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SILVER WINGS

“Cultivate Airmen, Create Pilots, CONNECT”

Vol. 44, Issue 4

Columbus Air Force Base, Miss.

February 28, 2020



Quality of Life Town Hall

March 5 from 2-3:30 p.m.
at the Club

All members of Team BLAZE
are invited to attend

News Briefs

Wing Newcomers

A Wing Newcomers event will begin at 8 a.m., March 10 in the Kaye Auditorium. Newcomers is mandatory for all newly arrived military and Department of Defense civilian personnel. This base-wide connection orientation includes a guided base tour. Participants must register with unit command support staff to attend due to limited space on the bus.

Assignment Night

Come celebrate with class's 20-10/11 as they receive their new assignments at 5:30 p.m., March 13 in the Columbus Club.

Boss & Buddy

Join members of Team BLAZE for a Boss & Buddy social at 3:30 p.m., March 20 in the Columbus Club.

Inside



Feature 10

SUPT Class 20-08/09
graduates today at 10 a.m. at
the Kaye Auditorium.



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

Airmen from the 14th Medical Group train with a medical training mannequin during the Tactical Combat Casualty Care Course in the Walker Center Feb. 23, 2020, on Columbus Air Force Base, Miss. TCCC has become the standard of medical training proficiency for military personnel to prepare them for potential combat situations in an ongoing effort to heighten medical readiness.

Columbus AFB challenges medics with combat casualty exercise

Airman 1st Class Jake Jacobsen

14th Flying Training Wing Public Affairs

Members of the 14th Medical Group participated in a Tactical Combat Casualty Care Course (TCCC) hosted by the National Association of Emergency Medical Technicians Feb. 23 on Columbus Air Force Base, Mississippi.

The event challenged medics to perform battlefield care in a simulated combat environment to help bolster their medical skills and readiness by performing treatment and care on actors and mannequins.

“This is the foundation that all medics should be proficient in doing,” said Lt. Col. Christopher Kelly, 14th MDG chief nurse. “We want them to be able to go into a combat zone, quickly assess the situation, take care of the most critical casualties first, and transport them to safety.”

The simulation aimed to improve medical training and boost confidence by adding the aspects of low visibility and sounds of gunshots, screaming and sirens to help a reality of a high stress situation of actual combat.

See EXERCISE, Page 3

COLUMBUS AFB TRAINING TIMELINE

PHASE II		PHASE III		IFF		SUPT CLASS 20-08/09 GUEST SPEAKER	
Squadron	Track Select	Squadron	Graduation	Squadron	Graduation	Maj. Gen. Kevin Kennedy, Assistant Deputy Chief Information Officer, Digital Transformation and Assistant Deputy Chief of Staff for Cyber Effects Operations, Headquarters U.S. Air Force, Arlington, Virginia, is the guest speaker.	
37th (20-23)	Mar. 25	48th (20-08)	Feb. 28	49th (20-EBC)	Mar. 20		
41st (20-22)	Mar. 11	50th (20-08)	Feb. 28				



14TH FLYING TRAINING WING DEPLOYED

As of press time, 41 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.

Local public library hosts quilt reception

The Columbus-Lowndes Public Library System will host a quilt reception on Tuesday, March 10 at noon. Kathy Willcutt of Magnolia Heirlooms will be the guest speaker. The Library displays the work of local quilters from surrounding counties during Pilgrimage each year. Please stop by and browse their beautiful craftsmanship. The display dates this year are March 2 through April 24.

If you have any questions, please call 662-329-5300 or email event coordinator Brenda Durrett, bdurrett@lowndes.lib.ms.us. Please add this event to your respective community calendars.

Security and policy review

Did you know that as a military member you must coordinate all information relating to speeches, presentations, academic papers, multimedia visual information materials and information proposed for release to a publicly accessible Worldwide Website, with exception of Air Force publications, through the 14th Flying Training Wing Public Affairs Office? For more information contact the 14th FTW/PA at 434-7068.

March						
Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
3 IFF Class 20EBC Graduation, 4:49 @ 49th Heritage Room Class 21-06 Pilot Partner Welcome, 6 p.m. @ TBD	4	5 81st Change of Command, 9:18 a.m. @ Moody AFB	6	7	8/9 8th: Daylight Savings, turn clocks forward	Mar. 14: 14FTW Supporting Flyover Mar. 16: National Prayer Breakfast (MSG) Mar. 17: National Prayer Breakfast (MDG) Mar. 26: Hearts Apart Mar. 27: Class 20-10/11 Graduation Mar. 31: Wing Newcomers Mar. 31: Enlisted Promotions Apr. 2: IFF Class 20FBC Graduation Apr. 10: Class 20-12/13 Assignment Night Apr. 16: Heart Link
10	11	12	13	14	15/16	

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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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'.

3-Point Shootout
March Madness has come to Columbus AFB! 3-pt Shootout and 3v3 Half Court pickup games! Come in, show off your skills, and represent your squadron on the court! Each squadron will have six players. (One for 3-pt shootout, three for the half-court game and two backups.) Please sign up by March 13. For more information and event rules, please contact the Fitness Center at (662)434-2772.

Monster Jam
Monster Jam will arrive in Tupelo, Mississippi on March 14, just short of an hour away from Columbus AFB. Watch monster trucks do gravity-defying feats, races, as well as Motorcross entertainment. Information Tickets and Travel (ITT) is selling tickets for the 1 p.m. and 7 p.m. show for only \$21. Tickets are first-come, first-serve. For more information, please contact ITT at (662) 434-7861.

Mustache Dash 5K Walk/Run
The Fitness Center must-ache you a question. Will you be joining them for their Mustache Dash 5K Walk/Run on March 20 starting at 7 a.m.? For more information, please call the Fitness Center at (662)434-2772.

Boss & Buddy
Unwind at the Club with your coworkers on March 20 starting at 3:30 p.m. with food and drink specials. Call 662-434-2489 for more information.

Parent's Day Out
Drop your kids off at the Child Development Center for Parent's Day Out on March 21 from 9 a.m. - 1 p.m. The cost is \$20 per child. Call 434-2479 to sign up, or for more information. The deadline to sign up is March 9. For more information, please call the CDC at (662)434-2479.

US Food Fair
On March 26 from 11 a.m. - 1:30 p.m. US Foods will be hosting a Chef's Food Fair at the Columbus Club. They will be showcasing new items such as desserts, appetizers, and cocktail juices. For more information, please call the Columbus Club at (662) 434-2489.

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

MUSTACHE
DASH 5K
AT THE FITNESS CENTER

March 13 | at 0700

All ages, free to participate.

Call 434-2772 for more details!

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

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

Storytime Schedule
The Base Library is offering Storytime on Tuesdays at 10 a.m. for ages 3 – 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 Columbus AFB 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. - 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.

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

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

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

Fitness on Request
The Fitness Center offers a truly comprehensive group fitness platform that is available all day and completely customizable to meet your needs with 119 different classes on the Fitness on Request system. For more information, call 434-2772.

Space A Lodging
The Magnolia Inn usually has openings for Space A family and single units. Contact the lodging desk at 434-2548.

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

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

Team BLAZE recognizes 31 newly selected Majors

14th Student Squadron:
Capt. Robert Allen
Capt. David Gray
Capt. Andrew Johnson
Capt. Christopher Labud
Capt. William Wake

14th Operations Support Squadron:
Capt. Kipp Moorhead

37th Flying Training Squadron:
Capt. Britain Reuscher
Capt. Joseph Sornsin
Capt. Jonathan Bailey

41st Flying Training Squadron:
Capt. David Barron
Capt. Katrina Boshears
Capt. Brett Boudreaux
Capt. Michael Cole
Capt. Jon Flanagan
Capt. Justin Hitchens
Capt. Orion Kellogg
Capt. Michael Muskalla
Capt. Robert Riley
Capt. Calogero San Filippo

48th Flying Training Squadron:
Capt. Andrew Carlson
Capt. Richard Casburn
Capt. Alexander Flowers
Capt. Mitchel Green
Capt. Thomas Howard

49th Flying Training Squadron:
Capt. Allen Hammond
Capt. Travis Vayda

50th Flying Training Squadron:
Capt. Kevin Mudd
Capt. Jonathan O'Neal
Capt. Jonathan Simon
Capt. Trevor Lockhart
Capt. Michael Vasilou



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

EXERCISE

(Continued from page 1)

TCCC is designed to help prevent combat deaths by teaching trauma stabilization techniques, enabling the wounded to survive longer until they can receive proper treatment.

