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Vol. 43, Issue 23

June 14, 2019

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Weather

Friday Partly Cloudy High 83°F Low 61°F	Saturday Partly Cloudy High 88°F Low 68°F
Sunday Mostly Cloudy w/chc Rain High 93°F Low 72°F	Monday Mostly Cloudy w/chc of Thunderstorms High 87°F Low 71°F

Forecast provided by the 14th OSS Weather Flight

News Briefs

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.

Base Community Council Luncheon
A BCC Luncheon will begin at 11:30 a.m. June 20 in the Club. The keynote speaker for the luncheon will feature Col. Samantha Weeks, 14th Flying Training Wing Commander. The Economic Impact Report (EIR) will be presented as well as any updates on the base and its community.

Defense Health Agency (DHA) Town Hall
A Defense Health Agency Town Hall will be held from 3:30-4:30 p.m. June 17 at the Club. The town hall will discuss the medical facility management and administration transitioning from the Air Force to the Defense Health Agency. The event will feature special guest speaker, Dr. Barclay Butler, SES Tier III, DHA Assistant Director, Management Acquisition Executive, and his transition team. All Wing Employees (AD, GS, & Contractors) are invited to attend the event.



Choctaw dancers perform as a part of the Diversity Day events June 7, 2019, on Columbus Air Force Base, Miss. The group performed multiple ceremonial Choctaw dances and chants for Team BLAZE members attending the event.

Columbus AFB Airmen, families celebrate Diversity Day

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

Members of Team BLAZE gathered for the second annual Diversity Day at the Club June 7, hosted by the 14th Flying Training Wing Equal Opportunity office.

Volunteers from the base and members of the local community were involved in showcasing several diverse groups and shared their cultures with attendees.

“One of my duties as a part of the equal opportunity team

See DIVERSITY, Page 3

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Inside

Feature 8

The 14th MDOS is highlighted in this week's feature.

COLUMBUS AFB TRAINING TIMELINE

PHASE II		PHASE III		IFF		WING SORTIE BOARD			
Squadron	Track Select	Squadron	Graduation	Squadron	Graduation	Aircraft	Required	Flown	Annual
37th (20-06)	July 10	48th (19-17)	June 28	49th (19-IBC)	June 25	T-6	891	902	19,566
41st (20-05)	June 25	50th (19-17)	June 28			T-1	315	255	6,313
						T-38	392	361	7,588
						IFF	142	136	3,146

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.

To advertise in Silver Wings, call 328-2424



14TH FLYING TRAINING WING DEPLOYED

As of press time, 53 TEAM BLAZE members are deployed worldwide. Remember to support the Airmen and their families while they are away.

Deployment numbers provided by the Installation Personnel Readiness Office.



National Flag Week

A five-ship formation performs a flyover during a practice run May 21, 2019, at the Richard "Gene" Smith Plaza on Columbus Air Force Base, Miss. National Flag Day, held annually on June 14, is a day to reflect on the history behind the flag as well as the sacrifices men and women have made for the U.S.

U.S. Air Force photo by Melissa Dublin

Silver Wings

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Submission Deadline

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

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

The SILVER WINGS staff reserves the right to edit or rewrite all copy submitted when necessary. All photos are U.S. Air Force photos unless otherwise stated.

Submit all advertising to the Columbus, Miss., Commercial Dispatch advertising department one week prior to desired publication date. The advertising department can be reached at (662) 328-2424.

COMMUNITY

(Continued from page 11)

Discovery Resource Center

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

Pre- and Post-Deployment Tour Briefing

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

Pre-Separation Counseling

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

Employment Workshop

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

Survivor Benefit Plan

Are you nearing military retirement? The one decision you will need to make before you retire involves participation in the Survivor Benefit Plan (SBP). As with all good decision-making, you need to know the facts before you can make a sound decision. Always get the true facts about SBP before making up your mind. Additional details are available by calling your SBP Counselor Mary Chambers at (662) 434-2720/2790.

Personal Financial Readiness

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

Key Spouse Program (KSP)

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

Military and Family Life Counselor Program

Military and Family Life Counselors (MFLCs) provide non-medical counseling to help Airmen (single and married), spouses and other family members cope with stressful situations created by deployments, reintegration and life challenges such as martial issues, parenting, career stress and anger. All counselors are licensed mental health providers, and they can meet either on or off base. There is no charge for services, and appointments can usually be made within one to two days. To contact the MFLC, please call (662) 435-1110.

Sponsorship Training

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

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
17 DHA Town Hall Meeting, 2 p.m. @ Kaye Auditorium	18 Wing Newcomers, 8 a.m. @ Kaye Auditorium	19	20 BCC Luncheon, 11:30 a.m. @ Club	21 National Selfie Day CMSgt. Faulk Retirement Ceremony, 2 p.m. @ Club	22/23	July 1: National Ice Cream Month July 2: Wing Newcomers July 2: 14th FSS Change of Command July 3: 14th CONS Change of Command July 3: BLAZE Fest
24	25 IFF Class 19IBC Graduation, 4:49 p.m. @ Club	26	27 PTSD Awareness Day Enlisted Promotions, 3 p.m. @ Club 14th SFS Change of Command, 11:14 a.m. @ Club	28 SUPT Class 19-17/18 Graduation, 10 a.m. @ Kaye Auditorium	29/30	July 4: Independence Day July 5: AETC Family Day July 12: 14th Comptroller Squadron Change of Command July 12: SUPT Class 19-17/20 Assignment Night



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U.S. Air Force photo by Kemberly Groue

U.S. Air Force Master Sgt. Ladwidia Castro, 81st Training Support Squadron military training leader course student, adds a ribbon to a streamer to the 81st Training Wing Military Training Leadership schoolhouse flag during a MTL course graduation ceremony at the Levitow Training Support Facility on Keesler Air Force Base, Mississippi, May 30, 2019. The MTL course is responsible for training approximately 120 MTLs per year. Those MTLs are then responsible for training approximately 30,000 Airmen in 49 different locations that fall under Air Education and Training Command.



U.S. Air Force photo by Kemberly Groue

U.S. Air Force Lt. Col. Andre Johnson, 338th Training Squadron commander, delivers remarks during a Military Training Leader course graduation ceremony at the Levitow Training Support Facility on Keesler Air Force Base, Mississippi, May 30, 2019. The MTL course is responsible for training approximately 120 MTLs per year. Those MTLs are then responsible for training approximately 30,000 Airmen in 49 different locations that fall under Air Education and Training Command.

MTL school: developing stronger, better leaders

Senior Airman Suzie Plotnikov
81st Training Wing Public Affairs

“The MTL course is designed to talk to them (future MTLs) about effective leadership and knowing how to understand the human domain rather than just the technical domain,” Spaulding said.

KEESLER AIR FORCE BASE, Miss. — The Military Training Leader course at Keesler Air Force Base is responsible for training approximately 120 MTLs per year. Those MTLs are then responsible for training approximately 30,000 Airmen in 49 different locations that fall under Air Education and Training Command.

Over the years, the MTL course has undergone many changes to benefit not only the MTLs, but the Airmen they lead.

The beginning of the MTL career field originated in the 1970s, where they were originally called student training advisors and later changed their name to military training managers, and eventually became military training leaders in the 1990s.

