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Vol. 43, Issue 27

August 16, 2019

Weather

Friday Sunny High 94°F Low 67°F	Saturday Partly Cloudy High 96°F Low 70°F
Sunday Partly Cloudy w/chc of Thunderstorms High 90°F Low 73°F	Monday Partly Cloudy w/chc of Thunderstorms High 89°F Low 73°F
Forecast provided by the 14 th OSS Weather Flight	

News Briefs

Wing Newcomers

A Wing Newcomers will begin at 8 a.m., Aug. 27 in the Kaye Auditorium. Newcomers is mandatory for all newly arrived military and Department of Defense civilian personnel. This base-wide connection orientation consists of a guided base tour. You must register with your unit command support staff to attend due to limited space on the bus.

Enlisted Promotions

Join fellow Team BLAZE members at 3 p.m., Aug. 29 in the Columbus Club to celebrate and congratulate our newly promoted Airmen.

SUPT Class 19-23/24 Assignment Night

Celebrate with Class 19-23/24 at 5:30 p.m., Aug. 29 in the Club as they receive their new assignments.

Inside



Feature 8

SUPT Class 19-21/22 graduates today at 10 a.m. at the Kaye Auditorium.



U.S. Air Force photo

A B-29 Superfortress on display at Davis-Monthan Air Force Base, Ariz., in 1959. The B-29, Bockscar, dropped the Fat Man atomic bomb on Nagasaki on Aug. 9, 1945, three days after the atomic attack against Hiroshima.

Aviation Day: A time to celebrate the evolution of flight

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

The development of aviation has changed the way of life for many around the globe and has played a critical role in the military and the U.S.'s success in wars and conflicts throughout the decades; aviation has had such as significant impact that President Theodore Roosevelt proclaimed Aug. 19, National Aviation Day, as a federal holiday in 1939.

Aviation was born on a barren sandy shore when Wilbur and Orville Wright made history by accomplishing man's first controlled flight near Kitty Hawk, North Carolina, Dec. 17, 1903.

Four flights were flown that day on a gasoline-powered, propeller-driven biplane. The first flight, operated by Orville,

stayed airborne for 12 seconds and covered a distance of 120 feet on its initial flight. The fourth flight, flown by Wilbur, was the longest at 59 seconds and covered a range of 852 feet.

These four flights became known as the foundation for man's successful conquest of airpower through aviation.

It didn't take long for the U.S. military to see aviation as the way forward and a necessity for future operations. In 1909, the U.S. Army's Signal Corps purchased a specially constructed plane and the brothers founded the Wright Company to build and market their aircraft.

“From the moment the first plane rose into the air, it would forever change how wars would be fought,” said Capt. Allen

See AVIATION, 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 (20-10)	Aug. 29	48th (19-21)	Aug. 16	49th (19-KBC)	Aug. 20	T-6	1,300	1,393	25,588
41st (20-11)	Sept. 13	50th (19-21)	Aug. 16			T-1	460	357	7,934
						T-38	560	371	9,445
						IFF	229	214	3,951
Col. Michael Conley, 1st Special Operations Wing commander at Hurlburt Field, Florida, is the guest speaker for Specialized Undergraduate Pilot Training Class's 19-21/22 Graduation at 10 a.m., today in the Kaye Auditorium.						* Mission numbers provided by 14 FTW Wing Scheduling.			



14TH FLYING TRAINING WING DEPLOYED

As of press time, 71 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.

Silver Wings new schedule

Recently, the Silver Wings publications schedule has adjusted to a new format. Publications will now produce two issues a month with SUPT Graduations a part of those issues.

2019	2020
August 29	January 10
September 13	January 24
September 27	February 7
October 11	February 28
October 25	March 13
November 8	March 27
November 15	April 10
December 6	April 24
December 13	May 15
	May 29
	June 12
	June 26
	July 10

Silver Wings

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Submission Deadline

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

Published by The Commercial Dispatch Publishing Company, Inc., private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 14 FTW/PA office. This civilian enterprise newspaper is an authorized publication for members of the U.S. military services. Contents of the Silver Wings are not necessary the official views of, or endorsed by, the U.S. government, DoD, and the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by 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 14 FTW Public Affairs Office of Columbus AFB, Miss. All photographs are Air Force photographs unless otherwise indicated.

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.

THE COLUMBUS ARTS COUNCIL seeks an office manager to perform a wide range of administrative, event and support activities. Full job description available at columbus-arts.org. 30 hours per week; \$10+/hr based on experience. Send cover letter and resume to jan.columbusarts@gmail.com

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**Kendra Bell**
Licensed Real Estate Agent
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Featured Home!



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AVIATION

(Continued from page 1)

Dunn, 41st Flying Training Squadron instructor pilot. "Before aviation, the world used the same methods and strategies of warfare but the power of flight has created that streak of innovation, enabling us to move forward in tactics."

The Signal Corps relinquished control of aviation in 1914 when the Air Corps was established as a separate branch of the U.S. Army.

During the commencement of World War I, heavier-than-aircraft were used only for visual reconnaissance since their engines could carry little more than a pilot. When the U.S. entered WWI, the Aviation Section had only a small number of airplanes. Most of which were already outdated or inoperable.

Following the armistice, Nov. 11, 1918, demobilization of the Air Service was rapid and thorough to match what Congress considered satisfactory for peacetime.

