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# SILVER WINGS

“Cultivate Airmen, Create Pilots, CONNECT”

Vol. 43, Issue 6

Columbus Air Force Base, Miss.

February 15, 2019

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## Weather

<b>Friday</b>  Partly Cloudy High 62°F Low 58°F	<b>Saturday</b>  Cloudy High 48°F Low 39°F
<b>Sunday</b>  Cloudy High 52°F Low 45°F	<b>Monday</b>  Rain High 45°F Low 38°F

Forecast provided by the 14<sup>th</sup> OSS Weather Flight

## News Briefs

### Presidents' Day Holiday

The 14th Flying Training Wing will recognize the Presidents' Day Holiday Feb. 18. Most base offices will be closed.

### Wing Newcomers Orientation

All new active-duty service members are required to attend the Wing Newcomers Orientation starting at 8 a.m. Feb. 26 in the Columbus Club. The Wing Newcomers Brief is a great way to learn all the different organizations on base and get a feel for how Columbus operates. Spouses are also encouraged to attend.

### SUPT 19-07 Assignment Night

Specialized Undergraduate Pilot Training class 19-07 will have an assignment night 5:30 p.m. March 1 at the Columbus Club.



Feature 8

SUPT Class 19-06 graduates today at 10 a.m. at the Kaye Auditorium.

## Team BLAZE's outstanding Airmen showcased at award banquet

**Airman Hannah Bean**  
14th Flying Training Wing Public Affairs

Members of Team BLAZE celebrated the hard work of Airmen throughout the wing during the 2018 Annual Awards Banquet Feb. 8 on Columbus Air Force Base. Forty-three members and four teams, representing 16 categories, were recognized and competed for wing-level awards.

egories, were recognized and competed for wing-level awards. After social hour, the nominees were formally introduced as they made their way through a saber arch. Senior Master Sgt. Garrick Christian, 14th Operations Support Squadron chief controller of air traffic control, and 1st Lt. See AWARDS, Page 5

## COLUMBUS AFB TRAINING TIMELINE

PHASE II		PHASE III		IFF		WING SORTIE BOARD			
Squadron	Track Select	Squadron	Graduation	Squadron	Graduation	Aircraft	Required	Flown	Annual
37th (19-22)	Mar. 11	48th (19-07)	Mar. 15	49th (19-EBC)	Mar. 4	T-6	758	1,036	9,770
41st (19-21)	Feb. 22	50th (19-07)	Mar. 15			T-1	384	227	3,256
						T-38	450	415	3,940
						IFF	176	188	1,582

Gen. Charles Q. Brown Jr., Pacific Air Forces commander, was the guest speaker for Specialized Undergraduate Pilot Training Class 19-06's graduation at 10 a.m. today in the Kaye Auditorium.

\* Mission numbers provided by 14 FTW Wing Scheduling.



14TH FLYING  
TRAINING  
WING DEPLOYED

As of press time, 48 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.



Cultivate Airmen  
Create Pilots  
CONNECT



14 FSS Holiday Hours  
Presidents' Day, 18 Feb

Airman & Family Readiness Center.....Closed 18 Feb

Arts & Crafts.....Closed 18 Feb

Base Library.....Closed 18 Feb

Bowling Center.....Closed 18 Feb

Cafe at Whispering Pines.....Closed 18 Feb

Child Development Center.....Closed 18 Feb

Civilian Personnel.....Closed 18 Feb

Coffee House on 5th.....Closed 18 Feb

Columbus Club.....Closed 18 Feb

Education Office.....Closed 18 Feb

Fitness Center.....(Staffed) Open 1000 - 1800

Independence Pool.....Closed for Season

Information, Tickets & Travel.....Closed 18 Feb

Manpower.....Closed 18 Feb

Military Personnel.....Closed 18 Feb

NAF HRO.....Closed 18 Feb

Official Mailroom.....Closed 18 Feb

Outdoor Recreation.....Closed 18 Feb

Youth Center.....Closed 18 Feb

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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Sunday School (all ages) - 9:15 am

SUNDAY EVENING  
Youth Drama & AWANA - 4pm  
Discipleship Training - 5pm  
Evening Worship - 6pm

WEDNESDAY  
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# CMSAF Wright testifies before Congress on Air Force quality of life

Secretary of the Air Force  
Public Affairs

WASHINGTON — Chief Master Sgt. of the Air Force Kaleth O. Wright told members of Congress at Capitol Hill, Washington, D.C., Feb. 7, that issues such as adequate base housing, reliable child care and other quality of life factors are “inextricably linked” to the service’s readiness.

“Recruiting the best Airmen possible, training and retaining the Airmen of today, and ensuring our Airmen and their families are taken care of directly impacts readiness,” said Wright during a House Appropriations Subcommittee on Military Construction and Veterans Affairs hearing.

Making investments to ensure lethality, restore readiness, properly fund and train personnel and deliver cost-effective, adaptive infrastructure is essential to preserving the Air Force’s power projection advantage, he continued.

In one of the first hearings of the 2019 budget cycle, Wright was joined by his colleagues from the Army, Marine Corps and Navy to discuss the quality of life and needs for enlisted personnel across the sprawling United States military.

As he has done in other instances, Wright emphasized the importance of a work environment that provides strong opportunities for continuing training, is free from sexual harassment and is focused on maintaining the resilience of the Total Force.

“It is imperative we take care of the entire Air Force family,” he said. “We must continue to improve child care availability and af-



U.S. Air Force photo by Scott M. Ash

**Chief Master Sgt. of the Air Force Kaleth O. Wright prepares to testify before the House Appropriations Subcommittee on Military Construction and Veterans Affairs in Washington, D.C., March 8, 2017. The CMSAF was joined by his service counterparts for the hearing.**

fordability, and eliminate barriers to military spouse employment. These issues are important because we don’t only retain Airmen – we retain families.