Medics had the opportunity during the training procedure to practice some of the life-saving skills they would use in a real combat situation like tourniquet applications, wound packing, airway support, applying intravenous therapy medications and hemorrhage control.

Rather than plain mannequins or computer-based training the 14th MDG used hands-on tactical combat scenarios where augmented dummies replicated battle wounds to allow the medics to apply needles and chest tubes. These dummies were used as a way to simulate the look, feel and smell of severe traumatic situations on a live human.

“This is a much more tactile way of learning where we hit all aspects of training extending from the classroom to hands-on practice allowing our medics to learn all the skills they need down range in one session,” said Staff Sgt. Jason Stobaugh, 14th MDG biomedical equipment technician. “I am excited to see the rest of our medics come through this course and be battle ready.”



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

Airmen from the 14th Medical Group unwrap a tarp to carry the dummy off with during the Tactical Combat Casualty Care Course in the Walker Center Feb. 23, 2020, on Columbus Air Force Base Miss. The event challenged medics to perform battlefield care in a simulated combat environment to help bolster their medical skills by performing on actors and dummies.

As well as being an dynamic way of learning the training has proven to be a cost effective way for medics to get training on base rath-

er than sending them to further locations for training totaling at about 83 percent cost saving for the base.

Columbus AFB provides aerial support for joint, multi-national exercise

Airman Davis Donaldson
14th Flying Training Wing

Pilots and student pilots at Columbus Air Force Base, Mississippi, have and will continue to take part in exercise Southern Strike from Feb. 3-13, traveling back and forth to Gulfport, Mississippi.

Southern Strike is hosted by the Mississippi National Guard in multiple states across the southeast. The exercise is conducted to increase deployment readiness and included more than 40 units from the Air Force, Army, Navy and international partners.

Capt. Travis Vayda, 49th Fighter Training Squadron chief of weapons and exercise participant, said it is essential for the student pilots to participate in order for them to gain mission experience.

"I think it's important for them because it gives them the expectation of what they're going to go do in six months to a year," Vayda said. "It also shows them 'hey this stuff we're teaching you, we have a reason behind it because soon you're going to be asked to do all of this.' It shows them there's a method to our madness essentially."

Daniel Szarek, Mississippi National Guard deputy director, helped coordinate the exercise and emphasized its importance when it comes to working together in a joint environment.

"There are a total of four countries par-



Two pilots from the 49th Fighter Training Squadron walk toward a fleet of T-38 Talons Feb. 7, 2020, at Columbus Air Force Base, Miss. The pilots were participants in exercise Southern Strike, a joint force exercise hosted by the Mississippi Air National Guard.

ticipating in Southern Strike 2020," Szarek said. "More than 2,000 participants from the United States, Bulgaria, Uzbekistan and the Netherlands ensure the maintenance of joint combat readiness, building of international relationships, strengthening of interoperability among the branches of service and helps prepare our partners for possible future contingency missions."

He said the exercise is conducted at mul-

tiple military facilities. Exercise Southern Strike takes place at the Gulfport Combat Readiness Training Center, Camp McCain Training Center, Naval Air Station Meridian and Camp Shelby Joint Forces Training Center, Szarek said.

Szarek also explained the importance of Columbus AFB providing aerial support.

"The involvement of Columbus Air Force Base in Southern Strike 2020 is significant

because it provides the use of in-state assets, showing the capabilities that lay within Mississippi," Szarek said. "It also allows multi-service and multi-platform cross-training through combat scenarios, close-air support and contingency operations while building relationships across the services; active, Reserve and Guard components."

Vayda said the pilots from Columbus AFB have been providing "aerial support" during the exercise, supporting grounded joint terminal attack controllers (JTACs).

Two T-38 Talons from the 49th FTS have been flying to Gulfport while communicating with the JTACs. Once they arrive at Gulfport, they refuel and fly back to Columbus daily, Vayda said. He also said the aircrew have consisted of two Airmen per jet, including an experienced pilot who has manned the front of the jet, while a student pilot observes in the back.

Vayda said the exercise is important for the non-student pilots as well. He said the training aspect of the Air Force is great, but it has a different aura compared to the operational side.

"All of us are fighter pilots, it's important that we go down there so we can maintain currency and talk with guys who are still in the combat Air Force," Vayda said. "We like to make sure that our skills don't get rusty and we stay up to date with the current tactics."



49th Fighter Training Squadron pilot examines the interior of a T-38 Talon Feb 7, 2020, on Columbus Air Force Base, Miss. After examining, the pilot took part in an exercise Southern Strike in Gulfport, Mississippi. The exercise is conducted to increase deployment readiness of not only U.S. military, but international allies as well.



A 49th Fighter Training Squadron pilot conducts pre-flight checks on a T-38 Talon, Feb. 7, 2020, at Columbus Air Force Base, Mississippi. The pilot was a participant in exercise Southern Strike by providing aerial support in the T-38. The T-38 can reach the speed of 812 mph.

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.)

Transition Assistance Program Workshop

The next Transition Assistance Program (TAP) workshop is from 7:30 a.m.-4 p.m. March 2-4 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.

Department of Labor Employment Transition Track

The next DoL Employment Transition Track is from 7:30 a.m.-4 p.m. March 5-6. This workshop assists transitioning military members with career exploring, job search, resume writing, federal job applications, interviewing, evaluating job offers and closing the deal.

Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. March 9 in the A&FRC. This workshop is highly recommended 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 this event.

Wing Newcomers Orientation

The next Wing Newcomers Orientation is from 8 a.m.-noon March 10. 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. The event's main foundation is a mobile App, so if you plan to attend, please locate and download the Columbus Air Force Base App from the App Store prior to attending. To register, please contact your unit CSS, or for more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

Federal USA Jobs Workshop

The next Federal USA Jobs workshop is from 9-10:30 a.m. March 11. 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.

BLAZE Chapel hosts Valentine's Dinner



Members of Team BLAZE eat at the Blaze Chapel Valentine's Dinner Feb. 10, 2020, on Columbus Air Force Base, Miss. The Chapel hosted the Valentine themed dinner titled "Reviving Marriage Through Friendship, Dating, and Intimacy" to help connect with families across the base.

Air Force Recovery Coordination Program

A Recovery Care Coordinator (RCC) will be providing assistance from noon-5 p.m. March 11; 8 a.m.-5 p.m. March 12; and 8 a.m.-noon March 13 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.

Department of Labor Transition Vocational Track Workshop

The next DoL Transition Vocational Track Workshop is from 8 a.m.-3 p.m. March 16-17 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.

Hearts Apart

The next Hearts Apart is from 5-7 p.m. March 26. 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.

Heart Link

The next Heart Link / Spouse Welcome is from 8:30 a.m.-noon April 30 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. May 28 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. June 4-5. This workshop is conducted by the Small Business Administration for veterans and all base per-

sonnel interested starting up and operating their own business. To register or for more information, please call A&FRC at (662) 434-2790.

EFMP-FS

Exceptional Family Members Program-Family Support, EFMP-FS, establishes, implements and maintains the FS (community support) entity of the Air Force EFMP in coordination with the Medical & Assignments components by enhancing the quality of life of special needs family members. Feel free to contact 662-434-3323/2790 for any questions related to EFMP or for one-on-one assistance. We can assess your needs and make the proper community referral for you and your family!

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.

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.