“The Air Force realized Airmen needed supervision outside of the classroom,” said Master Sgt. Joshua Anderson, MTL course instructor.

It wasn’t until the 1990s when MTLs started going to school for the career field, however, they still did not have their own curriculum. They went through the same school as military training instructors.

“Through a lot of that time there was no formal education for MTLs on how to do their job as managing, leading and developing students outside of the classroom,” Anderson said. “It was later realized in 2008 that the career field need-

ed its own technical training school to focus specifically on technical training and not just knowing what the Airmen go through in Basic Military Training.”

This course was only two weeks long and it was designed to focus solely on what was required of MTLs in the technical training environment.

“In 2016, the school house was moved down to Keesler (AFB) and went from a two-week course, which focused primarily on the roles and procedures of an MTL, to a four-week course,” Anderson said. “With the added two weeks we were able to put in resiliency training, human behavior and some lessons from the Profession of Arms Center of Excellence.”

Tech. Sgt. Landon Spaulding, 81st Training Support Squadron MTL instructor, describes the job as laying a foundation for Airmen that come through the pipeline.

“The MTL course is designed to talk to them (future

MTLs) about effective leadership and knowing how to understand the human domain rather than just the technical domain,” Spaulding said. “What we do very well in the MTL school house is teach them how they can be more efficient and understanding of establishing good Airmen, so when they get to their first duty station they know how to deal with their stress.”

Throughout the course, the students participated in facilitated discussions rather than lectures to really encompass student-centered learning.

“We were able to interact with an advanced MTL course and just getting that live interaction from different Airmen in different scenarios really prepares us for the role that we’re about to take,” said Master Sgt. Ladwidia Castro, 81st TRSS MTL course student. “It has really taught me that leadership is not just a position, it’s more about inspiring and taking care of people; having compassion, empathy and leading by example.”

With having such a big impact on future Airmen, the MTL instructors place a great emphasis with putting the Airmen first.

“At the end of the day, we’re here to mentor, train and lead,” Spaulding said. “As a leader, knowing the Airmen come first and truly making that a priority is what we reinforce through the duration of this course. Being motivated, fired up and getting out there leading from the front is what I hope they take away from this course because if they do, everything else will take care of itself.”



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

Choctaw dancers joined by military members lock arms for the festivities at Diversity Day, June 7, 2019, on Columbus Air Force Base, Miss. The Choctaw Dancers asked the attendees to get involved in a few of their traditional dances to get the community involved in their traditions.

DIVERSITY

(Continued from page 1)

is to bring everyone closer as a team,” said Staff Sgt. Malcolm Bentley, NCO in charge of the 14th FTW/EO. “This event is a great way to allow the base to come together and learn from one another, be exposed to the many diverse cultures we have, and try the different types of food those places would offer.”

Many of the stations were a designated Department of Defense special observance and educated attendees about that culture. Among the booths included were black histo-

ry, women’s history, pride month and others. Each station gave a little history and details on how the observances came to be, tied together with some food and handouts.

The event also included a live DJ, salsa tastings, video presentations, cultural garbs, cultural dance and ritual demonstrations, and games.

“It is a good way to understand the culture of not only the Air Force but where members are coming from and what background they have,” said Senior Airman Sean Perry, 14th Logistics Readiness Squadron logistics technician.

Perry volunteered and helped organize the disability



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

Booth attendants prepare food before Diversity Day starts, June 7, 2019, on Columbus Air Force Base, Miss. Diversity Day featured different cultures and gave participants the chance to educate others on the history of their backgrounds.



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

Nepal ornaments on display June 7, 2019, on Columbus Air Force Base, Miss. The event brought together many volunteers by getting the community involved to help out with the booths and share bits and pieces from their cultures.

employment observance. Perry chose post-traumatic stress disorder as a main topic for his booth. He helped spread awareness for active duty and retirees struggling with the disorder and finding work.

As the festivities continued, Airmen and families gathered around to watch Choctaw dancers perform. The performers were dressed in their traditional Native American attire and as part of their routine, they invited the crowd to join and partake in a few dances.

Some of the other presentations included black heritage, Hispanic heritage dance competition and a Mystic Wing Drummers performance.



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

Individuals stand in line to get food at the black history booth, June 7, 2019, on Columbus Air Force Base, Miss. The event featured multiple special observances booths for Airmen and their families to learn about the different cultures.

BLAZE Fest to celebrate Independence Day, UPT 50-year anniversary

Airman 1st Class Hannah Bean
14th Flying Training Wing
Public Affairs

Get ready for food, fun and fireworks at the upcoming BLAZE Fest along Lockhart and Shumake Streets July 3 on Columbus Air Force Base, Mississippi.

The celebration will kick off at 4 p.m. filled with an assortment of food vendors, bouncy castles and mechanical rides for children, outdoor games and so much more. Food options include barbeque, burgers, kettle corn, homemade ice cream and snow cones to name a few.

A kickball game of the Chiefs versus the Eagles will also help kick off the festivities, starting at 4 p.m. at the youth baseball fields on Lockhart and Shumake Streets.

Style Entertainment will be providing live music starting at 6 p.m., and various contests will be held throughout the afternoon, including a 'Most Patriotic Attire' contest.

"It's important that we, as a military community, celebrate [Independence Day] and the sacrifices and challenges that we face as a military family," said 1st Lt. Rachel Burmester, 14th Force Support Squadron Community Services Flight officer in charge. "These are the morale building events that foster that sense of family. It's about providing an opportunity to connect and celebrate our independence."

The festival will also feature a fireworks show which will start at about 9 p.m.

Burmester said the best place to enjoy the fireworks will be the fields bordered by Simler Avenue and Shumake Street. Once the event starts, people will be able to lay down blankets or set up chairs and watch fireworks.

In addition to celebrating Independence Day, Columbus AFB will also be celebrating 50 years of Undergraduate Pilot Training.

The first UPT class, class 71-01, entered training on July 17, 1969, with the class motto of "First of the Finest." Class 71-01 led the

"As military members, our heritage makes us who we are," said Jeremy Dunbar, 37th Flying Training Squadron executive officer.

way to modern pilot training on Columbus AFB.

To celebrate their 50th anniversary, Columbus AFB has invited the original classmates of Class 71-01. They'll have the opportunity to see how the base has grown and check out how training has evolved since they were student pilots.

"As military members, our heritage makes us who we are," said Jeremy Dunbar, 37th Flying Training Squadron executive officer. "We can't forget where we came from. This continues to show that we are the world's greatest Air Force. Though the aircraft, technology and the people involved continues to modernize and adjust to the training regimen, the idea, location and purpose that began it all hasn't changed over the years."

Burmester said this will be a great opportunity to meet the pioneers of modern day pilot training, "because they shaped the legacy, culture and direction pilot training has progressed over the years." Burmester said. "It's going to be really cool to have them come out and see what Columbus AFB is doing in 2019 and see what all their hard work has gone towards."

As the event grows closer, more information will be provided and showcased.

Burmester said she hopes this will be a good way for Airmen and their families to kick off the Fourth of July weekend.

For those interested, keep an eye out for volunteer opportunities in the upcoming weeks.

