



# Our Mission: Your Education

Although times have changed, Saint Leo University's commitment to serving military servicemembers, veterans, and their families has not.

For nearly 50 years, Saint Leo University has helped servicemembers and veterans build on their skills and experience to find fulfilling careers. With degree programs in criminal justice, cybersecurity, emergency and disaster management, and data science, we can help you seamlessly prepare for a career in civilian life.



Campus | Online | Education Centers

LEARN MORE [saintleo.edu/active-military-veterans](http://saintleo.edu/active-military-veterans) | (800) 334-5532



Return Service:  
The Commercial  
Dispatch  
P.O. Box 511  
Columbus, MS  
39703

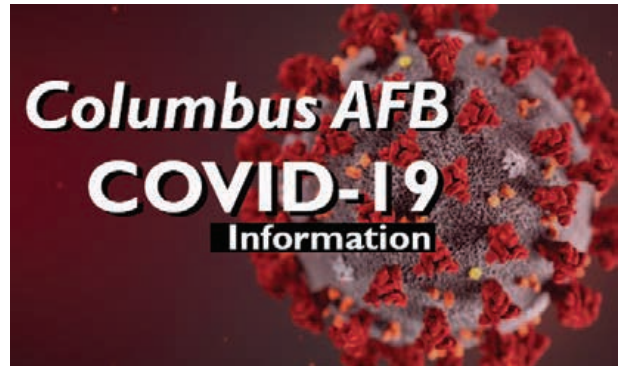
# SILVER WINGS

"Cultivate Airmen, Create Pilots, CONNECT"

Vol. 44, Issue 10

Columbus Air Force Base, Miss.

May 29, 2020



## COVID-19 General Info

The base is executing a measured approach to re-opening in order to protect our people and our mission.

### Permitted areas:

- Military personnel may travel an hour outside of Columbus Air Force Base solely for the purpose of outdoor recreation.
- Salons and barber shops are permitted for military members.
- State and local parks are allowed.
- Freedom park is now open from 6 a.m.-8 p.m. You must wash your hands or use hand sanitizer before and after playing at the park. 20 people maximum in line with Governor's outdoor guidance.

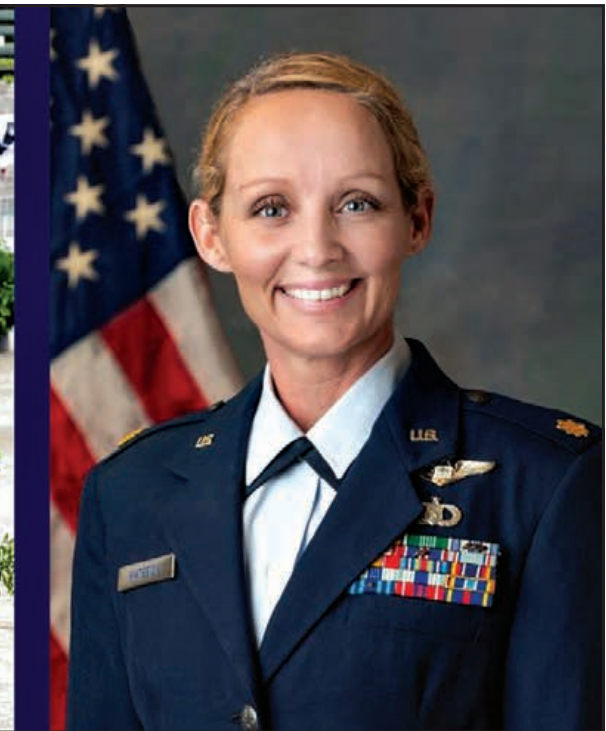
### Off-limits:

- No dining-in at restaurants or bars. Take out and drive thru are still authorized.
- Gyms on and off base are prohibited.

### Gathering limitations:

- 10 people indoors
- 20 people outdoors
- Personal hygiene is key
- 6' physical distancing
- Cloth face covering if physical distance can't be maintained

For more Information on COVID-19 please see pg. 2



The Air Force's Female Athlete of the Year is Maj. Andrea D. Matesick. Matesick, the chief of safety and a T-38C instructor weapons system officer at Columbus Air Force Base, Mississippi, is also one of the nation's top equestrian show jumping competitors.

## Columbus AFB instructor named 2019 Air Force female athlete of the year

Debbie Aragon  
AFIMSC Public Affairs

JOINT BASE SAN ANTONIO-LACKLAND, Texas – The Air Force recently named its male and female 2019 athletes of the year.

They are a world-class handball player and a top equestrian. The Air Force's Female Athlete of the Year is Maj. Andrea D. Matesick.

Matesick, the chief of safety and a T-38C instructor weapons system officer at Columbus Air Force Base, Mississippi, is also one of the nation's top equestrian show jumping competitors. "This is such a tremendous honor and big deal for me. Just

for show jumping and the equestrian sport to be recognized is huge," the major said on winning the service-level award.

Her sport has deep roots in military heritage, she added, "and to be a small part of it is amazing."

Matesick opened her 2019 season with a second place finish at the U.S. Equestrian Federation Holiday Circuit Finale in Florida and went on to win the USEF International Brownland Farm Spring II International Horse Show Jumper Division, against a field of 16.

Her season highlights also included winning the USEF Gulf Coast Spring Classic I and II in Mississippi against a field of 34,

See ATHLETE OF THE YEAR, Page 3

## COLUMBUS AFB TRAINING TIMELINE

PHASE II		PHASE III		IFF	
Squadron	Track Select	Squadron	Graduation	Squadron	Graduation
37th (21-03)	June 12	48th (20-16)	June 1	49th (20-HBC)	May 29
41st (21-04)	July 2	50th (20-17)	June 12		

### SUPT CLASS 20-16/17 GRADUATION

SUPT Class 20-16/17 graduates June 12 at 10 a.m. in the Kaye Auditorium.



# Fitness testing suspended until Oct. 1

Secretary of the Air Force  
Public Affairs

ARLINGTON, Va. — In an effort to reduce exposure to Airmen and to continue to slow the spread of COVID-19, Air Force officials announced May 22 all official fitness testing is suspended until Oct. 1.

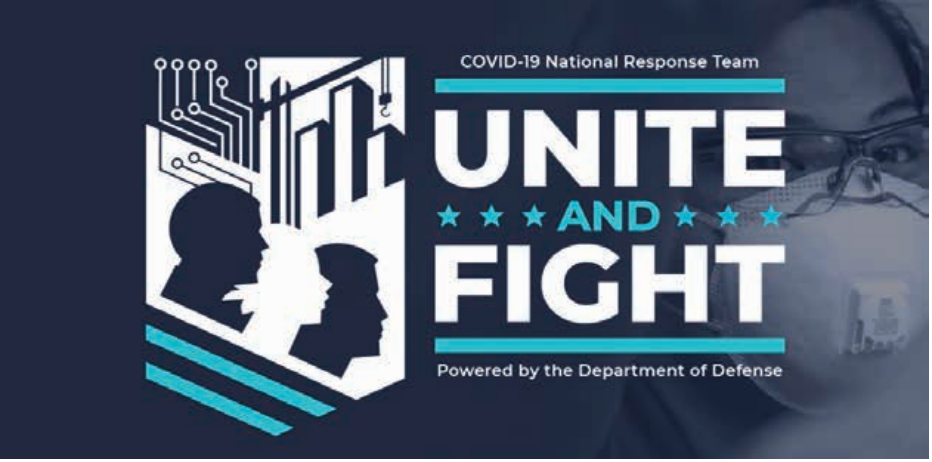
The change, which is an update from the original June 1 resume date, is effective immediately.

