

COMMUNITY

(Continued from page 13)

Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop will be held on Oct. 1-2 from 8 a.m.-3 p.m. 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.

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.

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

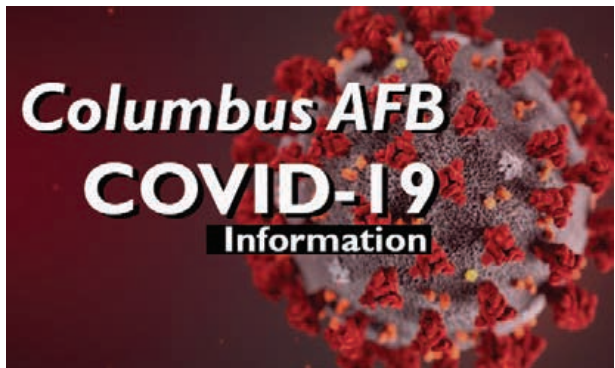
SILVER WINGS

"Cultivate Airmen, Create Pilots, CONNECT"

Columbus Air Force Base, Miss.

Vol. 44, Issue 13

July 10, 2020



COVID-19 General Info

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

Permitted areas:

- Military personnel may travel two and a half hours outside of Columbus Air Force Base to obtain necessary goods and services and/or to engage in outdoor recreation.
- Salons, barber shops and other personal care/grooming establishments.
- State and local parks are allowed.
- Freedom park access from 6 a.m.-8 p.m. You must wash your hands or use hand sanitizer before and after playing at the park. 50 people maximum in line with Governor's outdoor guidance.
- The base pool is open under limitations.
- Overnight lodging facilities.
- The base pool, Arts and Crafts, and bowling center with limitations.

Off-limits:

- No dining-in at restaurants, bars, casinos or breweries or similar establishments. Take out and drive thru are still authorized.
- Gyms, bowling centers, theaters, auditoriums and events off base are prohibited.

Gathering limitations:

- 20 people indoors and 50 people outdoors
- 6' physical distancing
- Personal hygiene is key
- Cloth face covering if physical distance can't be maintained



Col. Seth Graham, 14th Flying Training Wing commander, poses with a T-38 Talon before takeoff at Joint Base San Antonio-Randolph, Texas. Col. Graham is currently attending Pilot Instructor Training with the 560th Flying Training Squadron at JBSA-Randolph.

U.S. Air Force photo by Benjamin Faske

What is P.I.T?

Senior Airman Keith Holcomb
14th Flying Training Wing

Specialized Undergraduate Pilot Training Instructor pilots from every base across the U.S. learn from the most experienced instructors at Pilot Instructor Training (PIT), in Joint Base San Antonio-Randolph, Texas.

"PIT is important from a leadership standpoint because it allows me to lead with credibility in the mission," said Col.

Seth Graham, 14th Flying Training Wing commander. "I have received the same training and was held to the same standard as every other instructor pilot in the Wing. It also affords me the opportunity to truly take the pulse of our pilots and students. Spending a couple of hours briefing, flying and debriefing allows me to interact on a personal level that might not be possible otherwise."

See P.I.T., Page 3

ATTENTION: Clay, Lowndes, and Oktibbeha Counties

You're eligible for membership* with AFFCU!

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Join Today!* Visit us online at GoAFFCU.com or visit our Columbus branch at 1908 US Hwy 45 North next to Starbucks.

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C O L U M B U S A F B T R A I N I N G T I M E L I N E						SUPT CLASS 20-18/19 GRADUATION	
PHASE II		PHASE III		IFF			
Squadron	Track Select	Squadron	Graduation	Squadron	Graduation	SUPT Class 20-18/19 graduates today at 10 a.m. at the Kaye Auditorium.	
37th (21-05)	July 27	48th (20-18)	July 10	49th (20-EIC)	July 13		
41st (21-06)	Aug. 14	50th (20-20)	July 23				

COVID-19

Coronavirus Disease 2019

Revitalizing squadrons through unit cohesion and social distancing

Gwendolyn Granderson
14 FSS/FSWU

During a time of social distancing, the Unite Initiative offers a variety of free and low cost activities to squadrons. The initiative is designed to offer funding relief as well as promote unit cohesion. Air Force Services Center (AFSVC) developed the Unite Initiative as the fourth leg in the R4R Program as an added component to the Air Force's Recharge for Resiliency (R4R) program (Single Airmen, RecOn and Deployed Affected). It is the mission of AFSVC to invest in Airmen and families by delivering innovative services capabilities to generate combat-ready, resilient warfighters...Airmen taking care of Airmen!

The Unite Initiative is ran by Community Cohesion Coordinators (C3). The C3 for Columbus Air Force Base is Gwendolyn Granderson. The primary function of the C3 is to serve as the focal point for units in planning and developing special events and recreational programs. Granderson stated, "I am excited about this program as it aids in the readiness and resilience of units to build morale and esprit de corps. Now more than



Virtual / Social Distancing Events

- Canoeing
- Canvas Painting
- Cornhole
- Fitness Challenge
- Hike or Bike Trails
- Nailed It Challenge
- One on One Coffee Breaks
- Stand Up Paddleboarding
- Virtual Escape Rooms
- AND MORE

UNITE PROGRAM
Virtual / Social Distancing Just

Unite is here to help you continue to connect with your peers. Virtual / social distancing events are a great way to escape and focus on FUN!!

