

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

# SILVER WINGS

“Cultivate Airmen, Create Pilots, CONNECT”

Columbus Air Force Base, Miss.

Vol. 45, Issue 4

February 26, 2021

## WANT YOUR GARAGE BACK?

Call us or go to our website to see how easy and affordable renting mini-storage can be!



<b>308 Shoney Dr.</b> 24/7 Video Monitoring 5x10 .....\$30/mo. 5x20.....\$40/mo. 10x10 .....\$50/mo. 10x20.....\$65/mo. 20x20 .....\$110/mo.	<b>903 Alabama St.</b> Automatic Access Gate 5x10 .....\$42/mo. 10x10 .....\$52/mo. 10x15 .....\$63/mo. 10x20.....\$70/mo.	<b>74 Beatty Rd.</b> Manual Access Gate 5x10 .....\$40/mo. 10x10 .....\$50/mo. 10x15 .....\$60/mo. 10x20.....\$70/mo.	<b>4504 Hwy. 69 S.</b> Automatic Access Gate 5x10 .....\$29.75/mo. 10x10 .....\$42.50/mo. 10x15 .....\$60/mo. 10x20.....\$68/mo. New Climate-Controlled 5x10 .....\$42.50/mo. 9x30.....\$114.75/mo. 10x20.....\$136/mo.
--	---	--	--



662-327-4236 • friendlycitymini.com

**TWO COLUMBUS LOCATIONS**  
308 Shoney Drive  
903 Alabama Street

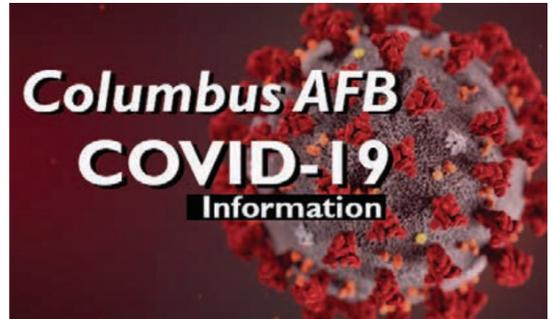
**TWO NEW HOPE LOCATIONS**  
70 Beatty Road  
4504 Hwy. 69 South



### 15% off

Select Rentals at  
Hwy. 69 Location Only.

Offer available to new tenants who have not rented in the last 60 days



### COVID-19 General Info

The base is executing a measured approach to reopening in order to protect our people and our mission.

- Permitted areas:**
- Military personnel may travel two and a half hours outside of Columbus Air Force Base to obtain necessary goods and services and/or to engage in outdoor recreation.
  - Salons, barber shops and other personal care/grooming establishments.
  - State and local parks are allowed.
  - Freedom park access from 6 a.m.-8 p.m. You must wash your hands or use hand sanitizer before and after playing at the park. 50 people maximum in line with Governor's outdoor guidance.
  - The base pool is open under limitations.
  - Overnight lodging facilities.
  - Arts and Crafts, and bowling center with limitations.

- Off-limits:**
- Dining indoors is prohibited.
  - Bars, casinos or breweries or similar establishments are prohibited.
  - Gyms, bowling centers, theaters, auditoriums and events off base are prohibited.

- Gathering limitations:**
- 20 people indoors and 50 people outdoors
  - 6' physical distancing
  - Personal hygiene is key
  - Cloth face covering if physical distance can't be maintained



U.S. Air Force photo by Tech Sgt. Javier Cruz  
Air Force members talk amongst one another while a P-51C Mustang sits on the Columbus Air Force Base, Miss. flightline, during a static display on Feb. 10, 2021. The Commemorative Air Force Red Tail Squadron's P-51C, named "Tuskegee Airmen", is an authentic and fully restored operational fighter from the World War II era.

## Columbus AFB commemorates Tuskegee Airmen

**Tech. Sgt. Javier Cruz**  
14th Flying Training Wing Public Affairs

The Airmen of Columbus Air Force Base make history everyday by providing exceptional pilots to project airpower across the globe but now they have a very special tie to our Air Force legacy.