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Bands
Various Food/Eating Contests
Most Patriotic Attire Contest

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Courtesy Graphic

Air Force looks at faster, smarter hardware acquisition and big data to help solve T-6 OBOGS issues

Dan Hawkins
Air Education and Training
Command Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Nineteenth Air Force hosted a forum of experts from both in and outside the Department of Defense as part of the on-going process to improve the safety of the T-6 On-Board Oxygen Generating Systems during a conference May 29-30 at Joint Base San Antonio-Randolph.

While many of the OBOGS issues are markedly better than last year, the Air Force is looking at ways to procure hardware upgrades like the enhanced OBOGS faster and smarter, increase basic science and research and collect and apply new research data into acquisitions standards in order to properly address the broader issue of physiological events that cuts across all manned aviation.

"The team made good progress and consolidated a recognition across many functional areas how much we know and don't know about OBOGS and the surrounding human-machine interaction of our aviators," said Maj. Gen. Patrick Doherty, 19th AF commander. "I fully support the continued priority and resourcing to ensure our aircrew are the top priority of weapon system development in the future."

In the near term, prioritizing and studying oxygen-generating system designs that seem to be resistant and immune to oxygen concentration, flow and pressure oscillations which appear to be producing these particular physiological events makes sense, Doherty said.

"We'll be asking our acquisition and requirements professionals to lean toward the 'best of breed' system designs to ensure our aircrew are as safe as possible," Doherty said.

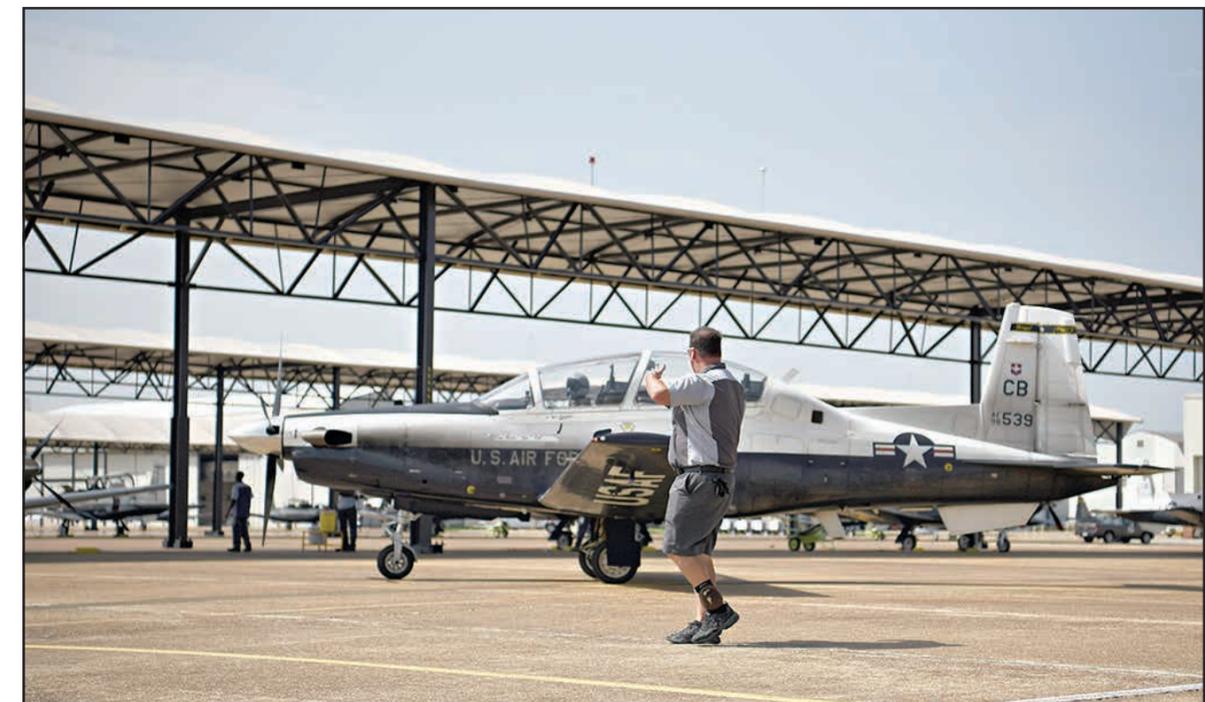
During the week, machine and human aspects of the problem were discussed, as well as the human-machine interface where solutions have expanded significantly, but the pace of acquiring the technology isn't currently keeping up, said Brig. Gen. Edward L. Vaughan, physiological episodes action team lead.

"Addressing the human-machine-environment interface is really about enhancing readiness, lethality, and Airpower," Vaughan said. "OBOGS is one part of that interface. However, as an Air Force, we need more data and more options for rapid acquisition of solutions to ensure success."

Finding human-machine interfaces like air crew breathing systems, as well as physiologic sustainment and augmentation designs that facilitate physiological adaptation between the pilot and the airframe is another focus area.

"We must research and develop the human-machine interface, as well as the mechanical engineering aspects traditionally thought of when designing these types of platforms," said Col. Lidia Stana Ilcus, a physician and Air Education and Training Command Aerospace Medicine division chief. "Hypersonic and space priorities will still, at their core, incorporate human pilots and air crew. We have to break the habit of asking the human being to adapt to the iron."

Specific to acquisitions, while a military standard that



U.S. Air Force photo by Airman 1st Class Keith Holcomb
A T-6 Texan II taxis for takeoff, July 2, 2018, at Columbus Air Force Base, Miss. The Air Force is looking at ways to procure hardware upgrades like the enhanced On-Board Oxygen Generating Systems faster and smarter, increase basic science and research and collect and apply new research data into acquisitions standards to properly address the broader issue of physiological events that cuts across all manned aviation.

outlines the minimum design, integration, certification and sustainment and maintenance requirements for aircraft crew breathing systems using an OBOGS to ensure their safety and effectiveness exists, there is still work to be done in acquiring technology.

"As a community, we've learned so much so fast over the four years since that standard was published that we need to update it right away," Vaughan said. "For example, we have seen tremendous advances in human sensor technology that could help us better understand the human in and on the loop for manned aviation, but we are still working through the frustration in the process of defining requirements and initiating acquisitions."

One of the big takeaways from the conference was in terms of the need for more current and diverse data.

"We learned that much of the aerospace physiology data and related specifications, for all the services, are outdated by decades and based on sample pools of primarily men," Vaughan said. "That data worked fine for older, less complex aircraft that are sustained by (Air Force) processes, but for high-tech systems and commercially sustained programs like the T-6, new and better data is required."

New ground has been broken in the art and science of hu-

man systems as well. "There are some amazing insights from the medical researchers at Case Western Reserve and NASA's Pilot Breathing Assessment," Vaughan said. "We have many learning points to consider and will release specific findings and related design updates in the near future."

Moving forward, the lessons learned will also need to be applied to future platforms.

"We are especially keen to ensure the new learning and data about OBOGS are applied to new acquisitions like the T-X," Vaughan said.

Collaboration across multiple agencies has been extremely valuable in working towards solutions, with representatives from the Air Force including the AF-PEAT, Air Force A3T, Air Force Surgeon General, 19th AF and the Air Force Life Cycle Management Center, as well as the Human Systems Engineering Special Program Office, the U.S. Navy, NASA, industry and academia in attendance.

"Our partners in the U.S. Navy, NASA, academia and industry are a huge part of the solution sets, and together, we are collaborating better now than ever before on this issue that requires commitment at the highest levels of leadership to solve," Doherty said.

