

# 189th Airlift Wing WARRIOR



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September 2020

Arkansas Air National Guard

Little Rock Air Force Base, Ark.

*189th, 314th AW conduct joint  
readiness exercise, pgs. 6 - 7*



# Commander's Commentary

By Col. Dean B. Martin  
189th Airlift Wing Commander

As we wrap up summer and roll into fall, each of us should prepare for inclement weather. This month is National Preparedness Month and the Arkansas Air National Guard is ready to support our community and state during a disaster, whether deploying our Rapid Augmentation Team to assist during inclement weather or our domestic operations experts to assist law enforcement, we will always be ready and prepared. Ensuring you are prepared is important for you and your family. Recently, we experienced the effects of Hurricane Laura drenching central Arkansas and the surrounding areas. We must be prepared for the unexpected at all times and be willing to provide assistance to those in need while facing the aftermath of a natural disaster. If you need assistance preparing for a weather-related emergency, consult the 189th Airlift Wing safety office or visit <https://www.ready.gov/severe-weather>. Additionally, ensure you are enrolled in the Air Force Personnel Accountability and Assessment System to stay up-to-date on the latest information regarding personnel and Little Rock AFB.



September is also National Suicide Prevention Month. As the lead for Team Little Rock, Chaplain Pierce pulled together great resources and events including guest presenter, Mrs. Susie Reynolds Reece --strategist, speaker and consultant on the topic of substance use and suicide prevention. The event is at Walter's Community Center ballroom on Sept. 11, at 2 p.m. If interested in attending, contact Chaplain Pierce at [ronald.pierce.3@us.af.mil](mailto:ronald.pierce.3@us.af.mil) with your name and contact information or call 501-987-1050. Seating is limited, so don't wait! If you can't get a seat, the event will be recorded and available to view later this month. Airman suicide is the leading cause of death in the Air Force and we are no exception. It is essential to connect with one another and recognize potential indicators of suicide and step in to prevent the loss of a fellow Airman, friend or family member. The wing has many resources available to those who are searching for answers. Contact our wing's Director of Psychological Health or visit the chaplain's office for confidential, one-on-one guidance. We are a Guard family who take care of and look out for each other. Look to your left or to your right...someone is always there for you, to look after you and to take care of you and your family when you need it.

While we are still battling the COVID-19 pandemic, we continue to find new ways to shield ourselves from this virus and keep everyone safe. In a recent study conducted by Duke University, 14 different types of masks were tested and found that the gaiter and neck fleece can be less effective than not wearing a mask at all. This is due to the way the fabric breaks down the liquid particles from your mouth and disperses them through the mask fibers. While there is no official Department of Defense guidance on the use of these masks, I would encourage our Airmen, instead of using the gaiter face masks and other similar coverings, to visit the 189th LRS to receive a CDC-approved mask and work center sanitization supplies. Our LRS folks work tirelessly to make sure we have everything we need to fight this battle and will continue to do so until these trying times have passed.

Take time this drill to catch up on all your training and IMR requirements. If you need assistance finding out where you stand on being mission ready, ask your supervisor to point you in the right direction. Have a great drill weekend! - FOLLOW THROUGH!

[www.facebook.com/189AW](https://www.facebook.com/189AW)

[www.instagram.com/189AW](https://www.instagram.com/189AW)

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# CONNECT TO PROTECT

By Lt. Col. Ron Pierce  
189th Airlift Wing Chaplain

Suicide prevention is a priority throughout the year, but during September — Suicide Prevention Month — added attention is given to the complex issue of suicide and a special spotlight is given to the resources and ways to get help when needed. This year, the DoD's Suicide Prevention Month theme, Connectedness, highlights the important role that connections to family, friends, and the community can play in preventing suicide.

Connectedness is a factor that can reduce the likelihood someone will consider or attempt suicide. Having social connections to count on and a sense of belonging can be a protective factor against suicide, while loneliness and feeling like a burden can increase the risk of suicide for some individuals. The Suicide Prevention Month 2020 slogan is “Connect to Protect” and puts an emphasis on connecting with others and the community.

