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Vol. 43, Issue 22

Columbus Air Force Base, Miss.

June 7, 2019

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Weather

Friday	Saturday
Thunderstorms High 86°F Low 70°F	Thunderstorms High 86°F Low 69°F
Sunday	Monday
Thunderstorms High 84°F Low 70°F	Thunderstorms High 86°F Low 67°F

Forecast provided by the 14th OSS Weather Flight

News Briefs

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 or attend observances, parades and events.

Assignment Night

Specialized Undergraduate Pilot Training Class's 19-17/18 Assignment Night will begin at 5:30 p.m., June 14 at the Club. Celebrate with Class 19-17/18 as they receive their new assignments!

Wing Newcomers

A Wing Newcomers will begin at 8 a.m., June 18 in the Kaye Auditorium. Newcomers is mandatory for all newly arrived military and Department of Defense civilian personnel. This base-wide connection orientation consists of a guided base tour. You must register with your unit command support staff to attend due to limited space on the bus.

Inside



Feature 8

Vacation Bible school is highlighted in this week's feature.



U.S. Air Force photo by Airman 1st Class Jake Jacobsen
Brig. Gen. Edward Vaughan, Special Assistant to the Director of Training and Readiness, Deputy Chief of Staff for Operations, speaks at the Kaye Auditorium to celebrate the graduation of class 19-10/16 May 31, 2019, on Columbus Air Force Base, Miss. As the pilots get ready to embark on their first assignment they receive a guest speaker at their graduation to send them off with confidence.

Vaughan's advice to the newest aviators: 'Master your craft'

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

Brig. Gen. Edward Vaughan, the Special Assistant to the Director of Training and Readiness, Deputy Chief of Staff for Operations, congratulated 34 of the Air Force's and partner nations' newest pilots during the Specialized Undergraduate Pilot Training Class 19-10/16's graduation ceremony May 31 at the

Kaye Auditorium here. These new practitioners of airpower have honed their piloting skills, and now go to their first duty assignment where they've been assigned an aircraft to master. Vaughan recalled the day he completed pilot training 23 years ago as he received his pilot wings at Columbus Air force Base as

See VAUGHAN, Page 3

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 (19-17)	June 28	49th (19-IBC)	June 25	T-6	384	414	19,078
41st (20-05)	June 25	50th (19-17)	June 28			T-1	135	102	6,160
						T-38	168	165	7,392
						IFF	60	59	3,069
Retired Brig. Gen. John A. Cherrey, former A-10A/C Thunderbolt II instructor pilot, evaluator, weapons officer and operational test and evaluation pilot, is the guest speaker for Specialized Undergraduate Pilot Training Class's 19-17/18 graduation at 10 a.m., June 28 in the Kaye Auditorium.						* Mission numbers provided by 14 FTW Wing Scheduling.			



14TH FLYING TRAINING WING DEPLOYED

As of press time, 54 TEAM BLAZE members are deployed worldwide. Remember to support the Airmen and their families while they are away.

Deployment numbers provided by the Installation Personnel Readiness Office.

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
10 National Flag Week	11	12	13	14 Flag Day SUPT Class 19-17/18 Assignment Night	15/16 → 16th: Father's Day	June 25: IFF Class 19JBC Graduation June 27: Post Traumatic Stress Disorder Awareness Day June 27: Enlisted Promotions June 27: 14th SFS Change of Command June 28: SUPT Class 19-17/18 Graduation July 2: Wing Newcomers July 2: 14th FSS Change of Command July 3: 14th CONS Change of Command July 3: BLAZE Fest
17 DHA Town Hall Meeting, 2 p.m. @ Kaye Auditorium	18 Wing Newcomers, 8 a.m. @ Kaye Auditorium	19	20	21 National Selfie Day Chief Faulk Retirement Ceremony, 2 p.m. @Club	22/23	

Commander's Action Line 434-1414

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

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

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



Silver Wings

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Submission Deadline

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

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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.

Future deployers: Don't forget to feed the runway

Bryan Ripple

88th Air Base Wing Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — The Blue Horizons Program at Air University is an Air Force chief of staff-chartered, future-oriented think tank that creates and tests prototypes of new strategic concepts and capabilities.

Three Blue Horizons fellows, with different technical backgrounds, including a former member of the Air Force Life Cycle Management Center at Wright-Patterson Air Force Base, were among those who graduated June 3 as part of this year's class of 16.

As part of their research, Maj. MacKenzie Birchenough, a developmental engineer, and former deputy chief of the Commander's Action Group at AFLCMC; Maj. Laura Hunstock, a combat systems officer; and Maj. Kelly Martin, an intelligence officer, formed a team called, "Project Medusa," to develop a prototype landing strip to ensure continuity of airlift operations at austere locations during future military conflicts.

Fellows spend a year in specialized academics and focus research on a CSAF-directed question. Their research is on developing and testing prototypes of ideas that can help the Air Force meet future threats.

"As the United States turns its focus toward a potential near-peer conflict, the Air Force may no longer have access to its current mature basing structure," Birchenough said. "In future fights, contingency operations will depend on the ability of mobility platforms to operate out of austere locations and under compressed timelines," she said in describing the background for Project Medusa.

Students actually go through an entire prototyping phase so that at the end of the year they can brief the CSAF on the problem they were able to address, what they did about it and then give a recommendation, with the ultimate goal of being able to transition it at the end of their year.

"We started out thinking about the differences between the way we fight today in the Air Force and what tomorrow's fight might look like," Hunstock said. "Knowing that we're going into more of a near-peer competition, one of the things we talked a lot about was how we're going to have to move away from our centralized basing that we use today and more into a dispersed and agile type of basing."

The team wanted to narrow the scope of the problem down, so they looked at the issue of not having the availability of runways



Kenley McAdams, from bioMASON, applies a feeding to the bacteria to harden the surface of the Project Medusa 2,500 square foot prototype in Durham, North Carolina.

Photo courtesy of James O'Rourke

everywhere that the Air Force might need to go.

"We wanted to try to find a way that we could get into those austere locations to rapidly create landing zones for our aircraft where we don't already have them," Hunstock said. "That also means with this type of basing situation, you're not going to have a month or two to go in and build your normal concrete runways. We need something that's going to take a lot less time and require less people and less heavy equipment."