BUILDING UNIT COHESION!

To plan your next Squadron Event contact the Unite Manager:

Gwendolyn Granderson
662-434-2328
gwendolyn.granderson.3@us.af.mil

All events must be approved by AFSVC two weeks prior to event. Event must be coordinated through the Squadron Unite POC and approved by the Squadron Commander.

ever squadrons need options which facilitate unit cohesion and build morale while supporting public health and remaining socially distant. My goal is to work with squadron POCs to establish social distancing programs specific to their unit needs."

The goals and objectives of the Unite Initiative is to:

Support Commanders & Squadrons — Provide commanders the opportunity to offer events to support their specific cohesion needs.

Maximize use of FSS Facilities — Provide a variety of formal and informal opportu-

nities for socializing and unit cohesion resulting in unit resilience and readiness.

Measure Impact — Through surveys, and follow up with units to ensure commander's needs are being met, and airmen feedback other than surveys.

Provide Flexibility to Squadron Leaders — The Unite Initiative guidance allows squadron leaders the ability to plan quality events while maintaining funding integrity.

The intent of Unite is to provide squadron leaders with the maximum flexibility to de-

velop and deliver programs to build cohesion for personnel within their unit. This initiative provides unit commanders with the funding to initiate programs that benefit their unit. This program will benefit all Airmen in a unit; Active, Reserve and Civilian (appropriated and nonappropriated employees) directly assigned to a squadron.

For more information about the Unite Initiative or to find out about available funding for your squadron contact Gwendolyn Granderson at gwendolyn.granderson.3@us.af.mil or call 662-434-2328.

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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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.



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www.columbusrentaspace.com
662-327-5656



A \$25.00 donation will be made to www.woundedwarrioroutdoors.com on behalf of any CAFB Personnel who rents a storage space.

© The Dispatch



CAFB School Liaison Information
Child & Youth Education Services

School Liaison Officer

NEED TO KNOW INFORMATION
Resources | Communication | Support

TERMINOLOGY

School Liaisons-Serves as the installation Subject Matter Expert for K-12th issues
Youth Sponsorship-For elementary, preteen, & teens Youth Sponsorship connects students with local peers at the Youth Center on base or within area schools

1 BEFORE A PCS (Arrival)

- Contact Your Current & New SLO to Prepare
- Hand Carry Birth Certificate, SSN, Immunizations, Transcripts, Legal Records
- Contact Your Current & New EFMP Specialist
- Student Support Services & Enrichment or Athletic Eligibility Documents
- Other Essential Medical Information: Allergies, Asthma, Rx, Eyewear

2 DURING A TOUR

- Academic Options: Public, Private, Charter, & Homeschooling
- Pre-K & Kindergarten Enrollment
- Home School Linkage, Support, & Local Requirements
- School Transition Support & Military Children's Interstate Compact
- Deployment Support: Before, During, & After
- Partnerships in Education (PIE)-Volunteer Opportunities
- Post-Secondary Prep: ACT/SAT, AP Exams, Concurrent Enrollment, Scholarships
- Student Support Services within the School-EFMP Students
- Tutoring & Enrichment

3 PRIOR TO A PCS (Departure)

- Notify your SLO
- Inform the School; Teachers, Coaches, Counselors, & Principal As Soon As Possible
- Return Library & Textbooks, Close Out Lunch Accounts, Get All Necessary School Records
- Give Kids Time to Process the Change & A Way to Stay In Touch With Friends

<https://www.columbus.af.mil/14th-flying-training-wing/school-liaison-office/> 662-434-2730 DSN 742-2730

FSS

(Continued from page 14)

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.

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

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.

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'.

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.

Live Games on Columbus Air Force Base Living Facebook

Tune in on the Columbus Air Force Base Living's Facebook for a live game every 2nd and 4th Thursday at 1200. Live games such as Pictionary, Trivia, and Charades. Show off your quick thinking from the comfort of your own home and win a prize!

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.-2 p.m., Sat & Sun: Closed. Breakfast is offered until 10:30 a.m. Menus are located online at columbusafbliving.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.

Bowling Center

The Bowling Center lanes are back open starting July 7. Hours are Tuesday-Friday: 3-9 p.m., Saturday: Noon-6 p.m. Sign-up via the Bowling Center's Facebook page. Limited to 4 persons per lane. Maximum of 20 people in the facility. Only beverages and packaged snacks will be available during bowling hours. For more information, call (662) 434-3426.

Library Curbside Delivery

The library is offering curbside delivery. Find your book at www.columbusafb.mil.asolutions.com. Email your order to the library at 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! 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.

Fitness Center

The Fitness Center is open, currently serving Active Duty only



during this initial phase. Space is limited! Patrons must sign up via SignUpGenius to secure a spot/access. The link is: <https://www.signupgenius.com/go/904054CAAAB2AABFF2-july>. Hours of operation are Monday-Friday: 6 a.m.-7 p.m., Saturday: 10 a.m.-6 p.m., and Sunday: Closed. There will be no 24/7 access. Please note some important things: 100% ID Card Check. Bathrooms only available. No showers or lockers for use. Bring gym necessities only. No rental equipment. For more information, call the Fitness Center at (662)434-2772.

