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SILVER WINGS

“Cultivate Airmen, Create Pilots, CONNECT”

Vol. 43, Issue 33

Columbus Air Force Base, Miss.

November 8, 2019

Retiree Appreciation Day

Come celebrate from
9 a.m.-2 p.m. at the
Club. See Pg. 11 for
more details.

News Briefs

Wing Newcomers

A Wing Newcomers will begin at 8 a.m., Nov. 12 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.

Veterans Day Parade

Come support the Veterans Day Parade starting at 10 a.m., Nov. 9 beginning at the Municipal Complex and ending at the Lowndes County Courthouse. After the parade a ceremony and flyover featuring T-38 Talons will be presented.

Inside



Feature 8

Columbus AFB celebrates Halloween is highlighted in this week's feature.



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

Members of the 43rd Flying Training Squadron and members of Team Blaze talk with each other during the 43rd FTS heritage paint unveiling Oct. 25, 2019, on Columbus Air Force Base, Miss. From December 1941 to June 1942 the 43rd Bombardment Squadron flew anti-submarine patrols along the Atlantic Coast, Gulf Coast and in the Caribbean.

T-1 paint scheme revealed, 43rd heritage brought to life

Airmen 1st Class Jake Jacobsen

14th Flying Training Wing Public Affairs

The 14th Flying Training Wing unveiled four of its six heritage flagship aircraft during a ceremony at the Walker Center Oct. 25 on Columbus Air Force Base, Mississippi.

The 43rd Flying Training Squadron's T-1A Jayhawk, paint-

ed in the color scheme used on the squadron's aircraft during World War II, was presented to those in attendance as a finale to the heritage painting project.

These paintings were also part of the Air Force chief of staff's initiative to revitalize squadrons and enable them to connect to the long blue line.

See 43RD HERITAGE, 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 (20-16)	Nov. 27	48th (20-03)	Nov. 15	49th (20-BBC)	Nov. 19	T-6	396	472	2,630
41st (20-15)	Nov. 13	50th (20-03)	Nov. 15			T-1	178	141	738
						T-38	222	122	827
						IFF	79	84	427

Col. ZumBrunnen, 437th Airlift Wing commander, Joint Base Charleston, South Carolina, is the guest speaker for Specialized Undergraduate Pilot Training Class's 20-03 graduation at 10 a.m., Nov. 15 in the Kaye Auditorium.

* Mission numbers provided by 14 FTW Wing Scheduling.

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“A Run to Remember”

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Who: (All ranks and family members)

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14TH FLYING TRAINING WING DEPLOYED

As of press time, 33 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.

November						
Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
11 Veteran’s Day	12 Wing Newcomers, 8 a.m. @ Kaye Auditorium	13	14 Retiree Appreciation Day, 10 a.m.-2 p.m. @ various locations Hearts Apart, 5-7 p.m @ AFR&C	15 SUPT Class 20-03 Graduation, 10 a.m. @ Kaye Auditorium	16/17	Nov. 26: Enlisted Promotions Nov. 28: Thanksgiving Nov. 29: AETC Family Day Dec. 2: Columbus Christmas Parade Dec. 3: Wing Newcomers
18	19 IFF Class 20BBC Graduation, 4:49 p.m. @ 49th Heritage room	20	21	22 Turkey Trot, 7 a.m. @ Fitness Center Class 20-04/05 Assignment Night, 5:30 p.m. @ Club	23/24 23rd: Single Airmen Event: Escape Room, 9 a.m. @ Tupelo	Dec. 11: Tree Lighting & Holiday Celebration Dec. 11: Wingman Party Dec. 13: Class 20-04/05 Graduation Dec. 14: Breakfast with Santa Dec. 19: Hearts Apart

Silver Wings

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Submission Deadline

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

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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.

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U.S. Air Force photo by Airmen 1st Class Jake Jacobsen

A group of student pilots eat lunch consisting of meals from the Club's new menu Nov. 4, 2019, on Columbus Air Force Base, Miss. Columbus AFB was one of the test bases to train and push out the new dishes to the base populace for the Air Force's healthy food initiative.

CLUB

(Continued from page 5)

available and brought some other student pilots to try out the vegan food to show the difference in food quality.

When asked if she would recommend the new Club menu to people she agreed and encourages others to come out and try the food.

"Even if you see a product that you've never tried before, try it and see how healthier food makes you feel," Strickland said. "Instead of going somewhere far, come to the Club, its healthy, local, cheap and you get to try something you haven't before."

In an effort to improve the quality of life for Airmen around the base as well as all members of Team Blaze the Columbus Club has answered the call for healthier living.



U.S. Air Force photo by Airmen 1st Class Jake Jacobsen

Chef Jeffery Yager, Air Force Services Center food and business operations specialist, and other cooks prepare food for the Club's lunch rush Nov. 4, 2019, on Columbus Air Force Base, Miss. The Air Force Services Activity are helping Airmen across the Air Force obtain better fuel for body and brain health by rolling out new recipes.

"I wake up every day and I'm glad to be alive."