While trying to think completely out of the box, which is what Blue Horizons fellows are asked to do, the team came up with an innovative idea that might seem to be perched on the edge of reality.

"The idea that we came to was using biomanufacturing to build runways, which can also be translated into things like ramp space or any hardened surface that you might need. By saying biomanufacturing, what we mean is that we're applying bacteria to the surface, feeding it and effectively growing a runway. This process could potentially replace the need to bring in cement, heavy equipment and dozens of personnel to create a concrete runway," Birchenough said.

"While our prototype is a small step toward enabling full runways to be built with something other than concrete, it demonstrates this technology is absolutely feasible

outside of the laboratory and could be used to support the warfighter much sooner than expected," Birchenough said.

They started by testing different protocols with two-foot by two-foot boxes, but their final prototype was a 2,500-square-foot site to demonstrate the process on a much larger scale. Working with bioMASON, a biomanufacturing company in Durham, North Carolina, the team created the site near there.

The 2,500-square-foot prototype turned out great, working exactly how they expected it to, Birchenough said.

"It showed that we could reproduce what we had done in the laboratory and on a larger scale. The really exciting thing about this process is that it utilizes the local soil and requires very little equipment. Basically, you need an agricultural sprayer and some water tanks, so there is very little in materials you need to bring to the site," Birchenough said.

"We learned that while biotechnology sounds like it is part of a future science fiction type of idea, it's actually here and now, and it's absolutely leverageable for the (Defense Department) and we need to be investing in it at a much higher rate," she said.

The team was lucky to work with the Air Force Strategic Development Planning and Experimentation Office as well as the Air Force Research Laboratory Materials and Manufacturing Directorate on the project,

"While our prototype is a small step toward enabling full runways to be built with something other than concrete, it demonstrates this technology is absolutely feasible outside of the laboratory and could be used to support the warfighter much sooner than expected," Birchenough said.

according to Birchenough.

The SDPE office contributed more than \$500,000 toward Project Medusa, and made significant contributions across the entire Blue Horizons portfolio this year, Birchenough said.

A follow-on effort will begin this summer between bioMASON, AFRL, and DARPA that will continue to mature the technology and build up different soil samples to see how well the technology functions across different areas of responsibility.

"AFRL is excited to continue the support for the follow-on project," said Dr. Chia Hung, AFRL's Materials and Manufacturing Directorate research biological scientist. "We will continue to work with bioMASON in their optimization of the cementation process and we will also assist to identify unique requirements for different user cases. Based on what is learned from Project Medusa and will be learned from the follow-on, we will be better poised in helping to mature this technology for many users in not just the Air Force, but also other services within DoD."

The Project Medusa team briefed their recommendation to Air Force Chief of Staff Gen. David L. Goldfein May 16. Six other teams of Blue Horizons fellows also made presentations.

"Our recommendation to CSAF was to invest in biomanufacturing with a faster transition to the user, to continue this effort with both AFRL and SPDE to make sure that this technology will have great use out in the operational Air Force, as well as making sure the feedback of the user is incorporated into it from the get go," Hunstock said.

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.

Buck & Bowl
Forget Rock & Roll, this is Buck & Bowl! Stop by the Bowling Center for \$1 games and \$1 shoe rentals! Every Thursday in June and July from 2-8 p.m. call 434-3426 for more information.

Summer Reading Program Launch Party
Join us for the Summer Reading Program Launch Party June 14 from 2-5 p.m.! Games and snacks for all ages, this is a party that you won’t want to miss. Call 434-2934 for more information.

Flag Day 5K Run
In celebration of Flag Day the Columbus Fitness and Sports Center presents team BLAZE morale 5K on June 14 at 7 a.m. Contact 434-2772 for more information.

Brats, Brews, and Bowling
Celebrate Father’s Day at the Bowling Center, June 15 at 1:00pm. \$10 Adults includes 1 brat, 1 small draft, 2 games and free shoes. Plus \$1 kids games and \$1 kids shoes. Food and snacks available for purchase. Call 434-3426 for more information.

Buy One Game Get One Free Monday
Come and get your bowl on every Monday at the Strike Zone Bowling Center! Available all day. Call 434-3426 for more information.

Disc Golf Tournament
Join ODR at Lake Lowndes State Park on June 22 from 8 a.m.-2 p.m. The cost is \$10 per person includes transportation. Call 434-2507 for more information.

Cork Club
The last class in the series will be June 26 starting at 6 p.m. in the Columbus Club. The cost is \$25 includes; 3 wine pairings and a charcuterie and cheese board. Call 434-2489 for more information.

Free Breakfast for Club Members
Start your morning off at the Overrun with free breakfast for club members and \$8 for non-members from 6:30 – 9 a.m. June 11. Become a club member and save! For more information, contact 434-2489.

Free Single Airmen Bowling
Join us at the Strike Zone Bowling Center every Wednesday in June from 4-8pm! Come mingle with other singles as you show off your bowling skills. *Must sign in at the register* call 434-3426



Father's Day Special!
BRATS, BREWS & BOWLING
at the Bowling Center

\$10 Adults
Adult price includes 1 brat, 1 small draft beer, 2 games, & free shoes.

**\$1 Kids Games
\$1 Kids Shoes**
Food & snacks available for purchase!

JUNE 15 AT 1PM


Call 434-3426 for more information!

for more information.

NAF Sale
Stop in by ODR on June 21 from 7:30 a.m. -3 p.m. and shop around for some great finds!
Cash preferred. No checks. All sales are finals. No Refunds. Items left behind will be forfeited after 4:00 p.m.

Karaoke at the Library
On June 26 from noon-4 p.m. Come sing your heart out during our karaoke time at the CAFB Library! Open to all ages. Call 434-2934 for more information.

Geyser Falls
Join us on June 14, for a fun day in the sun for all at Geyser Falls Water Park in Philadelphia, MS. 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.
The cost is \$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.

BLAZE FEST
Get ready for Fun, Food and FIREWORKS!! July 3. Join us for a day full of bounce castles, mechanical children’s rides, food trucks, vendors, beer garden, bands, contests and many more!

Education and Career Fair
If you are looking to further your education or maybe looking for new employment, this event is for you! On July 17, from 10 a.m.-2 p.m. at the Columbus Club, over 20 schools will be present to provide information on their programs as well as 66 employers that have been invited to attend and will be recruiting for industrial, business, computers, medical, transportation, education, service, and law enforcement for local, state, national and international positions.