Lt. Gen. Brian Kelly, deputy chief of staff for manpower, personnel and services, said in a signed memo, "Airmen remain our top priority, and we will ensure their health and safety as we maintain our force readiness posture."

"When testing resumes, the Air Force will take a systematic approach to reintegrating official physical fitness assessments," Kelly said in the memo. "All policies and procedures should reinforce physical distancing, use of personal protective equipment, Airmen health and personal hygiene, and cleaning, sanitizing and disinfecting work spaces and common areas."

In March, officials canceled fitness assessments until June 1. Airmen who were scheduled to test in March, April and May received new test dates that were delayed by six months.

The latest change, which is subject to local health conditions and states, "Commanders shall begin assessing Airmen's fitness on Oct. 1, 2020 contingent upon base fitness centers being reopened and local state/country travel



and movement restrictions being lifted."

### Additionally:

- If fitness centers remain closed and local movement restrictions remain in place, commanders may choose to delay physical fitness assessment resumption beyond Oct. 1, 2020 until safe conditions are available.
- An Airmen's next scheduled fitness assessment will be based on the date of their last official assessment and fitness category.
- In order to maintain the health and safety of the force as testing resumes, the abdominal circumference component will be temporarily suspended through Oct. 1, 2021 or until further notice. During this period, all Airmen will receive a temporary, one-year abdominal circumference component exemption, and the next scheduled test date will be based on the overall fitness score. This one-year tempo-

rary abdominal circumference exemption will take precedence over any other shorter-term temporary abdominal circumference exemptions.

• The annual height and weight measurements taken in conjunction with the fitness assessment will be temporarily suspended until further notice in order to preserve the health and safety of the force.

• Physical training leaders augmenting the Fitness Assessment Cell may test members from within their same unit to help provide commanders with capacity options.

• Commanders should use the four-month delay to purchase appropriate equipment (e.g., toe bars) to aid in physical distancing and administration of official physical fitness assessments in a safe and healthy environment.

For more information, Airmen should visit MyPers and/or contact their chain of command.

## Silver Wings

### How to reach us

14th Flying Training Wing Public Affairs  
555 Seventh Street, Suite 210,  
Columbus AFB, MS, 39710  
Commercial: (662) 434-7068  
DSN: 742-7068  
Fax: (662) 434-7009  
E-mail: silverwings@us.af.mil

### Editorial Staff

Col. Seth Graham  
14th Flying Training Wing  
Commander

Rita Felton  
Chief of Public Affairs

1st Lt. Steve Dean  
Public Affairs Officer

Senior Airman Class Jake Jacobsen  
Editor

Senior Airman Keith Holcomb  
Airman 1st Class Hannah Bean  
Airman 1st Class Davis Donaldson  
Photojournalist

Mrs. Tina Perry  
Layout Designer

### 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.

*Published by The Commercial Dispatch Publishing Company, Inc., private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 14 FTW/PA office. This civilian enterprise newspaper is an authorized publication for members of the U.S. military services. Contents of the Silver Wings are not necessary the official views of, or endorsed by, the U.S. government, DoD, and the Department of the Air Force. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by DOD, the Department of the Air Force or Service Publications, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. Editorial content is edited, prepared and provided by the 14 FTW Public Affairs Office of Columbus AFB, Miss. All photographs are Air Force photographs unless otherwise indicated. 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.*

## 14TH FLYING TRAINING WING DEPLOYED

As of press time, 35 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.

**Buckle up!  
It's the law.**

# TANNING BEDS CAN BE LIKE ASKING 4 SKIN CANCER TANNING BEDS emit UV RAYS THAT CAN BE 15x STRONGER THAN THE SUN.

Physicians Dedicated to Excellence in Dermatology™

A text message from the American Academy of Dermatology.

[www.aad.org](http://www.aad.org)

Finding cures. Saving children.®

800-822-6344  
[stjude.org](http://stjude.org)

A CFC participant. Provided as a public service.

## BAPTIST JOB OPPORTUNITIES

### OPEN POSITIONS AVAILABLE AT BAPTIST MEMORIAL HOSPITAL-GOLDEN TRIANGLE IN THE FOLLOWING AREAS:

**REGISTERED NURSE NEEDED IN:**

- ER
- CRITICAL CARE
- PROGRESSIVE CARE
- MED/SURG
- Skilled Nursing Facility
- Behavioral Health/Psych
- OR/PACU
- Oncology

**STRONG COMPENSATION/BENEFITS PACKAGE!**

Apply online at:  
<https://www.baptistonline.org/careers>  
Contact: Johnny.Judson@bmhcc.org  
Phone: 662-244-2100  
Toll Free: 800-544-8762 Ext: 2100  
P.O. Box 1307 Columbus, MS 39703

## BOB'S PAINT & AUTO BODY

### Facebook Car Show

3 WINNERS! ENDS MAY 31ST

Also brought to you by NAPA AUTO PARTS

2020 MISSISSIPPI

Due to the cancellation of local car shows Bob's is giving you the opportunity to showcase your vehicles!

TO ENTER: Post current pictures of your vehicle on Bob's Paint & Auto Body's Facebook

**MOST LIKES MAY 31 AT 5:00PM WILL WIN!**

1<sup>ST</sup> PLACE \$500 Cash + \$200 NAPA Gift Card

2<sup>ND</sup> PLACE \$250 Cash + \$100 NAPA Gift Card

3<sup>RD</sup> PLACE \$100 Cash + \$50 NAPA Gift Card

Vehicle posted must belong to you & must show proof of vehicle ownership to claim prizes. Cash & prizes are required to be picked-up in person with your vehicle at Bob's Paint & Auto Body

## Bank of Vernon STUDENT CHECKING ACCOUNT

Available to students age 15-23\*

- Carries all the benefits of our BankClub Checking Account
- NO minimum balance requirement
- NO monthly service fee until you turn 23
- FREE Benefits Include:
  - Instant Issue Debit Card (with approval)
  - Online Banking
  - Mobile Banking
  - E-Statements
  - Checks
- Many Other Benefits & Discounted Items

\*Parent or Guardian Required as Co-Owner

Community Banking Since 1911

[www.bankofvernon.bank](http://www.bankofvernon.bank)

3561 Bluecuff Road, Columbus, MS  
Caledonia, MS • Vernon, AL

**COMMUNITY**

(Continued from page 12)

**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://millifelearning.militaryonesource.mil/MOS/f?p=SIS:2:0>. More online resources are available on Columbus AFB Living at <https://www.columbusafbiving.com/airmen-family-readiness-center/relocation-assistance/electronic-sponsor-resources/>. For additional information, please contact the A&FRC Relocation Manager at (662) 434-2701/2790.