Bible Study

Thursdays:

5:30 p.m. - Student Pilot Bible Study

6:00 p.m. - Enlisted Dorms Bible Study

Protestant Community

Sundays:

9:00 a.m. - Adult Sunday School

10:45 a.m. - Community Worship Service (Fellowship Following)

Wednesdays:

5:30 p.m. - AWANA: Sept-May (Open to all denominations)

6:00 p.m. - Ignite Youth Group Ages 13-18 (Open to all denominations)

Catholic Community

2nd Saturday of each month at 12 p.m. - Faith Ablaze

Sundays:

3:30 p.m. - Religious Education, Grades K-9 (Aug-May)

4:00 p.m. - Confession (or by appointment)

5:00 p.m. - Mass

1st and 3rd Sundays- Fellowship after Mass

Tuesdays:

10 a.m. - Daily Mass (Philips Auditorium)

Wednesdays:

10 a.m. - Daily Mass (Philips Auditorium)

10:30 a.m. - Adoration (Philips Auditorium)

Columbus AFB voting assistance information

Installation and unit voting assistance offices are available to help you exercise the very right you protect — your right to vote! They can help you register to vote, request an absentee ballot and notify your election official of a mailing address change. It's important you take action early to register and request your absentee ballot well in advance of upcoming election deadlines to allow for mail delivery times, research of your state's deadlines, and your own work and personal life requirements to ensure your voice is heard. The information below is provided to assist you with the absentee voting process.

Federal Post Card Application (FPCA), SF-76: The FPCA can be used to register to vote, request an absentee ballot, and submit a change of address. Go online to <https://www.fvap.gov/fpca-privacy-notice> and use the FPCA Wizard to help you register, request your absentee ballot and/or change your address while providing you with all of your state-specific information and requirements to vote.

Federal Write-In Absentee Ballot (FWAB), SF-186: The FWAB is used as a backup in case you have already registered to vote or sent in an FPCA to both register and request your absentee ballot, but you have not yet received your absentee ballot. Go online to <https://www.fvap.gov/fwab-privacy-notice> and use the FWAB Wizard that will help you to vote in Federal elections, even filling in your candidate choices based on your state of residence.

Both the FPCA and FWAB Wizards will provide you with a filled in form. All you have to do is print, sign and date it, and return it to your election official via the directions provided (some states allow you to fax and/or e-mail your signed form).

National Voter Registration Form (NVRF): The NVRF is provided to federal civilian employees and other US citizens who have access to the installation, and to uniformed services voters who currently reside in their voting district. Separating/retiring military members should advise their election official they will no longer be considered a

military voter. The NVRF (or your state voter registration form) can be used to notify your election official of an address change. Get a hard copy from a voting assistance officer or online at: <https://www.fvap.gov/military-voter/transition>. Fill out, and a voting assistance officer will submit for you.

Resources:

Installation Voter Assistance (IVA) Office

The IVA Office located in the Airman and Family Readiness Center, Bldg. 1114, can help you fill in and mail your voting materials. Please contact your Installation Voting Assistance Officers at: DSN 742-2701/2790, Commercial (662) 434-2701/2790, E-mail vote.columbus@us.af.mil.

Website: <https://www.columbus.af.mil/Portals/39/documents/other/IVA%20Website%20Info.docx>.

Hours of operation: Mon-Fri, 0730-1630. Closed weekends/holidays.

Unit Voting Assistance Officer (UVAO)

UVAOs are available within each unit having 25 or more permanent party military assigned. They offer absentee voting information and assistance to military members, their family members and civilian personnel. The IVA Office provides same to units with less than 25 permanent party military assigned.

Air Force Total Force Service Center (TFSC)

In the event you are unable to contact your IVA Office, 24-hour voting assistance is available from the AF TFSC at: DSN 665-0102, Commercial 210-565-0102 or Toll Free 1-800-525-0102.

Federal Voting Assistance Program (FVAP)

You can access many voting-related questions and answers on the FVAP website at: <https://www.fvap.gov>.

This year's General Election is Tuesday, Nov. 3, 2020.

"As Americans, Airmen enjoy many freedoms one of which is the right to vote, and as warriors, they defend that right for themselves and all Americans," said James Brady,

Installation Voting Assistance Officer. As an American, veteran and your Installation Voting Assistance Officer, I strongly encourage you to exercise your right and responsibility of being heard by registering, requesting your absentee ballot and casting your ballot for all upcoming 2020 elections. I serve closely with every voting officer across the installation, and I have complete confidence they are eagerly standing by to assist you with your voting needs."

14th Flying Training Wing Voting Assistance Officers:

Mr. James Brady (primary)
Ms. Renee Johnson (alternate)

Unit Voting Assistance Officers:

14th Comptroller Squadron/
Wing Staff Agencies
First Lt. Jonathan Mercer (primary)

14th Operations Support Squadron/
Operations Group
Second Lt. Hunter Weaver (primary)

Capt. Kipp Moorhead (alternate)
Second Lt. Meredith Laskey (additional)

37th Flying Training Squadron
Capt. Joseph Uhle (primary)
Capt. Robert Simmons (alternate)

41st Flying Training Squadron
First Lt. Thomas Frederick (primary)

43rd Flying Training Squadron
Maj. Kelly Hook (primary)

48th Flying Training Squadron
First Lt. Franklin Durr (primary)
Capt. Christopher Breyfogle (alternate)

49th Flying Training Squadron
Ms. Molly Ellwood (primary)

50th Flying Training Squadron
First Lt. Janel Campbell (primary)

14th Civil Engineer Squadron
Second Lt. Nicolette Hallmark (primary)

14th Communications Squadron
Tech. Sgt. Quincy Harris (primary)

14th Force Support Squadron/
Mission Support Group
First Lt. Christal Amar (primary)

14th Security Forces Squadron
Master Sgt. Jeffrey McCreary

(primary)
Tech. Sgt. Michael Flanagan (alternate)

14th Medical Operations Squadron
Capt. Tiffany Saeland (primary)

14th Medical Support Squadron/
Medical Group
Capt. Whitney Howard (primary)

332nd Recruiting Squadron
Capt. Joshua Hester (primary)
Master Sgt. Samuel Mullins (alternate)



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U.S. Air Force photo by Airman Davis Donaldson
Air Force, Army, Coast Guard, Marine and Navy officers were part of a panel Feb. 10, 2020, at Marion Military Institute in Marion, Ala., where they answered questions from MMI cadets.

Columbus AFB instructor pilots mentor cadets

Airman Davis Donaldson
14th Flying Training Wing

MARION, Ala. – Five 14th Flying Training Wing instructor pilots from Columbus Air Force Base, Mississippi, visited Marion Military Institute, in Marion, Alabama, Feb. 10 to answer cadets' questions about Reserve Officer Training Corps (ROTC) and the U.S. Air Force Academy.

Amongst the five Air Force officers, there were Army, Coast Guard, Marine and Navy officers to answer questions about ROTC and their respective branch's service academies.

The day began with the officers arriving and conversing with the cadets at lunch. After, the cadets and officers gathered in a room to hold a group discussion about the cadet's possible career paths.

All Air Force IPs were Academy graduates and 1st Lt. Everett Montano, 37th Flying Training Squadron IP, said he thought this opportunity was essential for the cadets to have an understanding of the Academy.

"I think speaking to the cadets was important because I remember being in their shoes and not knowing anything about what was in store for my future," Montano said. "I wanted to be able to help fill some of those gaps in their uncertainty and help them build

"I think speaking to the cadets was important because I remember being in their shoes and not knowing anything about what was in store for my future," Montano said.

a better path.

Montano said the panel of the experienced officers allowed cadets to get a sense of the different courses they can embark on to be where they want to be.

After the group discussion, the officers were separated into different rooms to focus the various service academies. The cadets followed the officers based on the academy they planned to enroll in.

Retired U.S. Army Lt. Col. Thomas Bowen, MMI director and coordinator of the event, said he was grateful for the Columbus AFB IPs to visit and mentor the cadets.

"It's an opportunity for anybody who wants to go to the Air Force Academy to



U.S. Air Force photo by Airman Davis Donaldson
Lt. Col. Nathaniel Wilds, 50th Flying Squadron commander, speaks with a Marion Military Institute cadet Feb. 10, 2020, at MMI in Marion, Ala. Challenging academic programs, hands-on opportunities and rigorous course work prepare cadets for transfer to a four-year college or university or to obtain an appointment to a service academy.