Alabama Splash Adventure
Join ITT for a fun-filled day in the sun July 20 at Alabama Splash Adventure Water Park in Bessemer, Alabama. Participants will need a set of dry clothes for the ride home. The cost is \$35 per person (ages 2 and under are free) \$25 per person for single airmen and families of deployed members. Price includes transportation and admission. Call 434-7861 for more information.

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

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.

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

Exclusive Military Vacation Packages
Did you know that you can book exclusive military vacation packages at ITT? Packages include Universal Studios and Disney destinations. To book your vacation at www.americaforcestravel.com or visit your ITT office at (662) 434-7861.

Storytime Schedule
The Base Library is offering Storytime on Tuesdays at 10 a.m. for ages 3 – 6 years, Fridays at 10 a.m. and 3:30 p.m. for ages birth – 2 years, and 10 a.m. on Saturdays for all ages. For more information, contact 434-2934.

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

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

Free Mango Languages
Learn a new language today! Free Mango Languages available at the Base Library; real-life conversations in over 70 languages. For more information, contact 434-2934.

Play Paintball
Outdoor Recreation offers paintball for groups or individuals. You must book twenty-four hours in advance; 17 years old and under must be accompanied by an adult. The cost is \$15 per person for party of 10 or more; \$20 per person for party of nine or less. You must purchase paint balls at Outdoor Recreation for \$50 per case of 2,000. For more information, contact 434-2505.

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



U.S. Air Force photo by Airman 1st Class Jake Jacobsen
A group of pilots from Specialized Undergraduate Pilot Training Class 19-10/16 break their silver wings in half May 31, 2019, on Columbus Air Force Base, Miss. The tradition of breaking the first issued pair of wings brings good luck as one half is kept by the pilot while the other is given to a loved one.

VAUGHAN
(Continued from page 1)

well as the guest speaker he had for his graduation.
“I sat right where you are to get my pilot wings and I cannot tell you anything our guest speaker had to say but I do vividly remember who the guest speaker was,” said Vaughan. “I very vividly remember what role my guest speaker had to play in our nation’s airpower history.”
Vaughan framed his remarks around the Air Forces mission to fly, fight and win. He assured the graduating class that they would remember this for the rest of their career because the mission will always be to fly, fight and win for them.
“When I say ‘to fly’ I am saying that is your job right now and for the near future,” Vaughan said. “You are going to be tempted and distracted by very many things, so I am going to ask you to compartmentalize those things and fly ... Get in the books because the best thing you can do is master your craft,

get out there, and be victorious.”
In Vaughan’s speech he mentioned that there are people around the world, to include the Pentagon, that don’t think we need humans in aircraft any longer. Disagreeing with this idea, he wanted the graduating class to prove him right by becoming great aviators and asked of them if nothing else to demand to fly by hanging out at the scheduling desk and getting on those sorties.
Vaughan wanted to assure the new pilots that it is acceptable to fail as long as when they do they convert it into a lesson that can be built upon so that next time it is done better.
“I have failed before but I don’t look back on them as failures or things to regret because I believe I can learn a lot more from failure,” Vaughan said. “So what I bring to the table is 25 years of practice, taking risks, failing, learning, and moving forward.”
He stated that the next big war might not look like the last one, but airpower will be vital to victory. Also he said our competitors around the world have already begun the fight in domains that deal in information, finances, influence, regional peace and stability.
“Everybody has come from some different background and everyone has a story,” Vaughan said. “I don’t care what language your family spoke growing up, what your gender or ethnic background is. I don’t care how tall or short you are and the jet doesn’t care either. When called upon, do your job exactly how you know how to do it and fight. That is how we will win.”
Vaughan thought it was important to remark that the U.S. is a place training pilots from all over the world. When the U.S. receives international pilots to go through training together and graduate with one another, it becomes an international community of pilots.
This connection will pay off the next time peace is formed or a disaster strikes, Vaughan said, we will have these networks of international aviators to come together and be much more effective.

First Vietnamese student graduates from US Aviation Leadership Program

Tech. Sgt. Christopher Gross
14th Flying Training Wing
Public Affairs

Capt. Toai Dang, of Vietnam Air Defense-Air Force, became the first Vietnamese student to graduate from the Aviation Leadership Program (ALP) on May 31 at Columbus Air Force Base, Mississippi.

ALP is a U.S. Air Force-funded program, providing students of partner and developing countries with undergraduate pilot training scholarships.

During the graduation ceremony, which also recognized students from Specialized Undergraduate Pilot Training Class 19-10/16, Brig. Gen. Edward Vaughan, Special Assistant to the Director of Training and Readiness and Deputy Chief of Staff for Operations at the Pentagon, was the guest speaker and talked about the significance of Dang's participation and completion of ALP.

"I want you to fly, I want you to fight and I want you to win," Vaughn said. "It is a great honor and privilege to be able to speak to you and welcome you among us now as one of our partners."

In addition, Lt. Gen. Steve Kwast, commander of Air Education and Training Command, commented on Dang's graduation marking a significant step forward for the two countries' air forces.

"Vietnam's participation in the Aviation Leadership Program is a tremendous milestone for the U.S. Air Force and Vietnam Air Defense-Air Force collaborative relationship," Kwast said. "This type of training and cooperation enables Vietnam's air force to increase its abilities in air and maritime operations. This partnership helps ensure peace and stability in the region and in the world."

"It's a good chance for me to come here (and) study something new," Dang said about the opportunity.

Dang's involvement in the program also helps strengthen the security ties between the U.S. and Vietnam and exemplifies the commitment of the two countries to deepen their defense relationship and bilateral cooperation, an objective of the 2011 Memorandum of Understanding on Advancing Bilateral Defense Cooperation and the 2015 Joint Vision Statement on Defense Relations. Dang's participation in ALP demonstrates the commitment between the U.S. and Vietnam toward reaching mutual goals in the Indo-Pacific region.

