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# SILVER WINGS

"Cultivate Airmen, Create Pilots, CONNECT"

Columbus Air Force Base, Miss.

Vol. 44, Issue 17

September 3, 2020

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## Columbus AFB COVID-19 Information

### COVID-19 General Info

The base is executing a measured approach to reopen-  
ing 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/groom-  
ing 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 Gov-  
ernor's outdoor guidance.
- The base pool is open under limitations.
- Overnight lodging facilities.
- Arts and Crafts, and bowling center with limitations.

#### Off-limits:

- No dining-in at restaurants, bars, casinos or brew-  
eries or similar establishments. Take out, drive-thru and  
outdoor seating at restaurants is 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



Courtesy photo by 2nd Lt. Beth Dembowski

Airman First Class Colin English, 14th Security Forces Squadron patrolman, guards first-responders in a simulated battle-  
field situation during the Tactical Combat Casualty Care All Combatants course Aug. 20, 2020, at the Walker Center on  
Columbus Air Force base, Miss. TCCC students worked with the 14th Security Forces squadron in a jarring and unpredict-  
able scenario built to simulate a realistic look, feel and smell of a battlefield situation.

## Innovation and Readiness: Columbus AFB Medical Airmen Innovate the TCCC Exercise Processes

1st Lt. Steven Dean  
14th Flying Training Wing

The 14th Medical Group recently completed a Tactical  
Combat Casualty Care All-Combatants course August 20,  
2020, at the Walker Center to train a variety of medical profes-  
sionals from Columbus Air Force Base.

Known as the TCCC, the course provides medical profes-  
sionals with life-saving skills in addition to tactical field care,  
tactical evacuation care, immediate care for wounded and sta-  
bilization of wounded for medevac.

Recently, the 14th MDG has been in support of new inno-

See TCCC, Page 4

To advertise in Silver Wings,  
call 328-2424

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# AFIMSC provides AF with innovative post-COVID workspace options

Joe Bela  
AFIMSC Public Affairs

JOINT BASE SAN ANTONIO-LACKLAND, Texas — The Air Force Installation and Mission Support Center is providing the Air Force with innovative solutions for teleworking in the wake of the global COVID-19 pandemic.

Members of the Air Force Civil Engineer Center and the AFIMSC Ventures innovation office are working together to develop a viable plan that will optimize telework operations for the workforce.

The team delivered a proposed strategy to Air Force Vice Chief of Staff Gen. Stephen Wilson during a briefing July 22. The proposal supports the Air Force's Infrastructure Investment Strategy by contributing to the five-percent demolition goal for existing infrastructure.

A recent study showed that "while there are substantial up-front costs to ren-

ovate, consolidate and demolish facilities, in the long-term, the Air Force could save up to \$90 million annually in facility sustainment costs like custodial services and utilities," said Marc Vandever, AFIMSC chief innovation officer.

"We wanted to assist senior leaders in their efforts to develop innovative ways of improving efficiency in our business processes, and leveraging these innovations is one way to avoid costs," said Neal McElhannon, AFCEC Facility Space Planning and Optimization program manager.

This is particularly true when part of the workforce works from home and occupies collaborative space when it works on site.

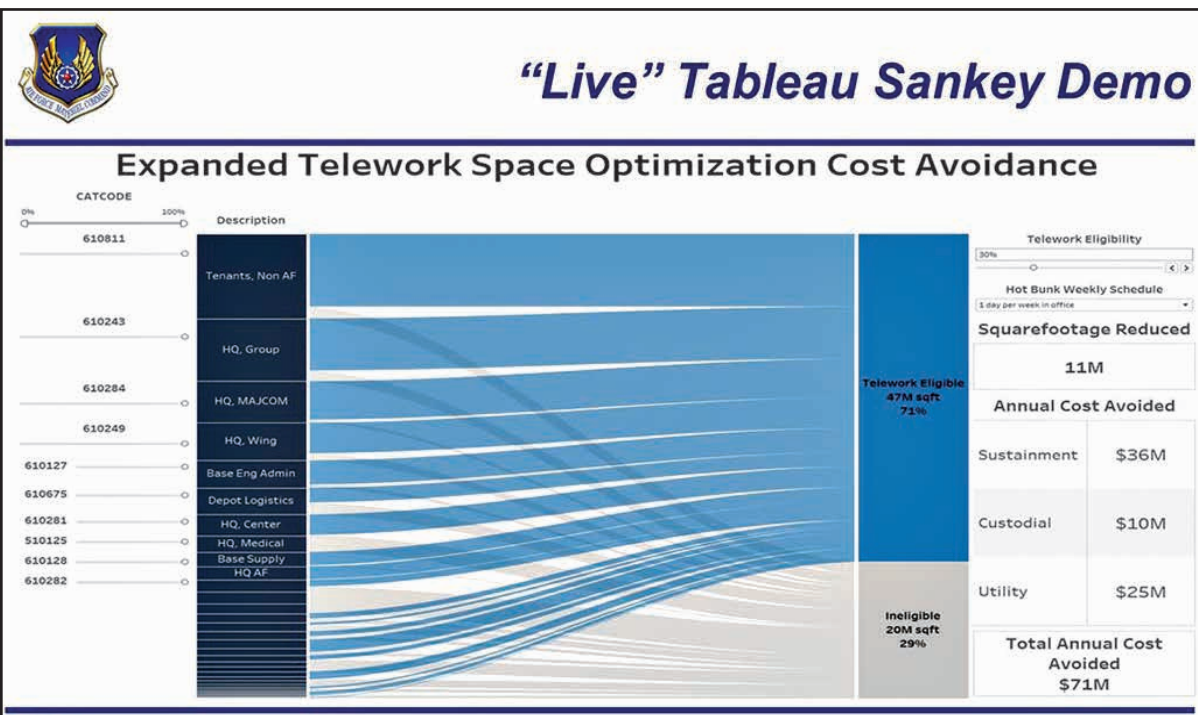
"Our team performed the enterprise analysis of facility space utilization to help inform in this decision-making process," McElhannon said.

