

# Credit Card Cash Rewards!

The Bank of Vernon introduces Cash Rewards

The latest addition to our ScoreCard Rewards Program

Earn unlimited \$50 redemptions as statement credits or receive an ACH into your Bank of Vernon Checking or Savings Account.

To apply for a Bank of Vernon Credit Card and start earning Cash Rewards:

- Visit our Caledonia or Vernon Branch
- Call 205-695-7141
- E-mail [creditcards@bankofvernon.com](mailto:creditcards@bankofvernon.com)

We look forward to serving you soon from our Columbus Branch to be located at 3561 Bluecutt Road.

Community Banking Since 1911

Member FDIC

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

Sad people love the rain 'cause they are no longer crying alone.

Stop the Stigma.  
Defeat Denial.  
Enable Recovery.  
Promote Acceptance.

**Mobile Crisis Hotline**  
**888-943-3022**  
**24/7/365**

**COMMUNITY COUNSELING SERVICES**

## St. Paul's Episcopal Church

318 College Street • Columbus

### Holy Communion

at 8:00 & 10:30 a.m. on Sunday

(childcare provided)

St. Paul's Episcopal Church  
The Rev. Anne Harris  
328-6673 • [www.stpaulscolumbus.com](http://www.stpaulscolumbus.com)

[Find us on facebook](#)

## New Salem Baptist Church

welcomes you!

**7086 Wolf Road**  
3 miles south of Caledonia, MS  
(662) 356-4940  
[www.newsalembaptistcaledonia.com](http://www.newsalembaptistcaledonia.com)  
Pastor: Bro. Mel Howton

**SUNDAY**  
Worship Service - 8:00 & 10:30 am  
Sunday School (all ages) - 9:15 am

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

**WEDNESDAY**  
Kid's Drama - 6 pm  
Adult/Youth Bible Study, RAs, GAs & Mission Friends - 6:30 pm  
Nursery available for all services.

Finding cures. Saving children.®

St. Jude Children's Research Hospital®  
**800-822-6344 • stjude.org**

A CFC participant. Provided as a public service.

## COMMERCE CLEANERS

2230 Military Road - Columbus  
**662-329-6629**

On Base Drop off with next day delivery at The Express  
(Bldg 161 S, Columbus AFB)  
PICKUPS ARE MON. - FRI.

## CML SOUTHERN DESIGN

- MONOGRAMS
- SOUNDWAVE ART
- CUSTOM T-SHIRTS
- DECALS & PATCHES
- GIFTS & MORE!

3451 NEW HOPE ROAD • 662.570.3401 • [FACEBOOK](#)

**10% MILITARY DISCOUNT**

## RENT-A-SPACE

406 Wilkins Wise Rd.  
[www.columbusrentaspace.com](http://www.columbusrentaspace.com)  
662-327-5656

A \$25.00 donation will be made to [www.woundedwarrioroutdoors.com](http://www.woundedwarrioroutdoors.com) on behalf of any CAFB Personnel who rents a storage space.

Come have a meal with us...

Lord's Supper Each Lord's Day

**First Christian Church**  
815 North McCrary Road | 328-2657  
Exciting and Uplifting Music.

## The church of Christ At Magnolia Welcomes You

161 Jess Lyons Road  
Columbus, Mississippi

662-769-5514  
Preacher: David May

**Times of Services:**

Sunday  
9:15 a.m., Bible Class  
10:00 a.m., Worship

Wednesday  
7:00 p.m., Bible Class

Only 4 miles from CAFB  
Fellowship Meal & Singing  
1st Sunday of each month

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

# SILVER WINGS

“Cultivate Airmen, Create Pilots, CONNECT”

Columbus Air Force Base, Miss.

STANDARD MAIL  
U.S. POSTAGE  
PAID  
MAILED FROM  
ZIP CODE 39705  
PERMIT NO. 98  
RETURN SERVICE  
REQUESTED

Vol. 43, Issue 17

May 3, 2019

## Weather

<b>Friday</b>  Partly Cloudy High 86°F Low 66°F	<b>Saturday</b>  Thunderstorms High 80°F Low 66°F
<b>Sunday</b>  Foggy High 80°F Low 64°F	<b>Monday</b>  Sunny High 85°F Low 68°F

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

## News Briefs

### Wing Newcomers Orientation

A Wing Newcomers Orientation will occur at 8 a.m., May 7 in the Kaye Auditorium. All new military members and DoD civilian employees are required to attend the orientation. This is an opportunity to learn all about the different organizations on base.

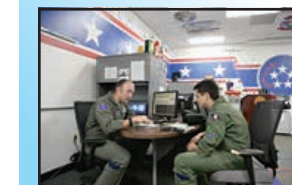
### CCAF Graduation

A Community College of the Air Force graduation will occur at 1-3p.m., May 9 in the Club. Come and celebrate with our Airmen as they are recognized for their accomplishments.

### A-BLAZin' Race

The A-BLAZIN' Race will occur at 11 a.m., May 10 beginning at the Kaye Auditorium. There will also be a free Military Spouse Appreciation BBQ and a pool party at 1 p.m. near the Club.

## Inside



### Feature 8

The 41st Flying Training Squadron is highlighted in this week's feature.



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

Col. William Denham, 14th Flying Training Wing vice commander, speaks to students during the Lowndes County Senior Breakfast May 1, 2019, at the East Mississippi Community College in Mayhew, Miss. Denham and the speakers before him spoke about different topics and experiences to inspire the young men and women in the crowd.

## CAFB leader inspires HS seniors to work toward something bigger than themselves

Senior Airman Keith Holcomb  
14th Flying Training Wing Public Affairs

Col. William Denham, 14th Flying Training Wing vice commander, spoke at East Mississippi Community College (EMCC) in Mayhew, Mississippi, during the Lowndes County Senior Breakfast May 1.

The breakfast was an opportunity to connect with seniors across numerous high schools near EMCC, helping open their mind to the importance of voting, making the right choices and working toward their goals in the near future.

After the first speakers engaged with the students on their main points, covering various topics listed above, Denham took

the stage.  
“This summer I will be retiring after 24 years of service,” Denham said. “I — like you — will have to ask myself what you’re asking yourself right now; ‘What am I going to do when I grow up?’”

The crowd laughed and listened intently as Denham began to express his understanding of the unknown ahead for the students.


“I want you to be confident no matter what your dream is,” he said. “There is a place for you in this world to make the difference you want to make.”

See BREAKFAST, Page 3

## COLUMBUS AFB TRAINING TIMELINE

PHASE II		PHASE III		IFF		WING SORTIE BOARD			
Squadron	Track Select	Squadron	Graduation	Squadron	Graduation	Aircraft	Required	Flown	Annual
37th (20-02)	May 15	48th (19-10)	May 31	49th (19-HBC)	May 29	T-6	115	137	16,053
41st (20-03)	May 30	50th (19-10)	May 31			T-1	45	28	5,341
Brig. Gen. Edward Vaughan, Special Assistant to the Director of Training and Readiness, Deputy Chief of Staff for Operations, Headquarters U.S. Air Force, the Pentagon, is the guest speaker for Specialized Undergraduate Pilot Training Class's 19-10/16 graduation at 10 a.m., May 31 in the Kaye Auditorium.						T-38	56	52	6,249
						IFF	21	21	2,588
						* Mission numbers provided by 14 FTW Wing Scheduling.			