It is important for each of us to focus on how we can connect to protect the service members and military families in our lives. From a spiritual standpoint, we have a moral duty to protect each other, to watch out for each other, and to be there for each other. I have seen a very healthy emphasis recently among experts to encourage connectedness that goes beyond information sharing into developing connections and a sense of belonging. The Apostle Paul wrote to the church of Galatia that they should carry one another's burdens. We all need each other!

Let us be quick to connect with those around us and be there for each other in meaningful ways.

Here are the points from the suicide prevention pledge for this year – the idea is to be there for yourself and others.

- Connect to Protect. Make connections with friends and family a priority.
- Set an example by creating an environment where asking for help and reaching out to others are signs of strength.
- Be there for yourself! Taking care of yourself is as important as taking care of others.
- Develop healthy habits and ways to cope with stress to keep you strong and resilient.
- Check in with friends and family. Let them know you care.
- Know the resources that are available to you and others.
- Volunteering or joining a group are great ways to care for yourself and others.
- Be the one who reaches out. Ask, “How can I help?”
- Consult with a mental health professional if you need assistance.

Please know that your 189th Chaplaincy team, along with our other helping agencies, are ready and willing to help out! Contact us to chat or for help in getting resources. You matter!



## CONNECT TO PROTECT

Make it Your Mission to  
**#BeThere**





## *189th Airlift Wing creates dedicated space for nursing mothers*

Master Sgt. Jessica Roles  
189th Airlift Wing Public Affairs

Recently, the 189th Airlift Wing in collaboration with the Arkansas Department of Health's Office of Health Equity, Healthy Active Arkansas, the Arkansas Breastfeeding Coalition, and the Association of State Public Health Nutritionists, opened a lactation room, providing a comfortable space for mothers who are breastfeeding or expressing breast milk. The room, located in the 189th Medical Group building, consists of a sink, a locking door, literature on breastfeeding, chair, and a refrigerator to store expressed milk.

"ADH is excited to continue our partnership to support military moms and families, which began last year with the March of Dimes as we helped to host the state's first Mission: Healthy Baby Shower," said Michelle Smith, PhD, Director of the ADH Office of Health Equity. "This new collaboration with Healthy Active Arkansas is a great opportunity to introduce a segment of the Arkansas community to the work this initiative is doing to promote breastfeeding across the state."

Smith, a drill-status Guardsman, is a Capt. at the 189th

AW, Arkansas Air National Guard and the public health officer for the 189th MDG. She works in both positions providing guidance and assistance to the Airmen of the wing as well as liaises between the ADH and the wing to promote events which benefit Guardsmen and their families.

"The 189th Airlift Wing embraces inclusion and encourages serving in the Air National Guard as a new mother," said Col. Dean Martin, 189th Airlift Wing commander. "All members play a valuable role in the mission of the wing, regardless of new family expectations. Many nursing mothers are discouraged from breastfeeding due to the lack of adequate amenities and uncomfortable location situations. This lactation room provides a comfortable and private space for our Guardsmen."

The lactation room at the medical group is hopefully one of many to be designated as such on Little Rock Air Force Base. Providing necessary lactation facilities for nursing mothers encourages support of the health and well-being of new family members and mothers. The Air National Guard emphasizes the care of Airmen and their families and continues the promise to provide the resources to do so.



*Col. Dean Martin, 189th Airlift Wing commander and Renee Mallory, Deputy Director for Public Health Programs, cut the ribbon to the new lactation room during a ribbon cutting ceremony at the 189th Medical Group clinic Sept. 1, 2020, at Little Rock Air Force Base, Ark. The lactation room will provide nursing mothers the opportunity to breastfeed or pump in a private and comfortable environment. (U.S. Air National Guard photo by Master Sgt. Jessica Roles)*



# New CDC Guidance on mask wear

Mask Up Warriors! The CDC recommends that you wear masks in public setting around people who don't live in your household and when you can't stay six feet away from others. Masks help stop the spread of #COVID19 to others. Below is guidance from the CDC to assist you on choosing a mask that is right for you and your family member. The 189th LRS is offering free masks for 189th AW Guardsmen to replace gaiters or worn masks. For more information, go to <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.

## DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

## DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators or surgical masks

## Caution: Gaiters & Face Shields



Evaluation is on-going but effectiveness is unknown at this time



Evaluation is on-going but effectiveness is unknown at this time

## Special Situations: Children



If you are able, find a mask that is made for children



If you can't find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin

## Special Situations: Glasses



If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging

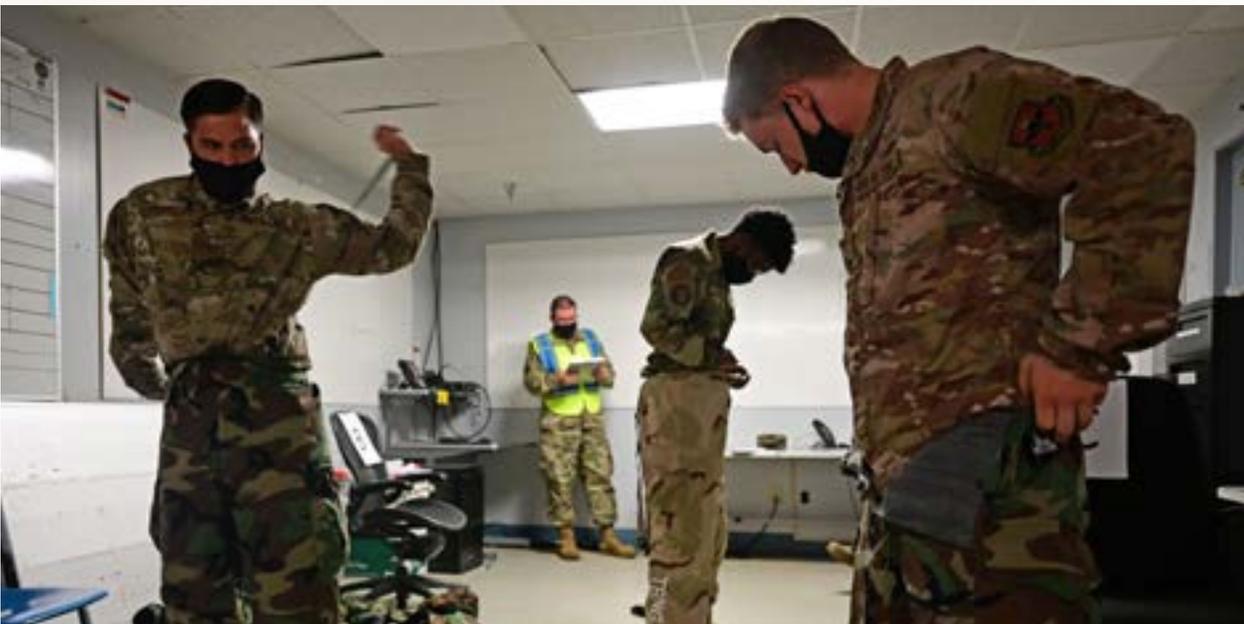


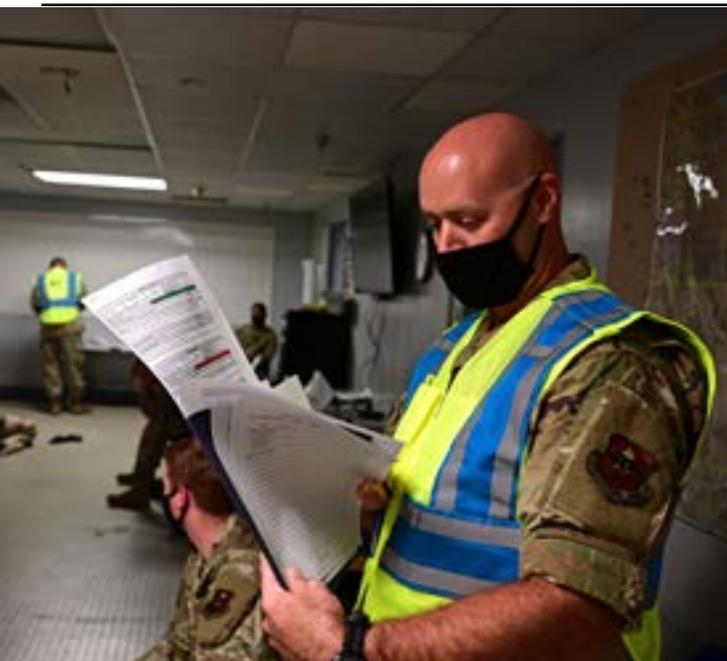
Do NOT put on children younger than 2 years old



## *189th, 314th AW conduct joint readiness exercise*

Earlier this month, the 189th and 314th Airlift Wings participated in a joint readiness exercise. The Airmen attended a Chemical, Biological, Radiological and Nuclear Defense training class to prepare Airmen for the actual exercise. The exercise allowed for increased interoperability between the installation's mission partners in order to enhance readiness. The exercise consisted standard readiness exercise procedures while maintaining safe COVID-19 practices. (U.S Air Force photos by Airman 1st Class Aaron Irvin)







# Airman & Family Readiness changes

By Tim Boyer  
189th Airlift Wing Airman, Family Readiness Coordinator

As I walked into my new office, it felt a little like a dream. The first thing I did was call my mom. I know that might seem lame, but I was excited to step into the Airman & Family Readiness Program Manager job.

“Mom, I am not joking, I have an incredible massage chair in my office,” I told her, with an eagerness in my voice because I knew, as any good equipment manager would do, I would have to ops check it.

I’ve held many jobs in my military career. I started nearly 15 years ago as an enlisted Aerospace Ground Equipment Airman. After six years, I retrained into Public Affairs, which was a completely different world from maintenance. When I finally finished my Master degree, I Palace Chased from active duty to become a Reserve chaplain.