Post COVID-19, Air Force leaders

are targeting 30% of existing administration space to be converted into telework-friendly configurations, Vandever added.

Using existing data on Air Force facilities and infrastructure, and new business intelligence tools developed specifically for this initiative, AFIMSC will pursue two pilot studies, one at Luke Air Force Base, Arizona, and the other at Scott AFB, Illinois, to assess the real-world feasibility of telework effectiveness and cost savings.

Existing in a cloud environment called the VAULT at the Air Force Chief Data Office, the new tools will make it easier for the 1,000-plus account holders to access data across the installation and mission support enterprise to help senior leaders make informed decisions about the future of the Air Force workspace, Vandever said.



## Silver Wings

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### Submission Deadline

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

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

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

LEFT: The Air Force Installation and Mission Support Center is developing new business intelligence tools to help the Air Force optimize post-COVID-19 telework operations across the enterprise. AFIMSC will pursue two pilot studies, one at Luke Air Force Base, Ariz., and the other at Scott AFB, Ill., to assess the real-world feasibility of telework effectiveness and cost savings.

## HELICOPTER

(Continued from page 3)

will be more efficient."

While completing the Initial Physiological Training course, led by Columbus AFB's Aerospace and Operational Physiology flight, the student pilots learned about human factors, altitude threats, spatial disorientation, performance threats, egress, airfield flight equipment and vision, noise and aircraft vibration.

During their hands-on training, the student pilots completed a night-vision lab, a Barany chair demonstration and a chamber flight for hypoxia familiarization.

All student pilots normally go through the first stages of training together, including academics and aerospace physiology, with helicopter student pilots selecting and transitioning to helicopters partway through the program.

"There are many different factors to do helicopter-only training," Huffman said. "So much of the training, in addition to the flight training, occurs at a pilot training base. You've got the physiology and you've got a numerous amount of academics here, so now we're trying to figure out how we're going to accommodate for that at the 23rd FTS."

Each student pilot is assigned to various aircraft after a portion of training, with one of the possibilities of an aircraft being helicopters. By skipping training done at other pilot training bases, helicopter student pilots will get through the courses quicker and it in turn will save money.

Ultimately, Huffman believes that similar training such as IPTC can be accomplished at Ft. Rucker and will help pave a new way for AETC to conduct helicopter-only pilot training.

First Lt. William Ensurd, 14th Operational Medical Readiness Squadron aerospace physiology specialist, said the AOP team at Columbus AFB was happy to support the 23rd FTS

during their visit.

"Columbus AFB AOP is proud to be a part of the Undergraduate Helicopter Training Next program," Ensurd said. "AOP, as a whole, is constantly working to be at the leading edge of human factors and aerospace physiology training and this program is just part of that goal."

He said because of the current environment, the training was difficult to come by, but he believes it was essential and done in the best way possible.

"During these complicated times, there are a lot of hurdles to work around to get individuals training in different locations," Ensurd said. "Our team here at AOP, and the leadership teams here at Columbus AFB, worked very hard with the teams at Ft. Rucker to coordinate this training across two states, to ensure not only that the highest quality of training was performed, but also that it was done in the safest manner possible."

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## 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”

## Air Force Recovery Coordination Program

Recovery Care Coordinator (RCC) will be providing assistance from 12 - 5 p.m. Sept 9; 8 a.m.- 5 p.m. Sept 10; and 8 a.m. - 12 p.m. Sept 11 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.

## Transition Assistance Program Workshop

The next Transition Assistance Program (TAP) workshop is from 7:30 a.m. - 4 p.m. Sept 14 -16 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.

## Wing Newcomers Orientation

The next Wing Newcomers Orientation will be held on Sept 15 from 8 - 9:15 a.m. in the Kaye Auditorium. This event is mandatory for all newly arrived military and DoD civilian personnel. The event's foundation is the base's mobile App, so if you are registered, please locate and download the Columbus Air Force Base App from the App Store prior to attending. Pre-registration is required, so please contact your unit CSS to be registered. For more information, please call the A&FRC Relocation Manager at 662-434-2701/2790.

## Department of Labor Employment Transition Track

The next DoL Employment Transition Track is from 8 a.m. - 4 p.m. Sept 17 - 18. This workshop assists transitioning military members with career exploring, job search, resume writing, fed-

## Commander's Call



U.S. Air Force photo by Senior Airman Keith Holcomb  
**Col. Seth Graham, 14th Flying Training Wing commander speaks to the wing during a Commander's Call Sept. 2, 2020, on Columbus Air Force Base, Miss. During the Commander's Call he spoke about his leadership philosophy, COVID-19 guidelines and questions, and the racial issues facing Americans and Columbus AFB today. The Commander's Call was livestreamed three times live to ensure Airmen could watch and ask questions virtually from anywhere, allowing maximum attendance.**

eral job applications, interviewing, evaluating job offers and closing the deal.

## Smooth Move Relocation Workshop

The next Smooth Move is from 10 - 11 a.m. Sept 22 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 ask any relocating questions you may have during this event. Pre-registration is required, so call A&FRC at 662-434-2790 to register or for more information.

## Federal USA Jobs Workshop

The next Federal USA Jobs workshop is from 9 - 10:30 a.m. Sept 23. 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.

## Hearts Apart

The next Hearts Apart will be Sept 24 from 5 - 7:00 p.m. 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.

## Department of Labor Transition Vocational Track Workshop

The next DoL Transition Vocational Track

bor 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.

## Chapel Schedule

Chapel services are now available.

Catholic Services: 5 p.m. on Sun

Protestant Services: 10:45 a.m. on Sun

Daily Mass: 10 a.m. on Tues and Wed

As we gather for services there is a 50 person limit inside the chapel. Thank you all for your help during this time and we are looking forward to seeing you all soon!