In June 1941, the War Department approved the establishment of an Army Air Field in Columbus, Mississippi as a pilot training base for fighters and bombers. Planned as a twin-engine advanced flying school, the new air base used many trainers, including the AT-8, AT-9, AT10, and B-25. For administrative travel, Columbus used the AT-6 and BC-1A.

On Dec. 7, 1941, an aerial attack on Pearl Harbor demonstrated that the use of airpower had become decisive. World War II brought military aviation to the forefront of the industry and significantly increased its production along with training.

The aftermath of World War II pushed Columbus to graduate 195 pilots per month. A total of 7,766 students came to Columbus flying school for pilot training during the war. Of these, 7,412 graduated and received their wings and commissioned.

When the Allied armada hit D-day beaches, Allied planes by the thousands protected ships and troops from air attack and bombed the enemy's defenses.

America's aeronautical contribution culminated in the form of the B-29 Superfortress that hastened the end of the war. The B-29 was a four-engine bomber that could fly farther, faster and had more destructive firepower than other bombers in the sky.

"Aviation transformed the dynamic of warfare," Dunn said. "It has enabled our military to have global vigilance, reach, and power around the world in an incredibly short amount of time. It has increased the pace of warfare, making everything obtainable faster like supplies, munitions, military troops."

After seeing the first British jet fly, U.S. Army Air Forces Gen. Henry "Hap" Arnold started the XP-59 project in April 1941. The XP-59A Airacomet was unveiled as America's first jet aircraft in 1945. Meanwhile, the mighty B-36 peacemaker strategic bomber bolstered the strategic deterrence during the transition from propellers to jet bombers.

"The accelerated pace of technological advancements and capabilities allowed for more thinking outside the box," said Capt. Chris Bodtke, 41st Flying Training Squadron instructor pilot. "The functions that had already existed for decades were improved while simultaneously cutting the time it took to perform those tasks."

Following WWII, the War Department noticed the im-



U.S. Air Force photo

An XP-59A Airacomet prototype flies. Designed and built in great secrecy during World War II, the P-59 was America's first jet aircraft.



Maintenance being done on an AT-6. When the Air Force became a separate service, it consolidated pilot training from three phases- primary, basic and advanced to two phases- basic and advanced, which later became known as the primary and basic phases.

pact airpower had on the outcome of the war and designated the Air Force as the newest branch of the military on Sept. 18, 1947. The Air Force became a separate service with equal status to the two other forces, after 40 years in the Army.

When the Korean War began on June 25, 1950, the U.S. Air Force was not ready to deploy forces over vast distances in a short time.

To handle increased pilot requirements for the Korean War, Air Training Command activated Columbus AFB again on Dec. 20, 1950, as a station for a contract flying school. To manage the base, ATC established the 3301st Training Squadron (Contract Flying) on March 1, 1951.

As military research and development continued the U.S. produced the F-100 Super Sabre supersonic jet fighter aircraft that served with the U.S. Air Force from 1954 to 1971. The F-100 was the first aircraft to break the sound barrier in a level



U.S. Air Force photo

F-100Ds of the 481st Tactical Fighter Squadron flying over South Vietnam in February 1966. Early F-100s were unpainted when they arrived in Southeast Asia like the foreground aircraft, but all eventually received camouflage paint like the aircraft in the back.

flight.

On June 1, 1972, Air Training Command activated the 14th Flying Training Wing which continues today as the host organization at Columbus AFB and as the trainer of the best pilots in the world.

Today, Columbus AFB mission is specialized undergraduate pilot training in the T-6 Texan II, T-38C Talon and T-1A Jayhawk aircraft averaging 260 sorties a day. Pilots after graduating go on to fly descendants of the F-100 and B-29 such as the F-35 Lightning II and the B-1 Lancer.

"Imagination is what brought about the first plane and allowed man further explore the possibilities of flight," Bodtke said. "Now, as we continue taking aviation to new heights, it is going to continue to change into the future and look completely different just as it has been doing for the last century."

(Editor's note: Information from this story was contributed by aiaa.org and nps.gov)

SUPT 19-19/20 speaker advises graduates remain humble, approachable, credible

**Airman 1st Class
Hannah Bean**
14th Flying Training Wing
Public Affairs

Col. Sloan Hollis, Air Force Inspection Agency commander at Kirtland Air Force Base, New Mexico, spoke to the Air Force's newest aviators during a graduation ceremony July 26, in the Kaye Auditorium on Columbus AFB, Mississippi.

Hollis told graduates of Specialized Undergraduate Pilot Training Class's 19-19/20 that 21 years ago he was sitting where they are, graduating with Class 98-12.

"Never did I think that I'd be asked to come back here," Hollis said. "So, I am really honored to come back here."

He stressed to the graduates how important it is for them to hold onto this memory and remember their time walking across the stage earning their silver wings, because it will only happen once.

"You are going to remember this day forever," Hollis said. "Soak it all in, be nice to your parents if they want one more picture, if you can smile a bit better. Say 'yes ma'am or yes sir,' just do it. This day is for them as well. Though it's been your dream, it has been their dream too."

He reminded the graduates that though this career they choose is a small, and a very important part of the Air Force mission, they did not accomplish the task alone.

"Remember that you are part of the few now, you are part of the brotherhood and sisterhood, part of that elite line," Hollis said. "You made it. Now you must remain humble, approachable and credible."

He wanted the new pilots to know that there's a large force of Airmen, Soldiers, Sailors and Marines that make it possible for the pilots to accomplish their mission.