# 14TH FLYING TRAINING WING DEPLOYED

As of press time, 55 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.*


## 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.



**Col. Samantha Weeks**  
14th Flying Training Wing Commander

**Kristina Conwill**  
Chief of Public Affairs

**1st Lt. Kara Crennan**  
**2nd Lt. Steve Dean**  
Public Affairs Officer

**Tech. Sgt. Christopher Gross**  
NCOIC of Public Affairs

**Staff Sgt. Joshua Smoot**  
NCOIC of Media Operations

**Airman Hannah Bean**  
Editor

**Senior Airman Beaux Hebert**  
**Senior Airman Keith Holcomb**  
Airman 1st Class Jake Jacobsen  
Photojournalist

**Mrs. Tina Perry**  
Layout Designer

## Security and policy review

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

## Silver Wings

### How to reach us

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

### Editorial Staff

**Col. Samantha Weeks**  
14th Flying Training Wing Commander

**Kristina Conwill**  
Chief of Public Affairs

**1st Lt. Kara Crennan**  
**2nd Lt. Steve Dean**  
Public Affairs Officer

**Tech. Sgt. Christopher Gross**  
NCOIC of Public Affairs

**Staff Sgt. Joshua Smoot**  
NCOIC of Media Operations

**Airman Hannah Bean**  
Editor

**Senior Airman Beaux Hebert**  
**Senior Airman Keith Holcomb**  
Airman 1st Class Jake Jacobsen  
Photojournalist

**Mrs. Tina Perry**  
Layout Designer

### Submission Deadline

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

*Published by the Commercial Dispatch Publishing Company, Inc., a or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force.*

*The appearance of advertising in this publication does not constitute endorsement by the DOD, the Department of the Air Force or Service Publications, Inc., of the products or services advertised.*

*Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.*

*Editorial content is edited, prepared and provided by the 14th Flying Training Wing Public Affairs Office of Columbus AFB, Miss.*

*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.*

## COMMUNITY

(Continued from page 11)

### Personal Financial Readiness

Need help with financial matters? Want to make the most of your money? The Personal Financial Counselor (PFC) can help you and your family: manage finances, resolve financial problems and reach long-term goals such as education, buying a home and planning for retirement. PFC services are at no cost, private and confidential. Please contact the PFC at (662) 998-0411/434-2790 or e-mail [PFC.Columbus.USAF@zeiders.com](mailto:PFC.Columbus.USAF@zeiders.com), located in the A&FRC.

### Key Spouse Program (KSP)

The mission of KSP is to provide information and resources to military spouses, supporting families in successfully navigating through the military life cycle. The KSP is a CC's program. The CC establishes and maintains the program within the unit, to include choosing team members. Once selected as a KS in writing, you will need to attend initial/refresher KS training and continuing education. For more information, please call (662) 434-3323.

### Military and Family Life Counselor Program

Military and Family Life Counselors (MFLCs) provide non-medical counseling to help Airmen (single and married), spouses and other family members cope with stressful situations created by deployments, reintegration and life challenges such as martial issues, parenting, career stress and anger. All counselors are licensed mental health providers, and they can meet either on or off base. There is no charge for services, and appointments can usually be made within one to two days. To contact the MFLC, please call (662) 435-1110.

# Base Thrift Shop

## The Base Thrift Shop is open from 9 a.m. – 1 p.m. Tuesdays and Thursdays.

Consignments are welcome until noon. Donations are accepted and very much appreciated. Donations can now be dropped off on the loading dock and inside the front doors 24/7. If they are left anywhere else we do not receive them.



**It is located in building 530.**

**Call 434-2954.**



The shop is a non-profit and all proceeds benefit Columbus Air Force Base Community.

### Sponsorship Training

An electronic version of sponsorship training called eSponsorship Application & Training (eSAT) is the required training course to become a sponsor. It can be found in Military One Source's MilLife Learning training Course Catalog at this link <https://millelearning.militaryonesource.mil/MOS/f?p=SIS:2:0>. For additional information, please contact the A&FRC Relocation Manager at (662) 434-2701/2790.

### 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.

### 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](mailto:vote.columbus@us.af.mil).

### 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.

### Pre- and Post-Deployment Tour Briefing

These briefings are mandatory for active duty personnel who are either deploying or returning from deployment or a remote tour. The briefings are held daily at the A&FRC. Pre-deployment is at 9:30 a.m., and post-deployment is at 1:30 p.m. Please contact A&FRC at (662) 434-2794/2790 for more information.

### Pre-Separation Counseling

This counseling is a mandatory briefing for personnel separating or retiring, and is to be completed at least 90 days prior to separation. It may be completed up to 12 months prior to separation or 24 months prior to retirement. Counseling is held daily at 8:30 a.m., and it takes approximately 60 minutes. Please contact A&FRC at (662) 434-2790 for more information.

### Employment Workshop

An employment workshop on local and base employment opportunities is held every Wednesday, 1-2 p.m. This program provides military families and DoD civilian members individual assessment and career counseling to assist with local employment, preparation for future endeavors via education, job search, or self-owned business objectives in the local area. For more information, please call A&FRC at (662) 434-2790.

## FSS SERVICES

(Continued from page 12)

### Referees Needed

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

### RV Storage Lot

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

### Instructors Needed

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

### Fitness on Request

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

### Space A Lodging

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

### Ride in Style

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

### Laser Bowling

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



# 2019 Air Force Photo Contest now open

Debbie Aragon  
AFIMSC Public Affairs

JOINT BASE SAN ANTONIO-LACKLAND, Texas — Shut-terbugs of all ages and experience get ready! The 2019 Air Force Photo Contest opened May 1.

The annual contest, managed by the Air Force Services Activity, highlights and celebrates photography created by Airmen and their families.

This year's event features five categories:

Adult categories, for those 18 and older at the time of entry; Novice for new photographers and accomplished for those with knowledge based on training or experience, or those who operate as professional photographers.