# AETC tests new, innovative way of helicopter pilot training

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

Two 23rd Flying Training Squadron TH-1H Hueys stationed at Fort Rucker, Alabama, and fourteen personnel, traveled to Columbus Air Force base for training as part of the Undergraduate Helicopter Training Next (UHTN) program.

Columbus AFB answered a support request to provide physiology training for eight student pilots.

“This training was required to execute AETC's Undergraduate Helicopter Training Next program,” said Maj. Jarrod Huffman, 23rd FTS innovation flight commander and instructor pilot. “AETC is testing a way for the pilots assigned to helicopters to skip the fixed-wing portion of pilot trying and go straight to helicopter training. By having separate training for helicopter-student pilots and fixed-wing student pilots, pilot training See **HELICOPTER**, Page 15



U.S. Air Force photo by Airman 1st Class Davis Donaldson  
**Airmen assigned to the 23rd Flying Training Squadron at Fort Rucker, Alabama prepare to land at Columbus Air Force Base, Mississippi on August 19 in a UH-1N Huey. A UH-1N can reach a speed of up to 149 mph.**



U.S. Air Force photo by Airman 1st Class Davis Donaldson  
**Student pilots assigned to the 23rd Flying Training Squadron at Fort Rucker, Alabama, walk on the flightline at Columbus Air Force Base, Miss. on August 19, 2020. The student pilots came to Columbus AFB to complete the Initial Physiological Training Course.**



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

Student pilots assigned to the 23rd Flying Training Squadron at Fort Rucker, Alabama sit in a classroom, while 1st Lt. William Ensrud, 14th Operational Medical Readiness Squadron aerospace physiology specialist, teaches on August 20, 2020, at Columbus Air Force Base, Miss. The student pilots were taught human factors, altitude threats, spatial disorientation, performance threats, egress, airfield flight equipment and vision, noise and aircraft vibration during their classroom portion of training.



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

A student pilot assigned to the 23rd Flying Training Squadron at Fort Rucker, Alabama, tries on equipment, while an aerospace physiology specialist from the 14th Operational Medical Readiness Squadron makes sure the equipment fits correctly on August 21, 2020, at Columbus Air Force Base, Miss. Aerospace physiology specialists are responsible for teaching pilots and aircrews the essential skills they need to handle in-flight emergencies through various training such as aircraft pressurization, night vision, emergency first aid, oxygen equipment, physiological effects of altitude and emergency escape from aircraft.



## TCCC

(Continued from page 1)

vation processes that are intertwined with the training exercise. While most bases use a controlled robotic mannequin to simulate certain types of bodily injuries, the exercise included rump roast to not only save money, but to lend a more realistic touch to the feel and treatment of combat wounds.

“This is a readiness focused training aimed at treating those preventable battlefield deaths when deployed,” said Lt. Col. Christopher Kelly, 14th MDG chief nurse and National Association of Emergency Medical Technicians (NAEMT) TCCC Instructor. “We are using a tiered approach to get all of the 14th Medical Group staff trained according to the TCCC guidelines.”

During the exercise, volunteers, including the 14th Security Forces Squadron and student pilots awaiting training, with replicated battle wounds, were treated in order to simulate the look, feel and smell of severe traumatic injuries on a live human. The added meat helped to simulate these scenarios in a more realistic manner. These improved simulation tactics enabled medical professionals to treat wounds that felt like actual human tissue.

“Being able to use meat to treat, evaluate and pack wounds not only teaches our

*“This is a readiness focused training aimed at treating those preventable battlefield deaths when deployed,” said Lt. Col. Christopher Kelly, 14th MDG chief nurse and National Association of Emergency Medical Technicians (NAEMT) TCCC Instructor.*

Airmen the knowledge they need to remain ready, but it lends a more realistic feel to the actions that they would be performing while deployed or during a real life scenario” said Kelly.

Thanks to TCCC and its realistic training methods, medical professionals will have improved hands-on training to rapidly treat preventable causes of death and keep better composure while performing these actions. Kelly’s efforts are geared toward getting all Columbus AFB medical professionals qualified and experienced in more intense, realistic and in-depth medical scenarios.



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

Tech. Sgt. Holly Lindsey, 14th Medical Group, tends to an augmented mannequin in a simulated battlefield situation during the Tactical Combat Casualty Care All Combatants course Aug. 20, 2020, at the Walker Center on Columbus Air Force base, Miss. The course is designed to test medical personnel’s ability to rescue casualties in various simulated scenarios, such as care under fire, tactical field care and tactical evacuation.



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

An augmented mannequin lays on the floor in preparation for the Tactical Combat Casualty Care All Combatants course Aug. 20, 2020, at the Walker Center on Columbus Air Force base, Miss. Combat medical personnel are trained to manage combat trauma on the battlefield in accordance with TCCC Guidelines.



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

Tech. Sgt. Crystal Geberth, 14th Healthcare Operations Squadron NCO in charge of Medical Logistics, pushes gauze into a ‘wound’ to stop it from bleeding out during the Tactical Combat Casualty Care All Combatants course Aug. 20, 2020, at the Walker Center on Columbus Air Force base, Miss. TCCC is designed to teach lifesaving techniques and how to provide the most effective trauma care during combat.

## 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](http://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 662-434-2337.

## Get Connected with Your 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 12 p.m. Live games such as Pictionary, Trivia, and Charades. Show off your quick thinking from the comfort of your own home and win a prize!

## Back to School Planning

During these times of uncertainty, we want you to be certain of one thing... Columbus AFB School Age Care (SAC) is here to support your needs. During the 2020-2021 School Year, SAC will be offering both after school and full day care services daily. Register today! Please call the Youth Center at 662-434-2504.

## 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/](http://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! Hours are Tuesday-Friday: 3 – 9 p.m., Saturday: 12 – 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](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.

## Johnny Appleseed Grab & Go Crafts

Arts & Crafts is providing a “grab-and-go” craft for ages 3-10.



