

SnapShot

944th Fighter Wing
Luke Air Force Base, Arizona
April 2019 Newsletter



April is Month of the Military Child
Researching the dangers of vaping
Fuel up with apples

944 FW KEY LEADERS

Commander

Col. Bryan E. Cook

Vice Commander

Col. James Greenwald

Command Chief

CMSgt. Jeremy N. Malcom

944th Fighter Wing Electronic Monthly SnapShot

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Bringing the Heat

April 2019

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Cover photo: Master Sgt. Adam Raley, 944th Fighter Wing functional manager, shows his son, Aiden, 3, an F-35 on the flightline March 21, 2019. Aiden wants to be a pilot when he grows up. April is Month of the Military Child. (U.S. Air Force photo by Staff Sgt. Lausanne Kinder)

Sleep hygiene

From Dr. Julie Reese, 944th Fighter Wing director of psychological health

As Airmen, you are expected to function at a high level with significant amount of responsibilities, and you meet the challenge with vigor and commitment. With these responsibilities, comes a high level of stressors that are often coupled with varied work schedules and unique shifts, leading you to forget what “being really, truly rested” feels like. According to the National Sleep Foundation, adults need between 7-9 hours of restful sleep every night to fully function at a high level mentally and physically. Anything

less, can increase anxiety, depression, family conflict, anger issues, loss of motivation, work problems, and worrisome thinking. This means that a healthy night’s sleep must be a priority! <https://sleepfoundation.org>

Sleep hygiene is a valuable part of achieving a restful night’s sleep, including shutting down electronics at bedtime, avoiding caffeine six hours prior to bedtime, avoiding alcohol four hours prior to bedtime as sleep becomes fragmented, enjoy a bedroom environment that is moderately cooler temperatures, quiet, dark, and comfortable, and avoid a heavy meal at bedtime. Exercising 40 min-

utes per day, late in the afternoon or early evening and at least two hours prior to bedtime, will also assist with a restful night’s sleep. At times, turning the mind off is the most difficult part of acquiring a healthy night’s sleep; therefore, writing a list of your thoughts, setting it aside, and picking it back up in the morning, is a great way to quiet the mind. As we focus on Mission Readiness remember that being your absolute best is well rested and focused, and this will assist you in accomplishing amazing successes!





944th Fighter Wing commander Col. Bryan “Op” Cook

April Unit Training Assembly is here and I want to reflect on two events we had the pleasure of attending last month.

March is always a special month not only for Arizona but the 944th. This year, I got to be the guest speaker at the 6th Annual Commemoration and Dedication ceremony for the Tuskegee Airmen who also celebrated their 78th anniversary. It was held in Mesa at the Confederate Air Force Museum and was attended by the Mayor of Mesa, John Giles, Congressman David Schweikert, and members of the Archer-Ragsdale Arizona Chapter, Tuskegee Airmen. This year we paid tribute to our heritage by remembering the outstanding contributions the men and women who started and served as part of our Tuskegee Airmen.

But who does not know about the contributions of these great Americans? Who does not know that almost 16,000 men and women volunteered to serve in the first all-black flying organization? Who does not know that they flew over 15,000 combat sorties earning 96 Distinguished Flying Crosses, 744 Air Medals, 31 Purple Hearts, and 14 Bronze Stars? Who does not know that 84 paid the ultimate price in defense of freedom? Freedoms they did not have at home.

Celebrating our heritage and remembering the heroic contributions of the Tuskegee Airmen is part of our duty and honor; to ensure that everyone knows their contributions to this Air Force and nation. Their sacrifices are never forgotten and have truly shaped our Air Force into the greatest fighting force ever seen. It was truly one of my great-

est honors to speak this year, and with two original Tuskegee Airmen in the audience. It is something I will remember forever.

Chief Malcom and I attended the AFRC commander's conference in Florida. They reiterated the AFRC priorities; restoring readiness, developing resilient leaders, and reforming the organization. This is eerily reminiscent of the 944th: Readiness, Developing Airman, and Total Force Enterprise. Because we were first, I am going to say they took our lead, and we are right on track.

In the two years I have been commander, the 944th has continued to lead at every turn. From deploying over 225 Airmen successfully, to 100 percent promotion rate on our Stripes for Exceptional Performers packages, to an outstanding Unit Effectiveness Inspection, to setting the standard for readiness and resiliency with our Chaplain Corps and Director of Psychological Health. We are changing AFRC from within the 944th and people are taking notice.