On the 10th of February, the 41st Flying Training Squadron officially opened an innovation flight room and named it in honor of the former World War II, commander of the 99th Fighter Squadron and 332nd Fighter Group, General Benjamin O. Davis Jr, but that was just the beginning.

See TUSKEGEE, Page 3

### CHECK OUT COLUMBUS AFB ON SOCIAL MEDIA



Columbus AFB YouTube page



columbus\_afb



Columbus AFB Facebook page



www.columbus.af.mil

# COVID-19

Coronavirus Disease 2019

## Defense Department has multiple priorities in COVID-19 battle

Terri Moon Cronk  
DOD news



DOD photo by Lisa Ferdinando

**Robert G. Salesses, performing the duties of assistant secretary of defense for homeland defense and global security, discusses the Defense Department's many roles during the pandemic at a virtual meeting of the National Defense Transportation Association's GovTravels, its new symposium for government travel and passenger service.**

When the COVID-19 virus spread to the United States, the Defense Department took on many roles: protecting its people, supporting the national pandemic response, and ensuring the armed forces were ready to meet DOD's national security mission, a department official said today.

Robert G. Salesses, performing the duties of assistant secretary of defense for homeland defense and global security, today addressed DOD's work during the pandemic at a virtual meeting of the National Defense Transportation Association's GovTravels, its new symposium for government travel and passenger service.

DOD is actively implementing President Joe Biden's new national strategy on COVID-19, he said. And DOD's priorities going forward are aimed at education, reinforcing mitigation efforts, expanding testing capability, getting the vaccine and continuing to support the nation.

"You can imagine the Department of Defense with 2.2 million people in uniform and 700,000 civilians in the contract workforce," he said, adding that communication was — and is — vital when putting in place restrictions of movement, social distancing, mask wearing and other mitigation measures. The 15,000 COVID-19 tests that are administered every day are also critical in controlling the spread of the virus.

"That kind of work, collectively, has been significant for the nation and for the Defense Department," he said, noting that nearly 990,000 doses of vaccine have been administered across DOD, so far.

"We have to adapt and evolve as we see the situation," Salesses said. It became clear that the medical professionals were needed around the country, so DOD adapted by providing medical professionals to help out in public and private hospitals.

Additionally, the Army Corps of Engineers designed and built 38 alternate-care facilities to house patients in multiple states. The National Guard has been on the frontlines of the COVID-19 mission. At the height of the pandemic crisis, there were more than 47,000 National Guard members deployed, he said. "They were supporting testing and emergency medical care and public health efforts in different states and territories, communications, transportation [and] logistics. And, even today, we have over 28,000 National Guard deployed around the states and territories, assisting the state and local officials."

The Defense Department was instrumental in supporting federal, state and local partners, he noted. For example, a public-private partnership among DOD, the federal Department of Health and Human Services and vaccine manufacturers has now

led to the distribution of about 78 million vaccine doses, while about 59 million vaccinations have been administered, he said.

"There's been tremendous work done over the last year, and, in particular, over the last couple of months with the Biden administration to make sure the vaccine is going to be available and implemented," Salesses said. "And one of the initiatives [Secretary of Defense Lloyd J. Austin III] made clear on his first day [was] that DOD must move further and faster to counter this pandemic. To that end, DOD is partnering right now with [HHS, the Federal Emergency Management Agency and the Centers for Disease Control] and state and local authorities to stand up mega and large vaccine centers."

DOD has also been focused on COVID-19 internationally. "A lot of great work was being done with our allies and partners," he said, adding that the department has helped more than 143 countries with testing, diagnostics, medical supplies and equipment.

As the United States continues to operate in a COVID-19 environment and go forward, it's vital to have strategic communications with coherent and consistent messaging so people know what's expected of them. It's also important to put aggressive mitigation measures in place to get the vaccine out to be more effective as a nation.