“Finally, we must continue to invest in our infrastructure,” he continued. “Our installations are unique; they are vital to supporting joint operations worldwide. More than just pavement, runways and buildings, they include airspace, ranges, locations and surge capacity with significant strategic val-

ue. Decades of challenging fiscal conditions and competing priorities have necessitated managed risk in infrastructure.”

Wright’s messages on Capitol Hill were acknowledged.

“This hearing is a great opportunity to identify areas where we can do more to help those who protect us and defend this nation,” said Subcommittee Chairwoman Rep. Deborah Wasserman Schultz during the hearing opening. “It is vital we pay heed to their

*“This hearing is a great opportunity to identify areas where we can do more to help those who protect us and defend this nation,” said Subcommittee Chairwoman Rep. Deborah Wasserman Schultz during the hearing opening. “It is vital we pay heed to their well-being and guarantee their optimal readiness.”*

well-being and guarantee their optimal readiness.”

It’s also imperative to remember the incredible sacrifices a servicemember’s family makes during deployments, she said.

In response to the committee’s questions, Wright explained the progress the Air Force has achieved in preventing sexual assault. He also highlighted the need for improving privatized housing and increasing child care availability. In turn, Wright, the Air Force’s highest-ranking enlisted Airman, urged the subcommittee’s members to work with other members of Congress to improve – and expand – opportunities for military spouses.

## NEWS AROUND TOWN

### WWE Live

World Wrestling Entertainment will be performing at 7:30 p.m. Feb. 23 at the Bancorp South Arena in Tupelo, Mississippi. Tickets and information are available online.

### Luke Combs Concert

Luke Combs, American Country Music singer, will perform at 7 p.m. March 8 at the BancorpSouth Arena in Tupelo, Mississippi. Tickets available online.

## Commander’s Action Line 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.



# Local colleges renew partnership, MBA program now available

## Senior Airman Beaux Hebert

14th Flying Training Wing Public Affairs

Columbus Air Force Base is committed to cultivating Airmen and developing leaders by enhancing base educational programs; that’s why earlier this week 14th Flying Training Wing leadership met with two local college and university representatives to establish a new opportunity for secondary education.

The presidents of Saint Leo University (SLU) and East Mississippi Community College (EMCC) visited the base to sign Columbus AFB Addendum to the Defense Department Voluntary Education Memorandum of Understanding at the Education Center Feb. 11 and toured the base to immerse themselves in the daily life of an Airman.

This agreement allows the two schools to offer college education programs on base, but additionally, it allows people to now enroll for Saint Leo’s new Master of Business Administration program. These formal agreements are required to operate college programs on any DOD installation.

“Saint Leo University has received approval to offer master’s degree and now we are looking for enrollees,” said Dr.

*“This is a 40-year partnership and we are looking forward to the next 40 years,” said Dr. Scott Alsobrooks, EMCC president. “Education is always evolving and changing, so we will continue to help Airmen and their families achieve their educational goals.”*

Jeffrey Senese, Saint Leo University president.

The partnership with EMCC allows Airmen to earn their Community College of the Air Force degree, as well as associate degrees that can transfer into a bachelor’s degrees offered by SLU. SLU offers both bachelor’s and, now, master’s degrees that help Airmen develop professionally and personally

as they seek advancement in their professional careers.

“This is a 40-year partnership and we are looking forward to the next 40 years,” said Dr. Scott Alsobrooks, EMCC president. “Education is always evolving and changing, so we will continue to help Airmen and their families achieve their educational goals.”

The partnership between the base and colleges makes earning a degree easier because Airmen are able earn college credits at the Education Center by using the SLU National Testing Center for their Digit Symbol Substitution Tests, College Level Examination Programs, and PearsonVue Exams.

A college degree not only helps Airmen in their current career field, it can also prepare them for transition to the civilian sector should they decide to separate or retire.

Laurence Brooks, 14th Force Support Squadron education and training chief, said a college degree often opens doors for job interviews as it tells an employer you can work on a team, complete a project, and finish long-term goals. He said a degree also helps with a higher starting salary.

If you are interested in pursuing higher education, contact the Education Center at (662) 434- 2562.



Dr. Scott Alsobrooks, East Mississippi Community College president, left, Laurence Brooks, 14th Force Support Squadron Education and Training chief, middle, and Dr. Jeffrey Senese, Saint Leo University president, right, converse Feb. 11, 2019, on Columbus Air Force Base, Mississippi. Alsobrooks and Senese visited the base to sign Columbus AFB Addendum to the DoD Voluntary Education Memorandum of Understanding at the Education Center and toured the base to immerse themselves in the daily life of an Airman.



U.S. Air Force photos by Elizabeth Owens

Col. Samantha Weeks, 14th Flying Training Wing commander, and Dr. Scott Alsobrooks, East Mississippi Community College president, sign a memorandum of understanding Feb. 11, 2019, on Columbus Air Force Base, Mississippi. EMCC renewed its 40-year partnership with the base, continuing to help Airmen earn a college education.