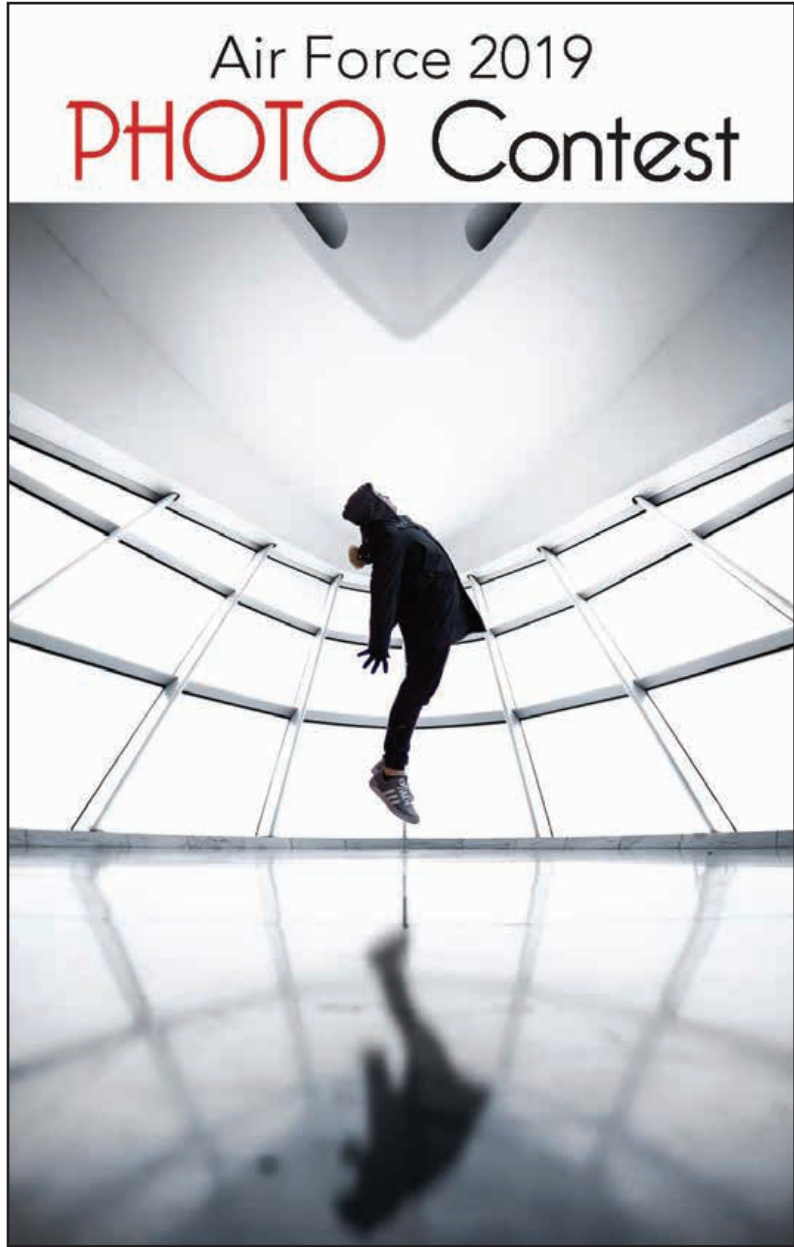
Youth categories, based on the age of the photographer at the time of submission: Children for ages 6-8, pre-teens for ages 9-12 and teens for ages 13-17.

With a theme of "Life in Motion," the program managers at AFSVA hope to top last year's 1,300 entries.

"This year's theme gives our photographers great opportunity to be creative," said Darlene Johnson, AFSVA Community Programs Branch chief. "For example, it can be physically moving like running, walking or riding a bike, or it can be emotionally moving, like when an Airman retires or a child is born. Life is one continual motion of moments and we're excited to see what's submitted!"

Once the contest is completed, photo experts will evaluate each entry based on impact, creativity and technical characteristics.

The contest, part of the Air Force's Arts and Crafts program, runs May 1 – 31 and is open to all authorized patrons of Air Force morale, welfare and recreation




U.S. Air Force graphic by Air Force Services Activity

The 2019 Air Force Photo Contest runs May 1-31 and features five entry categories. For more information on the contest, visit <http://www.myairforcelife.com/Arts/Photo-Contest.aspx>.

programs. Photographers can submit up to two original images in JPEG format at <http://www.myairforcelife.com/Arts/Photo-Contest.aspx>. Images must be between three

and eight MB.

Winners will be announced mid-summer with the top three photographers in each category winning prizes.



**DUCKS  
UNLIMITED**  
800-45-DUCKS  
A CFC participant -  
provided as a public service

**13 MILLION ACRES...  
AND COUNTING**

**For more information,  
go to [www.ducks.org](http://www.ducks.org)**



**To advertise in  
Silver Wings,  
call 328-2424**



**Extra  
Newsprint**

**is a great,  
inexpensive solution for...**

- Firestarter
- Packing Materials
- Shipping Materials
- Art Projects
- Window Cleaning

**Visit**  
**THE COMMERCIAL  
DISPATCH**

**Office at  
516 Main Street  
Columbus, MS**

## BREAKFAST

(Continued from page 1)

Denham told them their goals will take hard work and they must hurdle great obstacles. He explained his odd path to the U.S. Air Force Academy and how he received a pilot training slot.

He told the students why he chose the harder path, why he didn't want to look away from his dream of being an Air Force pilot.

"You're character will be the defining memory of your life, not your occupation," Denham said.

Denham reminisced about a couple individuals that exemplified good character and left a lasting impression on him. Growing up and attending a poor boarding school, Denham said the school didn't have money to pay for routine maintenance. So, his principal would often be the one who would arrive before school and shovel the snow and take care of school grounds. Denham said this taught him to be willing to do things that others may not want to do.

Denham also spoke about retired Col. Carlyle "Smitty" Harris, former Vietnam War prisoner of war. Denham said what he really admired about Harris is that during his nearly eight years in a POW camp, he never revealed anything after being tortured because he didn't want to let his leadership and teammates down; he knew they were staying strong and that's what kept him going as well. Denham said Harris' story has inspired him to live by strong will and character, and not through his occupation.

"Part of character is living a life bigger than yourself," Denham said. "Working toward something bigger than yourself is a part of your humanity and even your sanity. Ask yourself what kind of man or woman you want to be."

He ended his speech by thanking the students for being a part of the event and wished them luck on their journey forward.



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

Students attending the Lowndes County Senior Breakfast stand for the national anthem May 1, 2019, at the East Mississippi Community College in Mayhew, Miss. The event was an opportunity to connect with seniors across numerous high schools near EMCC, helping open their mind to the importance of voting, making the right choices and working toward their goals in the near future.

## Last Look Area

Recycling is what the Last Look Area provides! Slightly used furniture and equipment is available to all Columbus Air Force Base facilities for free. Pick-up and delivery is the customer's responsibility. There is a three-day maximum for customers who wish to reserve items.

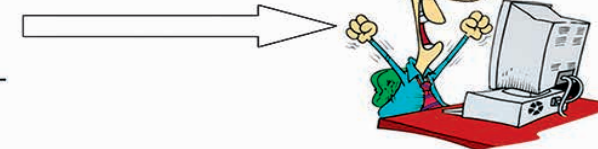
**Facility hours are from 8 a.m. – 4 p.m.  
Monday through Friday.**

**Need more information?  
Contact Inspections at 434-7231 or 434-7332.  
Parking is available at the back of building 158.**

## WHO ELSE CAN SEE YOUR

**CLASSIFIED**

## ON YOUR SCREEN?



- ⇒ Cover or turn off classified monitors when visitors are announced
- ⇒ Position monitors to enhance security
- ⇒ Pull window shades and blinds to maximize security

Contact your Unit Security Manager for more information

FOR TRAINING PURPOSE ONLY

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

Follow us on Twitter! [www.twitter.com/Columbus\\_AFB](http://www.twitter.com/Columbus_AFB)



# Month of the Military Child celebration

RIGHT: Col. William Denham, 14th Flying Training Wing vice commander, celebrates the final day for Month of the Military Child with children at the Child Development Center at Columbus Air Force Base, Miss. Staff members and children participated in the final day, which has been a month long celebration.

U.S. Air Force photos by Elizabeth Owens



Col. William Denham, 14th Flying Training Wing vice commander, and Andre Logan, 14th Force Support Squadron Child and Youth Services flight chief, celebrate the final day for Month of the Military Child at the Child Development Center at Columbus Air Force Base, Miss. Several staff members and children participated in the final day, which has been a month long celebration.



Caretakers celebrate the final day for Month of the Military Child at the Child Development Center at Columbus Air Force Base, Miss. Throughout the month long Columbus AFB has celebrated MOMC through a kick-off parade, wearing purple, throwing a dance, and more.