It has been my pleasure serving with you for the last three and a half years, and most importantly having the privilege of representing all our Airmen as the commander. I have had a lot of experiences in my 33 years of service, good, bad and tough. I will be honest, I do not remember the bad times; I have to be reminded of the good times; but I remember the tough times...vividly.

You see, the tough times are what defines us. It is what makes serving rewarding, makes the sacrific-



es worth the time, and it is what builds our personal character and fortitude. The tough times; from difficult combat missions, planning something you have never done before, schools, telling someone they did not get a job, or making money decisions for running the wing is hard. This is where you find out what it takes to be an Airman in the Air Force.

I have had an absolutely blessed career, from Airman Basic to Colonel. I would not change a thing, yes, I would do it all again, even the bad times. I hope during this entire journey I have kept one core value true to myself, and that it is an absolute privilege to serve the Air Force and this great country. I hope to see you all around campus, and after I retire, please say hi or reach out when you can. Thank you for all you do, and thank you for serving...My final word—"Keep Bringin the Heat!" In everything you do.....Op

March 2019 promotions:

From Airman Basic

Amn Jazmine A. Lopez, 307th FS

From Airman

A1C Anjelica L. Morales, 47th FS

A1C Bijon A. Davis, 944th FSS

From Airman 1st Class

SrA Mayra E. Carranza, 944th AMS

SrA Noheli C. Tellez, 944th AMS

SrA Zackery A. Foulk, 944th CES

SrA Gina R. Trujillo, 944th LRS

SrA Brian L. Singleton, 944th MXS

From Senior Airman

SSgt Erika M. Godwin, 414th MXS

SrA Francis X. Travolina, 307th FS

SrA Genesis Keehn, 944th LRS

From Staff Sgt.

TSgt Joshua A. Hurley, 414th MXS

TSgt Wade F. Stern, 414th MXS

TSgt Morgan B. Johnson, 414th MXS

TSgt Michael E. Boenker, 944th CES

TSgt Brayon J. Flores Mejia, 944th CES

From Master Sgt.

SMSgt Samuel J. Gerard, 924th AMS

SMSgt Krystle L. Baysinger, 414th FG

SMSgt Matthew E. Kelly, 944th CES

WARRIOR OF THE MONTH

STAFF SGT. DENISE MILLER

944TH AEROMEDICAL STAGING SQUADRON AEROSPACE MEDICAL TECHNICIAN



(Photos by Staff Sgt. Lausanne Kinder)

Time in Service: Nine years

Time with the 944th Fighter Wing: Six months

Civilian Job: Stay at home mom

Hometown: Nashville, Tenn.

Hobbies: Stand up paddle boarding, traveling, hiking, woodworking, refinishing furniture

Home-life: Husband, Omar, and son, Jonas, 11 months old

Why did you join the Air Force Reserve?

I come from a family of service members and have always felt a sense of duty to serve. After working for years in a career field that was not fulfilling, I decided it was time to do more meaningful work that would allow me to serve others, rather than just myself. It was a terrifying and exciting decision that ended up being one of

the best ones I have ever made.

How does your job support the mission of the 944th Fighter Wing?

I will be cross-training as a medical technician and will ultimately assist with providing care, staging, and movement of patients worldwide. While waiting for school, I perform administrative, technology equipment management, and facilities functions that support deployment readiness for all ASTS members.

If you were on a deserted island.....?

I would collect about 20 coconuts and then take the first week to pretend I am on vacation and enjoy the sunshine, the salty air, and the sound of the waves. Then, I would grab my signal mirror, machete, and tarp (these scenarios always let you bring three things, right?) and get down to the business of survival and rescue.

LRS Superintendent receives Graydon Williams Award

Senior Master Sgt. Janice A. Wheeler, 944th Logistics Readiness Squadron superintendent, stands with (from left to right) Ms. Alma Shappell, sister of the late Graydon Williams, her son Ethan McManaman, 12, Harry Shappell, Graydon Williams' brother-in-law, and Lt. Col. Cedric Finnen, 944th LRS commander, March 13, 2019, at the Red, White and Blue Awards brunch at the Main Event, Tempe, Ariz. Wheeler received this year's Graydon Williams Award. The Graydon Williams Award is presented annually to an Air Reserve Technician member who personifies the character and traits of the late Tech. Sgt. Graydon Williams, a 944th Fighter Wing maintenance ART who died at a young age of cancer. (U.S. Air Force photo by Tech. Sgt. Louis Vega Jr.)