"I challenge you no matter what

to thank your crew chief every flight and remember the thousands of Airmen who allow you to do what you love to do," Hollis said.

Not only that, Hollis advised graduates to thank their parents, loved ones, family, friends and fellow classmates throughout the day that helped them get through this past year.

Hollis also talked about his envy toward the graduates, noting that they have their whole career out in front of them.

"I am truly envious of you," he said. "I've had a great career, I've enjoyed things, I've got to go out and fly, fight and win for my country."

"... For all of you, it's awesome," he continued. "You're getting your wings and you have a whole career out in front of you, you are going to do great things and you are going to have fun doing it."

He then challenged the graduates with a few words of advice.

"Never stop learning," Hollis said. "... Constantly guide and improve yourself. The enemy changes out there, the world we face

changes, so you have got to adapt and change constantly. You have to stay on top of the game. ... Always continue learning, always strive to be better, there's always something that you can learn to make you a better Airman."

With that being said, Hollis warned graduates to never confuse enthusiasm with capabilities.

"You're all bright-eyed with smiles and very enthusiastic, but remember enthusiasm does not replace capabilities," Hollis said. "The minute you forget that, somebody will get hurt."

He concluded with the daily experiences a pilot can have, but to try to stay positive in different situations. Like any profession, there will be good and bad days, however, he said "I promise you the good days will far outnumber the bad days."

Hollis congratulated the pilots on their special day, wishing them the best.

"I'm envious, I wish I could be in your shoes and have that whole future of flying out in front of me," Hollis said. "I wish you all blue skies and tail winds."



U.S. Air Force photo by Airman Hannah Bean

Col. Sloan Hollis, Air Force Inspection Agency commander at Kirtland Air Force Base, N.M., speaks with Col. David Fazenbaker, 14th Flying Training Wing vice commander, before Specialized Undergraduate Pilot Training Class's 19-19/20 graduation in the Kaye Auditorium July 26, 2019, on Columbus Air Force Base, Miss.



U.S. Air Force photo by Airman Hannah Bean

Col. Sloan Hollis, Air Force Inspection Agency commander at Kirtland Air Force Base, N.M., speaks to attendees during Specialized Undergraduate Pilot Training Class's 19-19/20 graduation in the Kaye Auditorium July 26, 2019, on Columbus Air Force Base, Miss. Hollis reminisced on his experience as a Columbus AFB graduate 21 years ago, recalling a few key points he remembered from his grad speaker.



U.S. Air Force photo by Airman Hannah Bean

Steve Broderick, spouse of Col. Samantha Weeks, 14th Flying Training Wing commander, hands graduates a pair of bolt cutters to help break their first set of wings following Specialized Undergraduate Pilot Training Class's 19-19/20 graduation in the Kaye Auditorium July 26, 2019, on Columbus Air Force Base, Miss. Breaking of the wings is a tradition for new pilots, as one half is kept by the pilot and the other by a loved one. The two halves are not brought together until the pilot's death.

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.)

Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. Aug. 20 in the A&FRC. This workshop is highly recommended for first-time and over-seas relocating members. Get the very latest moving information straight from base-wide relocation assistance agencies. Learn what to expect before you move with information from Tri-Care, Housing, Military Pay, TMO, Medical Records and A&FRC. Be sure to bring and ask any relocating questions you may have during this event.

Bundles for Babies

The next Bundles for Babies workshop is from 1-3:30 p.m. Aug. 22 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.

Wing Newcomers Orientation

The next Wing Newcomers Orientation is from 8 a.m.-2 p.m. Aug. 27. This event is mandatory for all newly arrived military and DoD civilian personnel. This base-wide CONNECTION orientation begins at the Kaye Auditorium and consists of a guided base tour. The event's main foundation is a mobile App, so if you plan to attend, please locate and download the Columbus Air Force Base App from the App Store prior to attending. To register, please contact your unit CSS, or for more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

Hearts Apart

The next Hearts Apart is from 5-7 p.m. Aug. 29. 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.

Air Force Recovery Coordination Program

A Recovery Care Coordinator (RCC) will be providing assistance from noon-5 p.m. Sept. 4; 8 a.m.-5 p.m. Sept. 5; and 8 a.m.-noon Sept. 6 at the A&FRC. The Recovery Coordination Program (RCP) streamlines and improves the way care and support is delivered to wounded, ill, and injured Airmen and their families. The RCP provides the support of a RCC who guides the Airman and family along their road to recovery. Those eligible include wounded, ill and injured Airmen who: (1) have a serious illness or

Airmen connect with base, community leaders



Courtesy photo

Enlisted Airmen interact with wing leadership and community leaders Aug. 9, 2019, at the Independence Pool on Columbus Air Force Base, Miss. Unaccompanied, enlisted Airmen enjoyed a cookout as a way to connect with leadership in a relaxed and fun environment.

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.

Federal USA Jobs Workshop

The next Federal USA Jobs workshop is from 9-10:30 a.m. Sept. 4. 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.

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

The next Transition Assistance Program (TAP) workshop is from 7:30 a.m.-4 p.m. Sept. 9-13 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.

Career Exploration & Planning Track Workshop

The next Career Exploration & Planning Track workshop is from 8 a.m.-3 p.m. Sept. 16-17 in the A&FRC. This workshop helps mem-

bers 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.

Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop is from 8 a.m.-3 p.m. Sept. 19-20. 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 Oct. 17 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.

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.

Discovery Resource Center

The Columbus A&FRC has 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.

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:

10 a.m. – Daily Mass (Phillips Auditorium)

Wednesdays:

10 a.m. – Daily Mass (Phillips Auditorium)
10:30 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)

Columbus Air Force Base Information and Events

Join our Facebook page at Columbus AFB Living, Twitter at @columbusafbliving, Instagram at columbus_afb_living, or visit our website at www.columbusafbliving.com 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.

We Want to Make You Smile

Costumer Appreciation Week is coming on Aug. 19-23, follow us to get clues and hints on Facebook: Columbus AFB Living, and Wing APP->Groups.

Buck & Bowl

Forget Rock & Roll, this is Buck & Bowl! Stop by the Bowling Center for \$1 games and \$1 shoe rentals! Every Thursday from 2-8 p.m. call 434-3426 for more information.

Buy One Game Get One Free Monday

Come and get your bowl on every Monday at the Strike Zone Bowling Center! Available all day. Call 434-3426 for more information.

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.

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 vaca-



tion packages at ITT? Packages include Universal Studios and Disney destinations. To book your vacation at www.americaforcetravel.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 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 10 a.m.-5 p.m. Monday through Thursday and 8 a.m.-4 p.m. Saturday, call 434-7836 for more information.

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.

International military student officers help build worldwide partnerships

Airman 1st Class Jake Jacobsen

14th Flying Training Wing
Public Affairs

Airmen at Columbus Air Force Base, Mississippi, don't just create the next generation of aviators for the world's greatest Air Force; Columbus Airmen also help bolster international relationships by training partner nation pilots.

The journey of an international student in U.S. pilot training can be challenging whether it be language barriers, different perspectives or comprehension. The international military student officer provides support and assistance to these students during training.

Capt. Christy Martin, from the 14th Student Squadron, is the primary IMSO at Columbus AFB and Maj. Dave Cote, 41st Flying Training Squadron instructor pilot is the secondary IMSO. Together, they take on the administrative hurdles and help ease the workload of the international students who are in pilot training here.

IMSOs handle student documents such as renewing passports and visas, updating orders, living allowance payments processed for each officer and all other administrative duties.

At Columbus AFB, currently, there are 63 international students from 23 countries going through pilot training. First Lt. Sanni Kafayat, a student pilot from Nigeria, completed pilot training here July 25.

Kafayat has been flying the T-6 Texan II and wants to fly fighter aircraft when she returns to Nigeria. She was chosen by her officials to train in the U.S. and she is one of five women pilots in Nigeria, and the only fighter pilot among them.

"Nigeria only has a few selected students who come to the U.S. each year," Kafayat, said. "I was extremely excited when I heard that I was chosen. This is a very rare opportunity that I did not want to miss."

She said during her time at Columbus AFB, Martin was a huge help. When Kafayat first arrived, Martin introduced her to the in-



U.S. Air Force photo by Airman 1st Class Jake Jacobsen
First Lt. Sanni Kafayat, 41st Flying Training Wing student pilot, climbs into the seat of a T-6 Texan II July 26, 2019, at Columbus Air Force Base, Mississippi. Kafayat is a student pilot from Nigeria.

structor pilots and flight commander as well as bridged communication gaps.

IMSOs also work closely with several organizations that track the student's progression, to include the Air Force Security and Assistance Squadron, located at Joint Base San Antonio-Randolph, Texas, and the international country managers. IMSOs monitor student training progress and address any concerns or administrative challenges during the student's time in pilot training.

"Our International students often do not arrive at Columbus with a U.S. driver's license or have established proof of residency to show the local (Department of Motor Vehicles) that they are going to be in the U.S. for a lengthy stay," Cote said. "Things we take for granted as permanent residents can be a challenge and often take a bit more time to accomplish for our international students."

According to both IMSOs, another major aspect of focus during a student's time in the U.S. is to promote cultural and informational exchanges to develop mutual cooperation and understanding between the U.S. Air Force and participating nations' air forces.

As part of the field studies program, Martin and about 15 students, visit Washington, D.C., to see the U.S. Capitol Building and



U.S. Air Force photo by Airman 1st Class Jake Jacobsen
Capt. Christy Martin (right), 14th Student Squadron international military student officer, and 1st Lt. Sanni Kafayat (left), a student pilot from Nigeria, discuss Kafayat's return home July 26, 2019, at Columbus Air Force Base, Mississippi. The IMSO is tasked with managing the administrative part of an international student's training.



U.S. Air Force courtesy photo
Maj. Dave Cote, 41st Flying Training Squadron instructor pilot and international military student officer, congratulates Capt. Toai Dang, from the Vietnam People's air force, following a graduation ceremony May 30, 2019, at Columbus Air Force Base, Mississippi. Dang became the first Vietnamese student from Vietnam Air Defense Air Force to graduate the Aviation Leadership Program at Columbus AFB. ALP is a U.S. Air Force-funded program, providing students of friendly and developing countries with undergraduate pilot training scholarships.

Ultimately, Kafayat said she learned what she came here to do, which is become a pilot, but she also learned how to deal with ups and downs, and matured as a person.

The mission at Columbus AFB is to create pilots, cultivate Airmen and connect. Connecting and creating relationships with international students builds stable friend-

ships around the globe that will continue well into the future.