# Air Force establishes 24/7 helpline to address housing concerns

**Zoe Schlott**  
AFIMSC Public Affairs

JOINT BASE SAN ANTONIO-LACKLAND, Texas — Residents of privatized housing on Air Force bases now have a 24/7 toll-free helpline to better assist with any housing concerns that they have not been able to resolve with their local privatized or government housing office, or housing chain of command.

Beginning April 30, representatives are available seven days a week, 24 hours a day, toll-free at 1-800-482-6431.

The helpline connects residents to the appropriate channels for assistance and consultation, said Col. Michael Beach, Air Force Housing Privatization division chief.

“Our military members and their families are the Air Force’s most important resource and their access to safe, affordable housing remains a top priority,” Beach said.

The 24/7 helpline is in response to recent concerns raised regarding military privatized housing programs. The Air Force is taking proactive measures to correct housing issues while creating an improved and standardized system that ensures the health and safety of Airmen and their families, Beach said.

Once connected to a call-line agent, the representative will document the concern and route it through the Air Force Civil Engineer Center Installations Directorate, which manages and executes the Air Force’s Housing Program. AFCEC will monitor calls to detect possible trends, allowing the Air



U.S. Air Force photo by Carole Chiles Fuller

Duplex housing at Peterson Air Force Base, Colo., and privatized on-base housing across the Air Force now have a 24/7 toll-free helpline to assist with housing concerns. The homes are part of the Air Force Housing Privatization program portfolio, which is managed by the Air Force Civil Engineer Center.

Force and project owners to collaborate to prevent and resolve issues at installations.

Although the toll-free helpline is an option to resolve issues, residents and their family members are encouraged to reach out to their project owner or government housing office and wing leadership first to try to resolve the issue. Residents may also use the

helpline if they feel uncomfortable approaching their leadership about their situation.

“Our focus with this tool is to provide residents with a way to raise their concerns so they are assured that they are being addressed and resolved in a timely manner,” Beach said.

The Air Force is working closely with concerned residents, project owners and base

leadership to review current housing conditions, address health and safety hazards and implement procedures to ensure privatized housing matters are appropriately addressed.

The helpline is just one of the actions the Air Force is taking to demonstrate its commitment to empower residents and reestablish trust within the housing program.

# Senior US military officials tour the Arctic as the region copes with changing climate and shifting security demands

**Secretary of the Air Force Public Affairs**

ARLINGTON, Va. — A contingent of senior Air Force leaders and other high-ranking officials are visiting multiple locations across the Arctic April 27-May 3 in an attempt to better understand operational challenges and refine approaches for meeting the changing security dynamics in the region.

“The Arctic has always been a vital, indispensable part of any strategy to ensure the security and prosperity of the United States, our allies and our partners,” said Maj. Gen. Brian S. Robinson.

“While that has not changed, there are new activities and concerns in the Arctic, and our allies and partners are on the front lines of those changes. This trip provides important, firsthand insight on how our partners are preparing for a shifting landscape and how we can best adapt our policies,

activities, and partnerships to successfully meet the emerging challenges in the region,” Robinson said.

The group includes Robinson along with Air Force Lt. Gen. Jerry Harris, Brig. Gen. Michael G. Koscheski as well as senior Air Force officials Kenneth E. Bray and

John M. Trumpfheller. All of them are touring facilities in Norway, Finland and Sweden to see how Arctic allies and partners of the U.S. view security and operate in the region’s harsh conditions. The trip also offers opportunities for representatives of the countries to discuss joint operations and other activities that contribute to the shared interests and priorities of each country.

The visit is especially important given changes in the Arctic’s climate and environment, which have increased activity in the area from nations and commercial interests. Also notable is its timing, since the Department of Defense is required

to deliver to Congress a detailed strategy for the region by June 1.

The visit is just the latest effort on the part of the Air Force to develop an Arctic strategy nested within DoD objectives. In broad terms, the DoD’s objectives are to prevent and deter conflict in the Arctic and prepare to respond to a wide range of challenges and contingencies, with the ultimate goal of a secure and stable region where U.S. national interests are safeguarded and nations work together to address challenges.

As one of the Arctic nations, the U.S. has long been active in the region. Key allies and partners in the Arctic include: Canada, Norway, Iceland, Denmark, all NATO allies and NATO’s Enhanced Opportunity Partners, Sweden and Finland. These nations work together in numerous fora to address shared regional concerns (e.g., fisheries management, shipping safety, scientific research).



### Columbus Air Force Base Information and Events

Join our Facebook page at Columbus AFB Living, Twitter at @columbusafbiving, Instagram at columbus\_afb\_living, or visit our website at [www.columbusafbiving.com](http://www.columbusafbiving.com) to keep up to date with all the great events happening around base. Check out the calendar on the website for important Airman and Family Readiness Center events. For more information, contact 434-2337.

### Get Connected with Your New Base App!

As a way to connect people together, Columbus Air Force Base launched a new app to connect Airmen and families to the mission and community! The app is available on all app stores and can be found by searching ‘Columbus Air Force Base’.

### Lunch Buffets at the Overrun

Enjoy daily lunch buffets Tuesday thru Friday at the Columbus Club. Daily buffets include: Tuesday – Tacos and Nachos \$9, Wednesday – Chicken Wings and Pasta \$10, Thursday – Southern Style \$10 and Friday – Fried Catfish \$10. Club Members receive a \$2 discount. For more information, contact 434-2489.

### Lifeguards Wanted

Columbus AFB is in need of lifeguards for the 2019 summer season. If you are interested or know someone that is, the YMCA in Columbus is holding a lifeguard certification course. For more information call 434-2507.

### Mother's Day Brunch

Celebrate Mother's Day at the Columbus Club on May 12 starting at 10:30 a.m. Visit [Eventbrite.com/e/mothers-day-brunch-registration-60478639238](http://Eventbrite.com/e/mothers-day-brunch-registration-60478639238). Menu includes: turkey, ham, bacon, sausage, corn, biscuits, mashed potatoes, green beans, macaroni & cheese, black eyed peas, waffle station, rolls, sausage gravy, salad bar, eggs, dessert table. Members \$20, Non-Members \$44, \$10 drink package-bottomless mimosas and Bloody Mary's. Children 5-11, Free for ages 4 and under. Reservation ONLY. Seating begins at 10:30 a.m. with additional seating times every 30 minutes until 1:30 p.m.