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

Columbus Air Force Base Information and Events

Join our Facebook page at Columbus AFB Living, Twitter at @columbusafbliving, Instagram at columbus_afb_living, or visit our website at www.columbusafbliving.com to keep up to date with all the great events happening around base. Check out the calendar on the website for important Airman and Family Readiness Center events. For more information, contact 434-2337.

Get Connected with Your New Base App!

As a way to connect people together, Columbus Air Force Base launched a new app to connect Airmen and families to the mission and community! The app is available on all app stores and can be found by searching 'Columbus Air Force Base'.

Lunch Buffets at the Overrun

Enjoy daily lunch buffets Tuesday thru Friday at the Columbus Club. Daily buffets include: Tuesday – Tacos and Nachos \$9, Wednesday – Chicken Wings and Pasta \$10, Thursday – Southern Style \$10 and Friday – Fried Catfish \$10. Club Members receive a \$2 discount. For more information, contact 434-2489.

Cork Club

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

Free Single Airmen Bowling

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

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.

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!

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.

Alabama Splash Adventure

Join ITT on July 20 from 8 a.m.-7 p.m. for a fun-filled day in the sun at Alabama Splash Adventure Water Park in Bessemer, Alabama. Participants will need a set of dry clothes for the ride



home. \$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.

Education and Career Fair

July 17, from 10 a.m.-2 p.m. at the Columbus Club. If you are looking to further your education or maybe looking for new employment, this event is for you! 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.

Youth Summer Camps

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

Assignment Night Transportation

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

Martial Arts

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

Exclusive Military Vacation Packages

Did you know that you can book exclusive military vacation

packages at ITT? Packages include Universal Studios and Disney destinations. To book your vacation at www.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 10a.m. on Saturdays for all ages. For more information, contact 434-2934.

FSS Gift Cards

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

Horse Boarding Available

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

Free Mango Languages

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

Play Paintball

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

The Overrun is Open Friday Nights

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

Lawn Mower and Bicycle Repair

Outdoor Recreation is now offering lawn mower repair and self-help bicycle repair. For more information, contact 434-2507.

Hobby and Craft Instructors Needed

Do you have a hobby or craft project you can share with others? Arts & Crafts is looking for craft instructors. For more information, contact 434-7836.

Wood Shop is OPEN!

The Wood Shop is back in business! They are open Mon-Thurs. from 10 a.m.-5 p.m. and Saturday 8 a.m.-4 p.m., call 4347836 for more information.

Referees Needed

Referees needed for various sports at the Fitness Center. For more information or to sign up, contact 434-2772.

RV Storage Lot

Don't clutter your home space, park with us. Outdoor Recreation offers a great place to store your RV year around. You will have 24-hour access and can pay monthly or yearly. For more information, call 434-2505.

Instructors Needed

The Youth Center is seeking instructors for tumbling classes, dance classes, piano and guitar lessons. For more information, contact the Youth Center.



Participants of the June 8, 2019 triathlon bike past the Columbus Club, on Columbus Air Force Base, Mississippi. The 14th Force Support Squadron sets up events like triathlons to keep Team BLAZE engaged and fit.



Master Sgt. George MacEachern, 14th Medical Operations Squadron bioenvironmental engineer technician, runs across the finish line during a triathlon June 8, 2019, on Columbus Air Force Base, Mississippi. Triathlons are one of the many physically challenging events the 14th Force Support Squadron hosts for Team BLAZE members to participate in.

Setting sail for boater safety

2nd Lt. Aaron McCann
14th Flying Training Wing Safety

The summer months are finally upon us and it is time to clean off your boats and prepare them for launch. As the temperatures start heating up and that itch to get out on the water becomes one you cannot ignore, it is a good idea to freshen up on some boating safety tips to ensure you and your families have a safe voyage this summer. A quick review of boater safety rules and regulations is a great place to start!

First off, being stranded in your car is annoying; however, being stranded in your boat could be life threatening! To keep this from happening, it is important to verify that your boat is up to standards before embarking for the summer. The U.S. Coast Guard's (USCG) Boating Safety Division website offers a free vessel safety check in which a certified examiner will come inspect your boat to determine whether or not it meets current safety standards and regulations.

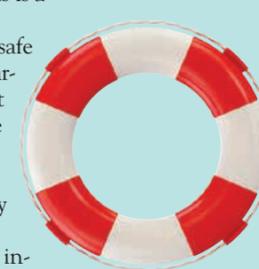
If the boat does not meet standards, the examiner provides a list of recommendations and actions required to meet regulations. No, harm no foul, only your safety in mind! If the boat meets all safety regulations, the owner receives an official decal to place on the boat signifying compliance on all inspections and safety regulations. Meeting all safety requirements is a crucial step to preventing boating accidents.

Although boating inspections are important for safe operation, having the required safety equipment is paramount. The life jacket is one of the most important pieces of safety equipment for boating. In 2017, the USCG reported 4,291 recreational boating accidents of which, 658 involved deaths. Many of these deaths may have been prevented if the victim had simply been wearing a life jacket.

There are two types of life jackets, inflatable and inherently buoyant. High-speed water activities, such as waterskiing and tubing require a high impact, inherently buoyant life jacket to withstand the constant beating from the water. While activities such as fishing require an inflatable life jacket to allow for more movement. When sizing a life jacket ensure that it fits snug and does not ride up when in the water. This is applicable to children as well as adults.

It is a Federal law that all passengers must have a proper USCG approved life jacket available while riding in a boat. Boats longer than 16 feet must have at least one USCG approved throw-able floatation device other than a life jacket, such as a throw-able floating seat cushion, that can aid in the survival of a stranded swimmer.

Finally, operating a boat while under the influence of drugs or alcohol is illegal under both State and Federal law. Most boating accidents between two or more boats occur because of operator inattention. Alcohol impairment only increases the likelihood that an operator will be inattentive. Because of the motion, vibration, engine noise, sun, wind, and spray of the marine environment, alcohol impairment and fatigue are accelerated while boating. As a result, it is important to remember that drinking and boating can have the same consequences as drinking and driving. Additionally, abiding by boating inspections and safety regulations, wearing a life jacket, and never operating a boat while intoxicated will ensure a safe and fun boating season.



BLAZE Hangar Tails: F-117 Night Hawk

Mission

The Lockheed F-117 Nighthawk is a single-seat, twin-engine stealth attack aircraft that was developed by Lockheed's Skunk Works division and operated by the United States Air Force. The F-117 was based on the Have Blue technology demonstrator, and was the first operational aircraft to be designed around stealth technology. The maiden flight of the Nighthawk took place in 1981 and the aircraft achieved initial operating capability status in 1983.

Features

Early stealth aircraft were designed with a focus on minimal radar cross-section (RCS) rather than aerodynamic performance. Highly-stealth aircraft like the F-117 Nighthawk are aerodynamically unstable in all three Aircraft principal axes and require constant flight corrections from a fly-by-wire flight system to maintain controlled flight. It is shaped to deflect radar signals and is about the size of an F-15 Eagle. The single-seat Nighthawk is powered by two non-afterburning General Electric F404 turbofan engines. It is air refuelable and features a V-tail.