## 2018 Annual Award Winners



**Airman of the Year**  
Senior Airman Glen Simmons  
14th Operations Group



**NCO of the Year**  
Staff Sgt. Bryce Cook  
14th Medical Group



**Senior NCO of the Year**  
Master Sgt. Charles Virgil  
14th OG



**Company Grade Officer of the Year**  
Capt. Daniel Wilson  
14th MDG



**Field Grade Officer of the Year**  
Maj. Eric Scott  
14th OG



**Flight Commander of the Year**  
Maj. Nicholas Ervin  
14th OG



**First Sergeant of the Year**  
Master Sgt. David Pennington  
14th OG



**Honor Guard Member of the Year**  
Staff Sgt. Brianna Brown  
14th MDG



**Supervisory Category I Civilian of the Year**  
Will Gray  
14th Mission Support Group



**Non-supervisory Category I Civilian of the Year**  
David Ross  
14th MDG



**Supervisory Category II Civilian of the Year**  
James Rackley  
14th MSG



**Non-supervisory Category II Civilian of the Year**  
Latoria Reid  
14th MSG



**Supervisory Category III Civilian of the Year**  
Kevin Billingsley  
14th OG



**Non-supervisory Category I Civilian of the Year**  
Timothy Turner  
14th MSG



**Volunteer of the Year**  
Jeff Johnwick  
14th MSG



**Innovation Team of the Year**  
Spark Cell  
Wing Staff Agencies

## Team BLAZE's Award Winners

### Air Force:

- 2018 Emergency Manager of the Year (Military Emergency Manager): Master Sgt. Kevin McGinnis, 14th Civil Engineer Squadron

### Air Education and Training Command:

- 2018 Security Forces Unit Award (Small Unit Category): 14th Security Forces Squadron

### Chapel Corps Awards:

- 2018 Medium Chapel Team of the Year: BLAZE Chapel
- Company Grade Officer of the Year: Chaplain (Capt.) Tara Dixon
- Noncommissioned Officer of the Year: Tech. Sgt. Aubrey Daniels

### 19th Air Force Outstanding Airmen of the Year:

- Airman Category: Senior Airman Glen Simmons, 14th Operations Support Squadron
- Field Grade Officer Category: Maj. Eric Scott, 81st Fighter Squadron
- Civilian Supervisory Category I: Will Gray, 14th Logistics Readiness Squadron

## Team BLAZE's newest selected Captains

1st Lt. Omar Kram .....	48th Flying Training Squadron
1st Lt. Justin Asendorf .....	14th Security Forces Squadron
1st Lt. Matthew Brau .....	41st FTS
1st Lt. Christopher Breyfogle.....	48th FTS
1st Lt. Taylor Brown .....	37th FTS
1st Lt. Austin Carter.....	37th FTS
1st Lt. Julian Kinonen.....	41st FTS
1st Lt. Andrew Kubinski.....	50th FTS
1st Lt. Matthew Thomas.....	48th FTS
1st Lt. Audrey Yakulevich .....	14th Force Support Squadron

## 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.)

### Bundles of Joy

The next Bundles of Joy workshop is from 1-3:30 p.m. Feb. 21 in the A&FRC. This program is designed for active-duty Air Force members and/or their spouses who are pregnant or have a child 4 months old or less. Attendees will learn about finances, labor and delivery, and infant care. A \$50 gift card sponsored by the Air Force Aid Society will be provided for each qualifying child. To register or for more information, please call A&FRC at (662) 434-2790.

### Wing Newcomers Orientation

The next Wing Newcomers Orientation is from 8 a.m.-noon Feb. 26. This event is mandatory for all newly arrived active-duty and civilian personnel, and spouses are encouraged to attend. The orientation is held at the Columbus Club. To register or for more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

### Hearts Apart

The next Hearts Apart is from 5-7 p.m. Feb. 28. 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.

### Transition Assistance Program GPS (Goals, Plans, Success) Workshop

The next Transition Assistance Program (TAP) workshop is from 7:30 a.m.-4 p.m. March 4-8 and includes seminars on: Transition, Military Occupational Code Crosswalk, Financial Planning, Health Benefits, Mississippi Department of Employment Security, Department of Veterans Affairs, Disabled TAP and Department of Labor. Preseparation counseling is required before attending, and recommended attendance is 12-24 months prior to separation/retirement. Spouses are encouraged to attend with their sponsor. To register or for more information, please call the TAP Manager at (662) 434-2631/2790.

### Air Force Recovery Coordination Program

A Recovery Care Coordinator (RCC) will be providing assistance from 8 a.m.-5 p.m. Feb. 7; 8 a.m.-noon Feb. 8; and noon-5 p.m. March 6 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 wound-

## 14th CES donates stuffed animals to Columbus PD



Courtesy Photo

**Members of the 14th Civil Engineer Squadron and the local community donated about 160 stuffed animals to the Columbus Police Department Feb. 11, 2019, in Columbus, Mississippi. The stuffed animals are used to comfort small children who have experienced or witnessed a traumatic event.**

ed, 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.

### Career Exploration & Planning Track Workshop

The next Career Exploration & Planning Track workshop is from 8 a.m.-3 p.m. March 11-12 in the A&FRC. This workshop helps members identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. To register or for more information, please call A&FRC at (662) 434-2790.

### Federal USA Jobs Workshop

The next Federal USA Jobs workshop is from 9-10:30 a.m. March 13. 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.

### Heart Link

The next Heart Link is from 8:30 a.m.-noon April 11 in the A&FRC. This half-day program is open to all spouses of active duty military members assigned to Columbus AFB. Attendees will receive information about life in the Air Force, in the local area and at Columbus AFB from local subject matter experts including spouse leaders. To register or for more information, please call A&FRC at (662) 434-2790.

### Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop is from 8 a.m.-3 p.m. May 9-10. This workshop is conducted by the Small Business Administration for veterans and all base personnel interested starting up and operating their own business. To register or for more information, please call A&FRC at (662) 434-2790.