U.S. Air Force photo by Airman Davis Donaldson
First Lt. Everett Montano, 37th Flying Training Squadron instructor pilot, answers a question asked by a Marion Military Institute cadet Feb. 10, 2020, at MMI in Marion, Ala. MMI was founded in 1842 and is one of only four military junior colleges in the United States.

look forward to what they can become," Bowen said. "The cadets were able to witness

the five officers' different paths and are given an opportunity to emulate a similar path."

Maj. Gen. Kevin Kennedy to speak at SUPT Class’s 20-08/09 graduation

Maj. Gen. Kevin B. Kennedy, Assistant Deputy Chief Information Officer, Digital Transformation and Assistant Deputy Chief of Staff for Cyber Effects Operations, Headquarters U.S. Air Force, Arlington, Virginia, is the graduation speaker for Specialized Undergraduate Pilot Training Class’s 20-08/09 graduation ceremony at 10 a.m. Feb. 28in the Kaye Auditorium on Columbus Air Force Base, Mississippi. As the Cyberspace Operations and Support Career Field Functional Manager, General Kennedy is responsible for the development of 36,000 officer and enlisted personnel. He balances costs and risks for Air Force Enterprise Information Technology programs in light of all legislative, Department of Defense and joint policies and directives. Additionally, General Kennedy is responsible for integrating U.S. Air Force air, space and cyberspace effects operations capabilities into the joint fight by informing policy, synchronizing relevant efforts and advocating for resources to provide secure, reliable and timely information to the joint warfighter.



General Kennedy received his commission from the U.S. Air Force Academy in 1990. Following graduation, he served in a variety of flying positions including U.S. Air Force Weapons School Instructor, 34th Bomb Squadron Commander, 28th Operations Group Deputy Commander and 28th Bomb Wing Commander at Ellsworth Air Force Base, South Dakota. Additionally, he served as the Vice Commander for the 379th Air Expeditionary Wing in Southwest Asia. His staff experience includes service with the Headquarters U.S. Air Force staff, the Joint Chiefs of Staff and the Office of the Secretary of Defense.

General Kennedy is a command pilot with more than 3,400 flying hours in the B-1 and T-38, including combat over Afghanistan.

EDUCATION

1990: Bachelor of Science, Astronautical Engineering, U.S. Air Force Academy, Colorado Springs, Colo. 1993: Master of Science, Systems Management, University of Southern California, Los Angeles
1996: Squadron Officer School, Maxwell Air Force Base, Ala.
1997: U.S. Air Force Weapons School, Nellis AFB, Nev.
2003: Master of Science, Air Command and Staff College, Maxwell AFB, Ala.
2004: Master of Science, School of Advanced Air and Space Studies, Maxwell AFB, Ala.

2010: Joint and Combined Warfighting School, Joint Forces Staff College, Norfolk, Va.
2011: National Security Fellow, John F. Kennedy School of Government, Harvard University, Cambridge, Mass.
2013: Enterprise Leadership Seminar, University of Virginia Darden School of Business, Charlottesville
2015: Senior Joint Information Operations Applications Course, Maxwell AFB, Ala.
2016: Cyberspace Operations Executive Course, Maxwell AFB, Ala.
2017: Cybersecurity Course, John F. Kennedy School of Government, Harvard University, Cambridge, Mass.

ASSIGNMENTS

1. June 1990 - September 1991, Student, Undergraduate Pilot Training, Williams Air Force Base, Ariz.
2. September 1991 - October 1993, Systems Engineer and Executive Officer, Follow-on Early Warning System Program Office, Los Angeles AFB, Calif.
3. October 1993 - March 1994, Student Pilot, B-1, Dyess AFB, Texas
4. March 1994 - November 1996, culminated as Aircraft Commander, 37th Bomb Squadron, Ellsworth AFB, S.D.
5. November 1996 - July 1999, Evaluator Pilot, Chief of Weapons and Tactics, and Flight Commander, 34th BS, Mountain Home AFB, Idaho
6. July 1999 - July 2002, Instructor Pilot, Flight Commander, and Assistant Director of Operations, B-1 Division, U.S. Air Force Weapons School, Ellsworth AFB, S.D.
7. July 2002 - July 2003, Student, Air Command and Staff College, Maxwell AFB, Ala.
8. July 2003 - July 2004, Student, School of Advanced Air and Space Studies, Maxwell AFB, Ala.
9. June 2004 - August 2005, Branch Chief, Quadrennial Defense Review Special Projects, Headquarters U.S. Air Force, the Pentagon, Arlington, Va.
10. August 2005 - July 2007, Joint Force Structure Analyst, Joint Chiefs of Staff, the Pentagon, Arlington, Va.
11. July 2007 - April 2008, Chief of Safety, 28th Bomb Wing, Ellsworth AFB, S.D.
12. April 2008 - August 2009, Commander, 34th BS, Ellsworth AFB, S.D.
13. August 2009 - April 2010, Deputy Commander, 28th Operations Group, Ellsworth AFB, S.D.
14. April 2010 - June 2010, Student, Joint and Combined Warfighting School, Norfolk, Va.
15. June 2010 - June 2011, National Security Fellow, John F. Kennedy School of Government, Harvard University, Cambridge, Mass.
16. June 2011 - June 2012, Vice Commander, 379th Air Expeditionary Wing, Southwest Asia
17. July 2012 - April 2013, Director, Chief of Staff of the Air Force Strategic Studies Group, Headquarters U.S. Air Force, the Pentagon, Arlington, Va.
18. April 2013 - June 2015, Commander, 28th BW,

Ellsworth AFB, S.D.
19. June 2015 - April 2017, Director, Cyberspace Operations and Warfighting Integration, the Pentagon, Arlington, Va.
20. April 2017 - September 2018, Principal Director to the Deputy Chief Information Officer for Command, Control, Communications and Computers and Information Infrastructure Capabilities, Office of the Secretary of Defense, Chief Information Officer, the Pentagon, Arlington, Va.
21. September 2018 – March 2019, Director, Cyberspace Strategy and Policy, Office of Information Dominance and Chief Information Officer, Office of the Secretary of the Air Force, the Pentagon, Arlington, Va.
22. March 2019 – present, Assistant Deputy Chief Information Officer, Digital Transformation and Assistant Deputy Chief of Staff for Cyber Effects Operations, Headquarters Air Force, the Pentagon, Arlington, Va.

SUMMARY OF JOINT ASSIGNMENTS

1. August 2005 - July 2007, Joint Force Structure Analyst, Joint Chiefs of Staff, the Pentagon, Arlington, Va., as a major and lieutenant colonel
2. April 2017 – September 2018, Principal Director to the Deputy Chief Information Officer for Command, Control, Communications and Computers and Information Infrastructure Capabilities, Office of the Secretary of Defense, Chief Information Officer, the Pentagon, Arlington, Va., as a brigadier general

FLIGHT INFORMATION

Rating: command pilot
Flight hours: more than 3,400 hours, including 720 combat hours
Aircraft flown: B-1 and T-38

MAJOR AWARDS AND DECORATIONS

Defense Superior Service Medal
Legion of Merit with oak leaf cluster
Bronze Star with oak leaf cluster
Defense Meritorious Service Medal
Meritorious Service Medal with three oak leaf clusters
Air Medal with oak leaf cluster
Air Force Commendation Medal with two oak leaf clusters
Aerial Achievement Medal
Air Force Achievement Medal with oak leaf cluster

EFFECTIVE DATES OF PROMOTION

Second Lieutenant May 30, 1990
First Lieutenant May 30, 1992
Captain May 30, 1994
Major June 1, 2001
Lieutenant Colonel March 1, 2006
Colonel Aug. 1, 2011
Brigadier General Oct. 2, 2015
Major General Feb. 5, 2019

Columbus AFB nature trails spring clean-up day

Date & Time: March 19, 2020, @ 8:30 a.m.

Reporting location: SAC Lake Pavilions

The Columbus Air Force Base Nature Trails are open year around to all base personnel and their families to enjoy. The five-mile trail is well marked, winding through the woods offering opportunities for all to enjoy the outdoors while walking, running, or biking. No motorized vehicles are authorized on the trails. The nature trails offer a self-guided tour with trail maps available for identifying many of the regions native

plant species, as well as, native wildlife. Guides can be found in the mail box at the main entrance to the Nature Trails just off gravel road leading to SAC Lake. Please make sure to return these guides after each use so that others can benefit from their information.