# Columbus AFB 1st Quarter award winners

- |  |  |
|--|--|
| <b>Airmen category</b> – Senior Airman Justin Salvione (14th Operation Support Squadron)             | (14th Flying Training Wing)  |
| <b>Non-commissioned Officer</b> – Staff Sgt. Rachel Hartless (14th Healthcare Operations Squadron)   | <b>Flight Commander</b> – Mr. Shawn Ricchuito (14th Civil Engineer Squadron)             |
| <b>Senior Non-Commissioned Officer</b> – Master Sgt. Elizabeth Phelps (14th Civil Engineer Squadron) | <b>Civilian Category I</b> – Mrs. Rosalind Irby (14th Healthcare Operations Squadron)    |
| <b>Company Grade Officer</b> – Capt. Amesia Chapman (14th Operational Medical Readiness Squadron)    | <b>Civilian Category II</b> – Mr. Cecil Price (14th Civil Engineer Squadron)             |
| <b>Field Grade Officer</b> – Maj. Tyler Weeks  | <b>Civilian Category III</b> – Mr. Jody Smith (14th Civil Engineer Squadron)             |
|  | <b>Honor Guardsman</b> – Airman 1st Class Brian Decker (14th Operation Support Squadron) |



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

Maj. Andrea Matesick gives her horse, Calvin, some water while inside Tokaruk Show Stables April 10, 2019, in Collierville, Tenn. Matesick and Calvin had just gotten done riding, and Matesick was giving Calvin a bath. She is an F-15E Weapons System Officer and instructor WSO with the 49th Fighter Training Squadron's Introduction to Fighter Fundamentals at Columbus AFB, Mississippi, and is also one of two athletes in the Air Force Sport program's equestrian division, in which she competes in show jumping.

**ATHLETE OF THE YEAR**

(Continued from page 1)

the USEF National Kentucky Spring Classic AA Jumpers and the National Summer in the Rockies V Modified Amateur Owner Speed Jumper Round in Colorado.

She ended her season with a win at the USEF National Equestrian Events Tyron Fall IV 1.10m Jumper in North Carolina against a field of 28.

Matesick attributes her success to perseverance, endless amounts of hard work and a strong support system in her husband, coach/trainer and the "fantastically talented and athletic horses."

She also acknowledged her unit leadership for allowing her to compete and train.

As an athlete, Matesick said her passion for the sport and a genuine love for horses pushes her to excel.

As an Airman, "it's the commitment I made to the Air Force and getting to work alongside some of the greatest women and men I've ever met. Working with people who are dedicated and have the attention to detail I could only dream of having, gives me a sense of deeper purpose."

*"To me, the key to being resilient in life, sports or in the Air Force is knowing that failure and disappointments happen," the major said.*

Resiliency is often the key to Matesick's success, no matter the uniform she's wearing.

"To me, the key to being resilient in life, sports or in the Air Force is knowing that failure and disappointments happen," the major said. "It's about making the conscious decision to learn from those failures and do better next time. It's okay to momentarily 'lick your wounds' when you get knocked down, but you better pick yourself up quickly and get back at it."

When not competing, Matesick serves during her off-duty time as a children's riding instructor and donates several hours a week at a local therapeutic riding center.

## New commander takes charge of 48th FTS



U.S. Air Force photo by Sharon Ybarra

Col. Tom McElhinney, 14th Operations Group commander, hands Lt. Col. Nelson Prouty, 48th Flying Training Squadron commander, the 48th FTS guidon at the change of command ceremony May 21, 2020, on Columbus Air Force Base Miss. The 48th FTS conducts the tanker and airlift track of specialized undergraduate pilot training where students receive a minimum of 159 hours of flight instruction in the T-1A Jayhawk.

## ATTENTION: Clay, Lowndes, and Oktibbeha Counties

You're eligible for membership\* with AFFCU!

Start Enjoying the Benefits of an AFFCU Membership Today!\*

- ✓ Get a Checking Account with Dividends and Earn Cash Back Rewards!<sup>1</sup>
- ✓ Find a Loan That Fits Your Needs
- ✓ Pay the Easy Way with a Smart Device
- ✓ Get Paid 1 Day Early with Direct Deposit<sup>2</sup>
- ✓ Joining is Easy, Online or In Person!

\*Subject to membership eligibility requirements. <sup>1</sup> Not all checking accounts are eligible for Cash Rewards or dividends. <sup>2</sup> Direct Deposit and early payment of funds are subject to timing of originator funding. See website for full details.

Join Today! Visit us online at [GoAFFCU.com](http://GoAFFCU.com) or visit our Columbus branch at 1908 US Hwy 45 North next to Starbucks.

**GoAFFCU.com**  
800.227.5328  
Insured by NCUA.

# Columbus AFB welcomes new commander

Colonel Seth Graham is the Commander, 14th Flying Training Wing, Columbus Air Force Base, Mississippi. The 14th FTW conducts Specialized Undergraduate Pilot Training for U.S. Air Force and allied officers, as well as tactical training for Afghan and Lebanese pilots and aircraft maintainers in the A-29 Super Tucano at Moody AFB, Georgia. The wing is composed of 244 aircraft flying more than 55,000 sorties and 77,000 hours per year while training over 400 pilots and combat system operators annually. Colonel Graham manages an operations and maintenance budget of \$115 million with capital assets exceeding \$2.3 billion.



Colonel Graham received his commission from Oregon State University ROTC in 1998. Following graduation he attended Specialized Undergraduate Pilot Training at Laughlin AFB, Texas, and served multiple flying assignments in the B-1.

Prior to his current assignment, he served as the Vice Wing Commander, 509th Bomb Wing, Whiteman Air Force Base, Missouri.

Colonel Graham is a command pilot with more than 2,600 flying hours.

## EDUCATION:

- 1998 Bachelor of Science, Nuclear Engineering, Oregon State University, Oregon
- 2004 USAF Weapons Instructor Course, Nellis AFB, Nevada
- 2005 Squadron Officer School, Maxwell AFB, Alabama
- 2009 Master of Arts, Airpower Art and Science, American Military University, Manassas, Virginia

- 2010 Master of Science, Systems Engineering, Air Force Institute of Technology, Wright-Patterson AFB, Ohio
- 2016 Master of Science, National Security Strategy, National War College, Fort McNair, Washington D.C.

## ASSIGNMENTS:

- 1. August 1998 – March 1999, Superintendent, Aircrew Training, McChord AFB, Washington
- 2. March 1999 – April 2000, Student, Undergraduate Pilot Training, Laughlin AFB, Texas
- 3. May 2000 – March 2001, Student, B-1 Initial Qualification Course, Dyess AFB, Texas
- 4. March 2001 – July 2002, B-1 Pilot, Mt. Home AFB, Idaho
- 5. July 2002 – August 2006, B-1 Pilot, Aircraft Commander, Instructor, Evaluator, Wing Weapons Officer, Ellsworth AFB, South Dakota
- 6. August 2006 – April 2009, B-1 Instructor Weapons Officer, Assistant Director of Operations, Dyess AFB, Texas
- 7. April 2009 – July 2010, Student, Air Force Institute of Technology, Wright-Patterson AFB, Ohio
- 8. July 2010 – July 2012, Chief of Bomber Operations and Director, 13 AF Commander's Action Group, Joint Base Pearl Harbor-Hickam, Hawaii
- 9. Jul 2012 – July 2015, Commander, 34th Bomb Squadron and Deputy Commander, 28th Operations Group, Ellsworth AFB, South Dakota
- 10. July 2015 – June 2016, Student, National War College, Fort McNair, Washington D.C.
- 11. June 2016 – July 2018, Branch Chief, International Engagements; Deputy Division Chief, Strategic Engagements; Division Chief, Conventional Planning Joint Force Component Command-Global Strike; and Director, Joint Air Component Coordination Element, United States Strategic Command, Offutt AFB, Nebraska
- 12. July 2018 – May 2020, Vice Commander, 509th Bomb Wing, Whiteman AFB, Missouri