"After getting busted for possession of meth on June 24, 2015, my life has changed dramatically. I've gone from spending most of my time high, or trying to get high, to now passing every single drug test, working at a local animal shelter, and going to AA/NA meetings daily. My mental and physical health are better and most of my relationships have improved. My personal finances have also untangled. I wake up every day and I'm glad to be alive, when I once used to pray that I would die before I went to bed. Each day gets a little better. The pretrial diversion program probably saved my life. As crazy as it may sound, I'm grateful that I got arrested or I doubt that I would be alive today."

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

The 43rd Flying Training Squadron's 43rd Heritage flagship aircraft sits on the flight line Oct. 25, 2019, on Columbus Air Force Base, Miss. In 1972, the 43rd was reactivated as a flying training squadron at Craig AFB in Ala., where it conducted undergraduate pilot training until the base closed in 1977.

43RD HERITAGE

(Continued from page 1)

Speakers during the ceremony included Lt. Col. Tom McElhinney, 43rd FTS commander, and Rufus Ward, 43rd FTS honorary commander.

Ward's opening remarks gave spectators a summarized history of the 43rd FTS as well as tying it to his own personal life with his father, a former member of the 96th Bombardment Group. Ward's father started at the 43rd FTS's origin in Dec. 22, 1939, as the 29th Bombardment Squadron to the present as the 43rd FTS.

After Ward finished, he passed the spotlight to McElhinney to speak about his squadron and the new heritage paint scheme on the T-1A Jayhawk.

McElhinney said he was excited to accept the aircraft into the fleet at Columbus as he remarked on the duties the 43rd FTS has as an Air Force Reserve Squadron.

"As reservists we honor and adhere to the citizen Airmen motto, respecting the challenges of balancing reserve duty with civilian employment and family life," McElhinney said. "This heritage aircraft is a testament to that partnership."

McElhinney also explained that many aspects of the squadron's history were used in the development of the paint scheme, and since there were already two T-38 Talon and

T-6 Texan II paint schemes at Columbus they decided to use the design for a second T-1 aircraft.

Noticeable patches and heritage marks were placed on the T-1 such as the 43rd Bombardment Squadron patch, used during WWII, on the side of the aircraft.

Each of the bomb wings in the 29th BG used different letters to identify which group an aircraft belonged to and their origins. The 43rd used the square O, which has been placed on the tail of the flagship aircraft, back when the squadron was with the 29th BG.

The 43 on the side of the aircraft represents the aircraft number which prominently displays the aircraft from the 29th BG during WWII. These numbers were used to help identify aircraft both in the air and on the ground.

The 43rd FTS's strong heritage is backed by having earned three campaign streamers, three Distinguished Unit Citations and numerous other awards.

Today the 43rd FTS mission continues in building the world's best warriors, leaders and professional pilots.

The 43rd FTS administers and executes the Air Education and Training Command/ Air Force Reserve Command Associate Instructor Pilot Program and provides Active Guard Reserve and Traditional Reserve IPs to augment the cadre of active-duty pilots



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

Lt. Col. Tom McElhinney, 43rd Flying Training Squadron commander, and Rufus Ward, 43rd FTS honorary commander, attend and speak at the T-1 Jayhawk paint unveiling ceremony Oct. 25, 2019, on Columbus Air Force Base, Miss. The 43rd FTS origins date back to almost 80 years ago on Dec. 22, 1939, as the 29th Bombardment Squadron which was then redesignated the 43rd Bombardment Squadron on March 13, 1940, at Langley Field, Va.



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

The 43rd Flying Training Squadron's T-1 Jayhawk heritage flagship aircraft sits on the flight line Oct. 25, 2019, on Columbus Air Force Base, Miss. The 43rd FTS was activated at Columbus as a flying training flight in 1997, and then reactivated as a squadron on June 5, 1998, to provide associate reserve pilots to support the mission of the 14th Flying Training Wing.

conducting pilot training.

During wartime, or in the event of hostilities, the unit is mobilized to offset anticipated losses of experienced active-duty pilot

contributions to the instructor pilot training programs.

(Editor's note: Rufus Ward of The Commercial Dispatch contributed to this story)



U.S. Air Force photo illustration by Senior Airman Keith Holcomb
Gerald Murray, the 14th Chief Master Sergeant of the Air Force, speaks to graduates of Specialized Undergraduate Pilot Training Class 20-01/02 during their graduation ceremony Oct. 25, 2019, at the Kaye Auditorium on Columbus Air Force Base, Miss. During his time with the Air Force's newest aviators, he stressed the importance of caring for one another.

14th CMSAF Murray reminds Airmen to look out for one another

Senior Airman Keith Holcomb
14th Flying Training Wing
Public Affairs

Gerald Murray, the 14th Chief Master Sergeant of the Air Force, visited Columbus Air Force Base, Mississippi, on Oct. 25 to connect with Airmen, understand the 14th Flying Training Wing's mission and serve as the guest speaker to Specialized Undergraduate Pilot Training Class 20-01/02, graduation ceremony.

Murray served as an aircraft crew chief during his time in the Air Force, working on the F-4 Phantom, F-16 Fighting Falcon and the A-10 Thunderbolt II and had eight maintenance assignments during his career.

Serving as a command chief for a Numbered Air Force major command, and as the chief master sergeant of the Air Force, Murray has met with a lot of Airmen and units over the years. During his all call and graduation ceremony, Murray didn't soften his speech and said that after all those years one of the most important things Airmen can do is to care.