944th AMXS receives a new commander

By Staff Sgt. Christopher Moore, 944th Fighter Wing

The 944th Aircraft Maintenance Squadron changed command March 3, during a ceremony here.

Lt. Col. Karwin R. Weaver, 944th AMXS outgoing commander, relinquished command to Maj. Robert Terrazas, 944th AMXS incoming commander.

In opening remarks, Col. Scott E. Briese, 944th Maintenance Group commander, thanked Weaver for his exceptional leadership at the AMXS. He also remarked that he was pleased Terrazas and his wealth of knowledge would be taking over as commander for the 944th AMXS.

"Col. Weaver has had three mission accomplishments here," said Briese. "From standing up the squadron with three people to now over three hundred, to full integration with our active duty counterparts. Finally, Weaver

deployed while he was commander of the AMXS and was so successful that he left his successor with so few targets they had to forward deploy. That is a mission success."

Terrazas most recently led the 944th AMXS as the operations officer.

"I have every confidence that Terrazas will take the squadron to the next level of integration and success as we build the future of air power together with our active duty counterparts," said Briese.

When he took the podium, Terrazas thanked the unit for their dedication and shared words of inspiration for the future of the squadron.

"I am honored and humbled to become your squadron commander at such a critical time in the unit's history," said Terrazas. "I know we have a lot of work to do as we continue to build on the Hellion legacy. I know you will continue to perform as professionals and excel, enabling success, let's give them hell!"



Researching the dangers of vaping

By Tech. Sgt. Nestor Cruz, 944th Fighter Wing

A Reserve Citizen Airman with the 944th Operations Group is helping her students fight a war against an enemy preying on children: vaping.

Tech. Sgt. Perla Tapia, 944th OG noncommissioned officer in charge of command support, is a chemistry teacher at Dysart High School, El Mirage. She tasked her students to research the dangers of vaping but encouraged them to go a step further.

"I challenged them to go out to different classes and present the information," Tapia said. "We found that nearly 80 percent of high school students are vaping. We also found out some are starting as early as middle school, where it's a cool trend right now."

While the main focus for in-class presentations was within the high school, Tapia also wanted to share their research with younger students.

"We targeted all the classrooms but our primary target audience was freshman students," she said. "But I also reached out to the elementary school behind the high school and told them we'd love to share our research and I would get a group of students to go and make their presentations."

Patricia Beaird, Dysart High School science department lead and physics teacher, praised Tapia and her students after sharing their findings with Beaird's freshman class.

"It is always so much more impactful for students to hear from their peers the dangers of engaging in certain behaviors," said Beaird. "Their passion for the subject matter and the seriousness with which they approached their mission was evident."

Tapia used her military experience to help her students go out of their comfort zone to become leaders among their peers.

"I've been with the 944th OG for almost seven years and we're always looking for innova-

tive ways to grow, learn, think better, and impact the big picture," she said. "It's that mindset I carry into my classroom. I'm always thinking 'Let's not keep it within these four walls of our classroom. Let's think bigger and outside of our school'."

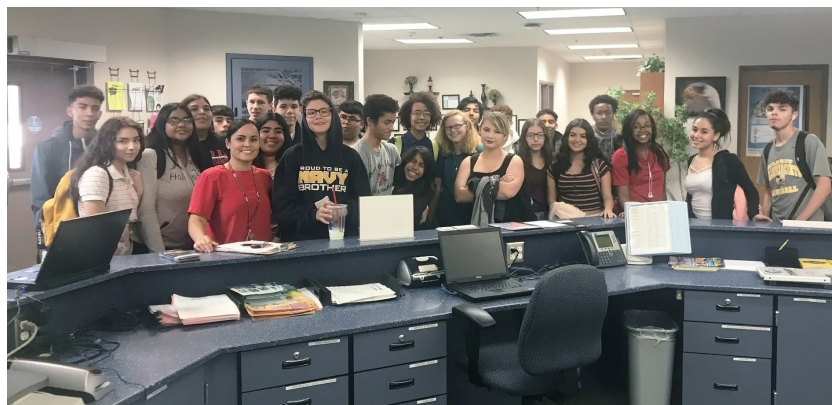
The students were initially intimidated with the idea of public speaking, but Tapia's encouragement gave them the boost of confidence they needed.