13. May 2020 – Present, Wing Commander, 14th Flying Training Wing, Columbus AFB, Mississippi

## SUMMARY OF JOINT ASSIGNMENTS:

1. June 2016 – June 2018, Branch Chief, International Engagements; Deputy Division Chief, Strategic Engagements; Division Chief, Conventional Planning Joint Force Component Command-Global Strike; and Director, Joint Air Component Coordination Element, United States Strategic Command, Offutt AFB, Nebraska

## FLIGHT INFORMATION:

Rating: command pilot  
Flight hours: more than 2,600 hours, including 741 combat hours  
Aircraft flown: T-37, T-38, B-1B and B-2

## MAJOR AWARDS AND DECORATIONS:

- Defense Superior Service Medal
- Bronze Star with an oak leaf cluster
- Air Force Meritorious Service Medal with three oak leaf clusters
- Air Medal with three oak leaf clusters
- Aerial Achievement Medal
- Air Force Achievement Medal with two oak leaf clusters
- Joint Meritorious Unit Award
- Meritorious Unit Award with two oak leaf cluster
- Air Force Outstanding Unit Award with Valor Device and seven oak leaf clusters

## EFFECTIVE DATES OF PROMOTION:

- Second Lieutenant May 27, 1998
- First Lieutenant May 27, 2000
- Captain May 27, 2002
- Major 01 Jan, 2008
- Lieutenant Colonel Dec 01, 2011
- Colonel Apr 01, 2018

# Columbus AFB 2020 AFAF campaign wraps up

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

Despite of our nation's current Coronavirus disease 2019 pandemic, Columbus Air Force Base succeeded in raising \$25,028 for the Air Force Assistance fund.

The AFAF campaign ran originally from March 2 to April 10, but it was extended to May 8 in light of the Covid-19 outbreak.

"Thank you to those who donated to the Air Force Assistance Fund," said Capt. Austin Carter, 2020 AFAF President. "With these donations, someone out there can now receive help with their basic living expenses, car payments, or even help with last minute emergency travel."

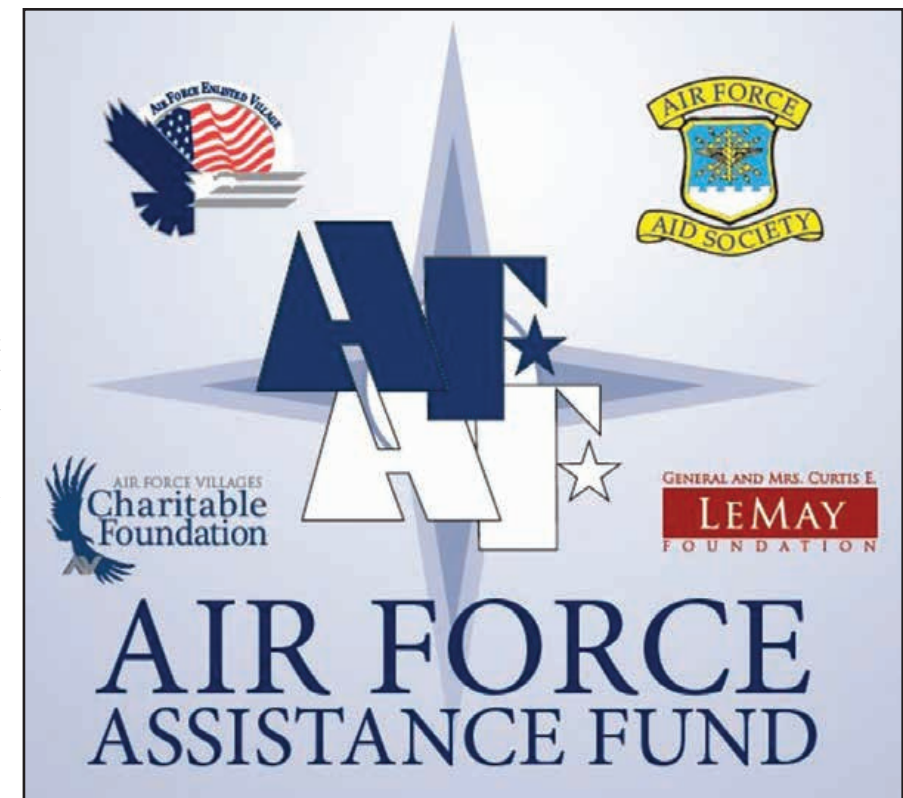
The AFAF sends their donations to one of four charitable organizations, Air Force Aid Society, Air Force Enlisted Village, Lemay Foundation or the Air Force Villages Charitable Foundation.

From those organizations the contributions are spread out to a target audience including Air Force personnel, military families, guardsmen, reservists and retirees.

"I would also like to thank all of my unit Point of Contacts for the long hours and hard work they put in, Carter said. "They helped this campaign run smoothly under circumstances that could have made it more difficult to operate under."

The AFAF, along with the Combined Federal Campaign, are the only campaigns authorized to solicit and collect contributions from federal employees in the workplace.

**RIGHT: Columbus Air Force Base's Air Force Assistance Fund 2020 campaign. The AFAF affiliates with official nonprofit organizations include the Air Force Aid Society, Air Force Enlisted Village, Lemay Foundation and the Air Force Villages Charitable Foundation, all of which accept donations to help enlisted Airmen, officers and their families, both active duty and retired.**



Courtesy graphics

# Air Force removes initial height requirement for officer aviators

## Dan Hawkins

Air Education and Training  
Command Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — As part of the Air Force's on-going effort to encourage a more diverse pool of applicants to pursue careers in aviation, the minimum height requirement for officer applicants who wish to fly has been removed as of May 13.

While still preserving safety of flight, the policy adjustment prevents initial applicants who are below 64 inches or above 77 inches

in height from requiring an accessions waiver.

"We're really focused on identifying and eliminating barriers to serve in the Air Force," said Gwendolyn DeFilippi, assistant deputy chief of staff for manpower, personnel and services. DeFilippi, who chairs the Department of the Air Force Barrier Analysis Working Group, explained, "This is a huge win, especially for women and minorities of smaller stature who previously may have assumed they weren't qualified to join our team."

With the removal of the blanket height standard, the medical and operations com-

munities will apply an anthropometric screening process to individual applicants for placement in an aircraft they can safely fly as they pursue a rated track.

"Studies have shown that women's perceptions about being fully qualified for a job makes them less likely to apply, even though there is a waiver option," said Lt. Col. Jessica Rutenber, Air Force mobility planner and programmer and team leader on the Women's Initiative Team who led the height standards adjustment effort. "Modifying the height standard allows the Air Force to accommodate a larger and more diverse rated applicant

pool within existing aircraft constraints."