Request:

The nature trails require annual maintenance in order to provide a safe and enjoyable outdoor experience to our members. The 14th Civil Engineer Squadron is seeking volunteers from the base to offer

their time, skills, and labor to help keep the nature trails safe and accessible for all to enjoy.

Tasks:

Brush removal
Trimming branches
Removal of litter
Removing debris

Skills needed:

Ability to use hand tools such as shears, saws and machete.

Safety:

Must wear protective gear to include gloves. (Provided by 14th CES)
Boots are preferred or sturdy shoes. (No flip-flops or open toed shoes will be allowed)
Long sleeved shirts are recommended.
Hats (Sun protection)
Eye protection (provided by 14th CES if cutting)
Personal water bottle

Contact Tim Turner, Natural Resources Manager, DSN 742-2248 for more information.

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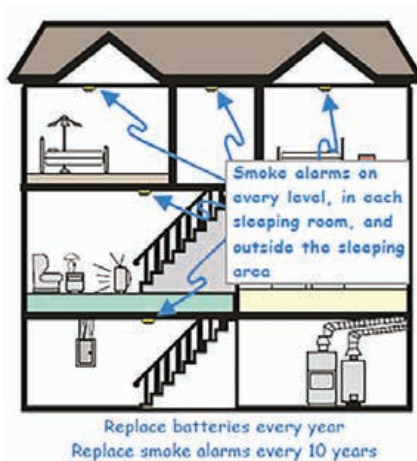
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*APY = Annual Percentage Yield effective November 4, 2019 and subject to change at any time without notice. \$100,000 minimum balance required. The APY is based on the assumption that dividends will remain on deposit in the share certificate until maturity. Dividends compounded and credited monthly. Average daily balance computation method. Penalty will be imposed for early withdrawal. Membership eligibility required. Insured by NCUA.

Smoke detectors save lives

Darren Amos
14th Civil Engineer Squadron Fire Inspector



Smoke alarms that are properly installed and maintained play a vital role in reducing fire deaths and injuries. If there is a fire in your home, smoke spreads fast and you need smoke alarms to give you time to get out. Smoke is a poison that can kill you. Home fires at night or when

room and on every level of the home. For large homes, more smoke alarms may be needed. Test your smoke alarms monthly by pushing the “test” button. If the battery is chirping, replace the battery immediately. All smoke alarms should be replaced every 10 years from the date of manufacture.

Prevention and planning is key. Develop an evacuation plan and practice your plan. If your smoke alarms sounds and you experience a fire, close all doors as you escape to slow the spread of fire. Get outside immediately and stay outside!

Facts and figures about smoke alarms:

- In 2012-2016, smoke alarms sounded in more than half (53%) of the home fires reported to U.S. fire departments.
- Almost three of every five home fire deaths resulted from fires in homes with no smoke alarms (40%) or smoke alarms that weren’t functioning properly (17%).
- No smoke alarms were present in two out of every five (40%) home fire deaths.
- The death rate per 1,000 reported home fires was more than twice as high in homes that did not have any working smoke alarms compared to the rate in homes with working smoke alarms (12.3 deaths vs. 5.7 deaths per 1,000 fires).
- Fires in which the smoke alarms were present but did not



operate were more than two of every five (43%) of the smoke alarms that had missing or disconnected batteries.

- Dead batteries caused one-quarter (25%) of the smoke alarm failures.

Call 911 to report any emergency

Data from U.S. Fire Administration and National Fire Protection Association

BLAZE Hangar Tails: B-1B Lancer

Mission

Carrying the largest payload of both guided and unguided weapons in the Air Force inventory, the multi-mission B-1B Lancer is the backbone of America’s long-range bomber force. It can rapidly deliver massive quantities of precision and non-precision weapons against any adversary, anywhere in the world, at any time.

Features

The B-1B’s blended wing/body configuration, variable-geometry wings and turbofan afterburning engines, combine to provide long range, maneuverability and high speed while enhancing survivability. Forward wing settings are used for take-off, landings, air refueling and in some high-altitude weapons employment scenarios. Aft wing sweep settings — the main combat configuration — are typically used during high subsonic and supersonic flight, enhancing the B-1B’s maneuverability in the low- and high-altitude regimes. The B-1B’s speed and superior handling characteristics allow it to seamlessly integrate in mixed force packages. These capabilities, when combined with its substantial payload, excellent radar targeting system, long loiter time and survivability, make the B-1B a key element of any joint/composite strike force.

Background

The first production B-1 flew in October 1984, and the first B-1B was delivered to Dyess Air Force Base, Texas, in

June 1985. Initial operational capability was achieved on Oct. 1, 1986. The final B-1B was delivered May 2, 1988.

The B-1B holds almost 50 world records for speed, payload, range, and time of climb in its class. The National Aeronautic Association recognized the B-1B for completing one of the 10 most memorable record flights for 1994. The most recent records were made official in 2004.

The B-1B was first used in combat in support of operations against Iraq during Operation Desert Fox in December 1998. In 1999, six B-1s were used in Operation Allied Force, delivering more than 20 percent of the total ordnance while flying less than 2 percent of the combat sorties.

During the first six months of Operation Enduring Freedom, eight B-1s dropped nearly 40 percent of the total tonnage delivered by coalition air forces. This included nearly 3,900 JDAMs, or 67 percent of the total. In Operation Iraqi Freedom, the aircraft has flown less 1 percent of the combat missions while delivering 43 percent of the JDAMs used. The B-1 continues to be deployed today, flying missions daily in support of continuing operations.

General Characteristics

Primary Function: Long-range, multi-role, heavy bomber
Contractor: Boeing, North America (formerly Rockwell International, North American Aircraft); Offensive avionics, Boeing Military Airplane; defensive avionics, EDO Corporation
Power plant: Four General Electric F101-GE-102 turbo-

fan engine with afterburner
Thrust: 30,000-plus pounds with afterburner, per engine
Wingspan: 137 feet (41.8 meters) extended forward, 79 feet (24.1 meters) swept aft
Length: 146 feet (44.5 meters)
Height: 34 feet (10.4 meters)
Weight: approximately 190,000 pounds (86,183 kilograms)
Maximum Takeoff Weight: 477,000 pounds (216,634 kilograms)
Fuel Capacity: 265,274 pounds (120,326 kilograms)
Payload: 75,000 pounds (34,019 kilograms)
Speed: 900-plus mph (Mach 1.2 at sea level)
Range: Intercontinental
Ceiling: More than 30,000 feet (9,144 meters)
Armament: 84 500-pound Mk-82 or 24 2,000-pound Mk-84 general purpose bombs; up to 84 500-pound Mk-62 or 8 2,000-pound Mk-65 Quick Strike naval mines; 30 cluster munitions (CBU-87, -89, -97) or 30 Wind-Corrected Munitions Dispensers (CBU-103, -104, -105); up to 24 2,000-pound GBU-31 or 15 500-pound GBU-38 Joint Direct Attack Munitions; up to 24 AGM-158A Joint Air-to-Surface Standoff Missiles; GBU-54 Laser Joint Direct Attack Munition
Crew: Four (aircraft commander, copilot, and two weapon systems officers)
Unit Cost: \$283.1 million (fiscal 98 constant dollars)
Initial operating capability: October 1986
Inventory: Active force, 66 (test, 2); ANG, 0; Reserve, 0

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U.S. Air Force photo by William Lewis

A B-1B Lancer assigned to the 37th Bomb Squadron at Ellsworth Air Force Base, S.D., takes off for a mission during Red Flag 20-1, Nellis AFB, Nevada, Jan. 28, 2020. The B-1B is a highly versatile, multi-mission weapon system, and its speed and superior handling characteristics allow it to seamlessly integrate in mixed force packages.



U.S. Air Force photo by Staff Sgt. Hailey Staker

B-1B Lancers assigned to the 28th Bomb Wing at Ellsworth Air Force Base, S.D., leave the parking apron of the flight line, Jan. 22, 2020. Aircrews and B-1s from the 37th Bomb Squadron launched for Red Flag 20-1, a two-week advanced aerial combat training exercise held several times a year by the U.S. Air Force.