All materials for a Johnny Appleseed story and craft will be provided in a bag and ready to pick up from Sept 9 at 10 a.m. through September 25 at 3:30 p.m. Please call 662-434-7856 to sign up your child.

## Arts and Crafts

Arts and crafts is open and offers custom engravings, framing, and much more! For more information, call arts and crafts at 662-434-7856.

## Fitness Center

The Fitness Center is open and back to normal hours of operations – Monday-Friday: 5 a.m. – 9 p.m., Saturday & Sunday: 8 a.m. – 6 p.m., Holidays: 10 a.m. – 6 p.m. 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-september>. 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’s (ODR) hours are Monday-Friday, 10 a.m. – 5 p.m. and Saturday/Sunday, 9 – 10 a.m. ODR offers all sorts of rental for the water, camping, and much more! Don’t miss the Shooting Tournament scheduled for 12 September. For more information, call ODR at 662-434-2505. Please note, all events can be cancelled or rescheduled due to COVID-19.

## Independence Pool

The Independence Pool season has been extended through September 27th! It is open every week from Thursday-Monday. Lap swim is from 6 – 9 a.m. Open swim is available during these blocks of time: 10 a.m. – 12 p.m., 1 - 3 p.m., and 4 – 6 p.m. Div-

ing available Monday and Thursday only. 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. 12 p.m. 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 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 662-434-7861.

## 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.

## CAFB Library

The Base Library is offering virtual story time, live craft demonstrations, book clubs and other activities on their Facebook page: @columbusairforcebaselibrary. 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, 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 662-434-2505.


## 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 662-434-2507.





# Medical Corner



## Is sleep linked to Alzheimer's?

One of the many symptoms of Alzheimer's disease (AD) is sleep deprivation or a change in sleep patterns. This can include changes in the wake-sleep cycle as well as feeling fatigued during the day. Alzheimer's patients may also have trouble staying asleep at night or during naps.

New research has emerged that could potentially link sleep deprivation to AD. The studies are ongoing, but many key indicators point to a strong correlation between the two.

The Central Nervous system has a waste removal pathway known as the glymphatic system. This functions to remove toxic proteins like beta-amyloid and tau when the body is asleep, particularly during deep non-REM (Rapid Eye Movement) stages of sleep. However, experts agree that as people get older, they begin to spend less time in this deep sleep stage.

Because these toxic proteins have been linked with Alzheimer's disease, medical professionals have questioned whether or not aggravated sleep patterns could impair the glymphatic system and link sleep disturbances to AD. Several studies done in the past few years have discovered a connection between sleep loss and the buildup of these plaques in the brain. The result of these studies could potentially associate Alzheimer's with conditions such as sleep apnea and more generalized sleep deprivation.


The findings of these studies show increased amounts of the toxic protein tau and the metabolic waste product beta-amyloid. A recent Mayo Clinic study of 288 participants 65 and older, found that those who had sleep apnea had 4.5 percent higher amounts of the tau protein in their brain than those participants who had not been observed to have an episode of sleep apnea.

A smaller study of 20 participants, ages 22 to 72, done by the National Institutes of Health documented a 5 percent increase in the protein beta-amyloid after participants went about 31 hours without sleep.

Here is the take away: Alzheimer's and many other medical conditions could potentially be stopped or slowed down by getting adequate sleep at night. Doing this can drastically improve your health and overall quality of life. If you are not already, try to achieve 7 to 9 hours of sleep each night. Sweet dreams!

*"With Alzheimer's the loss of brain tissue that leads to loss of mental abilities may also disrupt the sleep/wake cycle, which may cause sleep problems, nighttime wandering, and agitation."*

- National Sleep Foundation



Is Sleep linked to Alzheimer's? Retrieved from <https://www.sleepadvisor.org/alzheimers-and-sleep/>

## A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,  
I've heard from many different sources that as you age, you need less sleep. Is this true?

Sincerely,  
Less Sleep Needed?

Dear Less Sleep Needed?,  
Great question. Along with changes to vision, hearing, and hairline, older adults may also notice a shift in sleeping patterns. Falling and staying asleep can be more difficult, and even people who once loved to spend mornings in bed, may find that they wake up much earlier than they used to.

However, despite the shift in sleep schedules, people's total sleep needs don't change much as they get older. The recommended amount for those ages 65 and up is seven to eight hours a night while younger adults are advised to get seven to nine hours of sleep nightly. The challenge lies in syncing these requirements up with the reality of older people's lives.

Unfortunately, most older Americans fall short of the sleep recommendations, in part because physical issues disrupt quality shut-eye as people age. More than half of adults over the age of 65 complain of having at least one sleep-related condition, including insomnia, sleep apnea, and restless leg syndrome. Health problems such as heart failure, arthritis, and Alzheimer's can also steal sleep from older adults, and certain medications may lead to restless nights.

If you find that your exhaustion interferes with daily activities, talk with your doctor. Together, you can work to get to the root of your sleep issues so that you enjoy restful slumber well into the later years of life.

Sincerely,  
Health Myth Busters

Debunking Sleep Myths: Do You Need Less Sleep As You Age? Retrieved from <https://www.sleep.org/articles/debunking-sleep-myths-need-less-sleep-age/>

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](mailto:usaf.jbsa.afmsa.mbx.hpo@mail.mil). Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>

## Tactical Combat Casualty Care All Combatants course



U.S. Air Force photo by Airman 1st Class Hannah Bean  
A 14th Security Forces Squadron Airman guards first-responders rescuing a 'wounded' actor in a large-scale simulated battlefield during the Tactical Combat Casualty Care All Combatants course Aug. 20, 2020, at the Walker Center on Columbus Air Force base, Miss. The final scenario provides personnel with a realistic battlefield to test their ability to rescue wounded Airmen and evacuate them to a safer area while 'under fire'.