### Volunteer Opportunities

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

### Survivor Benefit Plan

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

### Discovery Resource Center

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

### 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

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

### Catholic Community

#### Sundays:

3:30 p.m. - Religious Education, grades K-9 (Start in Fall)  
4 p.m. - Choir Practice  
4 p.m. - Confession (or by appointment)  
5 p.m. - Mass  
1st and 3rd Sunday - Fellowship Meal following Mass

#### Tuesdays:

11:30 a.m. - Daily Mass (Phillips Auditorium)

#### Wednesdays:

11:30 a.m. - Adoration (Phillips Auditorium)  
2nd Saturday of each month - Faith Ablaze

### Protestant Community

#### Sundays:

9 a.m. - Adult Sunday School  
10:45 a.m. - Community Worship Service (Donut Fellowship following)  
3rd Sunday of Each Month - Protestant Faith Ablaze

#### Wednesdays:

6 p.m. - AWANA: Begins September 26th (Open to all denominations)

#### Thursdays:

5:30 p.m. - Student Pilot Bible Study (Open to all denominations)

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



**Innovation team of the Year:** Spark Cell, wing Stair  
**Agencies**



# Columbus AFB instructor pilots connect with Virginia Tech AFROTC cadets

**Airman Hannah Bean**  
14th Flying Training Wing  
Public Affairs

It's not everyday cadets are given the opportunity to work closely with U.S. Air Force pilots; however, the Virginia Tech AFROTC Detachment 875 was given the chance when instructor pilots (IP) from the 37th and 48th Flying Training Squadrons visited the university Feb. 8-11.

Nine IPs, five T-6 Texan IIs, a T-1A Jayhawk, aircrew flight equipment personnel and the 14th Medical Group flight surgeon recently returned from a TDY to Roanoke Blacksburg Regional Woodrum Field, Virginia, where they connected with cadets from the Virginia Tech Air Force ROTC program.

The trip was an effort to boost rated career interest, but also added continuation training for Columbus AFB's IPs. The pilots also helped meet Air Education and Training Command's vision of "Recruit Next" by recruiting, training, and educating Air Force ROTC cadets on Air Force flying missions, primarily the Specialized Undergraduate Pilot Training mission.

"This is an opportunity for them to see what the rated career fields are all about," said Capt. Andrew Barstow, 37th FTS assistant chief of training. "It's a pretty cool opportunity, not just the nature of it, but the impact as well."

Barstow also said the experience gives cadets a better realization of what they're getting into, and will help them make more informed decisions about their future Air Force careers.

Before the pilots began flying, they hosted a social Feb. 8 in the dorms so cadets could get to know the IPs better by asking questions about their experiences and what it's like to be a pilot.

"Having Columbus Air Force



Courtesy photos

**Virginia Tech Air Force ROTC Detachment 875 cadets chat with instructor pilots from the 37th and 48th Flying Training Squadrons from Columbus Air Force Base, Mississippi, Feb. 8, 2019, in Blacksburg, Virginia. The IPs hosted a social in the dorms, where cadets could ask questions about pilot life and their experiences.**

Base come in and having guys who are current instructor pilots now gives relevancy, excitement and motivation," said Lt. Col. Barry Burton, Virginia Tech Air Force ROTC Det. 875 commander. "It's a hands-on actual view of what it's like from a pilot's perspective on the lifestyle and experience."

Burton said cadets get excited and motivated when they're able to engage with pilots via video-conference, however, "having pilots on the ground takes it to a much higher level."

To make the most out of their visit, the T-1 IPs were also able to meet with North Carolina Agricultural and Technical State University Det. 605 cadets at Greensboro, North Carolina.

Throughout the weekend, the 28 cadets were briefed on and experienced the capabilities of the T-1 and T-6 aircraft.

"My favorite part of this experience was getting the opportunity to not only fly in the T-6, but get to learn and ask questions from the pilots," said Olivia Ellis, Virginia Tech Air Force ROTC Det. 875 cadet. "This opportunity made me feel grateful for the opportunities the Air Force offers cadets and I think opportunities like this should be available to more cadets."

Capt. Max Adler, 41st FTS check pilot, Maj. Scott Meskimen, 14th Operations Group executive officer, and Barstow were part of the IP group and are Virginia Tech alumni. This visit provided an opportunity to return to their alma mater and show new cadets some aspects of a pilot's life.

"It's a very amazing experience," Barstow said. "I'm shaking hands with cadets and I'm walking through the same hallways I did as an ROTC cadet. It's kind of surreal



**A four-ship formation of T-6 Texan IIs fly over Roanoke Blacksburg Regional Woodrum Field, Virginia. Instructor pilots from the 37th and 48th Flying Training Squadrons at Columbus Air Force Base, Mississippi worked with cadets from the Virginia Tech AF's ROTC program Feb. 8-11.**

when I think about it. We got so much support to help us make it happen, so I'm really appreciative

and excited. I feel like I'm giving back to the guys that help me get to this position here."

## Staff Sergeant (19E5) WAPS Testing cycle

Staff Sergeant (19E5) WAPS Testing cycle starts 1 May 19 and ends 15 Jun 19. Being notified of the location of the WAPS Study Reference materials/EPRRC meets the requirements of AFI 36-2605.