I obtained a civilian job in Public Affairs at the 19th Airlift Wing and became an Arkansas Air National Guard chaplain in October 2019. Finally, I was hired for Airman & Family Readiness here. I also still serve in my capacity as a chaplain for the 189th AW when drilling.

As you read this, I have been in my new job for less than a month, so I appreciate your patience as I continue to learn.

What I have found so far is that the A&FRP has a lot of amazing resources that I never knew about. First, did you know you can come in and make use of our very nice massage chair? But there is

more.

If you are working on a resume, not only are we happy to assist in reviewing and working with you to make it the best it can be, but we have four different books to help you build great resumes, and they are free!

We also have amazing notebooks with coloring pages on one side of the book to help you through those long meetings. We’ve got children books, relationship books, budgeting tools and more.

I realize you may not be as excited about all this as I am, but you should be. If you are ever going through struggles in life, swing by to see me and we’ll see if we can help you. The A&FRP has confidentiality with the only exceptions being harm to yourself or others, so we would love to help find the resources to support you.



Tim Boyer, Airman and Family Readiness Program Manager, shows off resources as he sits in a deluxe massage chair Sept. 3, 2020, in the 189th Airlift Wing Airman and Family Readiness office. The Airman and Family Readiness Program supports Airmen through financial education, resume writing, interview skills training, parenting skills resources and more. A & FR staff also provide limited confidentiality, so you can see them in time of need and it will remain confidential unless you plan to cause harm to yourself or others. (U.S. Air National Guard photo by Master Sgt. Jessica Roles)



## *Letter from the Chief Master Sergeant of the Air Force*

Recently, the U.S. Air Force selected its 19th Chief Master Sgt. of the Air Force. The first female CMSAF, Chief Bass thanked the Air Force community for their hard work and dedication to the mission as well as offered a few words of encouragement to Airmen. Read below for her entire message to the force.