"You have to care," Murray said. "There's a lot of emphasis, and rightfully so today on the high suicide rate that we have. With the stresses that come with the challenges we have out there, showing you care goes a long way. Having a genuine care for those around you helps us all collectively get through it."

"You have to care," Murray said. "There's a lot of emphasis, and rightfully so today on the high suicide rate that we have. With the stresses that come with the challenges we have out there, showing you care goes a long way."

He gave examples of when he was a young Airman to when he was a chief master sergeant. As Murray reminisced, he recalled a time early in his career when a senior airman asked him what he wanted. Murray said he replied with wanting to be the best crew chief he could be. The Airman then said to follow him and nobody else to reach his goals.

Murray explained this Airman helped him become a better crew chief and was an impactful leader, possibly putting his career on the path he walked.

He continued to expand on what care really means. It doesn't matter what their rank is, stated Murray. They can care about others and lead a unit, squadron, or group from their position. He reminded the junior officers and enlisted specifically that they are the backbone and future of the Air Force. They need



U.S. Air Force photo by Senior Airman Keith Holcomb
Gerald Murray, the 14th Chief Master Sergeant of the Air Force, speaks to members of Team BLAZE during an all call Oct. 25, 2019, at the Kaye Auditorium on Columbus Air Force Base, Miss. As he spoke to those in attendance, Murray stressed the importance of caring for one another.



U.S. Air Force photo by Senior Airman Keith Holcomb
An attendee takes a picture of the Air Force's newest aviators snapping their silver wings in half during Specialized Undergraduate Pilot Training Class 20-01/02's graduation ceremony Oct. 25, 2019, at the Kaye Auditorium 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.

to care for their fellow Airmen and be bold.

Murray said the Air Force he joined was a force with little true discipline; and he was proud to grow in and watch the Air Force develop to the well-disciplined and intelligent force it is today.

In Murray's opinion, the newest generation of Airmen are some of the brightest the Air Force has had and it's exciting to know where they will take the Air Force.



U.S. Air Force photo by Senior Airman Keith Holcomb
Specialized Undergraduate Pilot Training Class 20-01/02 graduates nod to each other before making their entrance during their graduation ceremony Oct. 25, 2019, at the Kaye Auditorium on Columbus Air Force Base, Miss. Col. David Fazenbaker, 14th Flying Training Wing vice commander, and Gerald Murray, the 14th Chief Master Sergeant of the Air Force, talked to the graduating classes before their ceremony to personally congratulate their accomplishment.

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.)

Transition Assistance Program Workshop

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

Air Force Recovery Coordination Program

A Recovery Care Coordinator (RCC) will be providing assistance from noon-5 p.m. Nov. 6; 8 a.m.-5 p.m. Nov. 7; and 8 a.m.-noon Nov. 8 at the A&FRC. The Recovery Coordination Program (RCP) streamlines and improves the way care and support is delivered to wounded, ill, and injured Airmen and their families. The RCP provides the support of a RCC who guides the Airman and family along their road to recovery. Those eligible include wounded, ill and injured Airmen who: (1) have a serious illness or injury, (2) are unlikely to return to duty within a specified amount of time, (3) may be medically separated from the military. Additional details are available by contacting the Columbus Air Force Base A&FRC at (662) 434-2790.

Wing Newcomers Orientation

The next Wing Newcomers Orientation is from 8 a.m.-noon Nov. 12. 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.

Federal USA Jobs Workshop

The next Federal USA Jobs workshop is from 9-10:30 a.m. Nov. 13. This is a workshop on writing resumes, applications, and job search using the USAJobs website. To register or for more information, please call A&FRC at (662) 434-2790.

Bundles for Babies

The next Bundles for Babies workshop is

Team BLAZE runs with color



U.S. Air Force photo by Airmen 1st Class Jake Jacobsen
Family members throw up orange coloring for the seventh annual fall color run, Nov. 2, 2019, on Columbus Air Force Base, Miss. The color run allows members of Team BLAZE to connect with friends and family by running either a 5k or 2k route while getting color tossed at them.

from 1-3:30 p.m. Nov. 14 in the A&FRC. This program is designed for active duty Air Force members and/or their spouses who are pregnant or have a child 4 months old or less. Attendees will learn about finances, labor and delivery, and infant care. A \$50 gift card sponsored by the Air Force Aid Society will be provided for each qualifying child. To register or for more information, please call A&FRC at (662) 434-2790.

Hearts Apart

The next Hearts Apart is from 5-7 p.m. Nov. 14. 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.

Career Exploration & Planning Track Workshop

The next Career Exploration & Planning Track workshop is from 8 a.m.-3 p.m. Nov. 14-15 in the A&FRC. This workshop helps members identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. To register or for more information, please call A&FRC at (662) 434-2790.

Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. Nov. 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 relo-

cating questions you may have during this event.

Heart Link

The next Heart Link is from 8:30 a.m.-noon Nov. 21 in the A&FRC. This half-day program is open to all spouses of active duty military members assigned to Columbus Air Force Base. Attendees will receive information about life in the Air Force, in the local area and at Columbus AFB from local subject matter experts including spouse leaders. To register or for more information, please call A&FRC at (662) 434-2790.

Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop is from 8 a.m.-3 p.m. Feb. 6-7. 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.

EFMP-FS

Exceptional Family Members Program-Family Support, EFMP-FS, establishes, implements and maintains the FS (community support) entity of the Air Force EFMP in coordination with the Medical & Assignments components by enhancing the quality of life of special needs family members. Feel free to contact 662-434-3323/2790 for any questions related to EFMP or for one-on-one assistance. We can assess your needs and make the proper community referral for you and your family!

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.

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.

Bible Study

Thursdays:
5:30 p.m. - Student Pilot Bible Study
6:00 p.m. - Enlisted Dorms Bible Study

Protestant Community

Sundays:
9:00 a.m. - Adult Sunday School
10:45 a.m. - Community Worship Service (Fellowship Following)
Wednesdays:
5:30 p.m. - AWANA: Sept-May (Open to all denominations)
6:00 p.m. - Ignite Youth Group Ages 13-18 (Open to all denominations)

Catholic Community

2nd Saturday of each month at 12 p.m. - Faith Ablaze
Sundays:
3:30 p.m. - Religious Education, Grades K-9 (Aug-May)
4:00 p.m. - Confession (or by appointment)
5:00 p.m. - Mass
1st and 3rd Sundays- Fellowship after Mass
Tuesdays:
10 a.m. - Daily Mass (Philips Auditorium)
Wednesdays:
10 a.m. - Daily Mass (Philips Auditorium)
10:30 a.m. - Adoration (Philips Auditorium)

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’.

Disney on Ice
ITT is selling tickets to Disney on Ice in Tupelo for Dec.7 at 11 a.m. and Dec. 8 at 2 p.m. Call 434-7861 or stop by the ITT counter at the Blaze Commons to purchase tickets for just \$25 each. (\$15 off the regular price!) Tickets must be purchased by Nov. 12 at 4 p.m.

Parent's Night Out
Overdue for a date night? The CDC is here to help! Drop your kids off from 6-10 p.m. on Nov. 15 for your night out! Eligible for children 6 weeks to 5 years old. The cost is \$20 per child. Deadline to sign up is Nov. 8. Please note: Children must have shot records and AF form 1181 filled out.

Boss & Buddy
Unwind at the Club with food and drink specials Nov. 8 starting at 3:30 p.m. Call 434-2489 for more information.

Thankfulness Craft
Come to Arts and Crafts on Nov. 8 from 3-5 p.m. for a fun night of creativity. The cost is \$5 per participant. Attendees will be making painted turkeys and incorporating things they are thankful for. Make sure to sign up early, our last Arts & Crafts event sold out almost a month before the event! Call 662-434-7836 to register.

Vicksburg National Military Park Visit
Join Outdoor Recreation for a bus trip to the historic National Military Park on Nov. 9. The bus leaves from Outdoor Recreation at 7 a.m. with a projected return time of 5 p.m. Just \$20 per person! Call 662-434-2507 for more details.

Turkey Trot 5k
Come earn you Thanksgiving Feast at the Fitness Center’s annual Turkey Trot 5k! Free to participate, and prizes will be given. See you there on Nov. 22 at 7 a.m.

Single Airman Escape Room Trip
Join us in Tupelo for a day of fun at the Escape Room on Nov. 23 from 9 a.m.-2 p.m. Free for single airmen! Call 434-1408 to sign up or for more information.

Assignment Night Transportation
Book Assignment Night transportation with ITT! Reserve the bus, the van or both! The cost is \$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



Disney on Ice
Bankcorp South Arena, Tupelo, MS.

Save up to \$15 by purchasing through ITT

MILITARY PRICING \$25

Saturday December 7, 2019 60 Seats Available 11:00 am Show Section 205	 HEAVY SERVICES Information Tickets & Travel	Sunday December 8, 2019 40 Seats Available 2:00 pm Show Section 205
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Deadline to order tickets is 4:00 pm on Tuesday, November 12, 2019.
Tickets may be purchased at ITT.
For more information contact 434-7861

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

Exclusive Military Vacation Packages
Did you know that you can book exclusive military vacation packages at ITT? Packages include Universal Studios and Disney destinations. To book your vacation at www.americaforcestravel.com or visit your ITT office at (662) 434-7861.

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

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

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

Free Mango Languages
Learn a new language today! Free Mango Languages available

at the Base Library; real-life conversations in over 70 languages. For more information, contact 434-2934.

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

The Overrun is Open Friday Nights
The Overrun is open Fridays 4:30 p.m.-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-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.

Columbus Club rolls out new menu

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

When it comes to food options the Air Force as a whole is updating their dining options to accommodate the need for healthy lifestyles which led to Columbus Air Force Base, Mississippi, being one of the test bases to train and push out the

new dishes to the base populace. Moving forward in today's food industry means keeping up with the vast need for healthier food options, and to do this Columbus AFB has transformed the menu at the Club to keep up with the Air Force's healthy food initiative.