"As a military, we cannot be everywhere, all the time," Cote said, "But, we can have relationships everywhere and all the time. The connections and relationships created today in flight rooms and through the rigors of pilot training will hopefully remain 15 or 20 years from now."



Kicking off the new school year with a Back to School Bash



U.S. Air Force photo by Airman 1st Class Hannah Bean
Children splash around in the Independence Pool during the Back to School Bash Aug. 2, 2019, on Columbus Air Force Base, Miss. Kicking off the new school year, Columbus AFB hosted a Back to School Bash for families and friends to attend.



U.S. Air Force photo by Airman Davis Donaldson
Children and their families pet farm animals during the Back to School Bash Aug. 2, 2019, on Columbus Air Force Base, Miss. The petting farm, hosted by Tuscaloosa Barnyard, featured various animals including goats, bunnies, pigs, ducks and more.



U.S. Air Force photo by Airman Davis Donaldson
Children play in bouncy castles during the Back to School Bash Aug. 2, 2019, on Columbus Air Force Base, Miss. The Back to School Bash is an event for children to have fun, while providing information for parents and students before going back to school.



U.S. Air Force photo by Airman 1st Class Hannah Bean
Attendees swim around in the Independence Pool during the Back to School Bash Aug. 2, 2019, on Columbus Air Force Base, Miss. The event kicked off with a pool party, later leading to an info fair at the Youth Center.



U.S. Air Force photo by Airman Davis Donaldson
Military members and workers help give out food and drinks during the Back to School Bash Aug. 2, 2019, on Columbus Air Force Base, Miss. Funnel cakes, hamburgers, hot-dogs and various drinks were all available for attendees.

MEDIA

(Continued from page 7)

Not only were they given some insight but they also got to experience the Barany Chair at aerospace physiology, the same chair students use to experience the effects of spatial disorientation effects. They were also shown the altitude

chamber and a flight simulator.

“Exposure is really good,” said Senior Airman Taylor Carroll, 14th Medical Group aerospace physiology specialist. “It’s good to show people that we don’t just fly planes all day, there’s different levels of the Air Force. It also helps garnish support for the base.”

Representatives also got a glimpse into how busy flying

operations can be on a daily basis. While at the RAPCON building and control tower, Airmen there took them to the top of the tower, showed them a high perspective of the base and then showed the RAPCON building.

During the tour, Columbus AFB was able to connect with the representatives, helping provide a better understanding of the base’s purpose and mission.

VIEWPOINT

Burn and Scald Prevention



Prevent burns and scalds in the kitchen:

- Place objects so that they cannot be pulled down or knocked over.
- Turn pot handles away from the stove’s edge.
- Use dry oven mitts or potholders. Hot cookware can heat moisture in a potholder or hot pad, resulting in a scald burn.
- Wear short, close-fitting or tightly rolled sleeves when cooking.
- Have a “kid-free zone” of at least 3 feet around the stove.



Prevent burns and scalds in the kitchen:

- Treat a burn right away by putting it in cool water. Cool the burn for three to five minutes.
- Cover burn with a clean, dry cloth. Do not apply creams, ointments, sprays or other home remedies.
- Remove all clothing, diapers, jewelry and metal from the burned area. These can hide underlying burns and retain heat, which can increase skin damage.



For more information and free fire-safety resources, visit www.usfa.fema.gov.



For more information contact Fire Inspector
Darren Amos at 434-2274



UNIVERSAL WASTE

Tracy Mullins, 14th Civil Engineer Squadron

Improperly handled universal waste is one of the most common environmental write ups seen across Columbus AFB. If these deficiencies are discovered by an inspector from Mississippi Department of Environmental Quality (MDEQ) or Environmental Protection Agency (EPA) they can lead to monetary fines for the base. However, this should not occur because universal waste write ups are some of the easiest to prevent and correct. **Questions or comments:** 434-7353 OR michael.blythe@us.af.mil

What is Universal Waste?

- Batteries (i.e. vehicle, computer, 2-way radio, cell phone, AA)
- Pesticides
- Mercury-Containing Equipment (i.e. thermostat, thermometer, mercury switch)
- Florescent Lightbulbs (i.e. tube, u-shape, compact)

What can you do to help?

Know where the approved universal waste containers are located in your facility; immediately place used universal waste items in the container, or take to Recycle Center (bldg. 151). Ensure container has a purple “Universal Waste” label, with label facing out and accumulation start date less than 1 year old. **Keep container lid firmly secured.** Do not stack anything on top of container.


Why?

Promote recycling and prevent releases of any universal waste or component of a universal waste into the environment; protecting water quality, vegetation and wildlife.


HW30AP



Visit www.columbus.af.mil to learn about Columbus AFB agencies and other important information.




Medical Corner



SUMMERTIME

Downfalls of ‘Detox’



It seems everyone is talking about “detoxification” (“detox”) diets and regimens. These products are also called “cleanses” or “flushes”. This terminology refers to a means of removing toxins from your body or losing weight. These diets can be dangerous, especially since your body already comes equipped with a detoxification system. Understanding how detox works, may help clear up some confusion.

Detoxification is when the body eliminates built up toxins, and these toxins fall into two main categories: 1) Those made in the body during regular metabolism, and 2) Those that come from outside the body and are introduced by eating, drinking, breathing or are absorbed through the skin.

Because toxins are potentially dangerous to human health, they need to be transformed and excreted. Fortunately, our body has processes to do this through urine, feces, respiration and sweat.