Teammates,

I am humbled and honored to serve with each and every one of you as the 19th Chief Master Sergeant of the Air Force. When I look back at my 27 years of service to our Nation, I can't help but think about the great opportunities the Air Force has given me. My promise is that we will work hard to provide all of our Airmen with these same opportunities, while ensuring the readiness of America's Air Force.



Our strategic and global environment has changed; however, the one constant is our people. You are our most lethal weapon system and the competitive edge we have over our adversaries. As warfighters that answer our Nation's call, we must provide you with the very best training, opportunities, and resources to enable your success. In order to accomplish that, we must continue to adapt, evolve, and modernize our Air Force. And to that end, my focus will be on YOU - our people, our readiness, and our culture to ensure we are ready for any challenges that may come our way.

There is much work to be done. And alongside Secretary Barrett, and General Brown, we will work hard for you, our fellow Airmen, and our great Air Force. We are committed to you, your families, and our Nation.

Again, I am extremely humbled and honored to share in this journey with you. My husband Rahn and I couldn't be more proud to be part of this Air Force family. Thank you, and your families, for your continued service and sacrifice. Our Air Force, and our Nation are better because of you.

[JoAnne S. Bass](#)

[Chief Master Sergeant of the Air Force](#)

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# Personal Financial Counselors are **here to support** you virtually.

-  Are you off a military installation, but still desire financial support?
-  Would speaking to a professional, virtually, give you peace of mind?
-  Are you ready to boost your monetary might?



Did you know Personal Financial Counselors (PFCs) can provide no-cost support services virtually?

PFCs offer a wide range of training and workshops on topics such as money management, budgeting and developing spending plans, debt and credit card management, consumer rights and obligations, homebuying, retirement and estate planning, taxes and more.

PFCs can provide face to face counseling and/or deliver presentation to service members and their families using telephonic or electronic modes like the Zoom platform.

PFCs are:

- Professionals with experience and specialized training
- They hold a minimum of a bachelor degree
- They hold National certifications for financial counseling and education

### Follow the Office of Financial Readiness

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-  <https://www.twitter.com/DoDFINRED>
-  <https://www.instagram.com/DoDFINRED>
-  <https://www.youtube.com/DoDFINRED>
-  [www.FINRED.USALEARNING.GOV](http://www.FINRED.USALEARNING.GOV)
-  <https://www.medium.com/@DoDFINRED>

### Local Contact Information

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# *Warrior of the Month*

## *A1C Michael Arida Arandia*



**Rank/Name:** A1C Michael Arida Arandia  
**Unit:** 189th Logistics Readiness Squadron  
**Guard Status:** Full-time  
**Position:** Fleet Management and analysis  
**Hometown:** Cochabamba, Bolivia  
**Time on Station:** 1 Year  
**Time in Service:** 1 Year  
**Goals:** Buy land and build a house. Get a bachelor's degree in architecture or civil engineering  
**Hobbies:** Video games, sports, and singing in the shower  
**189th Airlift Wing priority portrayed and why:**

Culture

**How this core value is portrayed:** A1C Merida is a perfect example of culture and innovation. His background coming from Bolivia as a young teenager gives him a great appreciation of our great nation and opportunities that many of us take for granted. He is working obtaining his citizenship, working fulltime (temp tech) and has completed 68 hours at National Park College in Hot Springs. His innovative ideas have helped streamline processes in our shop.



## *Patriot Day: Never forget*

*On September 11, 2001, terrorists flew two hijacked airplanes into the Trade center in Manhattan in New York City, destroying both towers WTC. This is a day that the United States will never forget. After the horror ended, 2,996 people were killed and more than 6,000 were injured. Fatalities victims on the hijacked flights, the WTC and the Pentagon. The destruction of the terrorist attacks took nearly seven months to clean up. On May 30, 2002, Ground Zero officially ended.*





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## HOW TO DISPLAY THE AMERICAN FLAG

The U.S. flag stands for our nation and the shared history, pride, principles, and commitment of its people. When we properly display this powerful symbol, we signal our respect for everything it represents.