Chef Jeffery Yager, Air Force Services Center food and business operations specialist at Joint Base San Antonio-Lackland, Texas,

along with Nicola Lucas, AFSC program manager, visited Columbus AFB on Nov. 4 to train cooks at the Club on the new recipes for items that will be available to Team Blaze.

To help meet a wide-range of meal preferences, the Club is providing more options like vegetarian and vegan meals with fresh vegetables as well as more dishes with white meat in them.

“The nutrition you put into your body is the first to accomplish putting pilots at the top of their game along with the exercise programs” Yager said. “When pilots are flying it creates more stress especially when they get into combat so their bodies need to be in top notch shape to handle those situations.”

After the cooks were trained for the new menu, the Club presented their innovative food options to

hungry customers looking to try something different.

Second Lt. Michelle Strickland, 37th Flying Training Squadron student pilot, is an active vegan athlete who has very limited options for food in the surrounding Columbus area and said has to cook for herself most of the time.

Strickland was invited to the Club to try the new food options

See CLUB, Page 14



662.434.2419

RESTAURANT HOURS:
MON - FRI, 1100 - 1330
THU - FRI, 1630 - 2000

LOUNGE HOURS:
THU & FRI, 1600 - CLOSE

* Closed: Weekends, Holidays, & Graduation Days

DAILY LUNCH SPECIALS
1100 - SOLD OUT

MONDAY
Chinese Chicken Curry 8⁰⁰ 
Jasmine Rice, Chicken, Bell Pepper, Broccoli, Chinese Curry Sauce, Green Onion, Cilantro

TUESDAY
Mexican Plate 10⁰⁰
One Taco with Choice of Chicken or Beef, Lettuce, Tomato, Two Cheese Enchiladas, Includes Spanish Rice and Refried Beans

WEDNESDAY
Creamy Cajun Pasta 10⁰⁰ 
Creamy Cajun Fettuccine with Chicken and Shrimp, Bell Pepper, Tomato, Garlic Toast

THURSDAY
Fried Chicken Plate 9⁰⁰
Fried Chicken, Choice of Mashed Potato or Cheese Grits, Buttered Corn, Dinner Roll

FRIDAY
Fried Catfish Plate 10⁰⁰
Fried Catfish Fillets, Choice of Mashed Potato or Cheese Grits, Fried Okra, Cornbread

Note: Curry and Cajun Specials can be served as Vegetarian (Lacto-ovo). 

STAY IN THE KNOW... WING AFB GROUP CODE: *CLUB*
Revised on 11/06/2019

BASKETS	FROM THE GRILL	
Shrimp Fried Shrimp, Fries Wing Chicken Wings, Sauce, Fries, Choice of Dressing Catfish Fried Catfish Fillet, House Chips Chicken Tender Hand Breaded Chicken Tenders, House Chips, Choice of Sauce	7⁰⁰ 7⁰⁰ 6⁰⁰ 4⁰⁰	
POWER BOWLS		
Blackened Chicken Rice/Quinoa Blend, Blackened Chicken Breast, Broccoli, Bell Pepper, Chickpea, Avocado, Red Cabbage Poblano Pork Rice/Quinoa Blend, Pork Shoulder, Poblano Pepper, Sweet Potato, Corn/Black Bean Blend, Cilantro Teriyaki Rice/Quinoa Blend, Chicken Breast, Broccoli, Green Onion, Teriyaki Sauce	7⁰⁰ 7⁰⁰ 6⁰⁰ 8⁰⁰ 8⁰⁰ 8⁰⁰	
Vegetarian  Rice/Quinoa Blend, Grilled Bell Pepper, Broccoli, Chickpea, Green Onion	Shrimp & Bacon Grits Grilled Shrimp, Bacon, Cheddar, Smoky Cheese Grits Grilled Chicken Sandwich Grilled Chicken, Lettuce, Tomato Chick Fillet Sandwich Hand Batter Fried Chicken, Pickle, Homemade Chick Fillet Sauce Vegetarian Wrap  Lettuce, Hummus, Bell Pepper, Tomato, Red Onion, Cucumber, Flour Tortilla	7⁰⁰ 4⁰⁰ 3⁰⁰ 3⁰⁰
SALADS	SIDES	
Apple Walnut Lettuce Mix, Grilled Chicken Breast, Apple, Walnut, Feta Cheese, Crenberry Vinaigrette Greek Chicken Lettuce Mix, Grilled Chicken Breast, Tomato, Cucumber, Feta Cheese, Red Onion, Kalamata Olive, Greek Dressing Broccoli Salad  Broccoli, Tomato, Red Onion, Raisins, Cheddar Cheese, White Wine Creamy Vinaigrette House  Lettuce Mix, Shredded Cheese, Dice Tomato, Cucumber, Red Onion, Choice of Dressing	French Fries House Made Chips Two Flavors: Sea Salt & Black Pepper or Ranch Side Salad  Cheese Grits COMBO Salad & Drink Grits & Drink House Chips & Drink Fries & Drink DRINKS Fountain Soda	2⁰⁰ 2⁰⁰ 2⁰⁰ 2⁰⁰ 4⁰⁰ 3⁰⁰ 3⁰⁰ 3⁰⁰ 1⁰⁰

Vegetarian (Lacto-ovo) Options 



14 FTW completes successful 2019 Combined Federal Campaign

Maj. Kyle Sellner and TSgt. Quincy Harris
14 FTW Wing CFC Representatives

The 14th Flying Training Wing (FTW) 2019 Combined Federal Campaign (CFC) recently completed six weeks of fundraising, successfully raising \$53,344.17 for the CFC. While the wing came just short of reaching the initial goal of \$55,014, the total raised was still a \$2,000 increase from the the amount raised in 2018. In addition, the 14 FTW saw a 35% increase in the amount of people who gave this year compared to the 2018 campaign. Overall, a very successful campaign that every squadron in the wing contributed towards.