### Focus on Your Mental Health at the Library

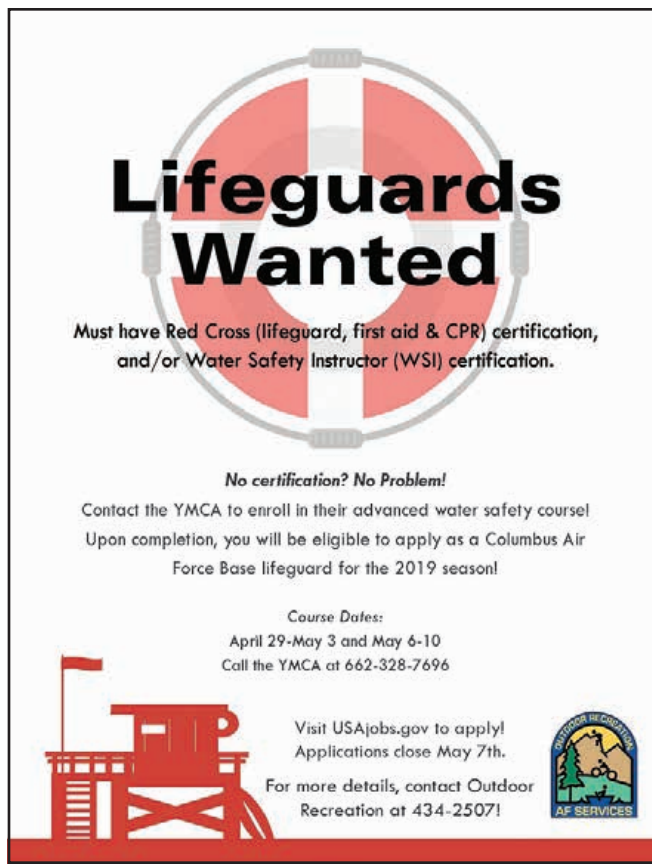
Join us at the library May, 1, 8, 22 and 29 from 11 a.m.-4 p.m., come make a vision board. Supplies provided. Call 434-2934 for more information.

### Lunch & Learn: Impact of Mental Health on Stress Induced Inflammation Leading to Cardiovascular Remodeling

The library has invited Dr. Anberita Matthews, from the University of Tennessee Health Science Center, to speak about mental health and its impact on the cardiovascular system May 3, noon, as a means to celebrate Mental Health Awareness Month. For more information call 434-2934

### Youth Summer Camps

The Youth Center offers a variety of camps during the summer to keep the kids from getting bored. Contact the Youth Center for a full list of camps available through August. For more information call 434-2504.



**Lifeguards Wanted**

Must have Red Cross (lifeguard, first aid & CPR) certification, and/or Water Safety Instructor (WSI) certification.

No certification? No Problem!

Contact the YMCA to enroll in their advanced water safety course! Upon completion, you will be eligible to apply as a Columbus Air Force Base lifeguard for the 2019 season!

Course Dates:  
April 29-May 3 and May 6-10  
Call the YMCA at 662-328-7696

Visit USAjobs.gov to apply! Applications close May 7th.  
For more details, contact Outdoor Recreation at 434-2507!

AF SERVICES

### Theme Thursdays at the Overrun

Join us May 2 for Theme Thursdays for Latin Night to Celebrate Cinco de Mayo, enjoy \$0.45 wings, and drink specials and sports games on TV's. Call 434-2489 for more information.

### Fitness Expo

Kick-off National Physical Fitness and Sports Month at the 4th annual Fitness Expo on May 1. The expo will feature organizations specializing on wellness, sporting goods, and various other health relates industries. For more information call 434-2772.

### Fitness Run

The National Fitness Month 5K will start at 7 a.m. May 3. The run is free and will start and end at the Fitness Center. For more information call 434-2772.

### Assignment Night Transportation

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

### Martial Arts

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

### Exclusive Military Vacation Packages

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

### Storytime Schedule

The Base Library is offering Storytime on Tuesdays at 10 a.m. for ages 3 – 6 years, Fridays at 10 a.m. and 3:30 p.m. for ages birth – 2 years, and 10 a.m. on Saturdays for all ages. For more information, contact 434-2934.

### FSS Gift Cards

Make your shopping easier! Purchase or redeem your FSS Gift Card at the following locations: Arts and Crafts, Bowling Center, Café at Whispering Pines, Child Development Center, Columbus Club, Information Tickets and Travel, Outdoor Recreation or the Youth Center. For more information, stop by any of these locations.

### Horse Boarding Available

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

### Free Mango Languages

Learn a new language today! Free Mango Languages available at the Base Library; real-life conversations in over 70 languages. For more information, contact 434-2934.

### Play Paintball

Outdoor Recreation offers paintball for groups or individuals. You must book twenty-four hours in advance; 17 years old and under must be accompanied by an adult. The cost is \$15 per person for party of 10 or more; \$20 per person for party of nine or less. You must purchase paint balls at Outdoor Recreation for \$50 per case of 2,000. For more information, contact 434-2505.

### The Overrun is Open Friday Nights

The Overrun is open Fridays 4:30 p.m. until midnight. Excluding Graduation nights. For more information, contact 434-2489.

### Lawn Mower and Bicycle Repair

Outdoor Recreation is now offering lawn mower repair and self-help bicycle repair. For more information, contact 434-2507.

### Hobby and Craft Instructors Needed

Do you have a hobby or craft project you can share with others? Arts & Crafts is looking for craft instructors. For more information, contact 434-7836.

### Wood Shop is OPEN!

The Wood Shop is back in business! They are open Mon-Thurs. from 10-5 and Saturday 8-4, call 4347836 for more information

See FSS SERVICES, Page 15



**THE A-BLAZIN' RACE**

**COLUMBUS AFB**

**FRIDAY MAY 10, 2019**

**TEAMS MEET OUTSIDE THE KAYE AUDITORIUM**  
**RACE TIME: 1100 - 1300**

**FUN RACE**  **FREE BBQ**  **OPEN POOL**

**TEAMS WILL COMPETE AGAINST OTHER GROUPS AND SQUADRONS TO TEST MENTAL & PHYSICAL CAPABILITIES**

**REGISTER YOUR TEAMS BY MAY 1, 2019**  
(<https://www.eventbrite.com/e/the-a-blaazin-race-tickets-59552331627>)

*CULTIVATE AIRMEN ~ CREATE PILOTS ~ CONNECT!*

Courtesy graphic

The A-BLAZIN' Race will start at 11 a.m. May 10, 2019, at the Kaye Auditorium on Columbus Air Force Base, Miss. The race will be an approved alternate duty location for military personnel. Teams will compete against other groups and squadrons to test mental and physical capabilities. Register your teams with the link provided in the graphic.



**Join the Vietnam Traveling Memorial Wall Escort as it makes Its way to Guin, Alabama on May 9, 2019.**

Beginning in Hamilton, AL

at the Old Walmart parking lot next to Tractor Supply

**Line up is at 1:00**

**Kickstands up at 3:00**

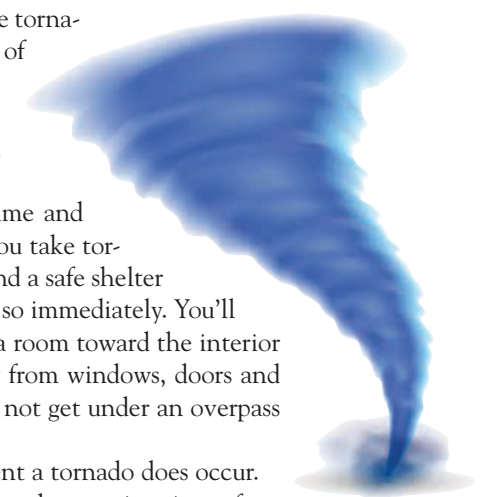
# Tornado safety

Staff Sgt. Luke Murphy  
14th Civil Engineer Squadron

Tornado season is here at Columbus Air Force Base. While tornadoes can happen at any time, April and May make up 57% of all occurrences of tornadoes nationwide. Columbus is in the area commonly referred to as “Tornado Alley” which means we have a significantly greater chance of being affected by a tornado.