Prior Columbus AFB air traffic controller now manages 1 of busiest control centers in US

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

A prior Columbus Air Force Base air traffic controller now manages one of the busiest ATC centers in the United States, handling an average of 2.3 million aircraft operations annually.

Dino S. Hall was recently appointed to the position of Air Traffic Manager in July 2019 at Chicago Air Route Traffic Control Center (ARTCC) in Aurora, Illinois.

The Chicago ARTCC (ZUA) is one of 22 ARTCCs operated by the Federal Aviation Administration and is the fifth-busiest ARTCC in the United States. Their primary responsibility is sequencing and separation of over-flights, arrivals and departures at airports inside its airspace, that include Chicago O'Hare and Midway International Airports in order to provide safe, orderly, and expeditious flow of aircraft.

"I am very thankful to the men and women of the Air Force that I worked with at Columbus and owe them a sincere debt of gratitude although I didn't see it that way at the time," he said with a chuckle.

In a phone interview with Hall, he was quick to point out his Air Force and ATC training at Columbus AFB as the bedrock to his ascension within the Federal Aviation Administration over the years.

Growing up, Hall — an African American male from Chicago — had a love for aviation. He had dreamed of being an Air Force pilot, but at the time he did not have a college degree, which is a requirement for any commissioned Air Force officer. Hall was able to pursue aviation through another route — enlisting into the Air Force as an air traffic controller.

"I started my career at Columbus Air Force Base in 1981 and was trained in the busy Radar Approach Control, (RAPCON)" he said. "I remember when I first walked into the RAPCON how highly charged the environment was and how scared and intimidated I was. Columbus AFB was my first and only base, and I remember how intensive the training was. In the four years that I was there it shaped my entire career and prepared me for the FAA."

Hall arrived at Columbus AFB after an intensive training program at Cody Hall on Keesler AFB in Biloxi, Mississippi, where all Air Force ATC training is conducted.

According to Hall, upon successfully completing the ATC training at Keesler AFB, he went into an even more intensive and realistic training program at Columbus AFB.

"We were training pilots and controllers simultaneously in a [very busy] air traffic environment," he said. "When I was there we had over 200 T-37 Tweet and T-38 Talon aircraft that crowded the skies and radar scopes. It was a challenge to the air traffic controllers on a daily basis."

The mentality it takes to be successful in this line of work such as ATC can be challenging, yet rewarding for some.

"Columbus was considered a Level III facility when I was



Courtesy photo
Former Airman 1st Class Dino Hall, a prior Columbus Air Force Base air traffic controller in the mid-1980s.

there and the word was if you could become a fully certified/rated ATC at the Columbus Air Force Base RAPCON, you could get rated anywhere," Hall said.

This proved true for him, noting that when he left Columbus AFB, he was well prepared for the FAA.

After separating from the Air Force in 1985, Hall applied to and enrolled in college at Southern Illinois University in Carbondale, Illinois. In May 1989, he graduated with a bachelor's degree in science with a major in aviation management.

Then in August 1989 he began his career in the FAA at Chicago ARTCC. Over the years, Hall worked at various locations, to include the Great Lakes Regional Air Traffic Division Office in Des Plaines, Illinois, the Albuquerque ARTCC in New Mexico, and even the Chicago O'Hare Terminal TRACON, and was selected for a detail as the Acting Air Traffic Manager at O'Hare Air Traffic Control Tower. After

"Columbus was considered a Level III facility when I was there and the word was if you could become a fully certified/rated ATC at the Columbus Air Force Base RAPCON, you could get rated anywhere," Hall said.

30 years in the air traffic control business, Hall returned to the Chicago ARTCC where his FAA career started, now working as the air traffic manager.

Chief Master Sgt. Jeffrey Vogel, the current chief controller of the 14th Operations Support Squadron RAPCON at Columbus AFB, was quick to congratulate Hall and wish him continued success in the ATC profession.

"We groom all our controllers for success, and Dino is one of many who've benefited from that effort," Vogel said. "He's clearly done well, and we are very proud to have him in the heritage of Columbus AFB success stories. Air traffic control training here is unquestionably the Ph.D. level of complexity, knowledge and practical application, and just sheer difficulty ... and Dino can easily attest to that."

Being responsible for the safe, expeditious flow of air traffic can produce a high level of job-related stress, which the career field is known for.

"Yet we still inherit the greenest, just-out-of-tech-school trainees, most of them still teenagers," Vogel said. "All the while investing a tremendous amount of resources into building that unassailable, enduring foundation of knowledge and proficiency."

"One could say that in our mission to create the world's greatest pilots, we're also creating the world's greatest controllers in the process, and Dino was certainly a benefactor of that effort," he continued.

Hall said working in the world of aviation has been a rewarding challenge that has brought success throughout his 30-plus-year career in ATC.

"It's been a great career," he said. "I've enjoyed it. There's a lot of people I've met and became friends with. I really enjoyed my time in the military, it was a great time being in the military. I enjoyed it a great deal, along with my time in Columbus. I feel I have a responsibility to introduce students to careers in the aviation industry. Therefore, I have volunteered throughout my FAA ATC career and provided scholarships to students to attend summer Aviation Career Education (ACE) Camps."



Medical Corner



HEART HEALTH

The Yoga-Heart Connection

Exercise that revs up your heart rate isn't the only kind of physical activity that can help prevent or manage heart disease. The calming exercise of yoga is good for the heart, too. Yoga is a mind-body activity that involves moving through a series of body poses and breathing exercises that can improve strength, flexibility, balance and relaxation.



Service at Johns Hopkins. "There's been a major shift in the last five years or so in the number of cardiologists and other professionals recognizing that these benefits are real."

Yoga as a stress outlet

One of yoga's clearest benefits to the heart is its ability to relax the body and mind. Emotional stress can cause a cascade of physical effects, including the release of hormones like cortisol and adrenaline, which narrow your arteries and increase blood pressure. The deep breathing and mental focus of yoga can offset this stress.

Worry and depression commonly follow a cardiac event, such as a heart attack, bypass surgery or diagnosis of heart disease. As part of an overall treatment plan, yoga can help you manage this stress.

Yoga as a heart booster

Beyond off-loading stress, practicing yoga may help lower blood pressure, blood cholesterol and blood glucose levels, as well as heart rate, making it a useful lifestyle intervention. One study has shown that blood measurements and waist circumference—a marker for heart disease—improved in middle-aged adults with metabolic syndrome who practiced yoga for three months.

Another study has shown that slow-paced yoga classes twice a week reduced the frequency of atrial fibrillation episodes in patients with that condition. In another report, patients with heart failure who went through an eight-week yoga program showed improvement in exercise capacity and quality of life. They also had lower blood levels of markers for inflammation, which contributes to heart disease.

Yoga as exercise

Yoga can also improve flexibility, muscle strength and balance. Because it's not a form of aerobic exercise that raises the heart rate, however, you shouldn't count the time you spend doing it as part of your recommended weekly total for moderate to vigorous physical activity.

The Yoga-Heart Connection. Retrieved from <https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-yoga-heart-connection>

Understanding just how physical activity benefits your heart can be strong motivation to get moving more. Here's what to know.

Exercise lowers blood pressure.

Exercise works like beta-blocker medication to slow the heart rate and lower blood pressure. High blood pressure is a major risk factor for heart disease.

Exercise is key to weight control.

Being overweight puts stress on the heart and is a risk factor for heart disease and stroke.

Exercise helps strengthen muscles.

A combination of aerobic workouts and strength is considered best for heart health. These exercises improve the muscles' ability to draw oxygen from circulating blood, reducing the need for the heart (a muscular organ itself) to work harder to pump more blood to the muscles, no matter your age.

Exercise can stop or slow the development of diabetes.

Research has shown that when combined with strength training, regular aerobic exercise can reduce the risk of developing diabetes by over 50% by allowing the muscles to better process glycogen, a fuel for energy, which when impaired, leads to excessive blood sugars, and thus diabetes.

Exercise lowers stress.