"Capt Dang's graduation from ALP and the skills and knowledge he's gained through



U.S. Air Force photo by Tech. Sgt. Christopher Gross

Col. Samantha Weeks, 14th Flying Training Wing commander, pins on Capt. Toai Dang's wings during a graduation ceremony May 30, 2019, at Columbus Air Force Base, Miss. Dang became the first Vietnamese student from Vietnam Air Defense-Air Force, to graduate the Aviation Leadership Program May 30. ALP is a U.S. Air Force-funded program, providing students of friendly and developing countries with undergraduate pilot training scholarships.

the training represents our continued cooperation with partner countries and our strong support for the region," Brig. Gen. Michael Winkler, Pacific Air Forces Strategy, Plans, and Programs director, said. "We look forward to greater military-to-military cooperation that continues to allow the U.S. and Vietnam to more effectively work together to ensure peace and stability in the Indo-Pacific region."

Dang said he is looking forward to returning to Vietnam to help his fellow pilots with

lessons learned after 12 months in training at Columbus AFB. Upon his return, Dang will go on to fly the CASA 295, a twin turboprop tactical airlifter.

Before arriving at their pilot training base, ALP students attend the Defense Language Institute English Language Center (DLIELC) at Joint-Base San Antonio Lackland, Texas, for special purpose English training. Dang started at DLIELC in 2016. Once he graduated from DLIELC, Dang then arrived at Co-

lumbus AFB and started ALP in May 2018. He has since flown the T-6 Texan II for more than 167 hours. Unlike Specialized Undergraduate Pilot Training, where students will go on to fly the T-1A Jayhawk or T-38 Talon following their time in the T-6, ALP students put in more hours in the T-6 and receive their wings once they complete the course.

Maj. Dave Cote, 41st Flying Training Squadron instructor pilot, and Capt. Christy Martin, from the 14th Student Squadron, are both international military student officers and they provide administrative support to the 55 international student officers from 23 nations while they are in pilot training at Columbus AFB.

"ALP is heavily geared toward flying and ground training," Cote said, "but another major aspect of the ALP is to promote cultural and informational exchanges to develop mutual cooperation and understanding between the U.S. Air Force and participating nations' air forces."

Cote said he feels ALP is essential to "building partner capacity."

"Building partnerships and relationships takes years, if not decades," Cote said. "The relationships our U.S. and international student pilots build now will no doubt remain long after their days at Columbus."

Cote said 20 years from now, student pilots and graduates from Columbus AFB will be colonels and generals in their respective air forces, and these relationships could play a major role down the road.

"The connections and relationships created today in the flight rooms and rigors of pilot training will hopefully remain throughout careers," Cote said.



U.S. Air Force photo by Tech. Sgt. Christopher Gross

Capt. Toai Dang, from Vietnam Air Defense-Air Force, puts on his helmet while settling into a T-6 Texan II, preparing for his final check ride May 29, 2019, at Columbus Air Force Base, Mississippi. Dang became the first Vietnamese student to graduate the Aviation Leadership Program May 30. He will fly the CASA 295 upon his return to Vietnam.



U.S. Air Force photo by Tech. Sgt. Christopher Gross

Capt. Toai Dang, from Vietnam Air Defense-Air Force, breaks his first set of wings following a graduation ceremony May 30, 2019, at Columbus Air Force Base, Miss. Dang became the first Vietnamese student to graduate the Aviation Leadership Program May 30. The wings are broken in half as a tradition of good luck; the pilot keeps half while the other is given to a loved one and the two halves are not joined together until the pilot's death.

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.)

Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop is from 8 a.m.-3 p.m. June 12-13. This workshop is conducted by the Small Business Administration for veterans and all base personnel interested starting up and operating their own business. To register or for more information, please call A&FRC at (662) 434-2790.

Wing Newcomers Orientation

The next Wing Newcomers Orientation is from 8 a.m.-2:30 p.m. June 18. 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. June 27. 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. July 3 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.

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.

Air Force Recovery Coordination Program

A Recovery Care Coordinator (RCC) will

Team BLAZE celebrates newly promoted Airmen



U.S. Air Force photo by Elizabeth Owens

Leadership from the 14th Flying Training Wing stand with newly promoted Airmen during Enlisted Promotions May 30, 2019, at the Columbus Club on Columbus Air Force Base, Miss. At the end of every month, Team BLAZE gathers to congratulate their fellow Airmen in their accomplishment.

be providing assistance from noon-5 p.m. July 10; 8 a.m.-5 p.m. July 11; and 8 a.m.-noon July 12 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.

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.

Installation Voting Assistance Office

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

Discovery Resource Center

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

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)

Senior Enlisted view from a junior enlisted perspective

Staff Sgt. Jonathan Rosales
14th Flying Training Wing

I was shocked when I first found out that I was selected to work directly for the command chief, Chief Master Sgt. Villarreal, Jr. The command chief executive assistant position requires the utmost attention to detail which made me extremely nervous about whether or not that I would be able to live up to the chief's expectations. Overcoming my anxiety of doing something new and challenging, turned out to be an incredible experience. There is always something unique and diverse that I get to experience in this position. Day to day, the job varies from working higher headquarter taskers, managing wing level programs, or aiding with base quality of life improvements.

Although the job is tasking and challenging most of the time, Chief Villarreal has made it the best. If I ever want to know the epitome of a hard worker, he checks all of the boxes in my books. He is hands down the

Getting a peek into what goes on at a strategic level is eye opening. I get to see many tough decisions and actions that go into moving the 14th Flying Training Wing forward. I never knew so much planning and organization went into a wing event. Seeing Col. Weeks and Chief Villarreal in action has introduced me to one of the most dynamic duos. Witnessing how they spearhead positive changes for the base has forever changed how I view wing leadership.

most energetic and motivated person that I have ever worked with. When the going gets tough, he doesn't stop. His work ethic is relentless when it comes to the success and betterment of Columbus Air Force Base, especially the enlisted force.