"When they left the classroom to do presentations, they were scared and nervous," said Tapia. "But when they came back they asked me 'Can we do this again?' They were so empowered to be able to make a difference."

One of Tapia's 10th grade students, Hailey Neumann, said the project helped her to grow as an individual and gave her awareness about vaping myths.

"Doing this project allowed me to improve myself as a student because peer pressure is a real deal these days," Neumann said. "By doing this project about the vape epidemic, I now understand the consequences of it and I can make wiser decisions accordingly."

The project began with the school district distributing educational materials on the dangers of vaping. Tapia's students conducted their own research and uncovered some disturbing facts, including hidden ways for students to vape inside the classroom.



"There are different things kids are using to vape inside classrooms including headphones and hoodie drawstrings," Tapia said.

Tapia's students found out that companies are targeting children to be their consumers. Vaping cartridges are available in various "fun" flavors including bubblegum and some devices include games.

One of the myths surrounding vaping is that it's a safer alternative to cigarette smoking. According to research findings from Tapia's students, this myth poses a serious threat for children and teens.

"Kids are extremely addicted to vaping," she said. "One cartridge equals 2-3 cigarette packs."

Typically, someone new to smoking will start with one or two cigarettes ... some kids vape up to 2-3 cartridges per day.

"The chemicals and drugs contained in a vaping cartridge are affecting teen brain development and could also lead to popcorn lung disease (a condition that damages the lungs' smallest airways and causes coughing and shortness of breath)," Tapia added.

But wait, there's more.

"The biggest thing we learned is [vaping devices] can explode when there's no more liquid in there," said Tapia. "You're burning metal so you could be potentially smoking lead. Children are ingesting the metal and it can also explode, in some cases in the face or fingers."

The vaping presentations have certainly gained momentum and the effort shows no signs of slowing down.

According to Tapia, the class will continue to educate fellow students on the dangers of vaping.

"We're going to continue sharing our findings to build awareness with other students, schools, and families," she said.

944TH FIGHTER WING INSPECTOR GENERAL

Your partner in maintaining standards, professionalism, and mission effectiveness.

The IG office provides a platform for a responsive and impartial investigative system that identifies issues negatively affecting mission effectiveness and unit morale.

Our mission is to sustain discipline, readiness, and a credible Air Force IG System by executing IG Complaints Resolution and Fraud, Waste, and Abuse prevention programs with impartiality.

What does an IG do:

1. Education: Visiting Squadrons and training all members about the Complaint Resolution and Fraud, Waste, and Abuse prevention programs and process
2. Access: Ensuring all members have uninhibited access to the IG system
3. Investigation: Allegations involving Reprisal, Restriction, Abuse of Authority, and Fraud, Waste and Abuse

How the IG can help:

The IG makes sure that concerns are addressed objectively and in a timely fashion.

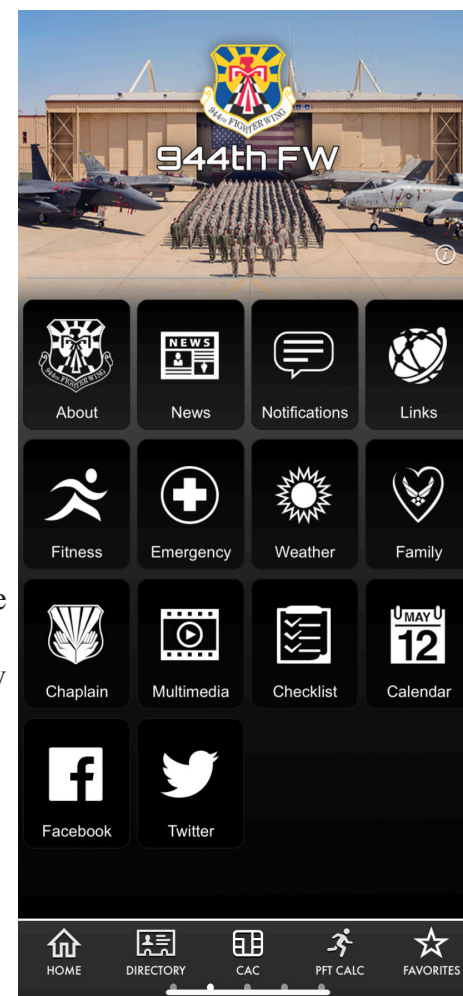
If the issue falls outside the purview of the IG, the goal is to point you in the direction of the appropriate helping agency.