Courtesy photo by 2nd Lt. Beth Dembowski  
A 14th Medical Group Airman radios in for evacuation in a simulated battlefield during the Tactical Combat Casualty Care All Combatants course Aug. 20, 2020, at the Walker Center on Columbus Air Force base, Miss. Once casualties have been treated, medical personnel must complete an evacuation simulation requiring them to radio in and transport casualties to the designated area.



U.S. Air Force photo by Airman 1st Class Hannah Bean  
U.S. Air Force Airmen tend to a 'wounded' augmented mannequin in a simulated battlefield during the Tactical Combat Casualty Care All Combatants course Aug. 20, 2020, at the Walker Center on Columbus Air Force base, Miss. After casualties have been rescued, medical personnel must evaluate and treat any wounds found utilizing the skills learned throughout the course.

RIGHT: A volunteer Airman receives a 'wound' in preparation for a simulated battlefield during the Tactical Combat Casualty Care All Combatants course Aug. 20, 2020, at the Walker Center on Columbus Air Force base, Miss. TCCC highlights the importance of the trauma care provided on the battlefield by combat medical personnel, thus increasing casualty survival with their fellow combatants.



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



# DOD Crowdsources Efforts to Promote Diversity, Inclusion

Jim Garamone  
DOD News

WASHINGTON — Defense Secretary Dr. Mark T. Esper asked for the process as part of his Board on Diversity and Inclusion. The board — chaired by Secretary of the Air Force Barbara Barrett — wants input from service members and DOD civilians, and crowdsourcing is one tool they will use.

Crowdsourcing is the practice of using the internet as a source of information and solutions. Service members and DOD civilians can participate through Oct. 16.

“The secretary wants to hear from all of our service members about what the DOD can do to improve diversity and inclusion,” said Marine Corps Maj. Sharon A. Sisbarro, a member of the board’s support office.

The board members didn’t want to do yet another survey, Sisbarro said. “We adopted a kind of crowdsourcing-like model, where we just said, ‘Tell us what we need to do,’” she added.

Personnel with a DOD common access card can participate in the crowdsourcing effort, she said. “Even though you need a CAC to get in, the comments are anonymous,” she emphasized.

This is an effort to create a better culture within the department, Sisbarro said. The board will look at a range of issues, from grooming standards to first-person experience sharing about the reality of life as a minority, she explained.

Some Fortune 500 companies use crowdsourcing to foster innovation and speed adoption of ideas, Sisbarro noted, and this is the first effort on the DOD level.

Service members and civilians interested in offering their ideas and solutions can visit <https://login.milsuite.mil/>.



U.S. Air Force courtesy photo  
Senior Enlisted Advisor to the Chairman Ramón “CZ” Colón-López speaks on diversity and inclusion at the Pentagon, Aug. 17, 2020. The board — chaired by Secretary of the Air Force Barbara Barrett — wants input from service members and DOD civilians, and crowdsourcing is one tool they will use.

## Commander’s Action Line 662-434-1414

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

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

If you would like to remain anonymous, please submit your inquiries through our base application in the ‘Our Wing’ then ‘Contact the CC’ tab or you can submit through the webpage at [www.columbus.af.mil](http://www.columbus.af.mil). Click “Contact Us” at the top left of the page and select “Commander’s Action Line” in the Recipient drop down menu.



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

# BLAZE Hangar Tails: E-8C Joint STARS

## Mission

The E-8C Joint Surveillance Target Attack Radar System, or JSTARS, is an airborne battle management, command and control, intelligence, surveillance and reconnaissance platform. Its primary mission is to provide theater ground and air commanders with ground surveillance to support attack operations and targeting that contributes to the delay, disruption and destruction of enemy forces.

## Features

The E-8C is a modified Boeing 707-300 series commercial airframe extensively remanufactured and modified with the radar, communications, operations and control subsystems required to perform its operational mission. The most prominent external feature is the 27-foot long, canoe-shaped radome under the forward fuselage that houses the 24-foot long, side-looking phased array antenna.

The radar and computer subsystems on the E-8C can gather and display detailed battlefield information on ground forces. The information is relayed in near-real time to the Army and Marine Corps common ground stations and to other ground command, control, communications, computers and intelligence, or C4I, nodes.

The antenna can be tilted to either side of the aircraft where it can develop a 120-degree field of view covering nearly 19,305 square miles and is capable of detecting targets at more than 250 kilometers. The radar also has some limited

capability to detect helicopters, rotating antennas and low, slow-moving fixed wing aircraft.

As a battle management and command and control asset, the E-8C can support the full spectrum of roles and missions from peacekeeping operations to major theater war.

## Background

Joint STARS evolved from Army and Air Force programs to develop, detect, locate and attack enemy armor at ranges beyond the forward area of troops. The first two developmental aircraft deployed in 1991 to Operation Desert Storm and also supported Operation Joint Endeavor in December 1995.

Team JSTARS men and women have contributed tremendously to overseas contingency operations, flying more than 85,000 combat hours in support of Operations Enduring Freedom, Iraqi Freedom, New Dawn Odyssey Dawn, and Unified Protector. Their operational resume includes support of six Combatant Commands including U.S. Pacific Command, U.S. Northern Command and U.S. Southern Command, U.S. Africa Command, U.S. Europe Command.

Team JSTARS was the first organization in the U.S. Air Force to activate under the Air Force’s Total Force Initiative as a “blended” wing. America’s first “Total Force” wing, the former 93rd Air Control Wing, an active-duty Air Combat Command unit, and the 116th Bomb Wing, a Georgia Air National Guard unit, were deactivated Oct.1, 2002. The 116th Air Control Wing was activated blending Guard and active-duty Airmen into a single unit. In October 2011, the

Active Associate construct was formed by the newly activated 461st Air Control Wing as a member of Team JSTARS.

Team JSTARS through the 116th ACW is the only unit that operates the E-8C and the Joint STARS mission.