Further, IAW AFI 36-2605, paragraph 1.19, Airmen are responsible for the following:

- Understand and comply with the provisions of Test Compromise in AFI 36-2605, Chapter 5
- Follow all directions before, during, and immediately following testing
- Report to the Test Examiner if you are suffering from any mental or physical condition that may prevent you from doing your best or finishing testing
- Wear an authorized uniform on day of testing and bring your military identification card (You cannot test without these).
- Know your promotion status
- Maintain your specialty and military qualifications
- Use a self-initiated study program to

prepare for testing

- Obtain all current study reference materials (see links below)
- Review the EPRRC (below) to ensure receipt of correct study reference materials
- Be prepared to test the first day of the testing cycle (1 May 19)
- Ensure you have access to study materials at least 60 days prior to testing (awareness of the below web site locations meet this requirement)

**To look up study references, please visit:**  
[https://www.omsq.af.mil/TE/EPR-RC\\_2019.pdf](https://www.omsq.af.mil/TE/EPR-RC_2019.pdf)

**To pull your study material Career Development Courses, please visit:**  
<http://cdc.aetc.af.mil/>

**To pull your PFE Study Guide, please visit:**

<https://www.studyguides.af.mil/>  
Remember, having access to the web sites (including being made aware) constitutes having access to study materials at least 60 days prior to the start of the testing cycle.

## BLAZE 1 speaks at Boy Scout dinner



U.S. Air Force photo by Senior Airman Beaux Hebert

**Col. Samantha Weeks, 14th Flying Training Wing commander, speaks at the Pushmataha Area Council Annual Recognition Dinner Feb. 9, 2019, in Columbus, Mississippi. The dinner highlighted the achievements of the organization and also several new Eagle Scouts.**

## VIEWPOINT

# Bird's-eye view

**Senior Airman Beaux Hebert**  
14th Flying Training Wing  
Public Affairs

Most people can probably spot their public affairs Airmen, they're usually carrying a camera, note pad and a recorder. The moment they see them coming, the crowd disperses. I show up when people least expect it and sometimes catch them off guard with a barrage of questions and flashes from a camera.

Although some might think PA can be intrusive at times, we help tell the 14th Flying Training Wing's story and this job has personally given me a bird's-eye view of the mission.

PA wasn't my first choice when I enlisted into the Air Force, in fact I didn't know what I wanted to do. I was 17, in a recruiter's office with over 300 jobs in front of me. I had no clue what two-thirds of them were and the ones I did recognize, didn't call to me. My recruiter mentioned going "open-general" and letting the Air Force pick. I did get a preference of what I would like to do. I remember putting security forces on the top of

my list because I would like to be a cop in my hometown one day and I might have put PA at the bottom.

I found out I was going to be a public affairs Airman during my seventh week in basic military training. To be honest, I wasn't extremely happy with this choice once I learned more about the job. I was a boy from a rural Texas town, I had never touched a camera and my senior year I told my English teacher, "I don't need to know any of this writing stuff."

I went to technical school at Fort George G. Meade, Maryland, between Baltimore and Washington D.C. and I couldn't have felt more out of place. A country boy learning to be a professional photographer, skilled news writer and a social media expert in a big city. I struggled at first, failing one of my first photography assignments, which didn't help the whole "this isn't the job for me," feeling.

After completing five months of training, I moved to Columbus Air Force Base, Mississippi, and it was out of the frying pan, into the fire situation. I was almost immediately writing sto-

*As a photojournalist, I get to see how every unit contributes into creating a pilot. For example, I see how entomology keeps pests off the flight line so aircraft can take off and land without worrying about running over a skunk; or how command post ensures that the fire department and security forces are aware of emergencies. The list goes on forever.*

ries and taking photos, still not a fan of the job. It took me a few months to settle into PA and become comfortable with local styles and preferences.

About a year later, I had a friend tell me that his job doesn't contribute to the mission and he felt useless. Little did he know, I had just published a story about his unit and I told him exactly how he fit into the mission. At that exact moment, I realized my favorite part about my job.

As a photojournalist, I get to see how every unit contributes into creating a pilot. For example, I see how entomology keeps pests off the flight line so aircraft can take off and land without worrying about running over a skunk; or how command post ensures that the fire department and security forces are aware of emergencies.


The list goes on forever.

Our job also involves interviewing distinguished visitors. This helps us see more of the larger-scale operations and planning, and their impacts. Talking with them and seeing the different strategic levels of the Air Force is an eye-opening experience.


On occasion, we also get to interview celebrities, which is probably one of my favorite aspects of the job. When Easton Corbin, someone who I listened to on the radio growing up back in Texas, came to visit during Freedom Fest, I was thrilled to be given a chance to talk to him.

Overall, I'm very thankful for the path that I've taken and all that I've learned along the way, I look forward to learning more each day about the world's greatest Air Force.





# Medical Corner



## HEART HEALTH

# Know Your Target Heart Rates

How do you get your heart rate in the target zone? When you work out, are you doing too much or not enough? There's a simple way to know: Your target heart rate helps you hit the bullseye so you can get max benefit from every step, swing and squat. Even if you're not a gym rat or elite athlete, knowing your heart rate (or pulse) can help you track your health and fitness level.

### First Things First: Resting Heart Rate

Your resting heart rate is the number of times your heart beats per minute when you're at rest. A good time to check it is in the morning after you've had a good night's sleep, before you get out of bed or grab that first cup of java!

For most of us, between 60 and 100 beats per minute (bpm) is normal. The rate can be affected by factors like stress, anxiety, hormones, medication, and how physically active you are. When it comes to resting heart rate, lower is better. It usually means your heart muscle is in better condition and doesn't have to work as hard to maintain a steady beat. Studies have found that a higher resting heart rate is linked with lower physical fitness and higher blood pressure and body weight.

### Know Your Numbers: Maximum and Target Heart Rate

This table shows target heart rate zones for different ages. Your maximum heart rate is about 220 minus your age. Target heart rate during moderate intensity activities is about 50-70% of maximum heart rate, while during vigorous physical activity it's about 70-85% of maximum.