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! July 18: Tandem skydiving. Aug. 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 6-09 a.m. Open swim is available 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.

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.-5 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.

Shark Tooth Creek

Spend a day at Shark Tooth Creek hunting for shark teeth and fossils. On Aug. 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.

Assignment Night Transportation

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

Exclusive Military Vacation Packages

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

Storytime Schedule

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

Free Mango Languages

Learn a new language today! Free Mango Languages available at the Base Library; real-life conversations in over 70 languages. For more information, contact (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 until the beginning of the New Year. Sorry for any inconvenience, please call 434-7836 for any questions.

See FSS, Page 2



U.S. Air Force photo by Benjamin Faske

Col. Seth Graham, 14th Flying Training Wing commander, inspects at T-38 Talon before takeoff at Joint Base San Antonio-Randolph, Texas. Col. Graham attended Pilot Instructor Training with the 560th Flying Training Squadron at JBSA-Randolph.

P.I.T.

(Continued from page 1)

In PIT, these future instructor pilots are trained to teach precise maneuvers in the T-6 Texan II, T-1 Jayhawk, or T-38 Talon. Among these classes are first lieutenants who recently became first term instructor pilots or wing commanders with thousands of hours in the sky already.

"If any level of commander doesn't go through PIT, they could be coming in with a different standard or view of the baseline for the SUPT program," said Maj. Johnmichael Ayers, 41st Flying Training Squadron instructor pilot. "Sending everybody through PIT gets all on the same page and ensures they are setting the example at the squadron, group, and wing level."

Learning to fly an aircraft is one thing, but the distinction between learning and learning to teach was made clear by 1st Lt. Sara Fishbein, 41st FTS instructor pilot. She stated the differences between the two are primarily in the mindset and communication.

"Instructing is a different skill-set," said Fishbein. "Being able to fly the aircraft and

"The mental and physical demands of PIT surprised me," Graham said.

monitor what the student is doing and then identify the root cause of what's going on while also giving quality feedback, that's a skill that takes some time."

Even with 2,600 flying hours and 741 combat hours, the challenge of bringing in students and creating world-class aviators can't be understood without PIT. Graham took command of Team BLAZE on 18 May 2020, and like every commander before him, immediately attended Pilot Instructor Training.

"The mental and physical demands of PIT surprised me," Graham said. "This was one of the most challenging experiences of my flying career. Seeing the high bar our pilots must meet to become instructors gives me great confidence our instructor pilots are among the best in the world!"



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

A student and instructor pilot ready a T-6 Texan II before takeoff at Columbus Air Force Base, Miss. In PIT, these future instructor pilots are trained to teach precise maneuvers in the T-6 Texan II, T-1 Jayhawk, or T-38 Talon.



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

Second Lt. Steven Britt, 37th Flying Training Squadron student pilot, puts on a G-suit at Columbus Air Force Base, Miss. Even with 2,600 flying hours and 741 combat hours, the challenge of bringing in students and creating world-class aviators can't be understood without PIT.

14TH FLYING TRAINING WING DEPLOYED

As of press time, 33 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.



Congrats to the award winners!

Academic & Commandant: Staff Sgt. Johanna E. Chambers 14th Operations Support Squadron

John Levitow Winner: SrA Justin R. Salvione 14th OSS

WARNING SIGNS

Type 1 diabetes may occur suddenly and includes:

- Extreme Thirst
- Frequent Urination
- Drowsiness or Lethargy
- Increased Appetite
- Sudden Weight Loss
- Sudden Vision Changes
- Sugar in the Urine
- Fruity Odor on the Breath
- Heavy or Labored Breathing
- Stupor or Unconsciousness

A CFC participant.
Provided as a public service.



Medical Corner



Improve your memory with a good night's sleep

We all think best when we're well rested. A clear, alert brain allows us to focus, learn and remember information, and to be creative. On the other hand, when we're sleepy, we make more mistakes and are less productive in school and at work.



Healthy sleep puts us in the right state of mind to take in information as we go about the day. Not only that, we need a good night's sleep to process and retain that information over the long term. Sleep actually triggers changes in the brain that solidify memories—strengthening connections between brain cells and transferring information from one brain region to another.

Researchers have tested this process by teaching people new skills and then scanning their brains after a period with or without sleep. When people have a chance to sleep, for example, after practicing a skill similar to piano scales, the centers of the brain that control speed and accuracy are more active than those regions in people who haven't slept. Scientists think that while we sleep, memories and skills are shifted to more efficient and permanent brain regions, making for higher proficiency the next day. In fact, sleeping shortly after learning new information has been shown to help retention. Some research indicates that when people learn before going to sleep (or even before taking a nap), they remember the information better in the long term.


Sleep also helps us synthesize new ideas, not just remember the old ones. While you're sleeping, pieces of knowledge can be pulled together from different experiences and parts of the brain to create novel concepts or "ah ha" moments. That's a big help when you're trying to solve a problem or make an advance in your work.

In a new twist to the story of sleep and learning, researchers have seen that we may actually be able to learn new information while we sleep. To test this idea, scientists exposed people to a sound and a pleasant smell while they slept. After the subjects woke up in the morning, they started sniffing when they heard the sound (even though it wasn't followed by a smell). In other words, they had learned the association while they slept.