Maj. Gena Fedoruk
944th FW IG
Building 988, Room 117.
Phone: 623-856-6682



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MONTH OF THE MILITARY CHILD



(Photos by Staff Sgt. Lausanne Kinder)



Master Sgt. Adam Raley, 944th Fighter Wing functional manager, shows his son, Aiden, 3, an F-35 on the flightline March 21, 2019.

Aiden wants to be a pilot when he grows up.

“He’s always looking up, plays with planes, and loves flying,” said Raley.

Aiden also loves to paint, build forts, and play outside.

Raley is responsible for the wing’s aircrew and their requirements and qualifications. Throughout his 20 year career in the military he has de-

ployed and been away from his family on multiple occasions but he was not the only one to make sacrifices. his children have also known too well what it means to be a military child.

“I understand what it means to be a military child,” said Marissa, 12. “It means my dad is an amazing person and is well appreciated. Personally, I love being a military child because I get to experience what other children may not ever go through.”

Raley has three children, Owen, 15, Marissa, and Aiden.

WE SALUTE OUR LITTLE HEROES

OUR MILITARY CHILDREN IN ACTION

Child Development Center preschool class, Sparkle, created a quilt just in time for Month of the Military Child.

“Growing up my grandmother always made quilts and I felt like having some type of quilt would make the classroom feel more like a family,” said Leticia Vance, Sparkle classroom teacher. “If I could get each parent and child to participate when they came in, they would feel like home and not just a classroom.”

The quilt took a year to make due to children transitioning to kindergarten or military moves.

The quilt was finally completed March 2019 and the kids were very excited to show off their work.

“I put Pokemon on mine,” said Bently, 5 (pictured on right). “It was fun. I want to do it again next year.”



Sparkle teachers: (Bottom middle photo, from left) Leticia Vance, Jinny Catalan, Rachel Pregel. (Photos by Staff Sgt. Lausanne Kinder)



Sparkle class students: (from left) Brynna, Madison, Jude, Isabella, Harper, Jackson, Parker, Nathan, Joshua, Liam, Brooklyn, Ariya, Luxe, Blaire, Bently, Johnny, Milena, and Dominik.

SPARKLE PRESCHOOL CLASS

Air Force's fiscal 2020 budget focuses on modernization, readiness, confronting global threats

By Charles Pope, Secretary of the Air Force Public Affairs

ARLINGTON, Va. -- The Air Force's budget would rise to \$165 billion in fiscal year 2020 under the White House spending plan unveiled March 12, a \$10 billion increase that allows the service to grow, modernize and effectively adapt to an array of changing global threats.

As written, the proposed budget attaches numbers to larger strategic goals that include the need to meet challenges posed by China and a resurgent Russia, provide a safe, secure and effective nuclear deterrent while continuing to disrupt violent extremists in a cost-effective manner.

The spending plan provides funding for the Air Force to continue restoring readiness with special attention on training, maintenance, spare parts and flying hours.

The proposed budget for fiscal 2020 provides money to modernize nuclear ballistic missile operations, strategic bombers, nuclear air-launched cruise missiles, intercontinental ballistic missiles as well as associated nuclear command, control and communications systems.

One of the more significant additions to this year's budget is a \$14 billion investment in the Air Force's space portfolio, a 17 per-

cent increase over the previous year. This investment includes \$72.4 million to establish the headquarters for Space Force, which will be a new service within the Department of the Air Force.

The budget allows the Air Force to continue its dominance in space while also providing funding to train 1,480 new pilots, an increase from 1,211 trained this year. Overlaying all of it is funding to continue the progress on improving readiness across the Air Force's 690,000 total force. Related is a 3.1 percent pay raise for service members as part of the larger Department of Defense budget.

Taken as a whole, the proposed budget for fiscal year 2020, which begins Oct. 1, 2019, continues Air Force efforts to add equipment and personnel, training and support to offset an era of lean budgets. As Air Force Secretary Heather Wilson has said, the new budget is crafted to align the Air Force closer to the National Defense Strategy.

To get there the budget calls for purchasing an additional 48 F-35A Lightning II and eight upgraded F-15EX Strike Eagle fighters. It provides funding for 12 KC-46A Pegasus tankers as well as funds for third-generation GPS satellite and money to finance four launches

of space vehicles for national security.