Getting a peek into what goes on at a

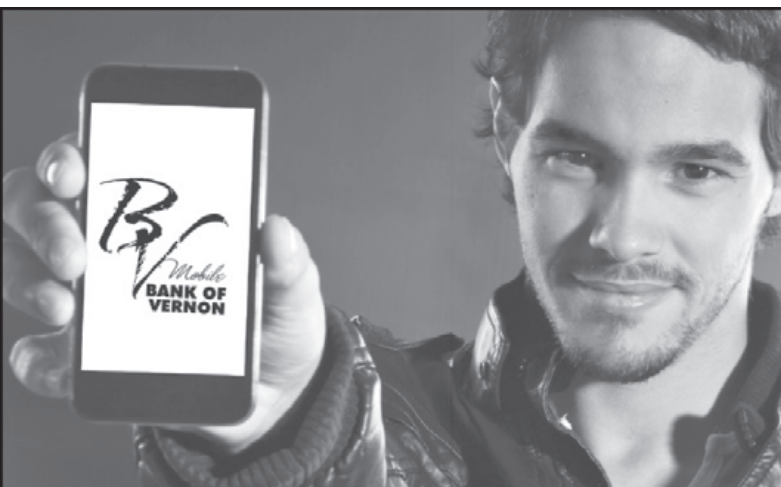
strategic level is eye opening. I get to see many tough decisions and actions that go into moving the 14th Flying Training Wing forward. I never knew so much planning and organization went into a wing event. Seeing Col. Weeks and Chief Villarreal in action has introduced me to one of the most dynamic

duos. Witnessing how they spearhead positive changes for the base has forever changed how I view wing leadership.

I was recently chosen to be an Aerospace and Operational Physiology Technical School instructor. I am thankful that I got the opportunity to serve as an executive assistant allowing me to expand my supervisory and leadership skills throughout my time on the job. The skills I learned will help me in shaping our newest physiology Airmen into becoming the best they can be. Working as the command chief executive assistant has been one of the most rewarding experiences in my Air Force career.

Chief Villarreal said, "Sometimes as senior enlisted leaders, we don't fully comprehend what others are exposed to. We are quickly reminded we are being watched and evaluated at all times including the decisions we make on a frequent basis." I know he's extremely happy to see me take advantage of this opportunity. It has certainly motivated me to pay it forward.

Visit us online! www.columbus.af.mil | Follow us on Twitter! www.twitter.com/Columbus_AFB



"I love my life and all the things it has to give. Like having all the apps I need, right at my fingertips. Friends, photos, and my mobile banking app. I can pay bills, check my balance, even deposit a check, right on my mobile phone. It's awesome. I just **tap the app.**"



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"Before I was in recovery, I thought I could live my life on prescription drugs. Then, I decided that wasn't enough and added meth to it. I went crazy, but my lowest point was to see my parents, children, and sister's look of disappointment when they knew for sure what I had been doing. I came to the Pines and Cady Hills because I had nowhere else to go and I intended to only stay for 30 days. Well, God did for me what I couldn't do for myself. I worked with my counselor on many things that were holding me down. Then, I went to the Last House on the Block. Staying at the Last House helps me to stay sober, as well as going to meetings and working the steps with my sponsor. Prayer and meditation helps a lot with hard times and helps me to understand my part in all matters. All these things make me who I am and influence who I will become. I believe my Higher Power has many plans for me because he brought me to life when I was born dead. He has brought me through many times that should have killed me."



For more information:
www.ccsms.org/pach



**The church of Christ
At Magnolia
Welcomes You**

**161 Jess Lyons Road
Columbus, Mississippi**

662-769-5514

Preacher: David May

Times of Services:

**Sunday
9:15 a.m., Bible Class
10:00 a.m., Worship**

**Wednesday
7:00 p.m., Bible Class**

*Only 4 miles from CAFB
Fellowship Meal & Singing
1st Sunday of each month*



Courtesy photo
Retired Col. Vito Pedone, at the time Capt. Pedone (top right) stands with his C-47 Skytrain aircrew before their D-Day operation in 1944.



Courtesy photo
Maj. Justin Pedone, then Capt. Pedone, (second from the left) stands in the back of a C-30 Hercules with the pilots he flew alongside in Afghanistan. Pedone has flown tactical airlift operations from humanitarian efforts to the war on terror in both the C-130H and C-130J Hercules models similarly to his relative retired Col. Vito Pedone, who flew the C-47 Skytrain into battle on D-Day.

A 'Tip of the Spear' in D-Day, now a legacy carried by AF pilot

Senior Airman Keith Holcomb
14th Flying Training Wing Public Affairs

Military service wasn't a question for Maj. Justin Pedone, with family members serving in the military continuously ever since the Spanish-American War, it was something he was destined to do.

Not only was he destined to serve, but also fly, as his roots and heritage intertwine with retired Col. Vito Pedone, a former C-47 Skytrain co-pilot, who was in the first aircraft to fly into Normandy, during the infamous "Operation Neptune," better known as D-Day.

Justin, who is now a 14th Flying Training Wing executive officer and a T-6 Texan II instructor pilot, first found out about his relative's D-Day heritage — his grandfather's cousin — during a deployment to Afghanistan.

Before this deployment, Justin knew generally of his family's rich history, his father was a U.S. Army officer and someone he looked up to. Both sides of his family had many who served in various branches and it was almost family tradition. The Pedone name is synonymous with service in Justin's family.

Justin's family lived in military communities through some tough times, he recalled neighbors returning home hurt or injured, sometimes not coming home at all. These experiences shaped him into the pilot and leader he is today.

"Finding out he was the lead co-pilot in D-Day and the many things he accomplished," Justin said, "made me proud to be a part of the tactical airlift legacy. What he went through was a significantly different experience, but it fills me with pride to be a Pedone."

"I was so proud of my father and grandparents," Justin said. "I couldn't not serve, I grew up with the legacy and didn't want to stop it here."

When Justin's grandfather passed away that's when Justin first met Vito, during the funeral. Justin said he remembered seeing Vito, at that time in his 80's, in full 'mess dress' there to honor his grandfather. This was when he learned of Vito's career as a pilot in World War II.

Fast forward to his deployment to Afghanistan, reading about Vito interested Justin, so he dug further into the sto-

ry, finding out Vito had dropped the Army's 101st Airborne Pathfinders into combat, the same unit his father was a part of many years later.

He also learned of Jerry Pedone, Vito's wife who was a flight nurse operating out of C-47's during D-Day.

Justin said Vito's story specifically changed the way he looked at his own flying. He said it has helped him understand why being able to fly with the most basic skills and tools is essential and he teaches future pilots today the importance of rudimentary flying skills.

"Finding out he was the lead co-pilot in D-Day and the many things he accomplished," Justin said, "made me proud to be a part of the tactical airlift legacy. What he went through was a significantly different experience, but it fills me with pride to be a Pedone."

Justin recalled his father speaking fondly on their history in the armed forces, serving in all branches of the armed forces. Which led to Justin attending the U.S. Air Force Academy and going onto fly tactical airlift operations from humanitarian efforts to the war on terror in both the C-130H and C-130J Hercules models.