The flag shouldn't be flown in inclement weather unless it's an all-weather flag.

Flags displayed at night should be properly illuminated.

In a time of national mourning, hang the flag at half-mast.

The flag can be flown every day, but it is often flown to show patriotism on these observances:

New Year's Day	Memorial Day	Constitution Day
Inauguration Day	Flag Day	Columbus Day
Lincoln's Birthday	Independence Day	Navy Day
Washington's Birthday	Labor Day	Veterans Day
Armed Forces Day	Patriot Day	Thanksgiving Day
		Christmas Day

### WHEN DISPLAYING THE FLAG...

From your porch, place the union (blue section) at the peak of the staff.

Against a wall or on a window, place the union (blue section) at the top left corner.

On your vehicle, clamp the staff to the right front fender.

With another flag, place the U.S. flag to your left when crossed.

Keep your flag completely dry and folded properly — into a triangle, with the union (blue section) visible — before storing it in a well-ventilated area. If the flag is damaged or worn out, it should be disposed of with dignity.

Source: United States Code, Title 4, Chapter 1—The Flag

The flag should not touch anything below it or rest on the ground.

Brought to you by

www.U.S.A.gov/explore

### The American Flag and Its Flying Rules

The Flag of the United States of America is a symbol of freedom and liberty to which Americans pledge their allegiance by standing at attention, facing the flag with their right hand over the heart, and reciting: “I pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.”

The flag consists of 13 alternating red and white stripes that represent the 13 original colonies, and 50 white stars on a blue field, with each star representing a state. The colors on the flag represent:

- Red: valor and bravery
- White: purity and innocence
- Blue: vigilance, perseverance, and justice

#### Guidelines for Displaying the Flag of the United States

If you require additional information or direction, call the Ceremonials Division of the Department of State’s Office of the Chief of Protocol at 1-202-647-1735.

To order a U.S. flag that has flown over the Capitol, please contact your senator’s office.

Please note: According to U.S. Flag Code, when an American flag appears worn or otherwise no longer appropriate for display, it should be destroyed in a dignified way, preferably by burning.

### Fly the American Flag at Half-Staff

The United States flag flies at half-staff when the nation is in mourning. These periods of mourning occur by Presidential proclamation.

The President of the United States can direct how the executive branch of the government flies the flag, including traditions or customs for flying the flag at half-staff.

While you can follow how the executive branch flies the flag, it is not a requirement. For instance, a local community, a company, a school district, or a federal agency can decide to have all of their flags at half-staff because of the death of an employee, a student, a mayor, or a local police officer.



**HISPANIC  
AMERICAN  
HERITAGE  
MONTH**

**SEPTEMBER 15 - OCTOBER 15**



# Social Security Payroll Tax Deferral

Defense Finance and Accounting Services

In order to provide relief during the COVID-19 pandemic, a Presidential Memorandum was issued on August 8, 2020 and guidance followed from Internal Revenue Service on August 28, 2020, to temporarily defer Social Security (Old Age, Survivors, and Disability Insurance (OASDI) tax withholdings. This change is effective through the end of the 2020 calendar year.

**Military Members** - Effective for the September mid-month pay, DFAS will temporarily defer the withholding of your 6.2% Social Security tax if your monthly rate of basic pay is less than \$8,666.66. If your monthly rate of basic pay is at or above this threshold, your social security tax withholding will not be affected by the temporary deferral. Military members can use their August or prior LES as a good reference for their typical Social Security tax amount. The Social Security tax is labeled as "FICA-SOC SECURITY" on the LES and is calculated as 6.2% of basic pay.