## General Characteristics

**Primary function:** airborne battle management

**Contractor:** Northrop Grumman Corp.

**Power plant:** four Pratt and Whitney TF33-102C

**Thrust:** 19,200 pounds each engine

**Wingspan:** 145 feet, 9 inches (44.4 meters) Length: 152 feet, 11 inches (46.6 meters) Height: 42 feet, 6 inches (13 meters)

**Weight:** 171,000 pounds (77,564 kilograms)

**Maximum takeoff weight:** 336,000 pounds (152,409 kilograms)

**Fuel capacity:** 155,000 (70,306 kilograms)

**Payload:** electronic equipment and crew

**Speed:** 449 - 587 mph (optimum orbit speed) or Mach 0.52 - 0.65 (390 - 510 knots)

**Range:** nine hours

**Ceiling:** 42,000 feet (12,802 meters)

**Crew:** (flight crew), four; (mission crew) normally 15 Air Force and three Army specialists (crew size varies according to mission)

**Unit Cost:** \$244.4 million

**Initial operating capability:** December 1997

**Inventory:** total force, 16



U.S. Air Force photo Master Sgt. Jeremy Lock

An E-8C Joint STARS from the 116th Air Control Wing, Robins Air Force Base, Ga., pulls away, May 1, 2012 after refueling from a KC-135 Stratotanker with the 459th Air Refueling Wing, Joint Base Andrews, Md. The E-8C Joint Surveillance Target Attack Radar System, or Joint STARS, is an airborne battle management, command and control, intelligence, surveillance and reconnaissance platform. Its primary mission is to provide theater ground and air commanders with ground surveillance to support attack operations and targeting that contributes to the delay, disruption and destruction of enemy forces.



U.S. Air National Guard photo by Senior Master Sgt. Roger Parsons

An E-8C Joint STARS taxis down the runway during a morning mission at Robins Air Force Base, Ga., July 20, 2017. Team JSTARS; consisting of the 116th Air Control Wing (ACW), Georgia Air National Guard, active-duty 461st ACW and Army JSTARS, provides joint airborne command and control, intelligence, surveillance, and reconnaissance support over land and water to combatant commanders around the globe. The Total Force Integration unit operates the world’s only Joint STARS weapon system based out of Robins Air Force Base.



# Columbus Air Force Base Voting Assistance Information

Voting is everyone’s civic right. Not too very long ago in our country, many Americans who are eligible to vote today could not vote due to their age, sex and/or race. Prior to 1971, one had to be 21 years old in order to vote versus 18. Prior to 1920, women could not vote.

Although African American men gained their right to vote in 1869, many would-be voters steered clear of elections due to poll taxes, literacy tests, and other measures which kept them from voting for nearly a century until 1964 when the 24th Amendment to the Constitution eliminated the poll tax, and in 1965, the Voting Rights Act ended the Jim Crow laws.

In the matter of the president of the United States, your vote alone may not directly elect the president, but when your vote combines with the votes of others in your voting district or county, then your vote certainly matters when it comes to electoral results.

Don’t ever believe your vote won’t make a difference? In 2000, the POTUS election came down to a recount in the state of Florida because President Bush had won the popular vote by such a slim margin. President Bush went on to win by a mere 537 votes.

## What is the role of the Installation Voting Assistance Office (IVAO) for CAFB deployers?

The IVAO provides voting assistance to all personnel, military and civilian, deploying and returning from deployment of six months or longer. The IVAO helps members register to vote, request an absentee ballot, and notify election officials of mailing address changes. The IVAO also assists family members of deployers who may relocate during the deployment.

## Who does the IVAO collaborate with to ensure voting needs of deployers are met?

The IVAO coordinates with the Instal-

## Resources

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

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

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

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

**National Voter Registration Form (NVRF):** The NVRF is provided to federal civilian employees and other US citizens who have access to the installation, and to uniformed services voters who currently reside in their voting district. Separating/retiring military

members should advise their election official they will no longer be considered a military voter. The NVRF (or your state voter registration form) can be used to notify your election official of an address change. Get a hard copy from a voting assistance officer or online at: <https://www.fvap.gov/military-voter/transition> . Fill out, and a voting assistance officer will submit for you.

**Resources:**

**Installation Voter Assistance (IVA) Office**  
The IVA Office located in the Airman and Family Readiness Center, Bldg 1114, can help you fill in and mail your voting materials. Please contact your Installation Voting Assistance Officers at: DSN 742-2701/2790, Commercial (662) 434-2701/2790, E-mail [vote.columbus@us.af.mil](mailto:vote.columbus@us.af.mil) .  
Website: <https://www.columbus.af.mil/Portals/39/documents/other/IVA%20Website%20Info.docx> .  
Hours of operation: Mon-Fri, 0730-1630. Closed weekends/holidays.

**Unit Voting Assistance Officer (UVAO)**  
UVAOs are available within each squadron having permanent party military assigned. They offer absentee voting information and assistance to military members, their family members and civilian personnel. The IVA Office provides same to GSUs serviced by CAFB and tenant units on CAFB.

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

**Federal Voting Assistance Program (FVAP)**  
You can access many voting-related questions and answers on the FVAP website at: <https://www.fvap.gov> .

lation Personnel Readiness office as well as the Airman and Family Readiness Center Readiness NCO to ensure Absentee Voting Information is included on pre and post deployment checklists and as part of the mandatory pre and post deployment briefings.

## What voting information does the IVAO provide to deployers?

The IVAO provides pre and post deployers with a copy of the CAFB Voting Assistance Information Sheet. This one-page document explains the IVAO’s role,

defines the forms used to vote absentee, and lists voting assistance contact information from installation to the Federal Voting Assistance Program (FVAP) level.

Departing deployers are offered a hard copy of the Federal Post Card Application (FPCA) which is used for voter registration, address change, and absentee ballot request. They are also offered a hard copy of the Federal Write-In Absentee Ballot (FWAB) which is used as a backup to the FPCA. The IVAO also provides departing deployers with a FVAP Pre-De-

ployment Fact Sheet.