"This is what my family has done for generations," Justin said. "It's not just those who are in the service who are serving, the spouses are there too. It gives me a lot of pride to see people so dedicated to their country and their families to sacrifice so much."

Motorcycle safety course available at Columbus AFB, opportunity to become a trainer

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

Summer time can be a popular time for motorcyclist, and for members of Team Blaze that want to ride their bikes on Columbus Air Force Base, Mississippi, they first must check in with the base safety office. Columbus AFB offers a motorcycle safety course. This course is organized by the Motorcycle Safety Foundation and is required by Air Force Instruction 91-207 “The US Air Force Traffic Safety Program” that all active-duty members complete the basic rider course or equivalent to operate a motorcycle on base. The basic rider course is free on base and is offered to military members, dependents and retirees. Columbus AFB also extends the opportunity to civilians who work on Columbus AFB when there is room in the class. In order to attend the course, or ride on base in general, a rider must have a motorcycle, sturdy over the ankle footwear, long pants, long sleeve shirt or jacket, full fingered

gloves, a DOT approved helmet, and for eye protection either a full face shield, wrap around style sunglasses or goggles. There are three rider coaches that volunteer to teach the course here. They teach both the basic rider course and refresher training course for seasoned riders seeking a reminder of the basics. To find the next available class and register, people can call 662-434-2522. If riders have a motorcycle and took a safety course before coming to the base, as long as the course met the intent of the basic rider course based off the Motorcycle Safety Foundation, they do not have to retake the course. However, they still need to contact the safety office and upload their information. A unique opportunity that exist here, that Airmen won’t find at many other installations, is the chance to become a riding instructor. In March, John Lindell, the 14th Flying Training Wing occupational weapons safety manager and a riding instructor, completed an instructor training course, so he could teach others how become an instructor for the basic rider course.

“Providing this course to create coaches is a far more cost efficient way of doing things rather than paying contractors to come out and teach it,” Lindell said. “With people volunteering to teach these students how to ride there is a sense of community as members of the base help each other learn as fellow riders.” After his training, Lindell trained three volunteers in the rider coach preparation course on Columbus AFB. They are now able to teach the basic rider course. The basic rider course starts as if the students have never ridden a motorcycle before. It teaches the basics of controls and the difference between two-wheeled and four-wheeled vehicles. The course teaches participants how to competently ride including skills such as turning from a stop sign, limited space maneuvering, quick stopping and swerving. This is followed up with a skills evaluation at the end of the course to pass. The classroom portion of the course is held in the wing headquarters building on the weekends while the hands on portion is conducted on the SAC ramp at the north end of

the air field. A maximum of 12 students can be taught on the ramp at any given time. “The things we learned in the class were geared toward how to teach other people,” said Michael Mangus, the 14th Logistics Readiness Squadron’s Vehicle Management flight chief. “This included skills like how to present the material and what drills to incorporate in our lessons. All we are really doing is laying down the ground work for these new riders to continue to build their skills and work on safety.” A notable obstacle Lindell faced was getting everyone the time off to teach the rider coach preparation course. Since the course is set to be a week long, five days of learning how to teach the course and then two days actually teaching the course to students as a final exam, the potential coaches needed to find time off work to attend the classes. Lindell also noted that even if someone doesn’t ride a motorcycle, they still have a responsibility to be vigilant of riders when driving. Because in most cases, an accident will be a lot more costly for the rider than for the person driving a car.



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



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

Above: After taking the course students can further develop their own safety skills by riding and practicing on their own time, May 30, 2019 at Columbus Air Force Base, Mississippi.

Left: The basic rider course teaches students how to perform basic motorcycle skills to better prepare them for long term riding, May 30, 2019 at Columbus Air Force Base, Mississippi.



Medical Corner



BRAIN HEALTH MONTH

Food for thought: Can diet prevent Alzheimer’s disease?

As the American population ages, the incidence of Alzheimer’s disease continues to rise. While researchers continue to study Alzheimer’s, studies suggest diet may play a role in its prevention or delayed onset. Alzheimer’s, which has no known cure, accounts for 60 to 80 percent of all cases of dementia and is the sixth-leading cause of death in the United States. Nearly 6 million Americans are living with Alzheimer’s, and the number is estimated to rise to almost 14 million by 2050. Poor heart health or poor overall vascular health, as well as lifestyle factors such as tobacco use and excessive alcohol consumption, can increase chances of developing Alzheimer’s. On the other hand, staying socially active, exercising and following a healthy diet may decrease risk. Based on the latest research, the Alzheimer’s Association recommends the Mediterranean diet and the Dietary Approaches to Stop Hypertension, or DASH, diet, both of which may decrease risks of developing heart disease and dementia.

Mediterranean Diet

This diet is highly focused on plant foods such as fruits, vegetables and whole grains; foods containing heart-healthy fats including olive oil; spices and occasional fish, poultry and dairy. Red meat and salt are limited. Studies have shown the Mediterranean diet may help prevent or delay the onset of Alzheimer’s disease by 1½ to 3½ years.

DASH Diet

The DASH diet involves consuming lots of fruits, vegetables and whole grains, limiting saturated fats, salt and added sugars, and aiming to be high in potassium. DASH is very similar to the Mediterranean diet, but puts less emphasis on olive oil as the primary fat source and does not promote regular alcohol consumption. Several studies have found the DASH diet improves cardiovascular and vascular health by reducing blood lipid levels and blood pressure. Cardiovascular and vascular health have been directly correlated with brain health and Alzheimer’s risk.

MIND Diet

The Mediterranean-DASH Intervention for Neurodegenerative Delay, or MIND, diet was created by researchers as an eating pattern specifically targeted to brain health. The diet is a combination of aspects from the Mediterranean and DASH diets, with more specific recommendations: 10 foods to incorporate and five foods to avoid (sidebar). Researchers found the MIND diet may reduce the risk of developing Alzheimer’s by as much as 53 percent.