Additionally, the budget proposal includes funds for training and for modernizing live and virtual ranges and infrastructure that provide realistic – and crucial – training capabilities against the most advanced threats. The Nevada Test and Training Range, the Joint Pacific Alaska Range Complex, the Utah Test and Training Range, the Space Test and Training Range and several smaller range complexes will receive targeted funding to better replicate the capabilities of peer adversaries.

Related to that focus, the fiscal 2020 budget includes funding to underwrite 1.1 million peacetime flying hours, the maximum amount of sustainable training, to prepare pilots and Airmen to be effective members of joint forces.

While the Air Force budget proposal is carefully crafted and is a proxy for the service's priorities, the document represents an early, and uncertain, starting point of a months-long process. Congress retains the ultimate authorities on how tax dollars are spent with deliberation expected to stretch until the current fiscal year ends Sept. 30 and possibly beyond.

FUEL P WITH APPLES

from the 944th Medical Squadron

Eating an apple every day might “keep the doctor away,” but apples can be a perfect choice for those who want to eat healthy and perform well. They contain flavonoids, which can help reduce your risk of cancer and heart disease. Apples also can help lower cholesterol and blood glucose, which is especially important for those with diabetes. Trying to lose weight? Apples are good sources of fiber, helping you feel fuller longer.

Unlike most fruits, apples are available year-round and generally less expensive. Since there are over 7,000 varieties in the U.S., you might find some favorites. And remember to eat the peel because it contains valuable vitamins, minerals, and antioxidants.

On average, Americans eat one apple each week. Why not add apples to your daily eating routine?



- **Breakfast.** Grate and stir into pancake mix or oatmeal for added flavor.
- **Lunch.** Chop and add to your favorite green salad. Or mix with dried cranberries and chicken or turkey salad.
- **Post-workout snack.** Enjoy with nut butter to help rebuild muscles and replenish energy stores. Or simply eat one out of hand.
- **Dinner.** Slice and bake with pork chops for a tasty fall meal. Or add some to your holiday stuffing. Tip: Mix grated green apple with purple-cabbage salad mix, $\frac{1}{3}$ cup cider vinegar, and 1 Tbsp sugar for a colorful, crunchy coleslaw.
- **Dessert.** Core and fill the center with raisins, 1 tsp brown sugar, and a dash of cinnamon. Microwave until soft and then top with vanilla frozen yogurt.

Source: <https://www.hprc-online.org/articles/fuel-up-with-apples>

944TH FIGHTER WING BOOSTER CLUB GOLF TOURNAMENT

Thank you to everyone who came out and supported the event. Check out the rest of the photos on our Facebook page! (Photos by Staff Sgt. Ashley Wells)



Upcoming Events

APRIL

6

Operation Reserve Kids

Check-in: 12:30 p.m. bldg 485
Welcome Home: 3:30 p.m.
Hangar 999

12

Change of Command

944th Operations Group
3:30 p.m. in Hangar 999

21

Easter Sunday Service

10 a.m. at the Base Theater

Visit our website:

<http://www.944fw.afrc.af.mil> to keep up-to-date on the wing happenings!

MAY

3

Farewell

Col. Bryan Cook
Falcon Dunes Golf Course
4:30 p.m.

4

Change of Command

944th Fighter Wing
8:44 a.m. in Hangar 999

5

Retirement Ceremony

Col. Bryan Cook
8:44 a.m. in Hangar 999

IMPORTANT PHONE NUMBERS

WING COMMAND SECTION

623-856-0944

WING SAFETY

623-856-5361

CHAPLAIN

623-856-5303

COMMAND POST

623-856-5600

EQUAL OPPORTUNITY

623-856-5560

FINANCIAL MANAGEMENT

623-856-8063

INSPECTOR GENERAL

623-856-6682

PUBLIC AFFAIRS

623-856-5388

STAFF JUDGE ADVOCATE

623-856-5333

RESERVE RECRUITING

623-856-5339

CUSTOMER SERVICES (IDS)

623-856-5358

TRAINING/EDUCATION

623-856-5318

AIRMAN & FAMILY READINESS

623-856-8324

HELP DESK

623-856-8024

SEXUAL ASSAULT HOTLINE (24/7)

623-856-4878

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-8255



APRIL SHOWERS BRING MAY FLOWERS

Photos by Andrea Kinder, taken in the Arizona desert