Under the previous Medical Standards Directory requirement, the height requirement to become an Air Force pilot was a standing height of 64 inches to 77 inches (5'4" to 6'5") and a sitting height of 34 to 40 inches. Although most height waivers were approved, the previous restriction eliminated approximately 44% of the U.S. female population between the ages 20 to 29.

"Historically, most of our aircraft were engineered around the height of an average male, not females," Rutenber said.

See **HEIGHT**, Page 5

**Home For Sale!**

**196 Riverview Road  
West Point, MS**

Close to the River and CAFB. The perfect "staycation" home that has been completely updated and brought back to a brilliant shine. The house has an open floor plan, 3 BR, 2.5 BA and an in-ground pool. The backyard is fenced and sits on 2+ acres.

**MOTIVATED SELLER!  
\$239,900**

**Virginia Burchfield,**  
Licensed Realtor  
**662-494-2326 (Cell)**  
*"Providing Great Customer Service"*

**Mid-South Real Estate, LLC**  
662-630-5430

**DUCKS UNLIMITED**

**13 MILLION ACRES...AND COUNTING**  
For more information, go to [www.ducks.org](http://www.ducks.org)  
**1-800-45-DUCKS**

**If you are experiencing a mental health crisis,**

**CALL NOW**

**Mobile Crisis Hotline:**  
**888-943-3022**

**24 Hours A Day/  
7 Days A Week**

**COMMUNITY COUNSELING SERVICES**

## FSS

(Continued from page 11)

## 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.

Visit us online!  
[www.columbus.af.mil](http://www.columbus.af.mil)

## 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.)

“Please note events are subject to change due to COVID-19, so please contact A&FRC to confirm all events”

### Wing Newcomers Orientation

The next Wing Newcomers Orientation will be held virtually on June 2. This event is mandatory for all newly arrived military and DoD civilian personnel. The event's foundation is a mobile App, so if you are registered, 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.

### Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop will be held online via JKO and 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 personnel interested starting up and operating their own business. To register or for more information, please call A&FRC at (662) 434-2790.

### Air Force Recovery Coordination Program

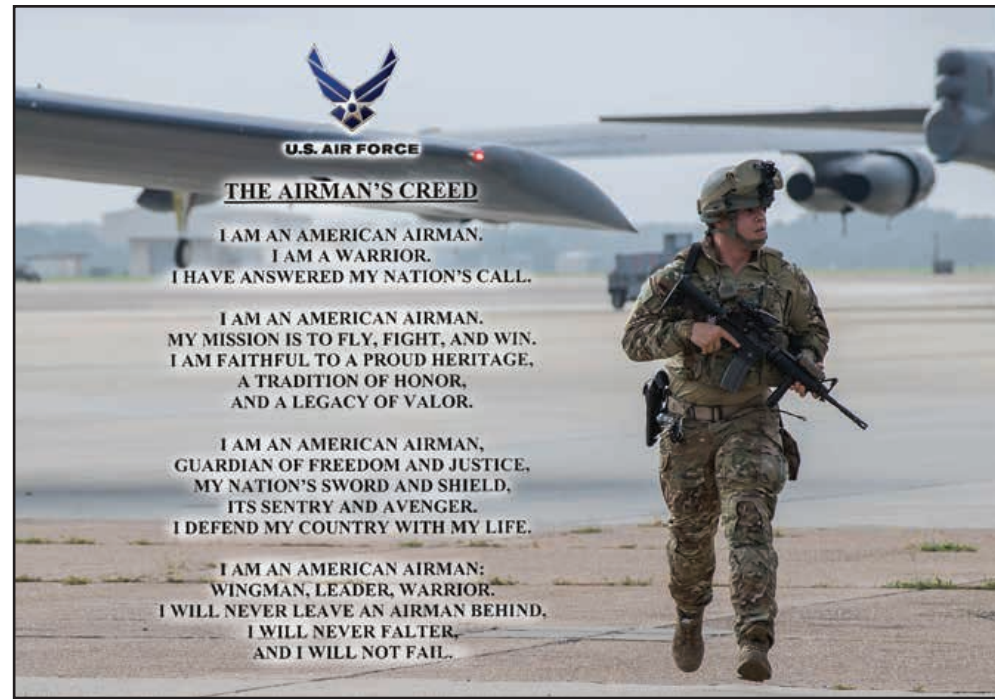
A Recovery Care Coordinator (RCC) will be providing assistance from noon-5 p.m. June 10; 8 a.m.-5 p.m. June 11; and 8 a.m.-noon June 12 at the A&FRC. The Recovery Coordination Program (RCP) streamlines and improves the way care and support is delivered to wounded, ill, and injured Airmen and their families. 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.

### Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. June 18 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.

### Hearts Apart

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



25. 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.

### Federal USA Jobs Workshop

The next Federal USA Jobs workshop is from 9-10:30 a.m. July 8. 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.

### Transition Assistance Program Workshop

The next Transition Assistance Program (TAP) workshop is from 7:30 a.m.-4 p.m. July 13-15 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. July 16-17. This workshop assists transitioning military members with career exploring, job search, resume writing, federal job applications, interviewing, evaluating job offers and closing the deal.

### Heart Link

The next Heart Link /Spouse Welcome is from

8:30 a.m.-noon July 23 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.

### Department of Labor Transition Vocational Track Workshop

The next DoL Transition Vocational Track Workshop is from 8 a.m.-3 p.m. July 27-28 and will be held online. 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.

### Bundles for Babies

The next Bundles for Babies workshop is from 1-3:30 p.m. Aug. 27 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.

### 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.

### Installation Voting Assistance Office

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

### Discovery Resource Center

The Columbus A&FRC has 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.

See COMMUNITY, Page 14


## 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.

**All in-person religious services have been suspended until further notice. Check out the Columbus Air Force Base Facebook page for information about virtual services.**

OBSERVANCE

ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH





FACTS

The Department of Defense joins the nation in paying tribute to the Asian Americans, Pacific Islanders, and Native Hawaiians who demonstrated selfless service and sacrifice in the U.S. Army, Army Air Forces, Marine Corps, Navy, Coast Guard, and National Guard during World War II.

During WWII, Chinese and Japanese American men and women enlisted for military service in great numbers. More than 20,000 Chinese Americans, or one out of every five in the United States, served in the U.S. Armed Forces. Chinese American Hazel Ying Lee was one of the 38 Women Air Force Service Pilots who died in the line of duty.

Although barred from the naval service, Japanese Americans fought in some of the Army's most decorated units. The 442nd Regiment "Go for Broke" was one such unit. The 4,000 men who initially made up the unit in April 1943 had to be replaced nearly 2.5 times. In total, about 14,000 men served, earning 9,486 Purple Hearts.

Filipino Americans and Korean Americans also participated in the nation's war effort. More than 260,000 Filipino and Filipino American soldiers served during the war. One of California's first Korean immigrant families, the Ahn's, saw all three siblings, Ralph, Philip and Susan, enlist in 1942. Lieutenant Susan Ahn Cuddy became the first Korean American woman in the U.S. military and the first female Navy gunnery officer.

The service of Asians, Pacific Islanders and Native Hawaiians before and during World War II, paved the way for future generations of men and women to join what would become in 1948, a desegregated U.S. military.