It's important to know that tornadoes can happen anytime and anywhere with intense winds of over 200 mph. Make sure you take tornado warnings seriously, if you're under a tornado warning find a safe shelter right away. If you can safely get to a sturdy building, then do so immediately. You'll want to go to a safe room such as basement, storm cellar or a room toward the interior of the building, like a bathroom. Ensure that you stay away from windows, doors and outside walls. If you are caught outside during a tornado, do not get under an overpass or bridge, you're safer in a low-lying and flat location.

It's important to ensure you are prepared in the event a tornado does occur. Always know your area's tornado risk. You'll also want to know the warning signs of a tornado, a rotating funnel shaped cloud, an approaching cloud of debris, or a loud roar, similar to that of a freight train. Ensure you sign up for your community's warning systems, the Emergency Alert System and National Oceanic and Atmospheric Administration Weather Radio also provide emergency alerts. Identify your shelter ahead of time and practice your plan with your family and friends. Listen to your local weather stations or the NOAA for updated information. For more information, follow the Columbus AFB Emergency Management Facebook page. Following these tips will help keep you and your family safe in the event of a tornado.



## Airman's Attic

**The Airman's Attic is open**  
**11 a.m. – 1 p.m. Tuesdays and Thursdays,**  
**and 11 a.m. – 1 p.m. Saturdays.**

The Attic serves junior enlisted members (E-1 through E-5) with uniforms and basic household items at no cost. Donations of uniforms, household goods, family clothing, maternity, infant care items and furniture are welcomed. Officers are now able to get uniform items from the Airman's Attic. All ranks can partake every Saturday. Please coordinate furniture or other large donations with the staff during business hours.

**The Attic is located in building 530,**  
**across from the Thrift Shop.**





# BLAZE Hangar Tails: E-4B

## Mission

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

## Features

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

up to 112 people, including a joint-service operations team, Air Force flight crew, maintenance and security component, communications team, and selected augmentees.

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

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

## Background

The E-4B evolved from the E-4A, which had been in service since late 1974. The first B model was delivered to the Air Force in January 1980, and by 1985 all aircraft were converted to B models. All E-4B are assigned to the 55th Wing,

Offutt Air Force Base, Nebraska.

## General characteristics

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

(Current as of September 2015)



U.S. Air Force photo by Senior Airman Mary O'Dell

An Air Force E-4B flies over the Canadian Pacific Coast April 10, 2014. Air Combat Command is the Air Force single-resource manager for the E-4B, and provides aircrew, maintenance, security and communications support. E-4B operations are directed by the Joint Chiefs of Staff and executed through U.S. Strategic Command.



U.S. Air Force photo by Louis Briscese

An E-4B aircraft takes off from Travis Air Force Base, Calif., Sep. 11, 2017. The E-4B participated in a flyover at the California Capital Airshow.

## 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.)

## Wing Newcomers Orientation

The next Wing Newcomers Orientation is from 8 a.m.-2:30 p.m. May 7. This event is mandatory for all newly arrived military and DoD civilian personnel, and spouses are encouraged to attend. This base-wide CONNECTION orientation begins at the Kaye Auditorium and consists of a guided base tour. To register, please contact your unit CSS, or for more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

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

The next Transition Assistance Program (TAP) workshop is from 7:30 a.m.-4 p.m. May 6-10 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 noon-5 p.m. May 8; 8 a.m.-5 p.m. May 9; and 8 a.m.-noon May 10 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.

## Career Exploration & Planning Track Workshop

The next Career Exploration & Planning Track workshop is from 8 a.m.-3 p.m. May 13-14 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

## Airmen recognized during Quarterly Awards, Enlisted Promotions



U.S. Air Force photo by Melissa Doublin

Col. William Denham, 14th Flying Training Wing vice commander, and Chief Master Sgt. Kellie Brisse, 14th Operations Group superintendent, stand with the newly promoted enlisted members during the Enlisted Promotions ceremony at the Club April 30, 2019, on Columbus Air Force Base, Miss. At the end of every month, Team BLAZE gathers to congratulate their fellow promoted Airmen in their accomplishment.



U.S. Air Force photo by Melissa Doublin

Col. William Denham, 14th Flying Training Wing vice commander and Chief Master Sgt. Kellie Brisse, 14th Operations Group superintendent, stand with the first quarter award winners during the Quarterly Awards Ceremony at the Club April 30, 2019, on Columbus Air Force Base, Miss. After every quarter, members of Team BLAZE are recognized for their accomplishments during a ceremony.

from 9-10:30 a.m. May 15. 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.

## Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. May 15 in the A&FRC. Highly encouraged for first-time and over-seas relocating members. Get the very latest moving information straight from base-wide relocation assistance agencies. Learn what to expect before you move with information from Tri-Care, Housing, Military Pay, TMO, Medical Records and A&FRC. Be sure to bring and ask any relocating questions you may have during his event.

## Bundles for Babies

The next Bundles for Babies workshop is from 1-3:30 p.m. May 16 in the A&FRC. This program is designed for active-duty AF members and/or their spouses who are pregnant or have a child 4 months old or less. Attendees will learn about finances, labor and delivery, and infant care. A \$50 gift card sponsored by the Air Force Aid Society will be provided for each qualifying child. To register or for more information, please call A&FRC at (662) 434-2790.

## Hearts Apart

The next Hearts Apart is from 5-7 p.m. May 30. 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.

## Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop is from 8 a.m.-3 p.m. June 12-13. 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.

## Heart Link

The next Heart Link is from 8:30 a.m.-noon July 25 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.