The 2019 campaign kicked off on Sept. 16 with a breakfast featuring speakers and representatives from multiple local charities, including United Way of Columbus Lowndes County and the Happy Irby Christmas Fund. Col. Samantha Weeks, 14 FTW Commander, closed out the morning by stressing the importance of supporting the 2019 campaign.

The CFC has been around for 58-years as a federal work-

place giving tradition that has raised more than \$8.3 billion for charitable organizations. As one of the largest workplace giving campaigns in existence, it provides an unprecedented opportunity to help our community and the rest of the world. There are thousands of charities to support, ranging from local community outreach, youth programs, to even charities that promote animal welfare. The mission of the CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all.

Thank you for everyone who donated time or money towards this year's campaign and we look forward to continuing the trend in showing love to those in need in 2020.

View the following websites for detailed information regarding the CFC and its charities.

Facebook.com/msdeltacfc
Twitter.com/msdeltacfc
Instagram.com/msdeltacfc

Delta State University students tour Columbus AFB



A group of students from Delta State University stand in front of a T-38 Talon during a tour on Columbus Air Force Base, Miss., on Nov. 4, 2019. According to AF.mil, the T-38 Talon can reach a speed of 812 mph.

Security and policy review

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

America Recycles Day

Mike Blythe
14th Civil Engineer Squadron

Nov. 15 is America Recycles Day! Help celebrate by continuing to recycle and by helping Columbus Air Force Base lead the way on keeping material out of landfills. In 2018, we diverted 54% of refuse material from the local landfill. The Columbus AFB goal is 60% by 2020. With your help we can reach this goal.

Recycling not only reduces the amount of material sent to landfills, it is also vital in protecting both human health and the environment. Congress established the Resource Conservation and Recovery Act (RCRA) which established minimum standards for managing waste and hazardous waste on DoD Installations. Recycling plays a critical role in meeting those standards!

You may have noticed we have dumpsters across the base assigned specifically for cardboard and recycle bins in offices for office paper. Federal law requires government agencies to recycle cardboard and office paper. Columbus AFB also recycles aluminum cans, clean glass, plastic (1 and 2), scrap metal, toners, wood pallets and batteries (Lead). Toner cartridges contain metals, plastics, and oils that rapidly fill landfills. Because they are easily made available for reuse, companies will actually pay enough to cover the collection costs. We also recycle wood pallets, specifically the 4' x 4' pallets. If you have 4' x 4' pallets, please bring to the recycling center and stack along the fence. All other pallets can be dropped off in the back of the recycling center to be mulched. There is also a used oil collection station located at the recycling center. Please follow directions on how to recycle your used oil to avoid any spills. All funds received from the recycled items sold comes back to the Qualified Recycling Program and is used to maintain equipment and offset the contract cost.

Did you know Hazardous waste can come from your office space?

All hazardous waste generated at Columbus AFB is disposed under strict regulations. Most of the items are industrial work-site specific, however, there are a few items we are able to recycle that can also be generated in regular office settings.

Fluorescent light bulbs contain Mercury that can poison soil, water, and humans.

Batteries contain various corrosive chemicals and heavy metals (ex. Lithium/Lithium Ion) which can leak into soil. If you have bulbs or batteries, you can drop off these items at the recycling center or contact the facility manager in your building.

You may have also noticed that we have a drop off location located along the fence line at the recycling center. This area is for weekend and after duty hours drop offs. If you have material to drop off during normal hours (7am-4pm), please bring your items to the front door of the recycling center. We have shopping carts for your use to unload your items.

If you have questions about where to take material for recycling, please contact the 14 CES Environmental Team! Mike Blythe, 434-7353 or email michael.blythe@us.af.mil

RETIREE APPRECIATION DAY

COLUMBUS AFB CLUB

THURSDAY 14 NOVEMBER
0900-1400

0900-1100- Base tours, SFS Dog Demo, Weapons display & Static Displays

1100-1300- MC Introduction/Chaplain Invocation, Guest Speakers & FREE LUNCH

1300-1400- Expo, featuring: TRICARE Dental, Pharmacy, Humana Military, FREE Health Screenings, Flu shots, and more!

1400- Closing Comments

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No Federal Endorsement Intended

A personal message from your health promotion Health Myth Busting Team



*Dear Health Myth Busters,
Is it true that health problems such as obesity, diabetes, hypertension, and depression have no relation to the quantity and quality of a person's sleep?*

*Sincerely,
Sleep Health*

Dear Sleep Health,

This is a common misconception but more scientific studies are showing correlations between poor quality sleep and/or insufficient sleep with a variety of diseases.