Commercial detox programs may involve a variety of potentially dangerous approaches, such as:

- Fasting
- Consuming only juices or other liquids for several days
- Eating a very restricted selection of foods
- Using various dietary supplements or other commercial products
- Cleansing the colon (lower intestines) with enemas, laxatives, or colon hydrotherapy (also called “colonic irrigation” or “colonics”)

These approaches can cause headaches, fainting, weakness, dehydration, diarrhea, and electrolyte imbalances. Colon cleanses can be especially harmful if you have a history of gastrointestinal disease, colon surgery, kidney disease, or heart disease.

In fact, the Food and Drug Administration and Federal Trade Commission have investigated companies selling detox products because they contained illegal ingredients, were marketed using false advertising claims, and/or were marketed for unapproved uses.

The bottom line is that there isn’t any convincing evidence that detox or cleansing programs actually remove toxins from your body or improve your health, and in fact may be harmful to your health and performance goals. Weight loss on a detoxdiet is usually due to very low calorie diets and/or dehydration.

“Detoxes” and “Cleanses” Retrieved from <https://nc.nih.gov/health/detoxes-cleanses> What’s the Deal with Detox Diets? Retrieved from <https://www.eatright.org/health/weight-loss/fad-diets/whats-the-deal-with-detox-diets>


Ways to support your body’s natural detox

Detoxification shouldn’t consist of a rigorous plan! Following general healthy recommendations from MyPlate and the Dietary Guidelines for Americans will help you support your body’s built-in systems:

- Stay hydrated, ideally with water.
- Eat five to nine servings of fruit and vegetables per day.
- Consume dietary fiber each day from vegetables, fruits, nuts, seeds and whole grains to help maintain bowel regularity.
- Include broccoli, Brussels sprouts, berries, artichokes, garlic, onions, leeks and green tea.
- Consume adequate amounts of lean protein, which is critical to maintaining optimum levels of glutathione, the body’s master detoxification enzyme.
- Eat naturally fermented foods such as kefir, yogurt, kimchi and sauerkraut
- Consider taking a multivitamin if you are unable to consume the foods listed above.

If you have questions about your eating style and its role in supporting the body’s detoxification, check in with a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your life style, preferences and healthrelated needs.

A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,
I’ve noticed I get more leg cramps after exercising in the summer. I tried eating more bananas because I heard potassium can cure muscle cramps, but it doesn’t seem to work. What other foods can help with my muscle cramps?

Sincerely,
Cramping Up

Dear Cramping Up,
Muscle cramps are “sudden, involuntary contractions or spasms in one or more of your muscles,” and can occur for a variety of reasons. Although the causes of muscle cramps vary, two aspects of nutrition may play a role- dehydration and low levels of electrolytes, including magnesium, potassium, calcium or sodium. The science is not conclusive, but if you are dehydrated and/or if your diet is low in any of the electrolytes mentioned, it may be beneficial to increase your intake of fluid and foods to rule-out that cause. Although a large banana is a good source of potassium, it does not supply high amounts of the other electrolytes.

Before exercising, check your urine color- if it is clear and pale yellow, you should be adequately hydrated. If you are exercising for less than 60 minutes, then water should rehydrate you during your activity. However, if it’s a very hot and humid day, or if you are exercising for more than 60 minutes, considering using a sports drink during your activity, which will help you hydrate as well as replace electrolytes.

When selecting a pre- and post-workout snack or meal, consider a combination of foods that contain the electrolytes mentioned above:

- Peanut butter and banana sandwich
- Yogurt and 1 oz. of salted pretzels
- Tofu stir-fry with vegetables (including kale, spinach, or bok choy)
- Baked potato with black beans, salsa and cheese

Sincerely,
Health Myth Busters

Clark, N. (2008). Nancy Clark’s sports nutrition guidebook (4th ed.) Champaign, IL: Human Kinetics.
Muscle Cramps. Retrieved from <https://medlineplus.gov/musclecramps.html>
Volpe, S. L., & Bland, E. (2012). Vitamins, Minerals, and Exercise. In C. A. Rosenbloom & E. J. Coleman (Eds.), Sports nutrition: A practice manual for professionals (5th ed.). Chicago, IL: Academy of Nutrition and Dietetics.

BLAZE Hangar Tails: MC-12

Mission

The MC-12W is a medium- to low-altitude, twin-engine turboprop aircraft. The primary mission is providing intelligence, surveillance and reconnaissance, or ISR, support directly to ground forces. The MC-12W is a joint forces air component commander asset in support of the joint force commander.

Features


The MC-12W is not just an aircraft, but a complete collection, processing, analysis and dissemination system. The aircraft are military versions of the Hawker Beechcraft Super King Air 350 and Super King 350ER. A fully operational system consists of a modified aircraft with sensors, a ground exploitation cell, line-of-sight and satellite communications datalinks, along with a robust voice communications suite.

The aircraft is equipped with an electro-optical infrared sensor and other sensors as the mission requires. The EO/IR sensor also includes a laser illuminator and designator in a single sensor package. The MC-12 system is capable of worldwide operations.

Background

The “M” is the Department of Defense designation for a multi-role version of the well-known C-12 series. In April 2008, the Secretary of Defense established a DOD-wide ISR Task Force to identify and recommend solutions for increased ISR in the U.S. Central Command area of responsibility. On July 1, 2008, the Secretary of Defense tasked the Air Force to acquire 37 “C-12” class aircraft to augment unmanned systems. Of note, it was less than eight months from funding approval to delivery in the theater.