The science of sleep and learning continues to grow, but it's clear that the brain needs adequate sleep to sort through our experiences, so that we can remember and function at our best and most creative the next day.

Improve Your Memory With a Good Night's Sleep. Retrieved from <https://www.sleepfoundation.org/excessive-sleepiness/performance/improve-your-memory-good-nights-sleep>

A personal message from your health promotion Health Myth Busting Team



*Dear Health Myth Busters,
Is sleep really that important during a pandemic?*

*Sincerely,
Not Sure*

Dear Not Sure,

Sleep is a critical biological process, and the truth is that it's always important. When confronting the COVID-19 pandemic though, sleep becomes even more essential because of its wide-ranging benefits for physical and mental health.

- Sleep empowers an effective immune system. Solid nightly rest strengthens our body's defenses, and studies have even found that lack of sleep can make some vaccines less effective.
- Sleep heightens brain function. Our mind works better when we get good sleep, contributing to complex thinking, learning, memory, and decision-making. For adults and children adapting to work and school at home, good sleep can help them stay sharp.
- Sleep enhances mood. Lack of sleep can make a person irritable, drag down their energy level, and cause or worsen feelings of depression.
- Sleep improves mental health. Besides depression, studies have found that a lack of sleep is linked with mental health conditions like anxiety disorder, bipolar disorder, and Post-Traumatic Stress Disorder (PTSD).

Experts agree that getting consistent, high-quality sleep improves virtually all aspects of health, which is why it is worthy of our attention during the coronavirus pandemic.

*Sincerely,
Health Myth Busters*

Sleep Guidelines During the COVID-19 Pandemic. Retrieved from <https://www.sleepfoundation.org/sleep-guidelines-covid-19-isolation>

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

Trailblazers: AETC honors first women pilots in Air Force history

Capt. Kenya Pettway
Air Education and Training Command Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — In honor of the first women who became U.S. Air Force pilots, Air Education and Training Command officials renamed the Martin Hall Conference Room, the Trailblazer Room, during a virtual ceremony, June 29.

Located in the AETC headquarters, the newly renamed Trailblazer Room was dedicated to the first 10 women who earned their silver wings, Sept. 2, 1977.

"The women of class '77 - '08 truly broke barriers," said Lt. Gen. Brad Webb, AETC commander, who presided over the ceremony. "They lived the fact that glass ceilings were a reality simply because they were women. These trailblazers paved the way for future generations of female pilots and their influence on our Air Force is still felt today."

The 10 women of undergraduate pilot training class '77 - '08 who were honored are; Kathleen A. Cosand, Victoria K. Crawford, Mary E. Donahue, Connie J. Engel, Kathy LaSauce, Mary M. Livingston, Susan D. Rogers, Carol A. Scherer, Christine E. Schott and Sandra M. Scott.

In 1975, then-Air Force Chief of Staff Gen. David C. Jones, announced the launch of a test program that would enable women to enter pilot training and staff a now all-volunteer force after the abolishment of the military draft following the Vietnam War.

"This was the first time, nearly three decades after the birth of the Air Force, that women were allowed to join the service as equals to men and enter pilot and navigator career fields," Webb said. "This dedication will serve as a reminder for all of us of the courage these female pioneers showed while shattering those glass ceilings."

Sept. 26, 1976, these 10 women, alongside their 35 male classmates, began UPT at Williams Air Force Base, Arizona, and cemented their place in history.

Accumulating more than 210 flight hours in the T-37 Tweet and T-38 Talon, they successfully completed UPT and went on to achieve more historical feats in their Air Force careers that pioneered future generations of women to follow.



Air Education and Training Command officials will rename the Martin Hall conference room during a virtual ceremony here June 29, 2020 at 10 a.m. CST.

Talon at Williams AFB, Arizona.

She later became the first woman to qualify and serve as an aircraft commander on the C-9A Nightingale medical transport and command its first all-female aircrew.

Connie J. Engel

Engel, the class leader, was the first in her class to solo in the T-37 Nov. 30, 1976, earning her one of the three Distinguished Graduate awards, the Officer Training Award for exhibiting "high qualities of military bearing and leadership" and the Air Training Commander's Trophy as top graduate.

Following graduation, she became the first female T-38 instructor and flew the T-38 chase for the space shuttle program.

Kathy LaSauce

LaSauce became the first female pilot to command a C-141 and the first woman to serve as a presidential support pilot.

She joined the Air Force in 1972 and received one of only two slots available for women to attend Air Force Officer Training School. After graduating OTS, LaSauce was selected as one of the first female officers in aircraft maintenance, a newly-opened career field for women at that time. Her experience in aircraft maintenance helped her gain one of the 10 slots for women to enter pilot training.

"I loved aircraft maintenance," LaSauce said. "I loved working around airplanes. When pilot training opened for women, I knew that was what I wanted to do."

Although LaSauce's interest in becoming a pilot was not met with optimism by society, she did so anyway.

"I wanted to play the trumpet and they said 'no, girls don't play the trumpet,' so I played the trumpet," she said. "I wanted to be a drum major and they said 'no, girls aren't drum majors' so I became a drum major. When I set my heart on doing something, I didn't listen to those who told me I couldn't."