## What voting assistance advice does the IVAO offer to deployers?

If the deploying member knows their deployed mailing address, the IVAO encourages they complete the FPCA online to register, request an absentee ballot, and update their mailing address at least 60 days prior to their departure. If their deployment date is less than 60 days prior to an election, the IVAO encourages they submit the backup ballot FWAB before departure.



## LIBRARY

### September At-a-Glance

<b>Classical Music Month</b> September 1-30 Info on the world's classical composers!	<b>Learning English Group</b> September 2, 9, 16, 23 @ 1100 Easy conversations for anyone learning English, via Zoom!	<b>Fiber Arts Class</b> September 3 & 17 @ 1430 Build crocheting skills introduced in August!	<b>Finger Painting</b> September 4, 11, 18, 25 @ 1000 Finger paint with your toddler & interact with others via Zoom!	<b>College Colors Day</b> September 4 Wear & share your school colors with pride!
<b>Wildlife Day</b> September 4 See what animals & bugs you can find in your area!	<b>Literary Challenge</b> September 6-12 Read as many books as possible!	<b>American Govt CLEP Study</b> September 9, 16, 23, 30 @ 1430-1630 Study sessions for the American Government CLEP exam.	<b>Teen Chess Club</b> September 14, 21, 28 @ 1430 The Library will host games via LChess.	<b>Kids Take Over the Kitchen</b> September 14 @ 1100 We will be sharing fun recipes to try!
<b>BLAZE Book Club</b> September 17 @ 1700 *American Spy* by Lauren Wilkinson	<b>Plane Day: Air Force Birthday</b> September 18 @ 1100 Share photos of how you celebrate!	<b>Comic Week</b> September 21-25 -Superhero training -Art contest -Costume contest	<b>Fox in Socks Challenge</b> September 30 @ 1400 Read "Fox in Socks" without stumbling!	<b>Submit photos of your activities or tune in on the Columbus AFB Library Facebook page!</b>

Call the Library at 434-2934 for details or activity-specific information.

TEAM BLAZE,  
**Some upcoming highlights:**

- 12 September: Shooting Tournament hosted by ODR from 9 a.m. – 12 p.m.

**REOPENING:**

- Independence Pool Season has been extended to 27 September
- Fitness Center (Active Duty Only) sign up on Sign Up Genius [www.signupgenius.com/tabs/93D7E-DE00A2CAE5C42-fitness](http://www.signupgenius.com/tabs/93D7E-DE00A2CAE5C42-fitness)
- Bowling Lanes are open! Hours: Tuesday - Friday, 3 – 9 p.m. & Saturday, 12 – 6 p.m. Sign up via the Bowling Center's Facebook page, @ColumbusAFBBowling-Center.
- Bowling Snack Bar hours: Monday - Friday, 6:30 a.m. – 2 p.m.
- St. Leo University has resumed CLEP/DSST testing. Military personnel and civilians may take CLEP/DSST exams to earn college level credit towards an associate's or bachelor's degree. For more information about scheduling an exam, please call 662-434-8844.


**Self-Improvement:**

- 3 September – 4 September: DoL Transition Employment Track, 7:30 a.m. – 4 p.m., AFRC\*
- 10 September: EFMP Orientation, 1 – 2:30 p.m., AFRC\*
- 14 September – 15 September: DoL Transition Vocational Track, 8 a.m. – 3 p.m., AFRC\*
- 15 September: Wing Newcomers Orientation, 8 a.m. – 12 p.m., AFRC\*

**For More Information:**

- Download the Columbus AFB App, "14 FTW"
- Check out [www.ColumbusAFBLiving.com](http://www.ColumbusAFBLiving.com)
- Like Columbus AFB Living Facebook page! @ColumbusAFBLiving

\*Please call ahead to schedule an appointment or RSVP



### Did you know?

Not only does your Resident Advocate play an active role in seeking positive solutions to complex housing-related issues, concerns and unresolved needs, the tenant plays a role as well. Get involved with the Resident Council, be a voice to the housing program and community. Ask your Resident Advocate about the opportunity at 662-434-7276.

# September: a time for a pause

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

September is suicide prevention month, but the year of 2020 has been filled with pandemics, natural disasters and civil unrest.

Since the last official count in 2017, done by [www.cdc.org](http://www.cdc.org), suicide has taken the lives of nearly 150,000 lives and is 10th leading cause of death in the United States.

Military leaders have been monitoring the situation closely and have made it a priority to mitigate the problem.

Daisy Jones-Brown, 14th Flying Training Wing suicide prevention program manager, says there are numerous factors and signs of suicidal ideation. The first sign she looks for deals with the person's relationships.

"I look at things like connection, how they are connected into the community, into their units, their particular jobs," Jones-Brown said. "I also look at isolation. Do they feel isolated, do they feel plugged in, have their needs met, are they socially okay?"

She says indicators can sometimes be hard to spot, especially if the person naturally has a more reserved personality. Most of the time, the best way to tell if they need help is by paying attention to how they have been acting recently.

Jones-Brown says if a person who is normally very social begins to act quiet, or vice versa, the person may be dealing with some issues.

"That's why you just have to ask out right," she said. "Sometimes it's intuitive, you get a feeling that something's not right with that person or other times you just know. Even though they may be acting like everything is okay, you may know that they're going through some things."

The bottom line is to be sincere and ask if the person is okay, she says.

Maj. Joshua Barry, 14th Medial Group Mental Health flight commander, says it is essential to ask questions and to know the people around you.

"You've got to know your people," Barry said. "Knowing the people around you tells you if they're just having a bad day, and that's going to happen, or is it a continuous bad day?"

There are multiple mental health and suicide prevention resources offered at Columbus Air Force Base.

"Within the mental health flight, we have family advocacy, counseling services and we have the drug and alcohol program, ADAPT. All three of those are elements within the mental health flight are available to active duty members."

For the resources available to everyone, Barry recommends using Family Advocacy, the Military Family Life counselor, the Chaplain Corps, Employee Assistance Program or Military One Source.