Food for Thought: Can Diet Prevent Alzheimer’s Disease? Retrieved from <https://foodandnutrition.org/from-the-magazine/food-for-thought-can-diet-prevent-alzheimers-disease/>

- 10 Foods the MIND Diet Encourages**
- Green, leafy vegetables:** Aim for six or more servings per week. *kale, spinach, cooked greens and salads*
- All other vegetables:** Eat another vegetable in addition to the green leafy vegetables at least once a day. *non-starchy vegetables have a lot of nutrients with a low number of calories*
- Berries:** Twice a week. *strawberries, blueberries, raspberries and blackberries*
- Nuts:** Five servings or more each week (1 oz per serving - e.g. 24 almonds, 48 pistachios). *vary the type of nuts you eat to obtain a variety of nutrients.*
- Olive oil:** Use as your main cooking oil.
- Whole grains:** Three servings daily. *oatmeal, quinoa, brown rice, wholewheat pasta and 100% whole-wheat bread*
- Fish:** Once a week. *choose fatty fish like salmon, sardines, trout, tuna and mackerel for their high amounts of omega-3 fatty acids.*
- Beans:** Four meals every week. *all beans, lentils and soybeans*
- Poultry:** Chicken or turkey at least twice a week. *fried chicken is NOT encouraged on the MIND diet.*
- Wine:** No more than one glass daily. *Both red and white wine may benefit the brain. However, resveratrol, a compound in red wine, may help protect against Alzheimer’s disease.*

- 5 foods to avoid:** *butter/margarine, cheese, red meat, fried foods and pastries/sweets*

The MIND Diet: A Detailed Guide for Beginners. Retrieved from <https://www.healthline.com/nutrition/mind-diet>

A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,
I recently heard that mushrooms can help prevent memory loss. Is it true that adding foods like mushrooms to my diet can help prevent brain disease?
Sincerely,
Does Food Affect Brain Health

Dear Does Food Affect Brain Health,
Great question! Right now, there is not enough research to claim that specific foods can prevent memory loss or prevent brain disease. One reason you may have heard this claim is because mushrooms are one of the few foods that naturally contain Vitamin D (1 cup of whole white mushrooms contains 7 IU (2 percent daily value)). Some studies have explored the relationship between Vitamin D intake and dementia and Alzheimer’s. There has been consensus that vitamin D deficiency is associated with changes in the brain and dementia; however, the science does not support causation.¹ However, just because we cannot say that mushrooms “prevent brain disease” does not diminish their overall health benefits! Mushrooms are a good source of fiber – one cup of cooked shiitake mushrooms provides 3 grams of fiber, which is beneficial for digestive and heart health.² That same cup of mushrooms contains 65 percent of your daily value for selenium as well!³ Selenium has an important role in reproductive health, thyroid hormones, DNA synthesis and is an antioxidant.⁴ Consider adding mushrooms to your omelet or stir-fry the next time you’re in the dining facility to boost the nutrient density of your meals!
Sincerely,
Health Myth Busters

¹ Annweiler, C., Dursun, E., Feron, F., Gezen-Ak, D., Littlejohns, T., Llewellyn, D. J., ... Beauchet, O. (2015). Vitamin D and cognition in older adults: Updated international recommendations. *Journal of Internal Medicine*, 277(1), 45-57. Doi: 10.1111/joim.12279
² USDA National Nutrient Database.
³ Ibid.
⁴ National Institutes of Health Office of Dietary Supplements. (2018, September 26). Selenium Fact Sheet for Health Professionals. <https://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/>

Aircraft Fact Sheets: F-35A

Mission

The F-35A is the U.S. Air Force's latest fifth-generation fighter. It will replace the U.S. Air Force's aging fleet of F-16 Fighting Falcons and A-10 Thunderbolt II's, which have been the primary fighter aircraft for more than 20 years, and bring with it an enhanced capability to survive in the advanced threat environment in which it was designed to operate. With its aerodynamic performance and advanced integrated avionics, the F-35A will provide next-generation stealth, enhanced situational awareness, and reduced vulnerability for the United States and allied nations.

Features

The conventional takeoff and landing (CTOL) F-35A gives the U.S. Air Force and allies the power to dominate the skies – anytime, anywhere. The F-35A is an agile, versatile, high-performance, 9g capable multirole fighter that combines stealth, sensor fusion, and unprecedented situational awareness.

The F-35A's advanced sensor package is designed to gather, fuse and distribute more information than any fighter in history, giving operators a decisive advantage over all adver-

saries. Its processing power, open architecture, sophisticated sensors, information fusion and flexible communication links make the F-35 an indispensable tool in future homeland defense, Joint and Coalition irregular warfare and major combat operations.

The F-35's electronic sensors include the Electro-Optical Distributed Aperture System (DAS). This system provides pilots with situational awareness in a sphere around the aircraft for enhanced missile warning, aircraft warning, and day/night pilot vision.. Additionally, the aircraft is equipped with the Electro-Optical Targeting System (EOTS). The internally mounted EOTS provides extended range detection and precision targeting against ground targets, plus long range detection of air-to-air threats.

The F-35's helmet mounted display system is the most advanced system of its kind. All the intelligence and targeting information an F-35 pilot needs to complete the mission is displayed on the helmet's visor.

The F-35's engine produces 43,000 lbs of thrust and consists of a 3-stage fan, a 6-stage compressor, an annular combustor, a single stage high-pressure turbine, and a 2 stage low-pressure turbine.

The F-35 is designed to provide the pilot with unsurpassed

situational awareness, positive target identification and precision strike in all weather conditions. Mission systems integration and outstanding over-the-nose visibility features are designed to dramatically enhance pilot performance.

Background

The F-35 is designed to replace aging fighter inventories including U.S. Air Force F-16s and A-10s, U.S. Navy F/A-18s, U.S. Marine Corps AV-8B Harriers and F/A-18s, and U.K. Harrier GR.7s and Sea Harriers. With stealth and a host of next-generation technologies, the F-35 will be far and away the world's most advanced multi-role fighter. There exists an aging fleet of tactical aircraft worldwide. The F-35 is intended to solve that problem.

On October 26, 2001, Under Secretary of Defense for Acquisition, Technology and Logistics Edward C. "Pete" Aldridge Jr. announced the decision to proceed with the Joint Strike Fighter (JSF) program. This approval advanced the program to the System Development and Demonstration (SDD) phase. The Secretary of the Air Force James G. Roche announced the selection of Lockheed Martin teamed with Northrop Grumman and BAE to develop and then produce the JSF aircraft.