Studies have found a relationship between the quantity and quality of one's sleep and many health problems. For example, insufficient sleep affects growth hormone secretion that is linked to obesity. As the amount of hormone secretion decreases, the chance for weight gain increases. Blood pressure usually falls during the sleep cycle. However, interrupted sleep can adversely affect this normal decline, leading to hypertension and cardiovascular problems. Research has also shown that insufficient sleep impairs the body's ability to use insulin, which can lead to the onset of diabetes.

If you're having trouble sleeping, try listening to the Military Meditation Coach Podcast to practice techniques that may help you fall asleep and improve the quality of your sleep so that you become mentally stronger and more alert.

*Sincerely,
Health Myth Busters*

Myths and Facts About Sleep. Retrieved from https://www.nrcc.usda.gov/wps/portal/nrcs/detail/ks/people/employees/?cid=nrcc142p2_033304

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to usaf.jbsa.afmsa.mbx.hpo@mail.mil. Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Health Promotion webpage <https://www.airforce-medicine.af.mil/Resources/Health-Promotion/>

BLAZE Hangar Tails: HC-130P/N

The HC-130P/N is an extended-range version of the C-130 Hercules transport. HC-130 crews provide expeditionary, all weather personnel recovery capabilities to our Combatant Commanders and Joint/Coalitions partners worldwide.

Mission

The mission of the HC-130P/N “King” is to rapidly deploy to austere airfields and denied territory in order to execute all weather personnel recovery operations anytime, anywhere. King crews routinely perform high and low altitude personnel and equipment airdrops, infiltration/exfiltration of personnel, helicopter air-to-air refueling, and forward area refueling point missions.

When tasked, the aircraft also conducts humanitarian assistance operations, disaster response, security cooperation/aviation advisory, emergency aeromedical evacuation, casualty evacuation, noncombatant evacuation operations, and, during the Space Shuttle program, space flight support for NASA.

Features

Modifications to the HC-130P/N are improved navigation, threat detection and countermeasures systems. The aircraft fleet has a fully-integrated inertial navigation and global positioning systems, and night vision goggle, or NVG, com-

patible interior and exterior lighting. It also has forward-looking infrared, radar and missile warning receivers, chaff and flare dispensers, satellite and data-burst communications.

The HC-130 can fly in the day; however, crews normally fly night at low to medium altitude levels in contested or sensitive environments, both over land or overwater. Crews use NVGs for tactical flight profiles to avoid detection to accomplish covert infiltration/exfiltration and transload operations.

Background

First flown in 1964, the aircraft has served many roles and missions. It was initially modified to conduct search and rescue missions, provide a command and control platform, in-flight-refuel helicopters and carry supplemental fuel for extending range and increasing loiter time during search operations.

They have been deployed to Italy, Kyrgyzstan, Kuwait, Pakistan, Saudi Arabia, and Turkey in support of operations Southern and Northern Watch, Allied Force, Iraqi Freedom and Enduring Freedom. HC-130s also support continuous alert commitments in Alaska and the Horn of Africa.

General Characteristics

Primary function: Rescue platform

Contractor: Lockheed Aircraft Corp.
Power Plant: Four Allison T56-A-15 turboprop engines
Thrust: 4,910 shaft horsepower, each engine
Wingspan: 132 feet, 7 inches (40.4 meters)
Length: 98 feet, 9 inches (30.09 meters)
Height: 38 feet, 6 inches (11.7 meters)
Weight: 83,000 pounds (37,648 kilograms)
Maximum Takeoff Weight: 155,000 pounds (69,750 kilograms)
Fuel Capacity: 73,000 pounds (10,724 gallons)
Payload: 30,000 pounds (13,608 kilograms)
Speed: 289 miles per hour (464 kilometers per hour) at sea level
Range: beyond 4,000 miles (3,478 nautical miles)
Ceiling: 33,000 feet (10,000 meters)
Armament: countermeasures/flares, chaff
Crew: Three officers (pilot, co-pilot, navigator) and four enlisted (flight engineer, airborne communications specialist, two loadmasters). Additional crewmembers include a Guardian Angel team consisting of one combat rescue officer and three pararescuemen
Unit Cost: \$77 million (fiscal 2008 replacement cost)
Initial operating capability: 1964
Inventory: Active force, 13; ANG, 13; Reserve, 10



A U.S. Air Force HC-130J Combat King II awaits its next mission at Davis-Monthan Air Force Base, Ariz., Aug. 6, 2019. The Combat King II is the Air Force's only dedicated fixed wing Personnel Recovery platform.



A U.S. Air Force HC-130 Hercules aircraft from Patrick Air Force Base Florida, deploys its refueling drogues over the Ohio River during the Thunder Over Louisville airshow in Louisville, Ky., April 13, 2019. The Kentucky Air National Guard once again served as the base of operations for military aircraft participating in the annual event, which has grown to become one of the largest single-day air shows in North America.

Team BLAZE celebrates newly promoted Airmen



Recently promoted Airmen stand for a group photo at the club, Oct. 31, 2019, on Columbus Air Force Base, Miss. Enlisted promotions give Airmen a chance to be recognized for the hard work they do to progress to the next level in the enlisted force structure.