**Civilian Employees** - Effective pay period ending September 12, 2020, DFAS will temporarily defer your 6.2% OASDI tax withholding if your wages, subject to OASDI are less than \$4,000 in any given pay period. Employees can use the "Taxable Wages" on the LES as a good reference for whether they will

have OASDI tax deferred. The OASDI deduction is found on your LES under the deductions tab/section.

Military members are not eligible to opt-out of the deferral if their Social Security wages fall within the stated limits. The deferral will happen automatically.

Civilian employees are not eligible to opt-out of the deferral if their Social Security wages fall within the stated limits. The deferral will happen automatically.

Per IRS guidance, collection of the deferred taxes will be taken from your wages between January 1 and April 30, 2021 for both military members and civilian employees. Additional information on the collection process will be provided in the future.

If a military member or civilian employee separates or retires in 2020 before the Social Security tax can be collected in 2021, they are still responsible for the Social Security tax repayment. Additional information on the collection process will be provided in the future.

For questions on the temporary deferral of the 6.2% OASDI withholding visit the IRS page:

<https://www.irs.gov/newsroom/guidance-issued-to-implement-presidential-memorandum-deferring-certain-employee-social-security-tax-withholding>.

# MILITARY MEMBER

## FAQs





# Arkansas National Guard TAG review of UV light fixtures big hit

Master Sgt. Jessica Roles  
189th Airlift Wing Public Affairs

On Sept. 2, 2020, the Adjutant General of the Arkansas National Guard, Maj. Gen. Kendall Penn, visited with the 189th Airlift Wing. The visit included a re-enlistment of a junior noncommissioned officer from the 189th Logistics Readiness Squadron as well as a tour of the 189th Operations Group, where he was briefed on the recent installation of the FAR UV Light System. Maj. Justin Fitzpatrick, who spearheaded the project, explained the process to the TAG as well as future plans for the product.

“This technology is promising for sure,” said Penn. “It is already a standard feature in many healthcare settings. I think our long-term solution for Coronavirus, short of a vaccine and herd immunity, will continue to be a multi-pronged approach that includes technology, as well as basic hygiene. This is a battle we can win, but like any battle, it will take attention to detail every day to

win in the end.”

The 189th AW provides many innovative solutions to improve processes and reinvent outdated ideas. Over the past few years, the wing’s Innovation Team created new ways to make the maintenance group more functional, established an innovation lab for freethinkers to make ideas come to fruition and much more.

“The FAR UV Light system was a huge hit throughout the Department of Defense,” said Maj. Justin Fitzpatrick, the 189th AW Innovation Officer. “After we installed the light system, we had several major commands as well as other government and DoD entities interested in the process. We’ve started working with them to get the ball rolling and look forward to seeing the results. We are set to brief the Director of the Air National Guard this October on the program and way forward in hopes of even greater results.”

Innovation is a key stakeholder determining the success or failure of a unit. The 189th AW leads the charge in the process, making our Guardsmen extremely efficient and productive. Currently the wing is one of the top three innovation wings in the Air National Guard. Penn explains that necessity is the mother of invention and that our Guardsmen, Army and Air, are extremely talented when it comes to recognizing a need and potential solution.

“The wing’s motto is DUCIMUS, or Latin for “We Lead,” so it’s not a surprise that the 189th is out front on something like this,” Penn said. “I’m incredibly proud of our Airmen who are constantly looking for ways to work more efficiently and effectively. I think the wing has set the right culture for its Guardsmen to offer input, and for that input to be considered and acted on, as appropriate.”



*Maj. Justin Fitzpatrick(left), the 189th Airlift Wing Innovation Officer, briefs Maj. Gen. Kendall Penn, the Arkansas National Guard Adjutant General, and Brig. Gen. Thomas Crimmins, the Arkansas Air National Guard Air Component Commander, on the new FAR UV light system, Sept. 2, 2020, at Little Rock Air Force Base, Ark. The ultraviolet light system was installed in buildings throughout the wing, aiding in the sanitization and elimination of viruses such as COVID-19. (U.S. Air National Guard photo by Master Sgt. Jessica Roles)*