Age	Target HR Zone 50-85%	Average Maximum Heart Rate 100%
20 years	100-170 beats per minute (bpm)	200 bpm
30 years	95-162 bpm	190 bpm
35 years	93-157 bpm	185 bpm
40 years	90-153 bpm	180 bpm
45 years	88-149 bpm	175 bpm
50 years	85-145 bpm	170 bpm
55 years	83-140 bpm	165 bpm
60 years	80-136 bpm	160 bpm
65 years	78-132 bpm	155 bpm
70 years	75-128 bpm	150 bpm

### So what's in a number?

If your heart rate is too high, you're straining. If it's too low, and the intensity feels "light" to "moderate," you may want to push yourself to exercise a little harder, especially if you're trying to lose weight.

*Know Your Target Heart Rates for Exercise, Losing Weight and Health. Retrieved from <https://www.heart.org/en/healthy-living/fitness/fitness-basics/target-heart-rates>*

### Aerobic exercise Top Reasons to get physical



- Keep excess pounds at bay.
- Combined with a healthy diet, aerobic exercise helps you lose weight and keep it off.
- Increase your stamina, fitness and strength. You may feel tired when you first start regular aerobic exercise.
- But over time, you'll enjoy increased stamina and reduced fatigue.
- Ward off viral illnesses. Aerobic exercise activates your immune system in a good way. This may leave you less susceptible to minor viral illnesses, such as colds and flu.
- Reduce your health risks. Aerobic exercise reduces the risk of many conditions, including obesity, heart disease, high blood pressure, type 2 diabetes, metabolic syndrome, stroke and certain types of cancer.
- Strengthen your heart. A stronger heart doesn't need to beat as fast. A stronger heart also pumps blood more efficiently, which improves blood flow to all parts of your body.
- Keep your arteries clear. Aerobic exercise boosts your high-density lipoprotein (HDL), the "good," cholesterol, and lowers your lowdensity lipoprotein (LDL), the "bad," cholesterol.
- Boost your mood. Aerobic exercise may ease the gloominess of depression, reduce the tension associated with anxiety and promote relaxation. It can also improve your sleep.

*Aerobic exercise: Top 10 reasons to get physical. Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/aerobic>*

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



Dear Health Myth Busters,  
With the New Year upon us, my goal is to improve my heart health. Everything I've read tells me that aerobic exercise is the best way to obtain my goal. Is it true that aerobic exercise is the only way to improve my heart health, or should I be aware of other factors?

Sincerely,  
Heart Healthy

Dear Heart Healthy,  
Getting the blood pumping through aerobic exercise is good for cardiovascular health. Being physically active is an important step toward a healthy heart. It's one of the most effective tools for strengthening the heart muscle. It's also an effective way to control your weight, ward off artery damage from high cholesterol, and lower blood pressure. Ideally, try to complete 30 minutes of aerobic exercise a day, at least five days a week.

It's also true that other types of exercise can enhance a complete fitness program and are an important role in heart health. Aerobic exercise and strength training are the most important, followed by flexibility.

Resistance training has a more specific effect on body composition. It can reduce fat and create leaner muscle mass. Research shows the combination of aerobic exercise and resistance training can help improve cholesterol levels in the blood. At least two consecutive days per week of resistance training is a good rule of thumb, according to the American College of Sports Medicine.

Flexibility may not directly contribute to heart health, yet it provides a good foundation for performance minded exercises, such as aerobic and strength training. Consequently, this helps your training to be more effective and efficient. Dynamic stretching is recommended prior to exercise, and Static stretches are recommended post workout. If you'd like to learn more, consult with your local Health Promotion team for further guidance.

Sincerely,  
Health Myth Busters

*Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to [usaf.jbsa.afmsa.mbx.hpo@mail.mil](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/>*

## BLAZE Hangar Tails: A-10 Thunderbolt II

### Mission

The A-10 Thunderbolt II has excellent maneuverability at low air speeds and altitude, and is a highly accurate and survivable weapons-delivery platform. The aircraft can loiter near battle areas for extended periods of time and operate in low ceiling and visibility conditions. The wide combat radius and short takeoff and landing capability permit operations in and out of locations near front lines. Using night vision goggles, A-10 pilots can conduct their missions during darkness.

Thunderbolt IIs have Night Vision Imaging Systems, or NVIS, goggle compatible single-seat cockpits forward of their wings and a large bubble canopy which provides pilots all-around vision. The pilots are protected by titanium armor that also protects parts of the flight-control system. The redundant primary structural sections allow the aircraft to enjoy better survivability during close air support than did previous aircraft. The aircraft can survive direct hits from armor-piercing and high explosive projectiles up to 23mm. Their self-sealing fuel cells are protected by internal and external foam. Manual systems back up their redundant hydraulic flight-control systems. This permits pilots to fly and land when hydraulic power is lost.

The A-10 has received many upgrades over the years. In 1978, the aircraft received the Pave Penny laser receiver pod, which sensed reflected laser radiation from a laser designator. Pave Penney has now been discontinued in favor more capable advanced targeting pods. The A-10 began receiving an inertial navigation system in 1980. Later, the Low-Altitude Safety and Targeting Enhancement (LASTE) upgrade provided computerized weapon-aiming equipment, an autopilot,

and a ground-collision warning system. In 1999, aircraft began to receive Global Positioning System navigation systems and a new multi-function display. In 2005, the entire A-10 fleet began receiving the Precision Engagement upgrades that include an improved fire control system (FCS), electronic countermeasures (ECM), upgraded cockpit displays, the ability to deliver smart bombs, moving map display, hands on throttle and stick, digital stores management, LITENING and Sniper advanced targeting pod integration, situational awareness data link or SADL, variable message format, or VMEF, GPS-guided weapons, and upgraded DC power. The entire A-10 fleet has been Precision Engagement modified and now carries the A-10C designation.