## HEIGHT

(Continued from page 4)

According to the Department of Health and Human Services Anthropometric Reference Data for Adults, United States, 2007–2010, the average height for U.S. females aged 20 and over is 63.8 inches across all ethnic groups. In contrast, the average height for U.S. males aged 20 and over, across all ethnic groups, is 69.3 inches.

“While most height waivers were approved under the old system, feedback indicated the entire waiver process served as a barrier, which negatively impacted female rated accessions,” said Lt. Col. Christianne Opresko, branch chief on the Air Force's Air Crew Task Force and an aerospace physiologist. “It's hard to determine how many women did not previously apply due to their perception of not being fully qualified or having to pursue a waiver.”

The WIT is an all-volunteer team, serving as influential advocates on topics that influence women's propensity to serve in the Air Force. WIT members work toward creating a Total Force where all Airmen can advance to their maximum potential, regardless of gender.

“This doesn't happen without the hard work and dedication of Maj. Chandra Fleming, Maj. Andrea Harrington and Capt. Lauren Daly, who played major roles in studying the engineering factors that might present barriers to rated accessions applicants,” Rutenber said. “Our medical and training teams with the Surgeon General, as well as Air Education and Training Command and Nineteenth Air Force helped make this adjustment possible.”

The WIT is one of five teams within the Department of the Air Force Barrier Analysis Working Group, which was created for the purpose of analyzing anomalies found in civilian and military workplace policies, procedures and practices. DAFBAWG teams are dedicated to identifying and removing potential barriers to equal opportunity.



Share the road.  
Watch for motorcyclists.

# VCSAF and former 14th FTW commander congratulate SUPT Class 20-14/15 graduates

**Airman 1st Class Davis Donaldson**  
14th Flying Training Wing  
Public Affairs

Col. Samantha Weeks, former 14th Flying Training Wing commander, spoke at the graduation ceremony for Specialized Undergraduate Pilot Training Class 20-14/15 on May 15, at Columbus Air Force Base, Miss.

The ceremony was streamed via the Columbus AFB Facebook page for family and friends in light of the COVID-19 pandemic.

Weeks began her speech by expressing her pride for the graduates and showing appreciation to their friends and family.

"It is a great honor to speak at the graduation of Class 20-14 and 20-15," Weeks said. "I couldn't be more proud of your class and appreciative of those who have supported you along the way. While they may not be here in person today, I want to thank your families and friends for supporting you and being your bedrock."

Throughout Weeks' speech, she encouraged the pilots to use their principles of training, not only in the aircraft, but in their everyday lives.

Weeks said the first lesson to use was to remember to take a breath, not only for the pilots to maintain aircraft control, but to think and make smart decisions throughout their careers.

Next, she told the graduates to thoroughly analyze every situation. Analyzing situations can greatly assist pilots while dealing with potential problems in the air or on the ground, she said.

Finally, Weeks said the graduates should try to learn something new every day about their assigned aircraft or other aspects of their lives.

After, she mentioned how the Air Force is always altering.

"The Air Force is changing and developing rapidly in order to maintain our dominance and strength," she said.

In order to adapt to the changes, Weeks told the aviators to be leaders and to be bold in today's Air Force.

"We need leaders who can think and innovate quickly, to find new ways to execute our missions," Weeks said. "That is not going to just include fancy, new technologies, but how you think, learn and operate. Be a leader



U.S. Air Force photo by Airman 1st Class Davis Donaldson

**Col. Samantha Weeks, former 14th Flying Training Wing commander, speaks at the graduation ceremony for Specialized Undergraduate Pilot Training Class 20-14/15 on May 15, 2020, at Columbus Air Force Base, Miss. Weeks relinquished command of the 14th FTW on May 21, 2020.**

and be bold."

In closing, Weeks reemphasized lessons each graduate was taught in training and how grateful she was to be a part of the experience.

"Don't let these just be lessons in the aircraft," she said. "Use them as guideposts for your life, if you do, I bet you will be able to bring any challenge to a safe and logical conclusion. Thank you for allowing me to be a part of your graduation and a part of your UPT experience."

Before the pilots were awarded with their silver wings, another guest speaker spoke to the graduates.

Gen. Stephen Wilson, Vice Chief of Staff of the Air Force and former 14th FTW commander, virtually congratulated the pilots through a video.

"I think you've showed what's really important about our Air Force and our Airmen, with this innovative spirit, this resilience, this can-do attitude and the fact that nothing can stop you from achieving your goal," Wilson said. "We can't wait to have you join the rest of our Air Force, we can't wait to



U.S. Air Force photo by Airman 1st Class Davis Donaldson

**Col. Samantha Weeks, former 14th Flying Training Wing commander, hands a certificate to 2nd Lt. Mikaela Galu, Specialized Undergraduate Training Class 20-14/15 graduate, on May 15, 2020, at Columbus Air Force Base, Miss. In order to graduate from SUPT at Columbus AFB students must conduct over 52 weeks of training.**

have you in the rest of our squadrons and do what you are going to be doing for us. On behalf of Secretary Barrett, General Goldfein,

General Raymond and the 685,000 Airmen in our Air Force, congratulations, well done and well deserved."

## Columbus Air Force Base Information and Events

Join our Facebook page at Columbus AFB Living, Twitter at @columbusafbiving, Instagram at columbus\_afb\_living, or visit our website at [www.columbusafbiving.com](http://www.columbusafbiving.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'.

## FSS Base Events

All of the FSS Events have been cancelled until further notice. We apologize for any inconvenience. This is a preventative measure to help minimize the COVID-19 spread. For continuous updates, please follow our Facebook, Columbus AFB Living.

## Blaze Fest 2020

Blaze Fest 2020 is coming back to Columbus AFB on July 3! Stay tuned for more information!

## Bowling Snack Bar

The Bowling Snack Bar is open and available for carry out. The hours have changed temporarily to: Monday-Friday: 6:30 a.m.-6 p.m., Sat & Sun: Closed. Breakfast is offered until 10:30 a.m. Menus are located online at [columbusafbiving.com/strike-zone-grill/](http://columbusafbiving.com/strike-zone-grill/) or located on the base app under Services > Dining > On-base menus > Strike Zone Grill. Please call and order ahead at (662) 434- 3426.

## Library Curbside Delivery

As of May 4, the library is offering curbside delivery. Find your book at [www.columbusafb.mil.asolutions.com](http://www.columbusafb.mil.asolutions.com). Email your order to the library at [14.fss.fsd.library@us.af.mil](mailto:14.fss.fsd.library@us.af.mil). A confirmation email will be sent when your order is ready! Orders received before 11 a.m. will be ready during 1-4 p.m. that same day. Before picking up, please make sure you get a confirmation email stating your book is ready for pickup. When you park in the back parking lot, please give the library a call at 662-434-2934 so the library knows you are there. When returning books, you can drop them off anytime at the book drop off located in the back parking lot of the library. To return DVDs and audiobooks, please call us at 662-434-2934 on Monday-Friday from 1-4 p.m. for an employee to meet you at the back parking lot to pick it up from your car. Please note, all rentals are first come, first serve.

## Arts and Crafts

Arts and crafts has some fun events planned in the upcoming months, here is a brief overview! June 13: Paint rocks with us! June 26: Itty Bitty Craft Class. July 25: Canvas painting. August 15: Back to school photo booth and framing. For more information, call arts and crafts at 662-434-7856. Please note, all events can be cancelled or rescheduled due to COVID-19.

