Columbus Air Force Base. As you take the time to enjoy the warmer weather and outdoor activities this season, please remember to avoid unnecessary risks, and make safety a priority in your summer plans.
Thirty-four officers have prevailed during a year of training, earning the right to become Air Force pilots. Specialized Undergraduate Pilot Training Class 19-10/16 graduates at 10 a.m. today during a ceremony at the Kirtland Air Force Base. Gen. Edward Vaughan, the Special Assistant Director of Training and Readiness, Deputy Chief of Staff for Operations, Headquarters U.S. Air Force, the Pentagon, is the graduation guest speaker.

Students will receive their pilot wings at the ceremony, and students who excelled in their respective training tracks will be recognized.

The distinguished graduates of classes 19-10/16 recognized were Ritchie, Jones, Norris, and Lawson for outstanding performance in academics, other qualities and flying abilities.

The 52-week pilot training program begins with ground training, 27.3 hours in the flight simulator and 89 hours in the T-6A aircraft. Primary training takes approximately 23 weeks and includes 53.6 hours in the flight simulator, 254.4 hours of academics, officer qualities and flying abilities.

Primary training is designed to foster close ties between the community and Kirtland AFB. Today, each student will be given a set of pilot wings and a vehicle equipped with the latest technology.

Students also practice night, instrument and cross-country navigation flying. Primary training takes approximately 23 weeks and includes 254.4 hours of ground training, 77.3 hours in the flight simulator and 89 hours in the T-6A aircraft.

Each class is partnered with business or civic organizations during their year of training. This program is designed to foster close ties between the community and Kirtland AFB.

Military training takes approximately 26 weeks and includes 254.4 hours of ground training, 77.3 hours in the flight simulator and 118.5 hours in the T-38C aircraft.

The T-38C Talon is the Air Force’s basic, twin-engine supersonic jet. It provides students with avionics and navigation training to prepare students for flight. The T-38 training emphasizes formation, advanced aerobatics and navigation. Training takes approximately 26 weeks and includes 254.4 hours of ground training, 77.3 hours in the flight simulator and 118.5 hours in the T-38C aircraft.

Primary training takes approximately 23 weeks and includes 254.4 hours of ground training, 77.3 hours in the flight simulator and 89 hours in the T-6A aircraft.