The Thunderbolt II can be serviced and operated from austere bases with limited facilities near battle areas. Many of the aircraft's parts are interchangeable left and right, including the engines, main landing gear and vertical stabilizers. Avionics equipment includes multi-band communications; Global Positioning System and inertial navigations systems; infrared and electronic countermeasures against air-to-air and air-to-surface threats. And, it has a heads-up display to display flight and weapons delivery information.

The Thunderbolt II can employ a wide variety of conventional munitions, including general purpose bombs, cluster bomb units, laser guided bombs, joint direct attack munitions or JDAM, wind corrected munitions dispenser or WCMD, AGM-65 Maverick and AIM-9 Sidewinder missiles, rockets, illumination flares, and the GAU-8/A 30mm cannon, capable of firing 3,900 rounds per minute to defeat a wide variety of targets including tanks.



U.S. Air Force photo by Staff Sgt. Sergio A. Gamboa

A U.S. Air Force A-10 Thunderbolt II from the 25th Fighter Squadron prepares to take off at Osan Air Base, South Korea, Oct. 22, 2018. A-10s participated in routine training aimed at sharpening skills needed for search and rescue operations. The A-10 "Warthog" is the first AF aircraft designed specifically to provide close air support to ground forces and is well-known for its 30 mm GAU-A8 Avenger Gatling-type Autocannon capable of firing 3,900 rounds per minute.



U.S. Air National Guard photo by Senior Airman Rita Foster

An A-10C Thunderbolt II aircraft with the 122nd Fighter Wing, Fort Wayne, Ind., fires the GAU-8 Avenger rotary cannon during Operation Guardian Blitz, Dec. 11, 2018, at Avon Park, Florida. Pilots with the 163rd Fighter Squadron honed their skills at Avon Park Air Force Range, a 106,000 acre bombing range located in central Florida.

### General Characteristics

**Primary Function:** Close air support, Airborne Forward Air Control, Combat Search and Rescue

**Contractor:** Fairchild Republic Co.

**Power Plant:** Two General Electric TF34-GE-100 turbofans

**Thrust:** 9,065 pounds each engine

**Wingspan:** 57 feet, 6 inches (17.42 meters)

**Length:** 53 feet, 4 inches (16.16 meters)

**Height:** 14 feet, 8 inches (4.42 meters)

**Weight:** 29,000 pounds (13,154 kilograms)

**Maximum Takeoff Weight:** 51,000 pounds (22,950 kilograms)

**Fuel Capacity:** 11,000 pounds (7,257 kilograms)

**Payload:** 16,000 pounds (7,257 kilograms)

**Speed:** 450 nautical miles per hour (Mach 0.75)

**Range:** 2580 miles (2240 nautical miles)

**Ceiling:** 45,000 feet (13,636 meters)

**Armament:** One 30 mm GAU-8/A seven-barrel Gatling gun; up to 16,000 pounds (7,200 kilograms) of mixed ordnance on eight under-wing and three under-fuselage pylon stations, including 500 pound (225 kilograms) Mk-82 and 2,000 pounds (900 kilograms) Mk-84 series low/high drag bombs, incendiary cluster bombs, combined effects munitions, mine dispensing munitions, AGM-65 Maverick missiles and laser-guided/electro-optically guided bombs; infrared countermeasure flares; electronic countermeasure chaff; jammer pods; 2.75-inch (6.99 centimeters) rockets; illumination flares and AIM-9 Sidewinder missiles.

**Crew:** One

**Unit Cost:** \$18.8 million

**Initial operating capability:** A-10A, 1977; A-10C, 2007

**Inventory:** Active force, 187; Reserve, 49; ANG, 107





T-1A Jayhawk

# SUPT Class 19-06 earns silver wings



T-38C Talon



**1st Lt. Darren Sency**  
Peru, Indiana  
KC-10



**2nd Lt. Claude Alexander**  
Woodstock, Georgia  
C-17



**2nd Lt. Donald Auld**  
Denver City, Texas  
T-6A

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

Specialized Undergraduate Pilot Training Class 19-06 graduates at 10 a.m. today during a ceremony at the Kaye Auditorium. Gen. Charles Q. Brown Jr., the Commander, Pacific Air Forces; Air Component Commander for U.S. Indo-Pacific Command; and Executive Director, Pacific Air Combat Operations Staff, Joint Base Pearl Harbor-Hickam, Hawaii, is the graduation guest speaker.

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

Second Lt. William Eastwood, T-38C Talon, and 2nd Lt. Lucas Bainer, T-1A Jayhawk, 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 Eastwood and 2nd Lt. Ryan Halsey, T-1A. The award is presented to a graduate in each flight who excelled in training and typified the tenets of the association; promoting aerospace power and a strong national defense.

Second Lt. Christina McMillan, T-1A, was named the distinguished graduate of SUPT Class 19-06.

The 53-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 AFB, Miss. 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.