No matter where the person starts, they must start somewhere, Barry said.

For more information about suicide prevention and mental health, contact Daisy Jones-Brown at 662-434-1244 or via email at [daisy.jones-brown@us.af.mil](mailto:daisy.jones-brown@us.af.mil) or contact the Mental Health flight at 662-434-2239

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





T-1A Jayhawk



T-38C Talon

# SUPT Class 20-22/23 earns silver wings



**Capt. Benjamin Beck**  
Lexington, North Carolina  
C-17



**1st Lt. Stephen Cleary**  
McDonough, Georgia  
T-38C

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

Specialized Undergraduate Pilot Training Class 20-22/23 graduates at 10 a.m. today 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.

Second Lt. Harry Aquino and 2nd Lt. Luke Dellinger 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 1st Lt. Thomas Wick and 1st Lt. Benjamin See who excelled in training and typified the tenets of the association; promoting aerospace power and a strong national defense.

The distinguished graduates of Class 20-22/23 recognized were Aquino and Dellinger 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.

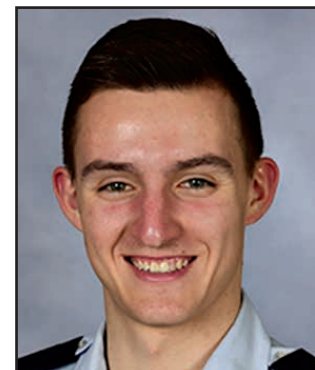
After primary training, students select, by order of merit, advanced training in the fighter-bomber or airlift-tanker track.

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 20-22/23's pilot partners are BankFirst Financial Services and The Southern.



**1st Lt. Christopher Patti**  
Knoxville, Tennessee  
F-16



**1st Lt. Thomas Prinslow**  
Kansas City, Missouri  
T-6A



**1st Lt. Jared Rackers**  
Jefferson City, Missouri  
F-15C



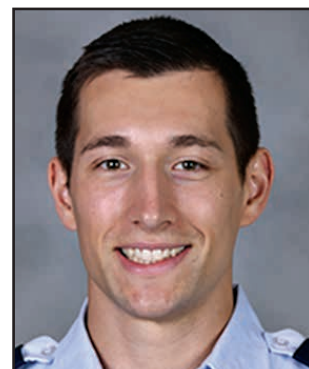
**2nd Lt. Luke Dellinger**  
Lexington, North Carolina  
C-17



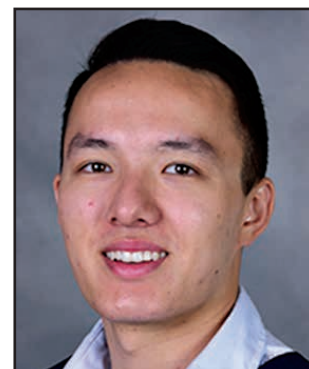
**2nd Travis McAfee**  
Fort Myers, Florida  
C-130J



**2nd Artur Romanishyn**  
Vinnytsia, Ukraine  
T-6A



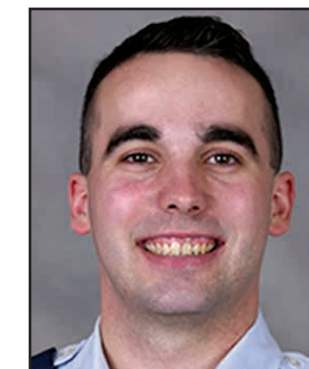
**Justin Schweitzer**  
Silver Lake, Wisconsin  
C-17



**2nd Lt. Benjamin See**  
Alexandria, Kentucky  
C-17



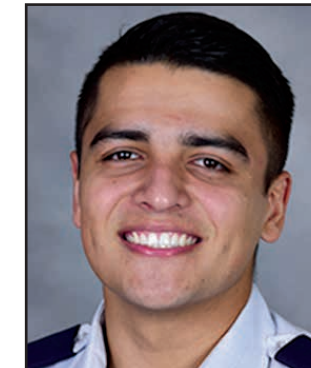
**2nd Austin Selzler**  
Sioux Falls, South Dakota  
F-16



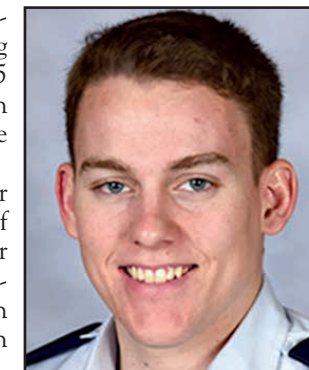
**2nd Lt. Brenden Smith**  
Medway, Massachusetts  
C-146



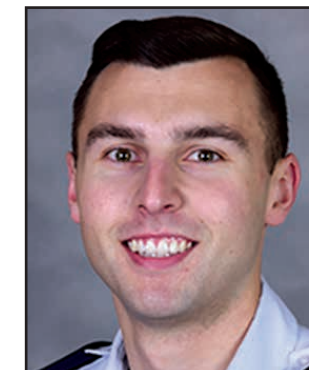
**1st Lt. Zachary Drury**  
Pueblo, Colorado  
A-10



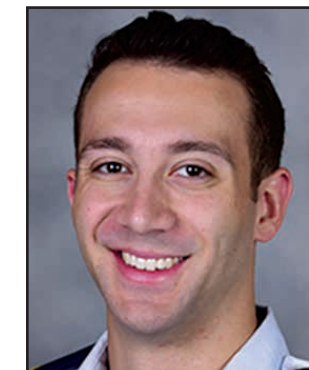
**1st Lt. Mario Mendez**  
Clemont, Florida  
C-130J



**1st Lt. Mitchel White**  
Phoenix  
F-16



**1st Lt. Thomas Wick**  
Woodinville, Washington  
F-22



**2nd Lt. Harry Aquino**  
New Milford, New Jersey  
F-15E