U.S. Air Force photo by Senior Airman Kevin Sommer Giron

An F-35A Lightning II assigned to the 388th Fighter Wing and Reserve 419th Fighter Wing arrives at Aviano Air Base, Italy, for a Theater Security Package, May 25, 2019. A Theater Security Package is a rotational force that the U.S. Air Force deploys in order to conduct training, enhance readiness and interoperability, assure allies, deter adversaries and demonstrate commitment to the region.



U.S. Air Force photo by Tech. Sgt. Jim Araos

An F-35A Lightning II fighter jet takes off during Astral Knight 2019 on June 3, 2019, at Aviano Air Base, Italy. The U.S. Air Force has deployed one squadron of F-35A Lightning II fighter jets, Airmen, and associated equipment to Aviano Air Base, Italy, from the 388th and 419th Fighter Wings, at Hill AFB, Utah.

Dangers of distracted driving

2nd Lt. Conner Tuma
14th Flying Training Wing Safety

Many may think that drunk driving and driving fatigued are the most dangerous choices you can make in an automobile. In recent years, automobile accidents due to distracted driving have increased significantly. Distracted driving is comprised of three different categories: manual- hands off the wheel, visual- eyes off the road, and cognitive- mind off driving. With more and more people connecting through technology, the demand for instant knowledge, feedback, and cell phone use continues to increase especially behind the wheel. These tendencies are leading to major issue on the roads.

Distracted driving facts:

- According to the National Highway Traffic Safety Association, in 2017 alone, 3,166 people were killed in vehicles while distracted driving.
- One in four car accidents is caused by distracted driving. It is estimated that 1.6 million crashes a year are caused by texting and driving alone. (NHTSA)
- Ten percent of all fatal car accidents in 2015 were distraction-related. (NHTSA)
- Distracted driving is responsible for more



iStock photos

Distracted driving isn't just drunk driving, fatigued driving or texting while driving. It also includes talking on your cell phone, drinking beverages, putting on makeup, eating or anything that causes you to take your hands off the wheel and your eyes off the road.

than 58% of teen crashes. (NHTSA)

Most people know distracted driving as texting and driving. While cell phone use is, the most prevalent, other factors also present a risk. The three main types of distracted driving are manual, visual, and cognitive distractions. Manual distraction includes things like taking your hands off the wheel to do your makeup or eating while driving. Visual distractions involve taking your eyes off the road and cognitive distractions occur when your mind is not focused on the road. For

example, thinking about issues at work/home or talking on your cell phone.

While all of these are dangerous actions to perform on their own, texting while driving utilizes all three of the distracted driving tendencies. To put it in perspective, one text message takes about five seconds to send. If you were driving at 55 mph, you would have driven an entire football field length with your hands, eyes, and mind off the road.

We live in a world where everything around us is fast-paced and constantly chang-

ing. The touch of a screen has made information readily available and gratification almost immediate. Reading a text message or an email behind the wheel is not worth your life, it can wait. Take charge now by educating the people around you on the dangers of distracted driving and make a conscious effort to avoid falling victim yourself. Distracted driving is a major cause of accidents and is avoidable my simply putting done your cell phone and other distractions and focusing on the road.

Earth Week chemical collection successful

Dana Clemmons
14 Civil Engineer Squadron

In celebration of Earth Day, the 14th Civil Engineer Squadron collected household hazardous waste from base residents and employees. This was an effort meant to help prevent pollution and to provide a solution for those that had unneeded household chemicals or other wastes hanging around the house. Over the course of the week we collected approximately 5,000 pounds of paint, more than 40 gallons of used oil, 20 gallons of used antifreeze, several expired fire extinguishers, multiple spent light bulbs, several dead car batteries, and dozens of household cleaners. We were able to repurpose most of the household



cleaners and approximately 50 gallons of paint. The used oil and antifreeze will be recycled, as will the fire extinguisher canisters and dead car batteries.

It is a great accomplishment to divert this amount of waste from being disposed improperly. However, this is a never-ending problem and you may have more hazardous materials in need of disposal before the next collection day. Below are some tips on proper disposal of some of the most common household hazardous materials.

- Waste paint can be dropped off at the 14 CES Paint shop on Wednesdays from 1-3 p.m.
- Used motor oil and vehicle batteries are accepted at the Base Recycling center during regular business hours, 7 a.m.-3 p.m.
- Used antifreeze can be turned in to most auto parts stores for safe disposal, or can be accepted by base Hazardous Waste program, call 434-7955 to arrange drop off.
- **Do not** take household cleaners and chemicals to the thrift store! They don't want them. One of the first large drop-offs during this collection week was a large plastic

tote full of partially used cleaning products that had been dumped at the thrift store.

To further reduce Columbus' environmental impact, 14th CES is pleased to announce that we have revived the e-waste program. Please drop off non-government owned televisions, computer monitors, fax machines, printers, and telephones at the Recycling Center during regular operating hours of 7a.m.- 3 p.m.

While it may not seem like the unwanted chemicals and electronics in your home will make much impact on the environment, collecting such a large amount of waste from our small base population in just a week shows the impact we can have if we all work together to prevent these hazardous wastes from being released into the environment.



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

Vacation Bible School 2019



Jesse Herbert, Vacation Bible School Youth Leader, aids children with crafts at the Imagination Station during VBS June 3, 2019, on Columbus Air Force Base, Miss. This year's theme for VBS was "Roar! Life is Wild. God is Good." and featured different activities themed around life's ups and downs.



Children participate in bowling at the Stampede Sports station during Vacation Bible School June 4, 2019, on Columbus Air Force Base, Miss. This year's theme for VBS was "Roar! Life is Wild. God is Good." and featured different activities kids could participate in.



Children and youth leaders dance along to Sing and Play Roar Music during Vacation Bible School June 3, 2019, on Columbus Air Force Base, Miss. VBS occurred June 3-5 and provided children with a variety of interactive workstations featuring different themes each day.



Youth leaders show videos of various stories at the "KidVid" Cinema station during Vacation Bible School June 4, 2019, on Columbus Air Force Base, Miss. This year's theme for VBS was "Roar! Life is Wild. God is Good." and featured different activities kids could participate in.



Children participate in bowling at the Stampede Sports station during Vacation Bible School June 4, 2019, on Columbus Air Force Base, Miss. Each station provided children with interactive learning points to allow for fun and education.

U.S. Air Force photos by Sharon Ybarra