## Outdoor Recreation

Outdoor Recreation (ODR) is back open! Their updated hours are Monday-Friday, 10 a.m.-5 p.m. and Saturday-Sunday, 9-10 a.m. They have some fun events planned for the next few months, here is a brief overview! June 20: Shooting tournament. July 18: Tandem skydiving. August 6: Cornhole Tournament. For more information, call ODR at 662-434-2507. Please note, all events can be cancelled or rescheduled due to COVID-19.

## Independence Pool

The Independence Pool is back open from Thursday-Monday every week. Lap swim is from 6-9 a.m. Open swim is available

PER VISIT RATE	BY WEEKS	
	10 WEEKS	15 WEEKS
PER PERSON	\$2	\$1
SUMMER PASS	BY WEEKS	
	10 WEEKS	15 WEEKS
1 PERSON	\$20	\$15
2 PERSON FAMILY	\$30	\$25
3 PERSON FAMILY	\$40	\$35
4 PERSON FAMILY	\$45	\$40
5 PERSON FAMILY	\$50	\$45
ADDITIONAL FAMILY	\$7	\$5

during these blocks of time: 10 a.m.-noon, 1-3 p.m., 4-6 p.m., and 7-8 p.m. Please note, after every swim block the pool will be closed completely to be sanitized prior to the next swim block. The maximum amount of people allowed in the pool is 50. In front of the pool there is a sign out front with green on one side and red on the other. Green signifies the pool can accept more people and red signifies they are at capacity. Daily "per visit" passes can be purchased at the pool, however, summer passes need to be purchased at Outdoor Recreation during their business hours. For more information, please call the Independence Pool at (662)434-2491 or Outdoor Recreation at (662)434-2507. Please note, any hours can be changed without notice due to COVID-19.

## Event Center

The Columbus Event Center has two fun events coming up! June 27: Kickin' Into Summer. July 10: Namaste at the Bar. For more information, call the Columbus Club at 662-434-2489. Please note, all events can be cancelled or rescheduled due to COVID-19.

## Shark Tooth Creek

Spend a day at Shark Tooth Creek hunting for shark teeth and fossils. On August 8, ITT is providing transportation out to a popular attraction that's fun for the entire family. The cost is \$30 per person. Call ITT for more information at (662) 434-7861. Please note, all events can be cancelled or rescheduled due to COVID-19.

## Coffee House on 5th

Coffee House on 5th, located in the Blaze Commons, is back open to 50% capacity inside. Drive through or come in to enjoy a cup of coffee or a tasty treat. Their hours are Monday-Friday, 6 a.m.-6 p.m. and Saturday, 8 a.m.-noon. Call for more information at (662)434-2233.

## Information, Tickets & Travel (ITT)

Information, Tickets & Travel is back open! Hours are Monday-Friday from 9 a.m.-1 p.m. Come by and check out their new location right by the Coffee House on 5th. For more information, call (662)434-7861.

## 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.

## 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](http://www.americaforcestravel.com) or visit your ITT office at (662) 434-7861.

## Storytime Schedule

The Base Library is offering virtual story time on Facebook. For more information, contact (662) 434-2934 or send them a direct message on their Facebook page, Columbus Air Force Library.

## 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 (662) 434-2934.

## 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 temporarily closed.

The Wood Shop is closed. Sorry for any inconvenience, please call 434-7836 for any questions.

## 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.

# Medical Corner

## MENTAL HEALTH MONTH

### Anxiety, stress, and vaping

Stress is a normal part of life—everyday worries, responsibilities, and hassles all contribute to your overall stress level. Too much stress can make you feel overwhelmed and affect your mood. If you automatically reach for your vape when you are stressed out, you will need to have a plan for handling stress when you quit.



Even if you rarely felt stressed or anxious before quitting vaping, you may feel increased stress, irritability or anxiety after quitting. The good news is that these mood changes are usually temporary while your body adjusts to being without nicotine. When you're having a rough day, remember why quitting vaping will be better for you in the long run.

#### Tips for Managing Stress and Anxiety

You can manage feelings of stress and anxiety without reaching for your vape. Try these ideas – some may work better than others, so find the ones that work for you.

**Stop and Breathe:** Pause what you are doing, and take a deep breath in through your nose and out through your mouth. Concentrate on the inhale and the exhale of your breath. Interrupting the anxious feeling with conscious breathing can help you calm down and think clearly.

**Learn Your Anxiety Triggers:** Anxiety can happen without being triggered. But, certain people, places, and situations can also trigger anxiety. Identify what makes you feel anxious or panicked and record it on your phone or in a journal. Do you see a pattern?

**Move Your Body:** Getting your body moving is a great way to reduce stress and anxiety. When you exercise, your brain releases chemicals that make you feel good. Take a walk, hit the gym, or do some yoga.

**Care for Yourself:** Eating a balanced diet, drinking lots of water, and getting enough sleep will help your body keep your stress level down. Keep healthy snacks on hand, and don't skip meals.

**Reach Out to Loved Ones:** You don't have to deal with stress alone. Talk to your friends, family, teachers, school counselors, and other important people in your life who support you and your decision to stop vaping.

Text the Crisis Text Line to talk with a trained crisis counselor via text message at any time of day or night by texting TALK to 741741. Counselors are trained to address any serious problem you may be having.

Anxiety, Stress, and Vaping. Retrieved from <https://teen.smokefree.gov/quit-vaping/anxiety-stress-vaping>

### Smoking and Addiction

The biological factors involved in smoking relate to how the brain responds to nicotine. When a person smokes, a dose of nicotine reaches the brain within about ten seconds. At first, nicotine improves mood and concentration, decreases anger and stress, relaxes muscles and reduces appetite.

Regular doses of nicotine lead to changes in the brain, which then lead to nicotine withdrawal symptoms when the supply of nicotine decreases. Smoking temporarily reduces these withdrawal symptoms and can therefore reinforce the habit.

This cycle is how most smokers become nicotine dependent.

Social and psychological factors also play a part in keeping smokers smoking. Although many young people experiment with cigarettes, other factors influence whether someone will go on to become a regular smoker. These include having friends or relatives who smoke and their parents' attitude to smoking. As young people become adults, they are more likely to smoke if they misuse alcohol or drugs or live in poverty. These factors make it more likely that someone will encounter stress. Most adults say that they smoke because of habit or routine and/or because it helps them relax and cope with stress.

Smoking and mental health. Retrieved from <https://www.mentalhealth.org.uk/a-to-z/s/smoking-and-mental-health>



Protect yourself, wear a helmet.



Wear a life preserver.



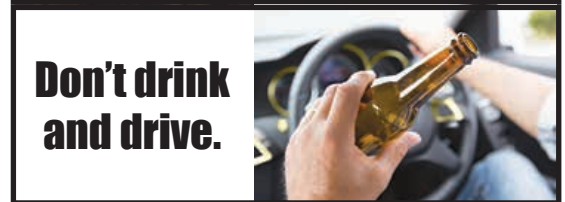
Stay hydrated!



Be watchful of kids in pools.



Keep it fun, grill safe.



Don't drink and drive.