Sandra M. Scott

Scott became the first female tanker commander to perform alert duty for the Strategic Air Command.

She joined Air Force ROTC at Oregon State University in 1970 after school officials had opened the program to women only a year prior. Following her commissioning in 1973, she was stationed at Tyndall Air Force Base, Florida, for weapons controller training where she was first exposed to aviation.

After completing her first assignment, she went to King Salmon Air Force Station, Alaska, where she met pilots who were conducting alert missions. When the Air Force announced its test program, she applied and was accepted.

"My parents infused in me the idea that it wasn't about me being a woman," Scott said. "It was that I had abilities and that I could use those abilities to accomplish anything."

In spite of the women's accomplishments during pilot training, they faced disparaging public opinion.

Some male flight instructors opposed the test program and didn't believe women should fly; a position they expressed openly during training.

LaSauce recalled a time when an instructor told Livingston, "I don't know why I'm teaching you how to fly the T-38 because you'll never be a fighter pilot." LaSauce said her flight commander shared the same sentiment, stating that if he had his way, none of the women would graduate.

In the face of these unique challenges, they knew that the future of women in aviation rested on their success.

"Women would not be flying combat missions, flying fighters or commanding flying squadrons if we didn't succeed," LaSauce said. "We knew in our hearts we needed to do well."

Although it was another 30 years before women were allowed to fly in combat missions, the 10 trailblazers forged a path for the women who followed.

"About a year later, female astronauts began training at Vance Air Force Base, Oklahoma," said Gary Boyd, AETC command historian. "The success of the group ushered in the modern era of military aviation."

Decades later, the stories and the historical feats of each of the women from UPT classes '77 - '08 were honored.

"It warms my heart that Air Education and Training Command decided to tell our story," Scott said. "It's the story of women who broke barriers."

As of January 2020, women make up 21% of all Air Force members. Of the 328,255 active duty members, 68,470 are women, with 806 who serve as pilots, 347 navigators and 233 air battle managers, according to Air Force's Personnel Center officials.

"There is no denying the trailblazing women of class '77 - '08 were set up in such a way that failure would have been easy," Webb said. "But that's not what Airmen do. Through grit and determination not only did they succeed, they excelled."

Mary E. Donahue

Donahue became the first woman to serve as an instructor pilot assigned to the U.S. Air Force Academy, where she taught senior cadets to fly the T-41 trainer and was an educator in the department of mathematical science.

Susan D. Rogers

Flying a C-141 Starlifter, Rogers evacuated victims of a bombing attack on a U.S. Marine Corps barracks in Beirut, Lebanon on Oct. 23, 1983. She died of cancer in 1992 and left behind a legacy of excellence.

Christine E. Schott

Schott was the first woman to solo in the Northrop T-38A

Outstanding Columbus AFB Airmen recognized through chief coining

Chief Master Sgt. Trevor James, 14th Flying Training Wing command chief, visited Airmen across Columbus Air Force Base to recognize their outstanding work over the past months.



U.S. Air Force photo by Melissa Doublin



U.S. Air Force photo by Mary Crump



U.S. Air Force photo by Mary Crump



U.S. Air Force photo by Melissa Doublin

BLAZE Hangar Tails: P-38 Lightning I

Mission

The versatile P-38 Lightning I performed many different missions during World War II, including dive bombing, level bombing, bombing through clouds, strafing, photo reconnaissance and long range escort. It first went into large-scale service during the North African campaign in November 1942, where the German pilots named it Der Gabelschwanz Teufel ("The Forked-Tail Devil"). When the Lightning began combat operations from England in September 1943, it was the only fighter with the range to escort bombers into Germany.

Background

The P-38 was originally conceived as an advanced, high-performance twin-engine interceptor. On Feb. 11, 1939, Lt. Ben Kelsey set a coast to coast record of 7 hours, 48 minutes in the sleek prototype Lightning, but crashed while landing. Despite the accident, development continued and the first of 13 service test YP-38s flew on Sept. 16, 1940. Early model P-38s experienced turbulent airflow over the tail and problems at high dive speeds, known as com-

pressibility, but later modifications corrected these difficulties.

The first major production version was the P-38E, which had a 20mm cannon rather than the earlier 37mm cannon. Production of the E began in September 1941 and 210 were built. The next version, the P-38F, introduced pylon racks that could carry either bombs or droppable fuel tanks, greatly extending its range. Production of the G began in August 1942, followed by the P-38H in May 1943, which had a more powerful version of the Allison V-1710 engine.

The P-38J, introduced in August 1943, was considerably improved over earlier models. It had better cockpit heating (a notable problem on earlier models), more efficient cooling for its engines, a flat bulletproof windscreen, additional fuel in the wings, and increased maneuverability.

Features

The Lightning truly shined in the Pacific theater; seven of the top eight scoring USAAF aces in the Pacific flew the P-38. On April 18, 1943, the long range of the P-38 enabled USAAF pilots to ambush and shoot down an aircraft carry-

ing Admiral Isoroku Yamamoto, who was the planner of the Pearl Harbor raid and the commander of the Imperial Japanese Navy. The P-38 became the standard USAAF fighter in the Pacific theater until the closing months of WWII.