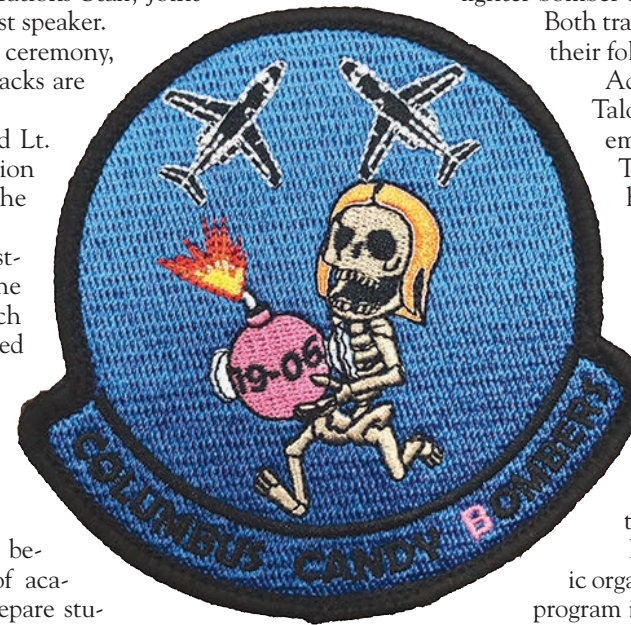
After primary training, students select, by order of merit, advanced training in the fighter-bomber or airlift-tanker track.

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 air-drop missions. Training takes about 26 weeks and includes 185 hours of ground training, 53.6 hours in the flight simulator and 76.4 hours in the T-1A.

Each class is partnered with business or civic organizations during their year of training. This program is designed to foster closer ties between the community and Columbus AFB. Today, each student will be given a set of pilot wings with their names engraved on the back as a token of good luck from their partners. SUPT Class 19-06 pilot partners are Papa John's and Gregory Construction.



**2nd Lt. William Eastwood**  
Jamul, California  
U-16



**2nd Lt. Andrew Gibson**  
Atlanta  
U-28



**2nd Lt. Ryan Halsey**  
Abingdon, Virginia  
C-130H



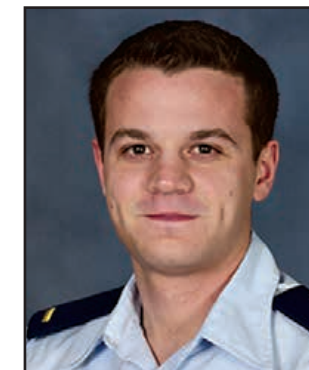
**2nd Lt. Lucas Bainer**  
Louisville, Kentucky  
KC-135



**2nd Lt. Andrew Casey**  
Corona, California  
KC-135



**2nd Lt. Matthew Dorsey**  
Indianapolis, Indiana  
A-10



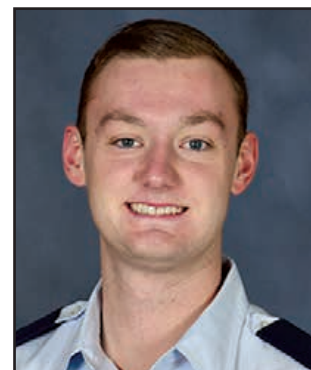
**2nd Lt. Anthony Iannarelli**  
Philadelphia  
C-130J



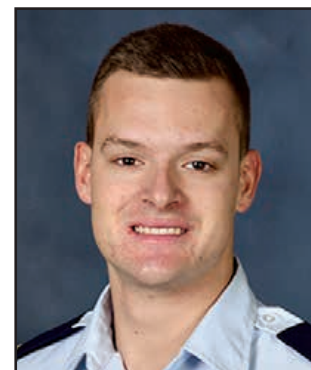
**2nd Lt. Eric Johnston**  
Abingdon, Virginia  
T-6A



**2nd Lt. Travis Jones**  
Dahlonega, Georgia  
C-130H



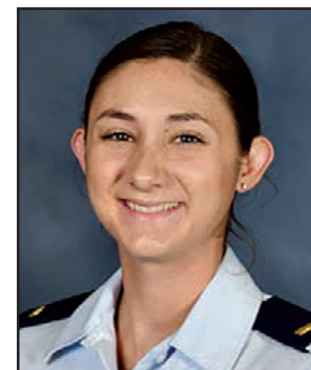
**2nd Lt. Colin Klopp**  
Columbia, Maryland  
C-130J



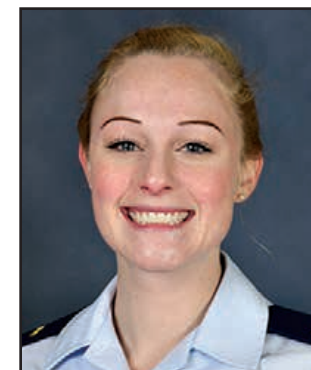
**2nd Lt. Mahlon Kruse**  
Smithville, Montana  
F-16



**2nd Lt. Geoffrey Kuhn**  
Doylestown, Pennsylvania  
MC-130



**2nd Lt. Emily Martin**  
Gilbert, Arizona  
E-3



**2nd Lt. Christina McMillan**  
O'Fallon, Illinois  
T-1A



**2nd Lt. Warren Metcalf**  
Greer, South Carolina  
EC-130H



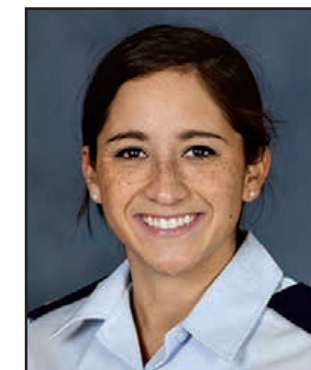
**2nd Lt. Kevin Pina**  
Tucson  
RC-135



**2nd Lt. Austin Rineer**  
Pequea, Arizona  
KC-10



**2nd Lt. Thomas Terrell**  
Hope Mills, North Carolina  
E-3



**2nd Lt. Katleen Ybarra**  
Tampa, Florida  
KC-135