It has quadruple-redundant fly-by-wire flight controls. To lower development costs, the avionics, fly-by-wire systems, and other parts are derived from the General Dynamics F-16 Fighting Falcon, McDonnell Douglas F/A-18 Hornet and McDonnell Douglas F-15E Strike Eagle. The parts were originally described as spares on budgets for these aircraft, to keep the F-117 project secret.

The aircraft is equipped with sophisticated navigation and attack systems integrated into a digital avionics suite. It navigates primarily by GPS and high-accuracy inertial navigation. Missions are coordinated by an automated planning system that can automatically perform all aspects of an attack mission, including weapons release. Targets are acquired by a

thermal imaging infrared system, slaved to a laser rangefinder/laser designator that finds the range and designates targets for laser-guided bombs. The F-117A's split internal bay can carry 5,000 lb (2,300 kg) of ordnance. Typical weapons are a pair of GBU-10, GBU-12, or GBU-27 laser-guided bombs, two BLU-109 penetration bombs, or two Joint Direct Attack Munitions (JDAMs), a GPS/INS guided stand-off bomb.

The F-117 has a Radar cross-section of about 0.001 m² (0.0108 sq ft). Among the penalties for stealth are lower engine thrust, due to losses in the inlet and outlet, a very low wing aspect ratio, and a high sweep angle (50°) needed to deflect incoming radar waves to the sides. With these design considerations and no afterburner, the F-117 is limited to subsonic speeds.

The F-117A carries no radar, which lowers emissions and cross-section, and whether it carries any radar detection equipment is classified.

The F-117A's faceted shape resulted from the limitations of the 1970s-era computer technology used to calculate its radar cross-section. Later supercomputers made it possible for subsequent planes like the B-2 bomber to use curved surfaces while staying stealthy, through the use of far more computational resources to do the additional calculations needed.

An exhaust plume contributes a significant infrared signature. The F-117 reduces IR signature with a non-circular tail pipe to minimize the exhaust cross-sectional volume and maximize the mixing of hot exhaust with cool ambient air. The F-117 lacks afterburners, because the hot exhaust would increase the infrared signature, and breaking the sound barrier would produce an obvious sonic boom, as well as surface heating of the aircraft skin which also increased the infrared footprint. As a result, its performance in air combat maneuvering required in a dogfight would never match that of a dedicated fighter aircraft. This was unimportant in the case of this aircraft since it was designed to be a bomber.

Passive radar, bistatic radarHYPERLINK \l "cite_note-Bistatic_Radar_Sets-40" and especially multistatic radar systems detect some stealth aircraft better than conventional monostatic radars, since first-generation stealth technology (such as the F-117) reflects energy away from the transmitter's line of sight, effectively increasing the radar cross section in other directions, which the passive radars monitor.

Background

The F-117 was widely publicized for its role in the Gulf War of 1991. Although it was commonly referred to as the "Stealth Fighter", it was a strictly ground-attack aircraft. The U.S. Air Force retired the F-117 on 22 April 2008, primarily due to the fielding of the F-22 Raptor. Sixty-four F-117s were built, 59 of which were production versions with the other five being demonstrators/prototypes.

General characteristics

- Crew:** 1
- Length:** 65 ft 11 in (20.09 m)
- Wingspan:** 43 ft 4 in (13.20 m)
- Height:** 12 ft 9.5 in (3.78 m)
- Wing area:** 780 ft² (73 m²)
- Empty weight:** 29,500 lb (13,380 kg)
- Loaded weight:** 52,500 lb (23,800 kg)
- Powerplant:** 2 × General Electric F404-F1D2 turbofans, 10,600 lbf (48.0 kN) each
- Maximum speed:** Mach 0.92 (617 mph, 993 km/h)
- Cruise speed:** Mach 0.92
- Range:** 930 NM (1,720 km)
- Service ceiling:** 45,000 ft (13,716 m)
- Wing loading:** 65 lb/ft² (330 kg/m²)
- Thrust/weight:** 0.40



U.S. Air Force photo/Senior Airman Brian Ferguson

Twenty-five F-117 Nighthawks line up before takeoff from Holloman Air Force Base, N.M. The planes were part of a formation celebrating the Nighthawk's 25th anniversary and 250,000 flying hour. The 25 aircraft were separated into five groups and flew over the base to end the celebration ceremony.



U.S. Air Force photo/Senior Master Sgt. Kim Frey

Two specially painted F-117 Nighthawks fly on one of their last missions. The F-117s were retired March 11 in a farewell ceremony at Wright-Patterson Air Force Base, Ohio.

Air Force Readiness Programs

(Editor's note: All activities are offered at the Airman & Family Readiness Center unless otherwise specified. For more information about any of the activities listed, call 434-2790.)

Wing Newcomers Orientation

The next Wing Newcomers Orientation is from 8 a.m.-2:30 p.m. 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 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.

Enlisted Partnering connects Airmen with local community



U.S. Air Force photo by Airman 1st Class Hannah Bean

Col. Samantha Weeks, 14th Flying Training Wing commander, chats with Airmen during Enlisted Partnering June 6, 2019, at Huck's Place in Columbus, Miss. The Enlisted Partnership Program helps connect enlisted personnel with civic leaders from the Columbus-Lowndes community and provide new Airmen with a home away from home.

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.

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.

Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop is from 8 a.m.-3 p.m. Sept. 16-17. 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.

Volunteer Opportunities

If you are interested in volunteering, please contact the A&FRC. We have volunteer op-

portunities 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.

See COMMUNITY, Page 15

Chapel Schedule

Whether you are new to Columbus Air Force Base or have been around for a while, our parish communities welcome you to join us as we worship, fellowship, and encourage one another. For more information, please call 434-2500.

Catholic Community

- Sundays:** 3:30 p.m. – Religious Education, grades K-9 (Start in Fall)
- 4 p.m. – Choir Practice
- 4 p.m. – Confession (or by appointment)
- 5 p.m. – Mass
- 1st and 3rd Sunday - Fellowship Meal following Mass
- Tuesdays:** 10 a.m. – Daily Mass (Phillips Auditorium)
- Wednesdays:** 10 a.m. – Daily Mass (Phillips Auditorium)
- 10:30 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)

14th MDOS in transition of improving operational medical readiness

Lt. Col. Tracy Snyder

14th Medical Operations Squadron commander

The 14th Medical Operations Squadron is transforming to improve operational medical readiness and duty availability for active-duty personnel while continuing to ensure the delivery of high quality care.

These changes are driven by the secretary of defense's release of a standardized retention policy for non-deployable service members, which established standardized retention criteria and aimed to reduce the number of non-deployable members and improve readiness.

In February 2019, the Air Force implemented guidance and directed the Air Force Medical Service to reform organizationally and functionally to drive a focus on medical care to the total force in an effort to improve Airmen availability and rapidly restore the readiness, deployability and lethality of the total force.

Our first step in this transition is to create an "Active-Duty Clinic," which will manage all active-duty personnel and

a "Family Member and Retiree Clinic" for all others. Each active-duty clinic medical provider will be assigned specific units and allowed time for direct engagement with squadron leadership to build a better understanding of the unit, its Airmen and its mission.

As for family members and retirees, their providers and care teams will not be burdened with time-consuming, military administrative requirements and will be able to provide improved access to care with more appointment options.