## 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.

See COMMUNITY, Page 15

## 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.



# An aggressive pursuit of opportunity: “Get after it!”

Lt. Col. Brent Curtis

41st Flying Training Wing commander

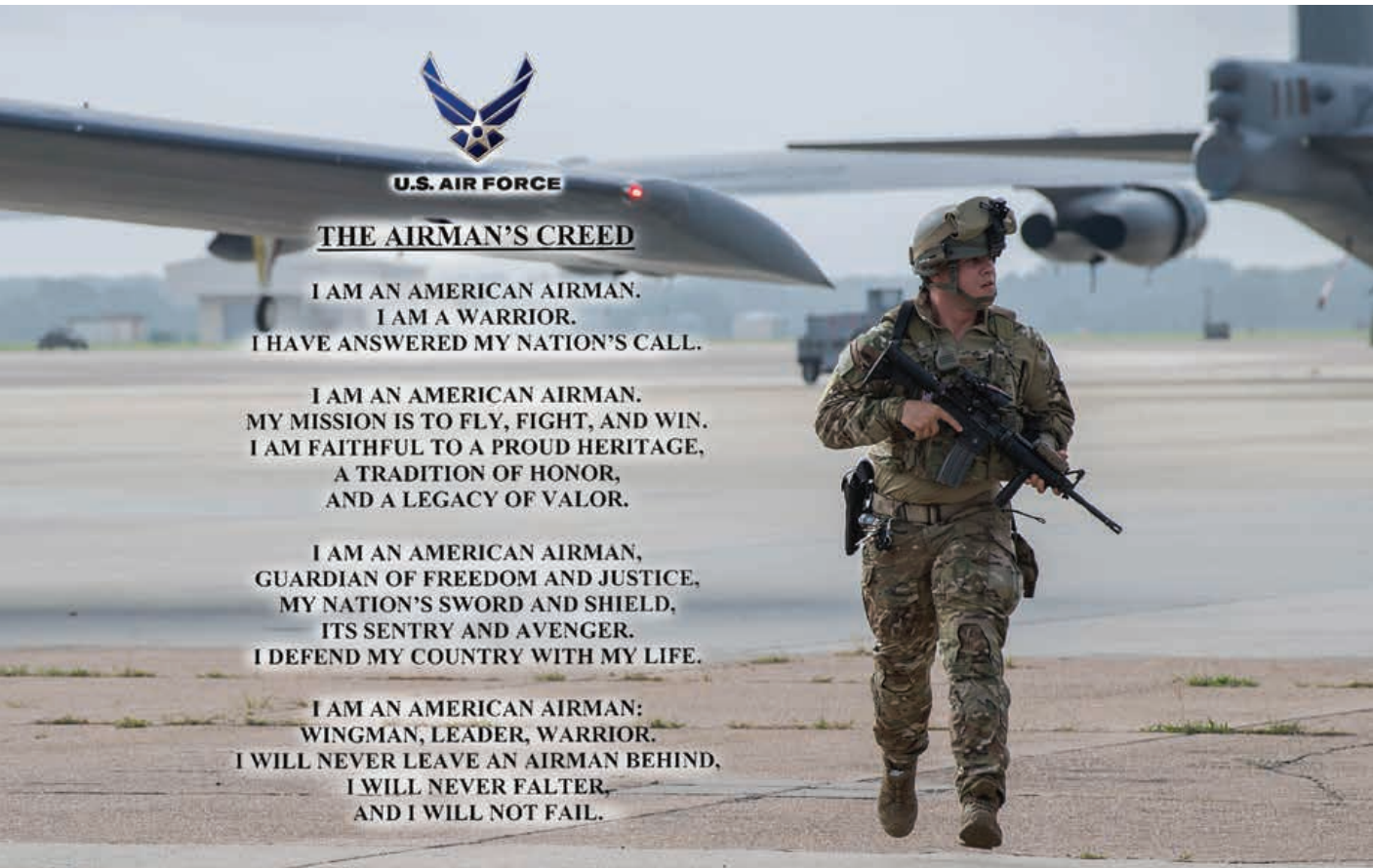
Executing inherently dangerous missions in the Air Force requires Airmen to possess a strong understanding of the acceptable level of risk, the known risk factors in the mission, and what means are available to mitigate the risk factors down to an acceptable level. During combat or contingency operations, placing people or resources in harm’s way is common, and generally accepted as a risk necessary for mission accomplishment. So how does this translate into a command where education and training are the mission? When I returned to Air Education and Training Command for my second tour, I was reminded that a cultural norm existed within the command that “there is no mission scheduled today, that we cannot execute tomorrow.” This norm is an operator’s translation that the acceptable level of risk in this command’s mission set is set low. It is not worth losing a life or aircraft by taking unnecessary risks. Operating at optimum effectiveness in a command where the acceptable level of risk is low requires an aggressive pursuit of opportunity, or a “get after it” mentality to remain prepared until external risk factors no longer exceed what is acceptable in the training mission.

While there may be no mission today that can’t be done tomorrow, with the ever-increasing need for pilots in the Air Force, there is no extra opportunity tomorrow to make up for what was lost today. In flying, when the winds are calm, tem-

*While there may be no mission today that can’t be done tomorrow, with the ever-increasing need for pilots in the Air Force, there is no extra opportunity tomorrow to make up for what was lost today.*

peratures are mild and skies are blue, the risk is generally low and the production machine operates at optimum capacity to create the next pilot. But how is the mission optimized when the cloud heights, winds or icing exceed training limits? Success in these conditions is celebrated by those who seek out opportunities, remain prepared, adjust quickly, and can forecast these flying barriers and work around them. For example, is Thursday’s weather going to prevent us from launching at Columbus? It is far too easy to see a reason to cancel, quit and try again the next day; rather than adjust the plan, or remain go-oriented with a plan for when conditions improve. The aggressive mental behavior that drives success is that which adjusts the schedule, organizes the mission to move to desirable weather, and/or remains briefed-up and ready to go

How can this apply to an aggressive pursuit of opportunity in your own lives? Think about the kid who might not be in the starting lineup of his or her sports team but sits alert on the bench, aware of the game’s progress, listening to the coach. Meanwhile, the other kids are goofing off, or perhaps even dancing the floss on the sidelines, when a player in the game fouls out or is injured. When the coach turns around, he or she is certain to notice the kid who is attentive and ready to go. Who do you think stands the best chance of getting playing time? The kid who is aggressively pursuing that playing time, of course. What about those opportunities in your career specialties to attend advanced training? Are you monitoring the class start dates and communicating to your supervisors that you are interested and available to jump on a fall-out opportunity if one is available? I have personally benefitted as the recipient of hard-to-get F-15 Eagle or F-16 Fighting Falcon sorties because I arrived at work earlier than required, and was available at the step-desk when the pilot on the schedule arrived late or arrived unable to fly. Additionally, I attended multiple professional development courses simply by being willing to have a bag packed, my life in order, and able to depart on a moment’s notice to training. Think about those opportunities you wish you had, but were assigned to others. If you maintain the “get after it” mentality, you just might benefit from the conditions changing around you, and find yourself celebrating the success of remaining go-oriented with a plan.



**Buckle up!  
It’s the law.**



## Medical Corner



## MENTAL HEALTH MONTH

### Psychological effects of sleep deprivation

Sleep and mental health are closely connected. Sleep deprivation affects your psychological state and mental health. And those with mental health problems are more likely to have insomnia or other sleep disorders. Sleep problems are particularly common in patients with anxiety, depression, bipolar disorder, and attention deficit hyperactivity disorder (ADHD).

**Depression.** Studies using different methods and populations estimate that 65% to 90% of adult patients with major depression, and about 90% of children with this disorder, experience some kind of sleep problem.

Insomnia and other sleep problems affect outcomes for patients with depression. Studies report that depressed patients who continue to experience insomnia are less likely to respond to treatment than those without sleep problems.

**Bipolar disorder.** Studies in different populations report that 69% to 99% of patients experience insomnia or report less need for sleep during a manic episode of bipolar disorder. In bipolar depression, however, studies report that 23% to 78% of patients sleep excessively (hypersomnia), while others may experience insomnia or restless sleep.

Longitudinal studies suggest that insomnia and other sleep problems worsen before an episode of mania or bipolar depression, and lack of sleep can trigger mania. Sleep problems also adversely affect mood and contribute to relapse.

**Anxiety disorders.** Sleep problems affect more than 50% of adult patients with generalized anxiety disorder, are common in those with post-traumatic stress disorder (PTSD), and may occur in panic disorder, obsessive-compulsive disorder, and phobias. They are also common in children and adolescents.

**ADHD.** The symptoms of ADHD and sleeping difficulties overlap so much it may be difficult to tease them apart. Sleep-disordered breathing affects up to 25% of children with ADHD, and restless legs syndrome or periodic limb movement disorder, which also disrupt sleep, combined affect up to 36%.

Traditionally, clinicians treating patients with psychiatric disorders have viewed insomnia and other sleep disorders as symptoms. But studies in both adults and children suggest that sleep problems may raise risk for, and even directly contribute to, the development of some psychiatric disorders. This research has clinical application, because treating a sleep disorder may also help alleviate symptoms of a co-occurring mental health problem.