Commander's Action Line 434-1414

In an effort to stay Connected, the Commander's Action Line is your direct link to the commander for comments and suggestions on how to make Columbus AFB better.

Although the Commander's Action Line is always available, the best way to resolve problems is through the chain-of-command. The Commander's Action Line can be reached at 434-1414. Leave your name and phone number or email if you would like to receive an answer. All names will be kept confidential.

If you would like to remain anonymous, please submit your inquiries through our base application in the 'Our Wing' then 'Contact the CC' tab or you can submit through the webpage at www.columbus.af.mil. Click "Contact Us" at the top left of the page and select "Commander's Action Line" in the Recipient drop down menu.



Allowing a second chance for aspiring pilots with height waivers

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

The journey to become a U.S. Air Force pilot can be a rewarding experience for those willing to put in the effort, unfortunately some may be deterred from this experience because they think they don't meet the Air Force's height requirement.

Some aspiring pilot candidates might be under the impression that they are too short, or even too tall to become a pilot. However, by working with commissioning sources for pilot candidates an individual can seek possible anthropometric waiver opportunities.

The Air Force standing height requirements are currently a minimum of 5 feet 4 inches (64 inches) to a maximum of 6 feet 5 inches (77 inches) and sitting height of 34-40 inches. But if a candidate does not fall into this spectrum it is not necessarily a barrier to entry and they still have a shot.

Standing at 6 feet 8 inches Maj. Nate at Columbus Air Force Base, Mississippi, is one of those pilots who had to go through the waiver process.

"I went to get measured and busted the standing height limit but made the sitting height limit two-tenths of an inch," Nate said. "If I didn't make that sitting height limit the aircraft I could fly would have been greatly affected."

All candidates receive a medical evaluation to determine physical capability and are measured against Air Force Instruction 48-123, "Medical Examinations and Standards." For those who do not meet the standard height requirements, anthropometric measurements are completed at Wright Patterson AFB, Ohio, or a specialty team conducts the measurements at the U.S. Air Force Academy.

"I went through the Reserve Officers' Training Corps, which has an initial pilot qualification program where you get measured before entering but it is not as in-depth to what the process at the U.S. Air Force Academy is," Nate said.

Anthropometric measurements include functional reach, wingspan, body mass, weight-to-height ratio, waist-to-hip, hip-to-knee and more. After Nate completed his anthropometric measurements he was able to get a waiver and continue into pilot training.

First Lt. Christina Nicholson, 48th Flying Training Squadron instructor pilot, is on the other side of the height spectrum.

Nicholson stands 5 feet 4 inches and just barely made the minimum standing and sitting



Maj Nate and 1st Lt. Christina Nicholson, 48th Flying Training Squadron instructor pilot, stand next to each other to show their height difference, Oct. 30, 2019, on Columbus Air Force Base, Miss. The standing height requirements to become a pilot are a minimum 5 feet 4 inches and maximum 6 feet 5 inches, but can be dismissed through the waiver process.

height requirements to join without a waiver. For those who are on the cusp, further cockpit evaluation and accommodations can be safely made.

"I have made adjustments to the rudder pedals and adjusted the seat to accommodate my height in the aircraft," Nicholson said.

Even with these factors Nicholson is able to do her Air Force duty and contributes to the mission of creating pilots.

In order for the Air Force to maintain its aerial supremacy, it needs to maintain its diverse force. According to U.S. National Center for Health Statistics, 43.5% of U.S. women, ages 20-29, have a stature of 64 inches or less. This pool of potential candidates, in addition to others who are too short or too tall, should not self-eliminate because they feel their height will not qualify. The standard height and sitting requirements should not be a barrier and those interested need to apply and work through the system.

If you are interested in learning more about height waivers, work with your commission source or contact the Air Force Call Center at 1-800-423-USAF.

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



U.S. Air Force photo by Airman 1st Class Hannah Bean
Participants race against each other in a game during Boo Fest at the Club Oct. 26, 2019, on Columbus Air Force Base, Miss. Original trick-or-treaters received mostly fruits and nuts not candy.



U.S. Air Force photo by Airman 1st Class Jake Jacobsen
Attendees walk around a pumpkin patch during Boo Fest at the Club Oct. 26, 2019, on Columbus Air Force Base, Miss. According to Guinness World Records, the highest number of lit jack o' lanterns on display is 30,581 by the City of Keene, New Hampshire in 2013.

Columbus AFB celebrates Halloween



U.S. Air Force photo by Airman 1st Class Hannah Bean
Col. David Fazenbaker, 14th Flying Training Wing vice commander, introduces one set of participants in a costume contest during Boo Fest at the Club Oct. 26, 2019, on Columbus Air Force Base, Miss. Halloween is the second highest grossing commercial holiday after Christmas.



U.S. Air Force photo by Airman 1st Class Hannah Bean
Children, families and friends trick or treat through neighborhoods Oct. 27, 2019, on Columbus Air Force Base, Miss. Halloween originated from an ancient Celtic festival.



U.S. Air Force photo by Airman 1st Class Hannah Bean
Attendees trick or treat at a decorated house Oct. 27, 2019, on Columbus Air Force Base, Miss. The first jack o' lanterns were made out of turnips.