The final production version was the P-38L, which could carry two 300-gallon drop tanks. Deliveries of the L began in June 1944 and continued until August 1945. Of the 10,038 P-38s built, 3,923 were P-38Ls.

General characteristics

Armament: Four .50-cal. machine guns and one 20mm cannon

Engines: Two Allison V-1710s of 1,475 hp each

Maximum speed: 414 mph

Cruising speed: 275 mph

Range: 1,300 miles

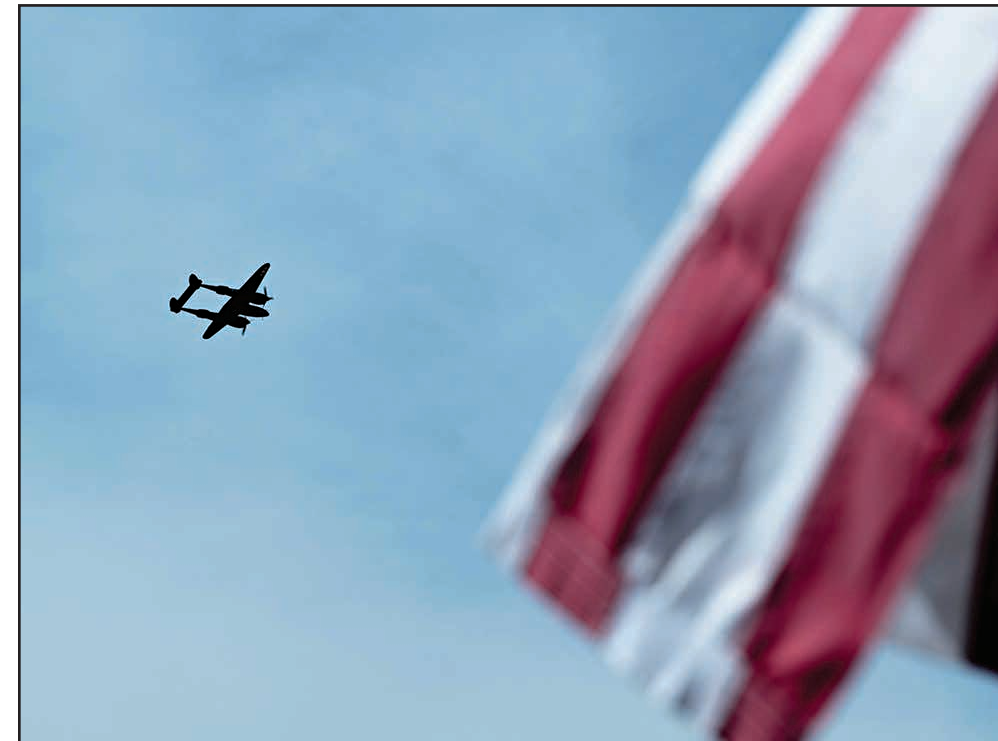
Ceiling: 40,000 ft.

Span: 52 ft.

Length: 37 ft. 10 in.

Height: 12 ft. 10 in.

Weight: 17,500 lbs. loaded



U.S. Air Force Photo by Captain Kip Sumner

A P-38 Lightning flies over Davis-Monthan Air Force Base during the Air Force Heritage Flight Training Course, Feb. 27, 2020. The Heritage Flight Training Course is a training course for all single-ship aerial demonstration teams prior to the upcoming summer air show season.



U.S. Air Force photo by Airman 1st Class Sari Seibert

A U.S. Air Force F-22 Raptor, P-38 Lightning and a TF-51 and P-51 Mustang fly in formation during this year's Heritage Flight Training and Certification Course at Davis-Monthan Air Force Base, Arizona, Feb. 28, 2020. The HFTCC is intended to certify pilots in both the historic aircraft and modern fighters to fly in formations together during future airshows.

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

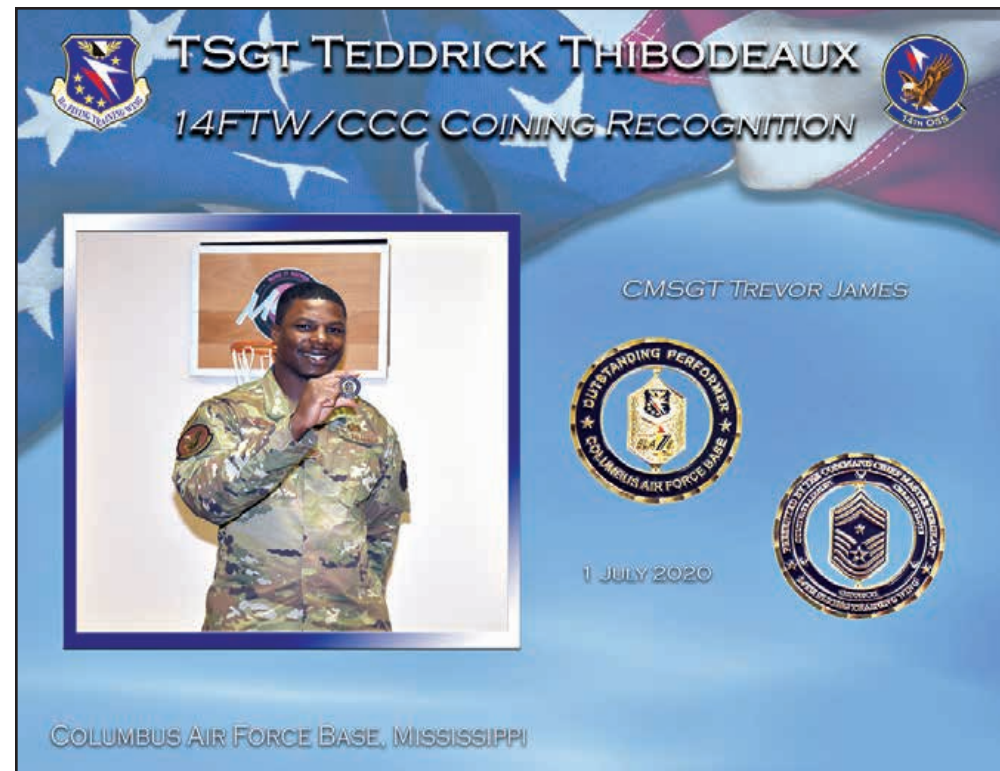
Columbus AFB safely celebrates 4th of July during BLAZE Fest Fireworks show