The MC-12 capability supports all aspects of the Air Force Irregular Warfare mission (counter insurgency, foreign inter-



U.S. Air National Guard photo by Staff Sgt. Tyler Woodward

A 137th Special Operations Wing MC-12W awaits a pre-flight inspection at Will Rogers Air National Guard Base in Oklahoma City, Jan. 9, 2018. The MC-12 is a twin engine turbo prop aircraft used to gather intelligence, surveillance and reconnaissance to support ground forces around the world.

nal defense and building partnership capacity). Medium- to low-altitude ISR is a core mission for the Air Force.

The first MC-12 arrived at Key Field in Meridian, Mississippi, April 28, 2009. The first MC-12W flew its first combat support sortie on June 12, 2009.

General Characteristics

Primary function: Intelligence, surveillance and reconnaissance

Contractor: L-3 Communications

Power plant: Pratt & Whitney PT6A-60A

Wingspan: 57 feet, 11 inches (17.65 meters)

Length: 46 feet, 8 inches (14.22 meters)

Local media gets better understanding of Columbus AFB mission

Airman Davis Donaldson

14th Flying Training Wing
Public Affairs

Seven media representatives from several local organizations in Columbus, Mississippi, visited several facilities at Columbus Air Force Base, Mississippi, July 29.

The goal of the tour was to give insight of Columbus AFB’s pilot training mission and show how the Air Force functions to new media representatives in the area or those that haven’t had any prior military exposure.

“It’s important for people to know,” said Staff Sgt. Eliot Tremblay, 14th Security Forces Squadron military working dog handler. “It’s good to educate those that are


outside the military and for people to know we’re here and what our capabilities are.”

During their visit, media representatives visited the 14th Security Forces Squadron Military Working Dog kennel, flight line, aerospace physiology, the base’s radar approach control tower and they received a wing mission brief.

While at the kennels they witnessed the proficiency of Dido, one of the K-9s. Dido demonstrated a variety of tricks and practiced his bite on a defender in a bite suit.

During their stop at the flight line members got to see and learn about the T-6 Texan II and a T-38 Talon. They were also given insight about the student pilot process.

See **MEDIA**, Page 11



U.S. Air Force photo by Airman Davis Donaldson

Several local media representatives stand in front of a T-6A Texan II on Columbus, Mississippi, July 29, 2019, during a tour. The goal of the tour was to give insight of Columbus AFB’s pilot training mission and show how the Air Force functions to new media representatives in the area or those that haven’t had any prior military exposure.



T-1A Jayhawk



T-38C Talon

SUPT Class 19-21/22 earns silver wings



Capt. Nathaniel Gamache
Fairhaven, Massachusetts
A-10



Capt. Justin Shimasaki
Hilo, Hawaii
C-17



1st Lt. Bolex Yombi
Cameroon
A-29

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

Specialized Undergraduate Pilot Training Class 19-21/22 graduates at 10 a.m. today during a ceremony at the Kaye Auditorium. Col. Michael Conley, 1st Special Operations Wing commander at Hurlburt Field, Florida, is the graduation guest speaker.

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

Second Lt.'s Jordan Millen and Garrett Andrews received the Air Education and Training Command Commander's Trophy for being the most outstanding students overall in their classes.

The Air Force Association Award was presented to Millen, 2nd Lt.'s Boyan Alexandrov and Marshall Meier who excelled in training and typified the tenets of the association; promoting aerospace power and a strong national defense.

The distinguished graduates of classes 19-17/18 recognized were Millen, Andrews and 2nd Lt. Christopher Spina for outstanding performance in academics, officer qualities and flying abilities.

The 52-week pilot training program begins with a six-week preflight phase of academics and physiological training to prepare students for flight. The second phase, primary training, is conducted in the single-engine, turbo-prop T-6A Texan II at Columbus AFB, Miss. Students learn aircraft flight characteristics, emergency procedures, takeoff and landing procedures, aerobatics and formation flying. Students also practice night, instrument and cross country navigation

flying.

Primary training takes approximately 23 weeks and includes 254.4 hours of ground training, 27.3 hours in the flight simulator and 89 hours in the T-6A aircraft.

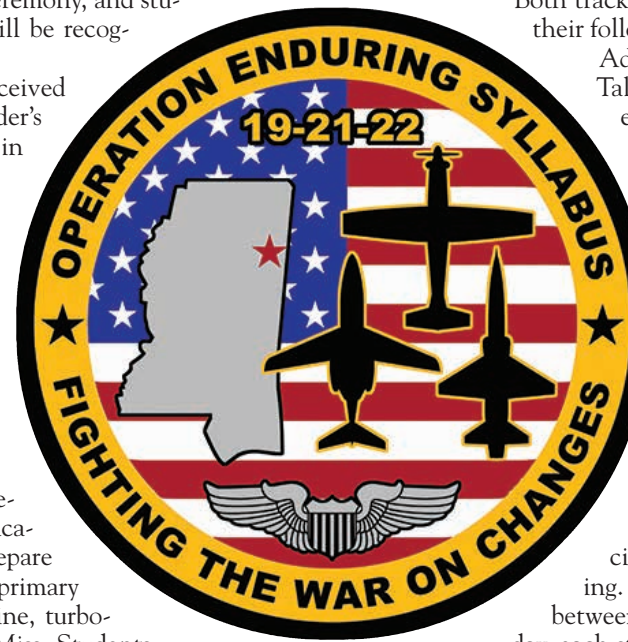
After primary training, students select, by order of merit, advanced training in the fighter-bomber or airlift-tanker track.