This change enables providers treating active-duty members to focus on the medical readiness needs of our fighting force, manage interventions to facilitate a quicker return to work and full readiness status, along with a strengthened connection to squadron leadership.

Overall, the intent is to improve all active-duty and beneficiaries' access to care, patient experience, and management of future healthcare needs.

During the transition, you may notice a change in your primary care manager, however, your access to care and the

quality of care received will not be impacted.

Here are some common questions regarding the upcoming changes:

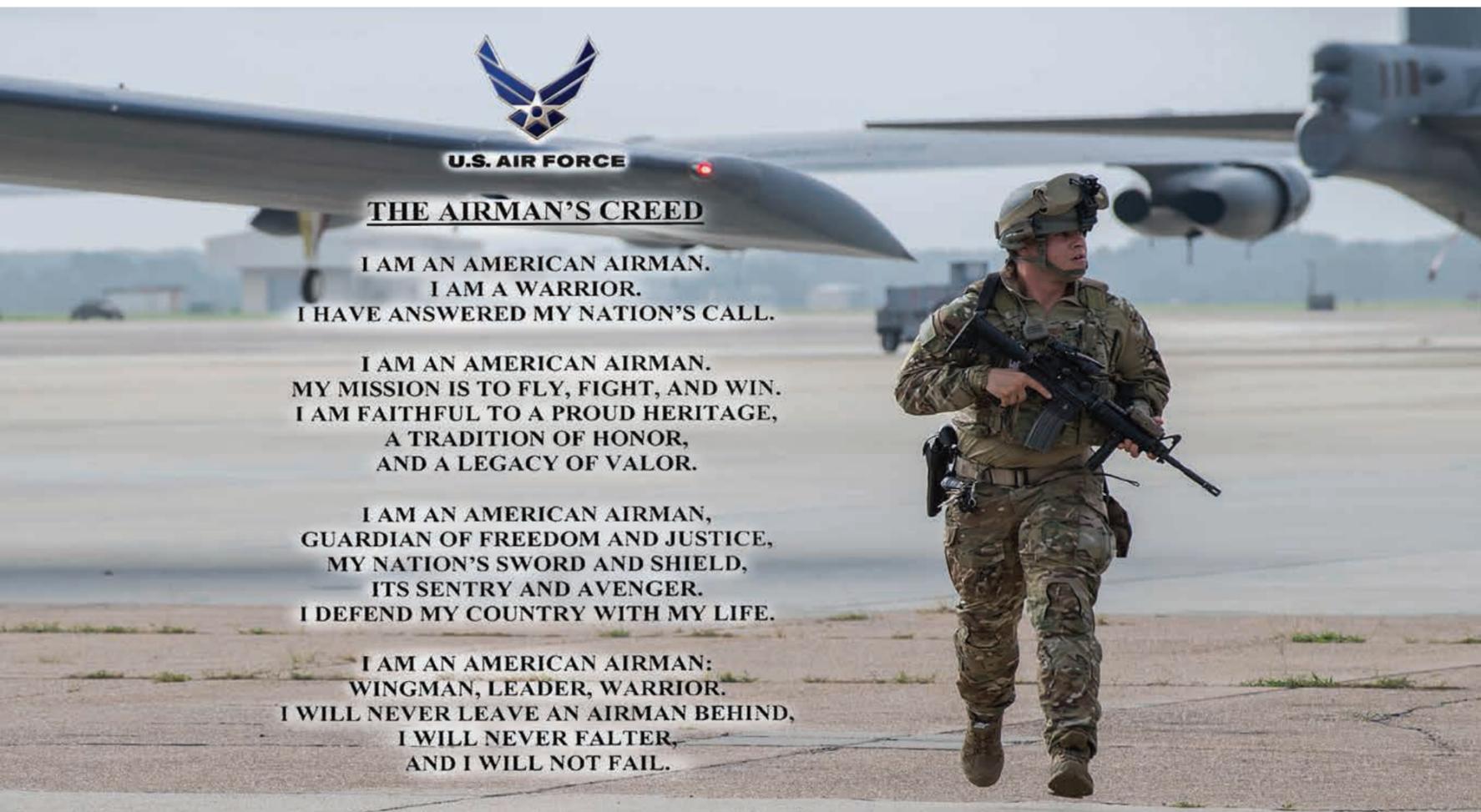
1) Question: Will I have a change in my PCM?

Answer: Patients may have a change in their PCM as we align our new clinical construct. If so, you will receive a notification of the PCM change by mail and/or via TRICARE Online Secure Messaging.

2) Question: Is the medical group dis-enrolling my family members with this re-organization?

Answer: No. All family members and retirees currently enrolled will stay enrolled to the facility, but these beneficiaries will be seen by the Family Member and Retiree clinic. In the future, we hope to offer enrollment to more beneficiaries at the medical group once the re-alignment reaches full operational capacity.

Our ultimate goal is to further our focus on enhancing medical readiness and Airman duty availability, while continuing the delivery of trusted care to all our beneficiaries.



U.S. AIR FORCE

THE AIRMAN'S CREED

I AM AN AMERICAN AIRMAN.
I AM A WARRIOR.
I HAVE ANSWERED MY NATION'S CALL.

I AM AN AMERICAN AIRMAN.
MY MISSION IS TO FLY, FIGHT, AND WIN.
I AM FAITHFUL TO A PROUD HERITAGE,
A TRADITION OF HONOR,
AND A LEGACY OF VALOR.

I AM AN AMERICAN AIRMAN,
GUARDIAN OF FREEDOM AND JUSTICE,
MY NATION'S SWORD AND SHIELD,
ITS SENTRY AND AVENGER.
I DEFEND MY COUNTRY WITH MY LIFE.

I AM AN AMERICAN AIRMAN:
WINGMAN, LEADER, WARRIOR.
I WILL NEVER LEAVE AN AIRMAN BEHIND,
I WILL NEVER FALTER,
AND I WILL NOT FAIL.

Medical Corner



BRAIN HEALTH MONTH

Take care of your health

Physical activity is a valuable part of any overall body wellness plan and is associated with a lower risk of cognitive decline. If it's safe for you, engage in cardiovascular exercise to elevate your heart rate. Consider physical activities that may also be mentally or socially engaging, such as walking with a friend, taking a dance class, joining an exercise group or golfing. Adopting healthy exercise habits today will allow you to enjoy the lifelong benefits of regular physical activity. However, it's never too late to start — making healthy choices at any age is beneficial to your well-being. Always consult your doctor before starting any new exercise program.

Just 10 minutes of physical activity may boost cognitive function in the short-term...

- Visit your doctor regularly.
- Get your "numbers" checked, including weight, blood sugar, blood pressure and cholesterol.
- Actively seek treatment to keep yourself within healthy ranges.
- If you have diabetes, manage it properly.
- Stop smoking. If you don't smoke, don't start.
- Take action to minimize stress. Studies have found that regular physical activity decreases stress, increases your ability to manage stress and leads to better mood overall.
- Get enough sleep. Inadequate sleep due to conditions like insomnia or sleep apnea can result in problems with memory and thinking.
- Avoid excess alcohol.
- Seek professional assistance to address anxiety, depression or other mental health concerns.

...and exercising regularly for 6 months could actually reverse the symptoms of mild cognitive impairment.