### Silver Wings

#### How to reach us

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

#### Editorial Staff

Rita Felton  
Chief of Public Affairs

1st Lt. Steven Dean  
Public Affairs Officer

Technical Sergeant Javier Cruz  
NCOIC

Airman 1st Class Jessica Haynie  
Editor  
Public Affairs Specialist

Senior Airman Jake Jacobsen  
Photojournalist

Airman 1st Class Davis Donaldson  
Photojournalist

Mrs. Tina Perry  
Layout Designer

#### Submission Deadline

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

*Published by The Commercial Dispatch Publishing Company, Inc., 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.*

# Hello, New Year! Goodbye Debt.

Apply Today for a  
Debt Consolidation  
Loan from AFFCU

Rates as low as  
**7.50%**  
APR\*

Start fresh with this special rate.

LOAN AMOUNTS \$5,000 - \$50,000  
TERMS UP TO 60 MONTHS  
OFFER ENDS FEBRUARY 28, 2021

\*APR = Annual Percentage Rate as of January 4, 2021, subject to change at any time. Loan is subject to credit approval. APR can vary based on creditworthiness and term of the loan. Loan is not eligible for a rate reduction. Membership eligibility required. Offer ends February 28, 2021. Monthly payment is based on payment per \$1,000 for term and rate shown above. For debt consolidation loans, estimated monthly payment per \$1,000 borrowed at 7.50% APR for 60 months is \$20.04.

**AFFCU**  
A FEDERAL CREDIT UNION  
**GoAFFCU.com**



## To advertise in Silver Wings, call The Commercial Dispatch Advertising Department at 328-2424

**COMMUNITY**

(Continued from page 11)

**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.

**Pre- and Post-Deployment Tour Briefing**

These briefings are mandatory for active duty personnel who are either deploying or returning from deployment or a remote tour. Please contact A&FRC at (662) 434-2794/2790 to schedule a briefing and/or for more information.

**Pre-Separation Counseling**

This counseling is a mandatory briefing for personnel separating or retiring, and is to be completed at least 90 days prior to separation. It may be completed up to 12 months prior to separation or 24 months prior to retirement.

Please contact A&FRC at (662) 434-2790 to schedule a counseling session and/or for more information.

**Employment Workshop**

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

**Survivor Benefit Plan**

Are you nearing military retirement? The one decision you will need to make before you retire involves participation in the Survivor Benefit Plan (SBP). As with all good decision-making, you need to know the facts before you can make a sound decision. Always get the true facts about SBP before making up your mind. Additional details are available by calling your SBP Counselor Mary Chambers at (662) 434-2720/2790.

**Personal Financial Readiness**

Need help with financial matters? Want to make the most of your money? The Personal Financial Counselor (PFC) can help you and your family: manage finances, resolve financial problems and reach long-term goals such as education, buying a home and planning for retirement. PFC services are at no cost, private and confidential. Please contact the PFC at (662) 998-0411.

**Key Spouse Program (KSP)**

The mission of KSP is to provide information and resources to military spouses, supporting families in successfully navigating through the military life cycle. The KSP is a CC's program. The CC establishes and maintains the program within the unit, to include choosing team members. Once selected as a KS in writing, you will need to attend initial/refresher KS training and continuing education. For more information, please call (662) 434-2839.

**Military and Family Life Counselor Program**

Military and Family Life Counselors (MFLCs) provide non-medical counseling to help Airmen (single and married), spouses

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

**Sponsorship Training**

An electronic version of sponsorship training called eSponsorship Application & Training (eSAT) is the required training course to become a sponsor. It can be found in Military One Source's MilLife Learning training Course Catalog at this link <https://militarylearning.militaryonesource.mil/MOS/f?p=SIS:2:0:> More online resources are available on Columbus AFB Living at <https://www.columbusafbiving.com/airmen-family-readiness-center/relocation-assistance/electronic-sponsor-resources/>. For additional information, please contact the A&FRC Relocation Manager at (662) 434-2701/2790.