*Sleep and mental health: Sleep deprivation can affect your mental health. Retrieved from [https://www.health.harvard.edu/newsletter\\_article/sleep-and-mental-health](https://www.health.harvard.edu/newsletter_article/sleep-and-mental-health)*



### Sleep and mental health lifestyle changes

**In some respects, the treatment recommended for the most common sleep problem, insomnia, is the same for all patients, regardless of whether they also suffer from psychiatric disorders. The fundamentals are a combination of lifestyle changes, behavioral strategies, psychotherapy, and drugs if necessary.**

**Lifestyle changes.** Most people know that caffeine contributes to sleeplessness, but so can alcohol and nicotine. Giving up these substances is best, but avoiding them before bedtime is another option.

**Physical activity.** Regular aerobic activity helps people fall asleep faster, spend more time in deep sleep, and awaken less often during the night.

**Sleep hygiene** is the term often used to include tips like maintaining a regular sleep-and-wake schedule and keeping the bedroom dark and free of distractions like the computer or television.

**Relaxation techniques.** Meditation, guided imagery, deep breathing exercises, and progressive muscle relaxation (alternately tensing and releasing muscles) can counter anxiety and racing thoughts

**Cognitive behavioral therapy.** Because people with insomnia tend to become preoccupied with not falling asleep, cognitive behavioral techniques help them to change negative expectations and try to build more confidence that they can have a good night’s sleep.

A personal message from your health promotion Health Myth Busting Team



*Dear Health Myth Busters, Lately my mood has been more negative than positive and I’ve noticed that my sleeping patterns have changed as well. Does the quality and quantity of sleep I get have an impact on my mood and mental well-being?*

*Sincerely,  
Feeling Moody*

Dear Feeling Moody, Yes. Sleep impacts our mood and well-being. In both the short and long term, the amount and quality of our sleep can play a huge role in our mental health. This includes how we feel and how we act toward other people. Even just one night of insufficient sleep can bring on stress and a tendency to become easily frustrated. Not getting enough sleep can contribute to a negative mood. Someone who is sleep deprived is more likely to be sad, irritable, frustrated, stressed out, fatigued, and/or similar emotions. On the flip side, getting plenty of sleep can contribute to a happier and more positive mood. Starting your day feeling refreshed can give you more energy, gratitude, and overall pleasantness. This can translate to how you feel during the day and how you go about interacting with other people.

The impact of sleep on mood is not just about how much you sleep. Quality sleep is also important. If your sleep is fragmented or very light, there’s a good chance that you won’t get the same kind of mood-related benefits as someone who is getting an equal number of sleep hours but who has smoother progressions through their sleep cycles with fewer interruptions. Improve your sleep quality by following a consistent sleep schedule, stop watching television or using electronic devices at least 30 minutes before bedtime, and setting your bedroom thermostat to somewhere between 60 and 67 degrees Fahrenheit.

*Sincerely,  
Health Myth Busters*

The Impact of Sleep on Mood and Mental Well-Being. Retrieved from <https://www.sleephelp.org/mood-emotions-sleep/>

*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/>*



# The 41st paves the path for T-6 procedures



A group of pilots from the 37th and the 41st Flying Training Squadrons stand ready in front of the flight line May 1, 2019, on Columbus Air Force Base, Mississippi. Both squadrons train student pilots on the T-6 Texan II where they will learn basic aircraft features and controls.



Capt. Chris Bodtke, 41st Flying Training Squadron chief of safety, and 1st Lt. Arron Bellini, Arnold Flight USEM, discuss plans for progressing the Arnold Flight. May 1, 2019, on Columbus Air Force Base, Mississippi. The 41st FTS train pilots for real scenarios by going over flight plans and develop solutions.

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

The 41st Flying Training Squadron, also known as the Flying Buzzsaws, at Columbus Air Force Base play a vital role in creating pilots, but they also contribute by cultivating innovative leaders.

Innovation begins in the flight room by connecting the instructor pilots and students.

Students assigned to the 41st FTS are trained to successfully make it through the primary phase of pilot training. The instructors here are responsible for overseeing the successful completion of the syllabus to get students through T-6A Texan II training.

The students go through a simulation phase and a simulation check ride, so by the time they get to the flight line, they know how to fly the jet and use the instruments, but they have no actual in-flight experience.

"We start small and use a building block approach," said Capt. Orion Kellogg, 41st Flying Training Squadron T-6 instructor pilot and flight commander. "We don't expect a lot from the beginning, but we want them to experience what it is like to fly the plane in real life and experience the nonstandard items that the simulation isn't able to provide them like traffic radio calls, turbulence and the military operating areas.

Kellogg mentioned this phase is where they being to understand how a student learns best, so the IPs can cater to what works best for the new pilots.

Columbus AFB uses three runways to handle the heavy air traffic of pilots in training. The inside runways are for the T-6s only, but they use the center runway for emergencies or if the weather was bad enough that they would need to land on a larger runway.

Capt. Michael Arakawa, 41st FTS instructor pilot, said that the squadron is now moving their operations to the center runway and with that comes challenges with flying a different pattern.

"Probably the biggest roadblock for operating out of the center runway is that it requires us now to cross T-38 Talon and T-1A Jayhawk to the outside runway in a timely manner," Arakawa said. "We are trying to minimize the loss in training by creating a concept of operations that is simple and effective."

The outside runway was closed approximately four months ago to get a fresh coat of concrete, making the landings more congested with only two runways. That's when the recent efforts to produce a concept of operations for the T-6's flying requirements, while the inside runway is shut down, has come into play.

"With this concept, we turned to working with all base and outside agencies including the Golden Triangle Regional (GTR) Airport to see how they could help

*"We start small and use a building block approach," said Capt. Orion Kellogg, 41st Flying Training Squadron T-6 instructor pilot and flight commander. "We don't expect a lot from the beginning, but we want them to experience what it is like to fly the plane in real life and experience the nonstandard items that the simulation isn't able to provide them like traffic radio calls, turbulence and the military operating areas."*

us," Kellogg said. "They are going to have the T-1 semi deploy out of the Golden Triangle, so that the T-6s can operate with less crowding.

"Once the T-6s move in we would then need to figure out how we can operate on a different runway than we are used to," Kellogg continued.

This innovative approach allows the squadron to improve working relationships with their community counterparts all while ensuring flying operation stay on schedule.

With the move to GTR Airport, the 41st FTS will have to manage different taxi and patterns procedures, and adjust their pre- and post-flight checklists to accommodate the new location. It is a very dynamic environment, because not only do the IPs have to learn new procedures, they have to teach the new procedures almost immediately.

From April 29 to May 3, the Flying Buzzsaws started simulating the shutdown. The week was a dry run to iron out all the deficiencies and get a final plan signed off. The goal is to take all the pieces that make up the flight line, see how it will be changed by the shutdown runway and devise a plan for the future that is easy to learn and repeatable.

The final plan is scheduled to begin May 24 and last through Nov. 1.



A T-6 Texan II descends to land on the center runway May 1, 2019, on Columbus Air Force Base, Mississippi. Student pilots practice takeoff and landing techniques as a part of the exercises for getting in their own flying hours to progress in the next phase of training.

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



Second Lt. Mitchell Embrey, 41st Flying Training Squadron student pilot, grabs some belongings out of his locker May 1, 2019, on Columbus Air Force Base, Mississippi. Student pilots spend an average of 10 hours in the flight room working on flight plans and studying material that will help them progress as pilots into the next phase of training.