Prevent falls

- Falls are the leading cause of fatal and non-fatal injuries in older adults, and one-third of adults over age 65 fall every year.
- Falls in which your head is injured may affect your brain's ability to function normally, causing unconsciousness, confusion and other symptoms.
- Engage in regular physical activity to improve your strength and balance and reduce your risk of falling.

Stay Physically Active. Retrieved from https://www.alz.org/help-support/brain_health/stay_physically_active

Exercise is beneficial for physical and mental health and may improve the quality of life for people in all stages of dementia.

- Benefits include:**
- Improving the health of the heart and blood vessels, which can reduce the risk of high blood pressure and heart disease
 - Reducing the risk of some types of cancer (particularly breast and colon cancer), stroke and type 2 diabetes
 - Improving physical fitness - maintaining strong muscles and flexible joints can help people maintain independence for longer
 - Improving the ability to dress, clean, cook and perform other daily activities helping to keep bones strong and reducing the risk of osteoporosis
 - Improving cognition - recent studies have shown that exercise may improve memory and slow down mental decline
 - Improving sleep
 - Providing opportunities for social interaction and reducing the feeling of isolation
 - Reducing the risk of falls by improving strength and balance
 - Improving confidence
 - Increasing self-esteem
 - Improving mood.

Benefits of exercise and physical activity. Retrieved from <https://www.alzheimers.org.uk/get-support/daily-living/exercise/benefits>

A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,
My Grandmother is suffering from Alzheimer's and general dementia. As a strong advocate of physical activity, I know it is important that she continues to be physically active for her overall health, specifically aerobic activity. Can you settle the debate as to whether or not strength training plays a role in her brain health too?

Sincerely,
Grandson of the Year

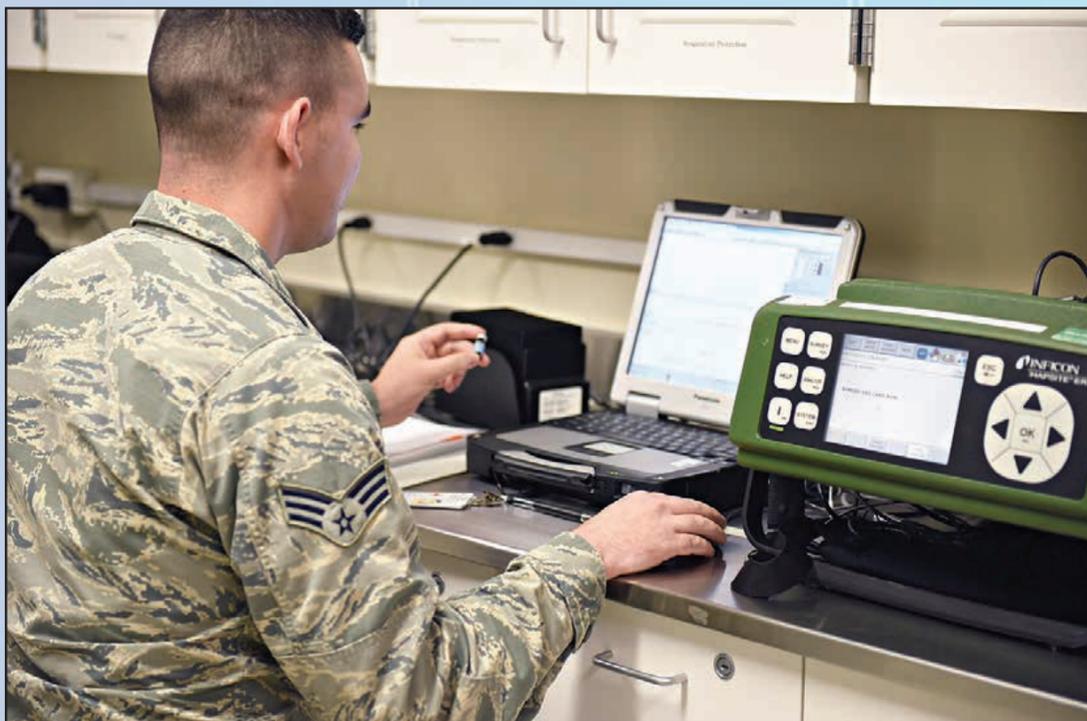
Dear Grandson of the Year,
It's wonderful to hear that you're engaged in helping your loved one live out a high quality of life. You're exactly right. The research is clear that regular exercise, i.e. jogging, walking, biking, stretching, swimming may prevent the progression of diseases of the brain. Regular exercise enhances the cells, tissues and vascularization which are important inducers of neurogenesis, memory improvement and brain plasticity. These benefits are important in the prevention of Alzheimer's disease.

To answer your question; when someone adds strength training to their regimen, it gets even better. Simple resistance training activities, i.e. walking, climbing stairs, moving around the house or outside working in the garden, can have long-term effects on brain health. Training such as this, that increases the muscle mass in the human body can have beneficial effects on metabolic aging. Practicing physical activity routinely throughout your lifetime, at any age and especially for older adults, is a great strategy for increasing overall health and risks involved in the development of poor brain health and Alzheimer's Disease.

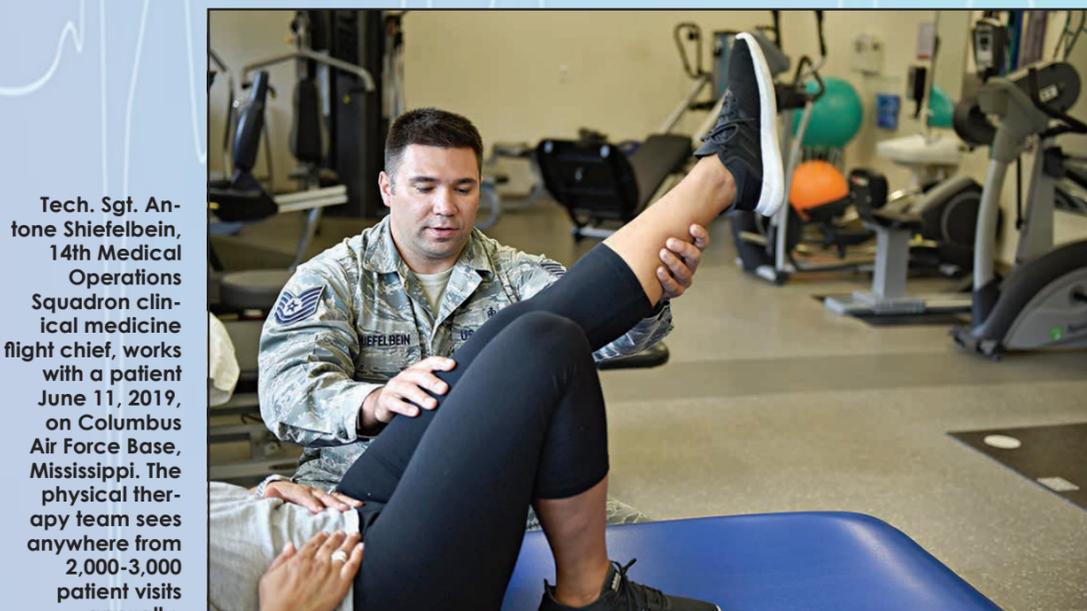
Sincerely,
Health Myth Busters

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

14th MDOS departments cover wide range of responsibilities



U.S. Air Force photo by Senior Airman Keith Holcomb
Senior Airman Michael Mannarino, 14th Medical Operations Squadron bioenvironmental technician, uses the field HAPSITE ER Chemical Identification System June 11, 2019, on Columbus Air Force Base, Mississippi. Bioenvironmental Airmen are responsible for testing aircraft, water, and the air on base to ensure no dangerous chemicals can contaminate the base population or harm the pilot training mission.