Stress hormones can put an extra burden on the heart. Exercise — whether aerobic, resistance-oriented or flexibility-focused — can help you relax and ease stress.

7 Heart Benefits of Exercise. Retrieved from <https://www.hopkinsmedicine.org/health/wellness-and-prevention/7-heart-benefits-of-exercise>

A personal message from your health promotion Health Myth Busting Team



*Dear Health Myth Busters,
I've heard that heart disease is really a man's problem. Is that true?*

*Sincerely,
Heart to Heart*

Dear Heart to Heart,
No. Since 1984, more women than men have died each year from heart disease. Heart disease is the leading cause of death in women over age 65, just as it's the leading killer of men. The American Heart Association estimates 1 in 3 women die of cardiovascular disease each year. That's approximately one woman every minute!

But it doesn't affect all women alike, and the warning signs for women aren't the same in men. Chest pains tend to not be a symptom for women, as it is for men, but jaw pain can be. Women are a bit more likely than men to experience some of these other common symptoms as well, particularly shortness of breath, nausea/vomiting and back pain.

By retirement age, 70% of men and women have some form of cardiovascular disease, which includes coronary artery disease, heart failure, stroke, and high blood pressure. Risk continues to rise, and by age 80, 83% of men and an even higher percentage of women (87%) are affected.

What can you do? Whether you are a man or a woman, ask your doctor to conduct a baseline heart examination that includes checking your cholesterol and blood pressure. Then, follow your doctor's recommendations. Remember, physical activity helps strengthen the heart muscle, improves blood flow to the brain, and improves overall health and well-being. Stay active and know the signs of a heart attack or stroke.

*Sincerely,
Health Myth Busters*

5 myths about heart disease. Retrieved from <https://www.health.harvard.edu/heart-health/5-myths-about-heart-disease>

About Heart Disease in Women. Retrieved from <https://www.goredforwomen.org/en/about-heart-disease-in-women>

Columbus AFB highlights best of the best during Annual Awards

Senior Airman Keith Holcomb 14th Flying Training Wing Public Affairs

Out of 17 categories, only 17 can win an Annual Award trophy; much like any competition, the margins were tight and all nominees, as well as recipients, worked hard year-round to receive recognition for 2019 achievements.

Mirroring the sports-themed awards, the banquet was held in casual or the choice of the Airman Battle Uniform or Operational Camouflage Pattern attire, with an all American barbeque dinner and the Mississippi University for Women's athletics director as the guest speaker, Jason Trufant.

"The awards recipients this evening were selected based on large part to the Air Force's core values," Trufant said.

Trufant related his university's team values to the Air Force's values.

He explained he wants his student athletes to succeed just as the Air Force wants Airmen to succeed. He explained how living with integrity, love of service, and excellence can help anyone in civilian and out achieve incredible things.

"If everyone on the team is not committed to the same standards then success will be impossible," he said.

After congratulating the nominees on their hard work and success, he turned the stage over to Col. Samantha Weeks, 14th Flying Training Wing commander.

"It really takes every member of Team BLAZE to make sure we truly can make the world's best pilots," Weeks said. "Thank you for coming out from the 'W' to connect to our community and our base with the same purpose mission of being excellent in all we do."

The following is a list of winners in their respective category:

Airman of the Year: Staff Sgt. Dylan Fivecoate, 14th Operations Group

NCO of the Year: Tech. Sgt. Quincy Harris, 14th Mission Support Group

Senior NCO of the Year: Master Sgt. Michael McElroy, 14th OG

Company Grade Officer of the Year: Capt. Christy Martin, 14th OG

Field Grade Officer of the Year: Maj. Erin McCormick, Wing Staff Agency



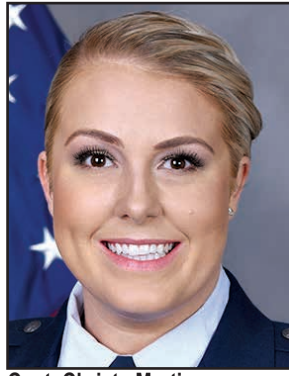
Staff Sgt. Dylan Fivecoate
14th Operations Group



Tech. Sgt. Quincy Harris
14th Mission Support Group



Master Sgt. Michael McElroy
14th OG



Capt. Christy Martin
14th OG



Maj. Erin McCormick
Wing Staff Agency



Maj. Julianne Gillespie
14th Medical Group



Master Sgt. Nathan Sullivan
14th OG



Staff Sgt. Luis Serrano-Solano
14th MDG



Nemesia Gutierrez
14th OG



Jeremiah Story
14th OG



Kenneth Fleming
14th MSG



Allen Reed
4th MSG



Scott Shuttleworth
WSA



Capt. Matthew Thomas
14th OG



Capt. Julian Kinonen
14th OG

Flight Commander of the Year: Maj. Julianne Gillespie, 14th Medical Group

First Sergeant of the Year: Master Sgt. Nathan Sullivan, 14th OG

Honor Guard Member of the Year: Staff Sgt. Luis Serrano-Solano, 14th MDG

Non-supervisory Category I Civilian of the Year: Nemesia Gutierrez, 14th OG

Supervisory Category II Civilian of the Year: Jeremiah Story, 14th OG

Non-supervisory Category II Civilian of the Year: Kenneth Fleming, 14th MSG

Supervisory Category III Civilian of the Year: Allen Reed, 14th MSG

Non-supervisory Category I Civilian of the Year: Scott Shuttleworth, WSA

First Assignment Instructor Pilot of the Year: Capt. Matthew Thomas, 14th OG

Instructor Pilot of the Year: Capt. Julian Kinonen, 14th OG

Volunteer of the Year: Capt. Julian Kinonen, 14th OG

Innovation Team of the Year: Readiness & Emergency Management, 14th MSG



Readiness & Emergency Management
14th MSG

Innovation Flight Augments Pilot Training through VR Technology

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

Columbus Air Force Base's Innovation Flight has continued their efforts to integrate virtual reality technology into pilot training creating quality pilots for the Air Force faster.

The innovation flight created a flexible syllabus containing the essential building block approach of basic mission elements to accommodate each student's different learning habits while still hitting the intangible aspects of a successful aviator.

Lt. Col. Christopher Harris, 41st Flying Training Squadron chief pilot and director of the innovation flight, said students from the flight have executed the training requirements slightly faster than the average pilot in the normal syllabus. He also said one notable difference was the completion of the syllabus track for a T-1 Jayhawk. Where the traditional student has completed the syllabus in 47 aircraft sorties, the innovation flights' quickest student completed with only 42 sorties while passing all the same standards as the traditional students.

The innovation flight's ambitions are to cultivate skills such as situational awareness, risk management, decision making and to augment the training student pilots go through. To do this, the flight incorporates modern technology aiding the student pilots throughout their training process.

The reason the innovation flight incorporates virtual reality tools, such as the Oculus Go into their syllabus, is to make pilots more prepared and to help drive the student's airborne training farther.

"The real link to improving mission effectiveness at the base level starts in the classroom where we make the students better faster, have instructors who are free to provide airborne instructions to more advanced students, and drive the warfighting capabilities the Air Force needs," said Harris.

With the help of VR equipment, students see the things they would normally see in an aircraft while being able to follow their procedures as the class instructors provide feedback and grading.

"Being a new pilot in training, visual references are a big part of doing patterns," said Second Lt. Matthew Demarco, 14th Student Squadron student pilot. "My flight got into the VR flight simulations early, so we had a head start going into things. Even though VR does not simulate the feeling of the aircraft, the way you can see the visual references and getting to interact with the instruments used in departures and landings made it easy to progress throughout the rest of the training."

In the VR simulation students can practice everything from starting up the aircraft to landing it. The ability to use this tool extends the students' familiarity with the aircraft they are going to fly before they step foot in it.

Demarco said sometimes having additional sensory inputs during an aircraft flight can be overwhelming while learning basic maneuvers, but by using the VR equipment a student has the option to pause the flight, look around, and then continue which is a luxury not available in a real training mission.

"You can see real life problems that might occur in the



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

sortie, this gives insight to what you can expect while in a real flying training exercise," said Demarco.