RIGHT: Fireworks light up the night sky over Columbus Air Force Base, Miss. during the BLAZE Fest Fireworks show, July 3, 2020. The 20-minute fireworks show was livestreamed on Facebook live to allow as much participation in the Independence Day holiday while practicing safe social distancing procedures.

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



LEFT: A multitude of fireworks ignite in a grand finale of the BLAZE Fest Fireworks show July 3, 2020, on Columbus Air Force Base, Miss. Multiple viewing areas were provided to allow for groups to watch while practicing safe CDC procedures while enjoying the holiday.



U.S. Air Force photo by Sharon Ybarra



U.S. Air Force photo by Melissa Doublin

Electrical Fire

Follow these electrical safety tips to help keep your home fire-safe.



Appliances

- Always plug major appliances, like refrigerators, stoves, washers and dryers, directly into a wall outlet.
- Never use an extension cord with a major appliance — it can easily overheat and start a fire.
- Always plug small appliances directly into a wall outlet.
- Unplug small appliances when you are not using them.
- Keep lamps, light fixtures and light bulbs away from anything that can burn.
- Use light bulbs that match the recommended wattage on the lamp or fixture.
- Check electrical cords on appliances often. Replace cracked, damaged and loose electrical cords. Do not try to repair them.



Outlets

- Do not overload wall outlets.
- Insert plugs fully into sockets.
- Never force a three-prong cord into a two-slot outlet.
- Install tamper-resistant electrical outlets if you have young children.



Extension Cords, Power Strips and Surge Protectors

- Replace worn, old or damaged extension cords right away.
- Use extension cords for temporary purposes only.
- Avoid putting cords where they can be damaged or pinched, like under a carpet or rug.
- Do not overload power strips.
- Use power strips that have internal overload protection.

Make sure all electrical work in your home is done by a qualified electrician!



Administration
U.S. Fire



FEMA

For more information contact Darren Amos at Columbus AFB Fire & Emergency Services 434-2274





T-1A Jayhawk

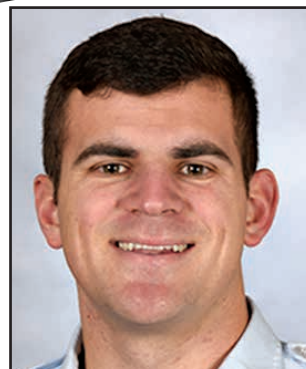
SUPT Class 20-18/19 earns silver wings



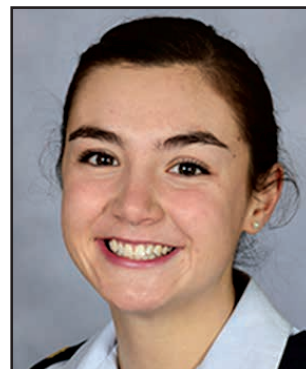
T-38C Talon



Capt. Javier Marti
Miami
U-28



1st Lt. Thomas Hurst
Schoolcraft, Michigan
AC-130J



1st Lt. Ann Marie Acevedo
Kensington, Maryland
C-5

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

Specialized Undergraduate Pilot Training Class 20-18/19 graduates at 10 a.m. to-day during a ceremony at the Kaye Auditorium.

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

First Lt. Stefan Curcic, 1st Lt. Molly Taylor and 2nd Lt. Christian Constantino 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 2nd Lt. Mitchell Campbell, 2nd Lt. Levi Gardner and 2nd Lt. Thomas Lobash who excelled in training and typified the tenets of the association; promoting aerospace power and a strong national defense.

The distinguished graduates of Class 20-18/19 recognized were Curcic, Taylor and Constantino 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. Students 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.