Tech. Sgt. Antone Shiefelbein, 14th Medical Operations Squadron clinical medicine flight chief, works with a patient June 11, 2019, on Columbus Air Force Base, Mississippi. The physical therapy team sees anywhere from 2,000-3,000 patient visits annually.

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

Senior Airman Keith Holcomb
14th Flying Training Wing Public Affairs

The Kortiz Clinic on Columbus Air Force Base, Mississippi, is home to 14th Medical Group, who's Airmen are responsible for taking care of thousands of Airmen, their family members and retirees.

Within the 14th MDG resides the 14th Medical Operations Squadron which includes departments such as the family health clinic, flight medicine, dental, mental health, public health, bioenvironmental engineering, optometry and aerospace and operational physiology.

"We touch the mission on this base in a lot of different ways," said Lt. Col. Tracy Snyder, 14th MDOS commander. "We are tied into helping create pilots by taking care of the students themselves, the Airmen that get them through training, families and retirees."

An Airman's journey to find out what's wrong or be cleared for training begins at the front desk, speaking to an office manager.

Senior Airman Jacob Caruthers, 14th MDOS Family Health office manager said he enjoys working the desk, because he helps create access for patients to be seen by the Kortiz Clinic staff.

Caruthers and his co-workers work hard to help patients with their medical issues and concerns, and will give directions on where to go or help schedule an appointment.

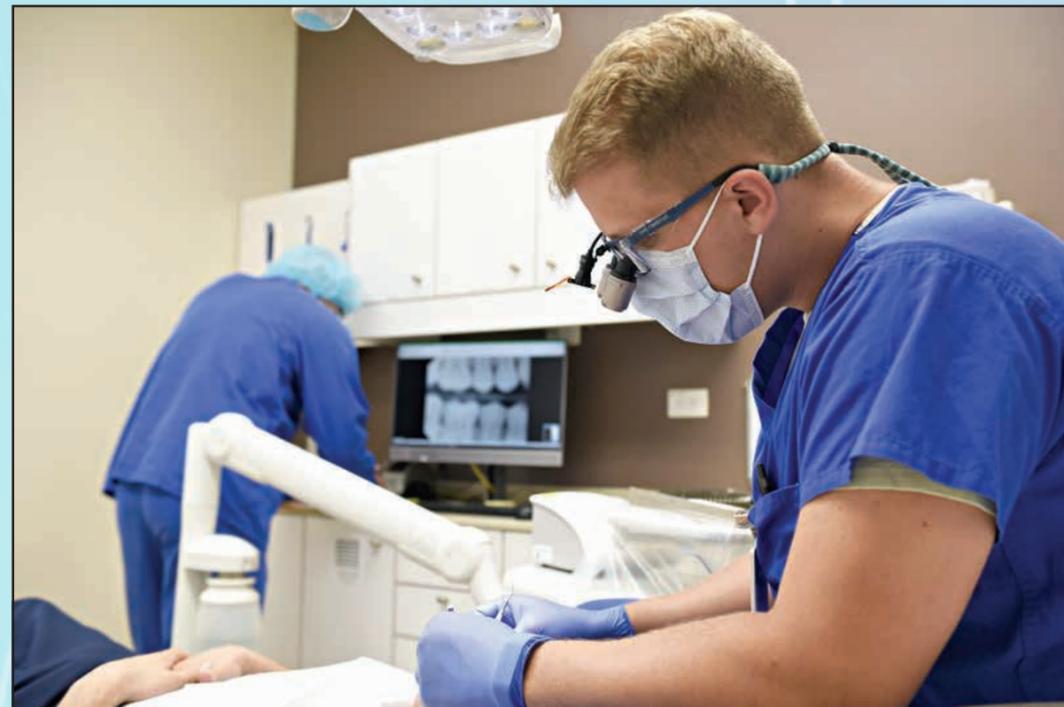
The dental flight is the only 14th MDOS flight located on the second floor. They have multiple dentists and technicians ready to help with tooth aches, fillings, wisdom tooth removal and more.

Below the dental flight is the bioenvironmental engineering team. These Airmen are responsible for making sure the aircraft's air supply is working properly, and also testing water and the air on base to ensure neither is contaminated, allowing the pilot training mission to continue. Bio-engineering Airmen are also responsible for conducting gas mask fittings for Airmen.

Around the corner from the bio-engineering flight is physical therapy. A small office with an officer and technician, capable of helping active-duty, family members and retirees get back on their feet, better, faster and stronger. The physical therapy team sees anywhere from 2,000-3,000 patient visits annually.

Neighboring physical therapy is the mental health office. Mental health service specialist Senior Airman Robert Patterson said, mental health is similar to a broken bone, "You wouldn't avoid the hospital if you had a broken body part, so why wait to treat a mental health issue."

Mental health's focus is to get Airmen back on track however they can; working with individuals through their Behavior Health Optimization and Alcohol and



U.S. Air Force photo by Senior Airman Keith Holcomb
Capt. Travis Wagner, 14th Medical Operations Squadron dentist, works with a patient June 11, 2019, on Columbus Air Force Base, Mississippi. The dental clinic is the only 14th MDOS flight located on the second floor. They provide trusted care to retirees, all active-duty members and their family.

"We touch the mission on this base in a lot of different ways," said Lt. Col. Tracy Snyder, 14th MDOS commander. "We are tied into helping create pilots by taking care of the students themselves, the Airmen that get them through training, families and retirees."

Drug Abuse Prevention and Treatment programs, one-on-one counseling and therapy sessions, pre or post-deployment processing, even counseling for couples.

Optometry and Public Health are located past the pharmacy, working in close-quarters, helping Team BLAZE see clearly and educating the base on health and safety standards.

The optometry clinic is able to give prescriptions or referrals when necessary.

Public health briefs Team BLAZE on health safety risks in the local area, ensures the general health of the

base is great, provides referrals to other clinics if necessary and ensures nobody has or is vulnerable to preventable illnesses at home or while traveling.

Aerospace and operational physiology is the only detached office and is located near the flying training squadrons. They teach the first week of pilot training, giving student pilots the tools and knowledge on the human weapon system they will need to perform safely and efficiently during training missions and operational missions down range alike.

In the coming months these units duties will remain the same, but their commands will be shifted.

"The 14th Medical Operations Squadron is transforming to improve operational medical readiness and duty availability for active duty personnel while continuing to ensure the delivery of high quality care," Snyder said. "These changes are driven by the secretary of defense's release of a standardized retention policy for non-deployable service members, which established standardized retention criteria and aimed to reduce the number of non-deployable members and improve readiness."



U.S. Air Force photo by Senior Airman Keith Holcomb
Senior Airman Jacob Caruthers, 14th Medical Operations Squadron family health office manager, speaks on the phone June 11, 2019, on Columbus Air Force Base, Mississippi. Caruthers and his co-workers work hard to help anyone with any medical group issue and will give directions on where to go or help schedule an appointment.