The innovation flight is exploring ways to utilize virtual reality tools to help students stay on track with extended breaks due to things like weather, maintenance, transitioning to a new phase or even holidays.

"There are some things the VR is good for and some things it is not," said Harris. "The VR does not replace actual flight training but what we do here at innovation flight is to try and leverage the things that it is good for. We then place it into the appropriate spot in the syllabus, continue to evolve as the technology develops and create better pilots, faster."

Using the advanced VR gear located inside the classrooms, Columbus AFB can focus on keeping its experienced instructor pilots out on the flight line to train students in the skies.

TOP RIGHT: Second Lt. Matthew Demarco, 14th Student Squadron student pilot, looks around with the virtual reality flight simulation equipment strapped on Feb. 11, 2020, on Columbus Air Force Base, Miss. With the help of VR equipment, students see the things they would normally see in an aircraft while being able to follow their procedures as the class instructors provide feedback and grading.

BOTTOM RIGHT: Second Lt. Matthew Demarco, 14th Student Squadron student pilot, adjusts the instruments connected to the virtual reality flight simulator Feb. 11, 2020, on Columbus Air Force Base, Miss. The reason the innovation flight incorporates virtual reality tools such as the Oculus Go into their syllabus is to make pilots more prepared and to help drive the student's airborne training farther.



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



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

LEFT: Second Lt. Matthew Demarco, 14th Student Squadron student pilot, operates the virtual reality flight simulation equipment while Lt. Col. Christopher Harris, 41st Flying Training Squadron chief pilot and director of innovation flight, instructs him Feb. 11, 2020 on Columbus Air Force Base, Miss. In the VR simulation students can practice everything from starting up the aircraft to landing it. The ability to use VR tools extends the students' familiarity with the aircraft they are going to fly before they step foot in it.



T-1A Jayhawk

SUPT Class 20-08/09 earns silver wings



T-38C Talon



Maj. Nicholas Kanakis
Claremont, California
KC-135



Maj. Joshua Shaudys
Pompano Beach, Florida
C-130H



Capt. Carl Azab
Addison, Illinois
C-17



Capt. Chad Baur
Charleston, South Carolina
F-22

Thirty officers have prevailed during a year of training, earning the right to become Air Force pilots.

Specialized Undergraduate Pilot Training Class 20-08/09 graduates at 10 a.m. today during a ceremony at the Kaye Auditorium. Maj. Gen. Kevin B. Kennedy, Assistant Deputy Chief Information Officer, Digital Transformation and Assistant Deputy Chief of Staff for Cyber Effects Operations, Headquarters U.S. Air Force, Arlington, Virginia, is the graduation guest speaker.

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

Maj. Nicholas Kanakis, Capt. Chad Baur, and 2nd Lt. Nathaniel Cragun, received the Air Education and Training Command Commander's Trophy for being the most outstanding students overall in their classes.

The Air Force Association Award was presented to Capt. Aynsley Burrell, 2nd Lt. Austin Beals, and 2nd Lt. Matthew Correa, who excelled in training and typified the tenets of the association; promoting aerospace power and a strong national defense.

The distinguished graduates of Class 20-08/09 recognized were Kanakis, Baur, and Cragun for outstanding performance in academics, officer qualities and flying abilities.

The 52-week pilot training program begins with a six-week preflight phase of academics and physiological training to prepare students for flight. The second phase, primary training, is conducted in the single-engine, turboprop T-6A Texan II at Columbus Air Force Base, Mississippi. Students learn aircraft flight characteristics, emergency procedures, takeoff and landing procedures, aerobatics and formation flying. Stu-



dents also practice night, instrument and cross country navigation flying.

Primary training takes approximately 23 weeks and includes 254.4 hours of ground training, 27.3 hours in the flight simulator and 89 hours in the T-6A aircraft.

After primary training, students select, by order of merit, advanced training in the fighter-bomber or airlift-tanker track.

Both tracks are designed to best train pilots for successful transition to their follow-on aircraft and mission.

Advanced training for the fighter track is done in the T-38C Talon, a tandem-seat, twin-engine supersonic jet. T-38 training emphasizes formation, advanced aerobatics and navigation. Training takes approximately 26 weeks and includes 381 hours of ground training, 31.6 hours in the flight simulator and 118.7 hours in the T-38C aircraft.

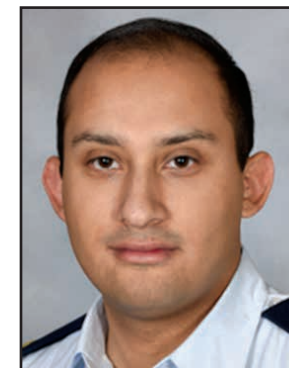
The airlift-tanker track uses the T-1A Jayhawk, the military version of a multi-place Beech Jet 400 business jet. Instruction

centers on crew coordination and management, instrument training, cross-country flying and simulated refueling and airdrop missions. Training takes about 26 weeks and includes 185 hours of ground training, 53.6 hours in the flight simulator and 76.4 hours in the T-1A.

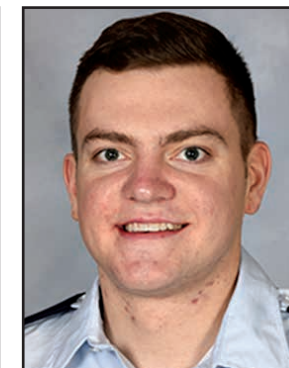
Each class is partnered with business or civic organizations during their year of training. This program is designed to foster closer ties between the community and Columbus AFB. Today, each student will be given a set of pilot wings with their names engraved on the back as a token of good luck from their partners. SUPT Class 19-17/18's pilot partners are, Aurora Flight Sciences, BankTEL Systems, The Eat With Us Group, and WATCO.



2nd Lt. Jake Daulton
Orange County, California
KC-135



2nd Lt. Alexander Duarte
Astoria, New York
C-130



2nd Lt. Craig Freeh
Wisconsin Rapids, Wisconsin
F-16



2nd Lt. Jared Helm
Chester Springs, Pennsylvania
T-38 ADAIR



2nd Lt. Steven Henderson
Delray Beach, Florida
E-3



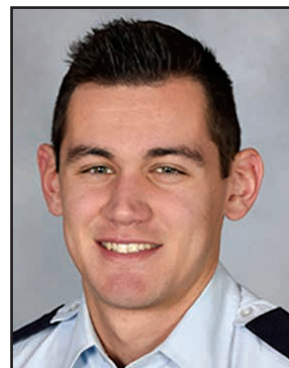
2nd Lt. Douglas Ludwing
Castle Rock, Colorado
KC-10



2nd Lt. George McCathern
Chapin, South Carolina
A-10



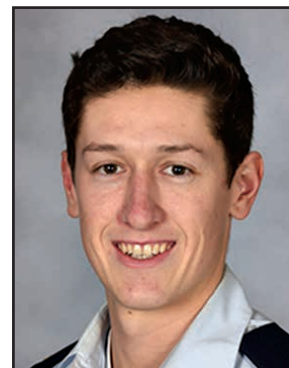
2nd Lt. Cody McWherter
Fayetteville, North Carolina
C-17



2nd Lt. Andrew Milliron
Harpers Ferry, West Virginia
F-15E



2nd Lt. Sean Mishler
Moravia, New York
C-130J



2nd Lt. Sean O'Bryan
Malibu, California
C-130J



2nd Lt. Connor Queenan
Frederick, Maryland
MC-130



2nd Lt. Jeff Shaw
Somerset, New Jersey
KC-135



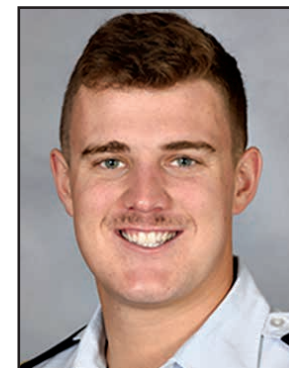
2nd Lt. Matthew Szabo
Tampa, Florida
F-16



2nd Lt. Trey VanDeGrift
Tampa, Florida
T-1



2nd Lt. William Waller
Franklin, Tennessee
T-6



2nd Lt. Zachary Wolf
Tampa, Florida
T-6