**TUSKEGEE**

(Continued from page 1)

"General Davis certainly helped shape the lethal Air Force we have today, which is critical to safeguarding the freedoms we all enjoy", said Lt. Col. Timothy Thoren, 41st Flying Training Squadron commander and presiding officer of the ceremony. "I'm confident that our instructors and students will look to General Davis to become the officers and aviators our Air Force needs to accelerate change and to fly, fight and win."

Davis was the first African American Brigadier General in the United States Air Force and served with distinction in the first all-black air unit in the European theater during World War II.

The news of what Columbus AFB had planned quickly spread through the Air Force community prompting several other Air Force units with ties to the Tuskegee legacy

*"The museum serves to tell the inspirational story of the Tuskegee Airmen and their support personnel", said Captain Nichole Evans, 41st Flying Training Squadron T-6 instructor pilot. "Their mission is to education people of all ages about these important American icons so their strength of character and ability to triumph over adversity may serve as a means to inspire others to rise above obstacles in their own lives and achieve their goals."*

to reach out in support of the growing event.

The 100th Red Tail Fighter Squadron, attached to the 187th Fighter Wing, Alabama Air National Guard, and the 99th Flying Training Squadron attached to Randolph AFB, TX, coordinated to have their Red Tail heritage painted aircraft represented alongside the P-51 Mustang warbird. The group

static display consisted of a T-1A Jayhawk, F-16 C plus and two Columbus heritage painted aircraft, the T-6 Texan II and T-38 Talon.

"The museum serves to tell the inspirational story of the Tuskegee Airmen and their support personnel", said Captain Nichole Evans, 41st Flying Training Squadron

T-6 instructor pilot. "Their mission is to education people of all ages about these important American icons so their strength of character and ability to triumph over adversity may serve as a means to inspire others to rise above obstacles in their own lives and achieve their goals."

Cadets from the local Air Force Junior Reserve Officers' Training Crops along with Columbus community partners, local school age programs and Columbus residents were able to participate in guided tours of the aircraft and the commemorative museum.

What began as a room dedication evolved into an opportunity to bring the community together and reconnect over the history and contributions of the Tuskegee Airmen while celebrating diversity, inclusion and the spirit of innovation.

The commemorative museum and P-51 Mustang are scheduled to be open to DoD ID card holders until the 12th of February.



*"I am going to do all that I must to stay sober to finally see the true plan."*

Photo for illustration purposes only.

"Before I was in recovery, I thought I could live my life on prescription drugs. Then, I decided that wasn't enough and added meth to it. I went crazy, but my lowest point was to see my parents, children, and sister's look of disappointment when they knew for sure what I had been doing. I came to the Pines and Cady Hills because I had nowhere else to go and I intended to only stay for 30 days. Well, God did for me what I couldn't do for myself. I worked with my counselor on many things that were holding me down. Then, I went to the Last House on the Block. Staying at the Last House helps me to stay sober, as well as going to meetings and working the steps with my sponsor. Prayer and meditation helps a lot with hard times and helps me to understand my part in all matters. All these things make me who I am and influence who I will become. I believe my Higher Power has many plans for me because he brought me to life when I was born dead. He has brought me through many times that should have killed me."