# BLAZE Hangar Tails: E-4B

### Mission

The E-4B serves as the National Airborne Operations Center (NAOC) and is a key component of the National Military Command System for the President, the Secretary of Defense, and the Joint Chiefs of Staff (JCS). In case of national emergency or destruction of ground command and control centers, the aircraft provides a highly survivable command, control, and communications center to direct U.S. forces, execute emergency war orders, and coordinate actions by civil authorities. The conduct of E-4B operations encompasses all phases of the threat spectrum. Additionally, the E-4B provides outside the continental United States (OCONUS) travel support for the Secretary of Defense and his staff to ensure Title 10 command and control connectivity.

### Features

The E-4B, a militarized version of the Boeing 747-200, is a four-engine, swept-wing, long-range, high-altitude airplane capable of refueling in flight. The main deck is divided into six functional areas: a command work area, conference room, briefing room, an operations team work area, and communi-

cations and rest areas. An E-4B crew may include seating for up to 112 people, including a joint-service operations team, Air Force flight crew, maintenance and security component, communications team, and selected augmentees.

The E-4B is protected against the effects of electromagnetic pulse and has an electrical system designed to support advanced electronics and a wide variety of communications equipment. An advanced satellite communications system provides worldwide communication for senior leaders through the airborne operations center. Other improvements include nuclear and thermal effects shielding, acoustic control, an improved technical control facility and an upgraded air-conditioning system for cooling electrical components.

To provide direct support to the President, the Secretary of Defense, and the JCS, at least one E-4B NAOC is always on 24-hour alert, 7-days a week, with a global watch team at one of many selected bases throughout the world.

### Background

The E-4B evolved from the E-4A, which had been in service since late 1974. The first B model was delivered to the

Air Force in January 1980, and by 1985 all aircraft were converted to B models. All E-4B are assigned to the 55th Wing, Offutt Air Force Base, Nebraska.

### General characteristics

- Primary function:** Airborne operations center
  - Builder:** Boeing Aerospace Co.
  - Power plant:** Four General Electric CF6-50E2 turbofan engines
  - Thrust:** 52,500 pounds each engine
  - Length:** 231 feet, 4 inches (70.5 meters)
  - Wingspan:** 195 feet, 8 inches (59.7 meters)
  - Height:** 63 feet, 5 inches (19.3 meters)
  - Maximum takeoff weight:** 800,000 pounds (360,000 kilograms)
  - Endurance:** 12 hours (unrefueled)
  - Ceiling:** above 30,000 feet (9,091 meters)
  - Unit cost:** \$223.2 million (fiscal 98 constant dollars)
  - Crew:** up to 112
  - Date deployed:** January 1980
  - Inventory:** active force, 4; Air National Guard, 0; Reserve, 0
- (Current as of September 2015)



U.S. Air Force photo by Staff Sgt. Jacob Skovo  
U.S. Air Force E-4B National Airborne Operations Center aircraft takes off from Offutt Air Force Base, Nebraska, July 10, 2019. The E-4B is capable of seating more than 100 people including a joint-service team, an Air Force flight crew, maintenance and security components, a communications team and selected augmentees.



U.S. Air Force photo by Staff Sgt. Jacob Skovo  
A U.S. Air Force E-4B National Airborne Operations Center aircraft takes off from Offutt Air Force Base, Nebraska, July 10, 2019. The main deck is divided into six functional areas: a command work area, a conference room, a briefing room, an operations team work area, a communications area and a rest area.

Visit [www.columbus.af.mil](http://www.columbus.af.mil) to learn about Columbus AFB agencies and other important information.

# Columbus AFB welcomes new commander to the 14th FTW



U.S. Air Force photo by Airman 1st Class Davis Donaldson  
Maj. Gen. Craig Wills, 19th Air Force commander, gives a speech during the 14th Flying Training Wing change of command ceremony May 18, 2020, at Columbus Air Force Base, Miss. Because of the COVID-19 pandemic, there was not an audience at the ceremony.



U.S. Air Force photo by Elizabeth Owens  
Maj. Gen. Craig Wills, 19th Air Force commander, hands Col. Seth Graham, 14th Flying Training Wing commander, the 14th FTW guidon at the change of command ceremony on May, 18, 2020 at Columbus Air Force Base, Miss. As commander, Graham manages Specialized Undergraduate Pilot Training for U.S. Air Force and allied officers, as well as tactical training for Afghan and Lebanese pilots and aircraft maintainers in the A-29 Super Tucano at Moody AFB, Georgia.

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

Col. Seth Graham took command of the 14th Flying Training Wing during a ceremony here May 18 at the fire station.

Maj. Gen. Craig Wills, 19th Air Force commander from Joint Base San Antonio-Randolph, Texas, presided over the ceremony, in which Col. Samantha Weeks relinquished her command to Graham.

"We meet this morning, in a non-traditional way, to carry out one of the military's great traditions," Wills said in reference to the ceremony being conducted virtually so the Airmen of the command could witness the ceremonial transfer of command live on social media. "As we speak, COVID-19 continues to challenge our nation, and threaten our people and our future. There is no silver lining to the situation, but like all crises,

it has revealed a bit more of who we are as a nation, as a community and as an Air Force."

Before relinquishing command and handing the 14th FTW guidon to Wills, Weeks left Graham with some words of reassurance as he prepared to take command of the pilot training wing.

"Know that you have an amazing team of warriors here ready to continue the mission under your steadfast leadership," Weeks said.

Wills then passed the wing's guidon to Graham to signify him taking command.

As commander, Graham leads the wing's Specialized Undergraduate Pilot Training mission for U.S. Air Force and allied officers, as well as tactical training for Afghan and Lebanese pilots and aircraft maintainers in the A-29 Super Tucano at Moody AFB, Georgia.

"To the Airmen of the 14th FTW, it's a little bit odd today to not have a crowd here or to have a formation in front of me, but it doesn't change

the fact at just how honored I am to stand here today as your commander," Graham said. "I look forward to immersing myself in the awesome mission that we have here at Columbus and getting to know as many of the Airmen of this wing as I possibly can in the coming weeks and months.

Most of all, I am excited about the opportunity to be a part of this great team. I know we have some pilots to build and some airplanes to fly, so let's get to it."

Graham is a B-1B Lancer pilot with more than 2,600 hours to include 741 combat hours. During

his previous assignment, Graham was the 509th Bomb Wing vice commander at Whiteman AFB, Missouri.

Following the change of command ceremony, Weeks will retire after 23 years of faithful service to the Air Force.



U.S. Air Force photo by Airman 1st Class Davis Donaldson  
Col. Seth Graham, 14th Flying Training Wing commander, stands at attention during the wing's change of command ceremony May 18, 2020, at Columbus Air Force Base, Miss. Prior to serving as commander, Graham was the 509th Bomb Wing commander at Whiteman AFB, Mo.



U.S. Air Force photo by Airman 1st Class Davis Donaldson  
Maj. Gen. Craig Wills, 19th Air Force commander, Col. Samantha Weeks, former 14th Flying Training Wing commander, and Col. Seth Graham, 14th Flying Training Wing commander, stand at attention during the 14th FTW change of command ceremony on May 18, 2020 at Columbus Air Force Base, Miss. Graham is a B-1B Lancer pilot.