Both tracks are designed to best train pilots for successful transition to their follow-on aircraft and mission.

Advanced training for the fighter track is done in the T-38C Talon, a tandem-seat, twin-engine supersonic jet. T-38 training emphasizes formation, advanced aerobatics and navigation. Training takes approximately 26 weeks and includes 381 hours of ground training, 31.6 hours in the flight simulator and 118.7 hours in the T-38C aircraft.

The airlift-tanker track uses the T-1A Jayhawk, the military version of a multi-place Beech Jet 400 business jet. Instruction centers on crew coordination and management, instrument training, cross-country flying and simulated refueling and airdrop missions. Training takes about 26 weeks and includes 185 hours of ground training, 53.6 hours in the flight simulator and 76.4 hours in the T-1A.

Each class is partnered with business or civic organizations during their year of training. This program is designed to foster closer ties between the community and Columbus AFB. Today, each student will be given a set of pilot wings with their names engraved on the back as a token of good luck from their partners. SUPT Class 19-19/20's pilot partners are Fitness Factor, First Command, Steel Dynamics, and Neel-Schaffer, Inc.



2nd Lt. Garrett Andrews
Albuquerque, New Mexico
AC-130J



2nd Lt. Jordan Cottage
Butler, Pennsylvania
T-6



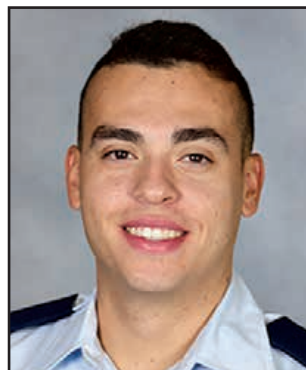
2nd Lt. Caitlin Craig
Olney, Texas
C-130H



2nd Lt. Zachary Doyle
Barre, Vermont
KC-10



2nd Lt. Thomas Kelley
Huntsville, Alabama
F-15C



2nd Lt. Brandon Kiester
Japan
E-3



2nd Lt. Marshall Meier
Tucson, Arizona
T-6



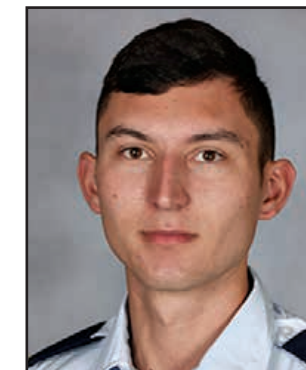
2nd Lt. Jordan Millen
Mission Viejo, California
F-16



2nd Lt. Collin Petruczenko
Agency, Missouri
C-130H



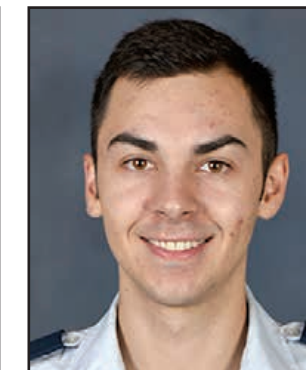
2nd Lt. Robert Savino
Gig Harbor, Washington
E-8



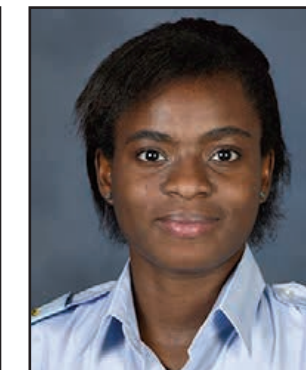
2nd Lt. Tyler Smisek
Moscow, Idaho
KC-135



2nd Lt. Christopher Spina
Albany, New York
C-5M



2nd Lt. Ethan Swanke
South Ogden, Utah
KC-135



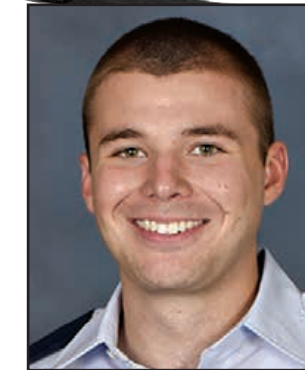
2nd Lt. Kafayat Sanni
Nigeria
Alpha Jet



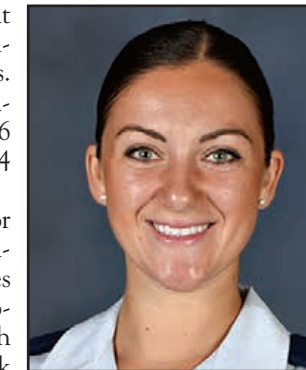
1st Lt. Gerald McGinty, III
Colorado Springs, Colorado
C-21



2nd Lt. Boyan Alexandrov
N/A
TBD



2nd Lt. Larry Allgood, IV
Toccoa, Georgia
E-3



2nd Lt. Morgan Eckert
Fort Wayne, Indiana
C-130J



2nd Lt. Kyle Engasser
Pine Grove, Pennsylvania
F-15C



2nd Lt. Austin Haney
Tupelo, Mississippi
KC-135



2nd Lt. Alex Kawalec
Red Bud, Illinois
AC-130W