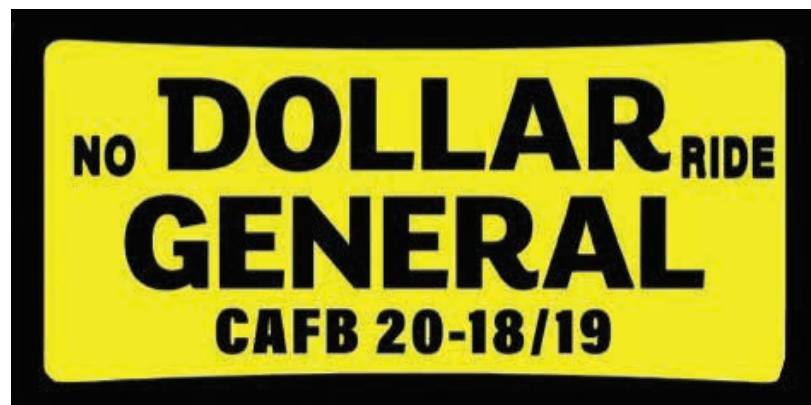
After primary training, students select, by order of merit, advanced training in the fighter-bomber or airlift-tanker track.

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 20-18/19's pilot partners are First Command Financial Planning and LaQuinta.



1st Lt. Christian Constantino
Chesapeake Beach, Maryland
F-35



1st Lt. Stefan Curcic
Iselin, New Jersey
C-17



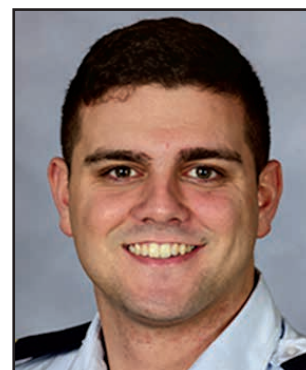
1st Lt. Delarrion Milner
Milledgeville, Georgia
T-1



1st Lt. Tyler Rickett
Cincinnati
HC-130J



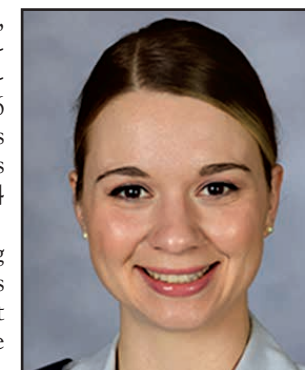
1st Lt. Orchydia Sackey
St. Croix, Virgin Islands
KC-135



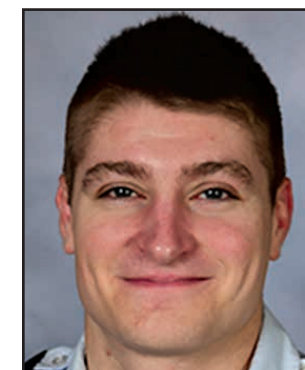
1st Lt. Matthew Sefton
Brownstown, Illinois
C-130J



1st Lt. Molly Taylor
Califon, New Jersey
T-6



2nd Lt. Ally Clonts
Peachtree City, Georgia
C-17



1st Lt. Evan Ulinski
Elmore, Ohio
C-130J



2nd Lt. Mitchell Campbell
Rockford Illinois
C-17



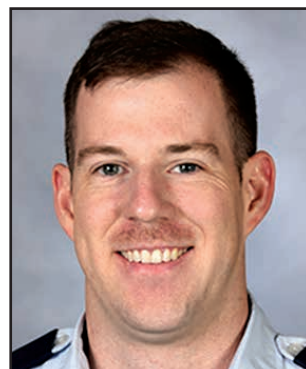
2nd Lt. Brice Corcoran
Davis, California
KC-135



2nd Lt. William Faris
Fort Meyers, Florida
C-130H3



2nd Lt. Justin Flood
Orlando
E-3



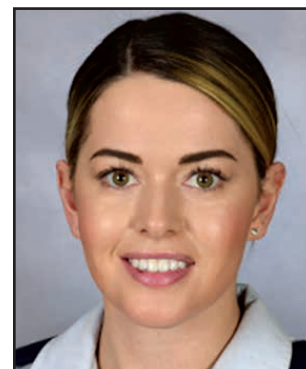
2nd Lt. Levi Gardner
Clover, South Carolina
F-16



2nd Lt. Brett Glaze
San Diego
C-130J



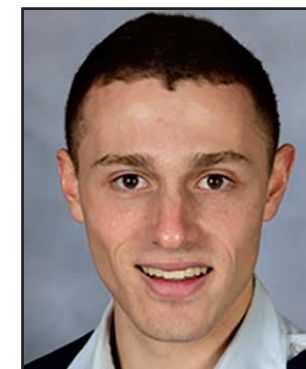
2nd Lt. Colt Hoepfner
Eagle Point, Oregon
C-130J



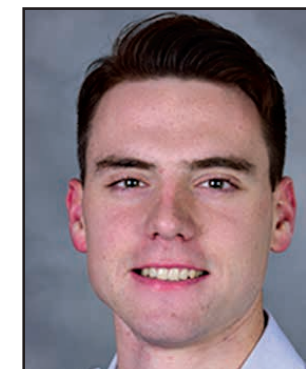
2nd Lt. Sydney Hultz
Kansas City, Kansas
KC-135



2nd Lt. Thomas Lobash
Mokena, Illinois
MC-130J



2nd Lt. Frederick Metzger
Boston
F-16



2nd Lt. Michael Miller
Reston, Virginia
U-28



2nd Lt. Alex Mills
Gas City, Indiana
C-17



2nd Lt. Niserg Rao
Tampa, Florida
T-38



2nd Lt. Cameron Sorrells
Dallas
B-1