**COMMUNITY COUNSELING SERVICES**  
For more information:  
[www.ccsms.org/pach](http://www.ccsms.org/pach)

**BANK OF VERNON**  
Community Banking Since 1911

**WE ARE WHERE YOU ARE**

Member FDIC

**VERNON, AL** 44825 Hwy 17 205.695.7141  
**COLUMBUS, MS** 3561 Bluecutt Rd 662.661.7981  
**CALEDONIA, MS** 9715 Wolfe Rd 662.661.7980

**WARNING SIGNS**  
Type 1 diabetes may occur suddenly and includes:

- Extreme Thirst
- Frequent Urination
- Drowsiness or Lethargy
- Increased Appetite
- Sudden Weight Loss
- Sudden Vision Changes
- Sugar in the Urine
- Fruity Odor on the Breath
- Heavy or Labored Breathing
- Stupor or Unconsciousness

A CFC participant. Provided as a public service.  
**JDRF** [jdrf.org](http://jdrf.org)



U.S. Air Force photo by Tech. Sgt. Javier Cruz  
**The 41st Flying Training Squadron at Columbus Air Force Base, Miss. opened up an innovation flight room in honor of General Benjamin O. Davis Jr., commander of the 99th Fighter Squadron and 332nd Fighter Group during World War II. Davis was the first African American general in the U.S. Air Force and commanded the Tuskegee Airmen.**



U.S. Air Force photo by Airman 1st Class Davis Donaldson  
**The Commemorative Air Force brought with them a mobile museum to Columbus Air Force Base, Miss. to help commemorate the Tuskegee Airmen for Black History Month.**

**Commander's Action Line**  
**662-434-1414**

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

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

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

**Claims against estate:**

1st Lt. Scot Ames Jr. died on February 19, 2021.

Anyone having claims against or indebtedness to the estate of Ames should contact Maj. Michael Capelle, Summary Courts Officer, at (662) 434-1890 or email: [michael.capelle.1@us.af.mil](mailto:michael.capelle.1@us.af.mil). Any claims and/or supporting documents may be sent to Capelle at: 50th Flying Training Squadron, 55 Pryor Street, Building 216, Columbus AFB, MS 39705.

# Texas ANG delivers water, aid after winter storm

**Julie Briden-Garcia**  
136th Airlift Wing

NAVAL AIR STATION JOINT RESERVE BASE FORT WORTH, Texas — A winter storm without a name is just chilly weather. But when the National Weather Service names it, it becomes the winter storm of a lifetime ... or at least in the eyes of Texas. From Feb. 14-20, Winter Storm Uri — the worst polar vortex to hit Texas since 1989 — spread cataclysmic damage and sent temperatures plummeting into the teens and single digits for more than four million Texans. Nicknamed “Snow-mageddon” by many, Uri’s cold wave resulted in widespread power outages. As homes lost power and temperatures dropped, water pipes froze, and in many cases, burst, leaving Texans without usable water or the energy source to boil it to render it potable.

In coordination with the Texas Division of Emergency Management, or TDEM, the Federal Emergency Management Agency, or FEMA delivered approximately 1,300 tons of bottled water here to Naval Air Station Joint Reserve Base Fort Worth for central and south Texas communities without potable drinking water and likely to remain so for days or weeks to come.

Enter the Texas Air National Guard. Even before the snow and ice began to thaw, these Airmen soared into action to serve their fellow Texans.

With props spinning in record time, the 136th Airlift Wing’s C-130H Hercules flew more than 26 missions to places as far west as Abilene and Del Rio to far south including McAllen and Corpus Christi where additional Texas Guardsmen were waiting to distribute the water to local residents in need. Other aircraft, such as C-130Js, C-17 Globemaster IIIs and various rotary craft, augmented the deliveries.

Capt. Dave Ruthenbeck, 181st Airlift Squadron C-130H pilot, flew the mission. He said he wanted to pay it forward after having been without power or water for 35 hours himself.

“Now that I’ve got my power back, I want to help others not as fortunate,” Ruthenbeck said. “We’ve got about 35,000 pounds of water loaded here and are headed to Austin. We’ve been flying water since Thursday (Feb. 18) and will continue until it’s all delivered.”

Working around the clock, Texas Army and Air National Guardsmen orchestrated the delivery of more than 40,000 cases of water themselves, while working in tandem



Texas Air National Guard photo by Master Sgt. Lynn Means

**Texas Air National Guardsmen from the 181st Airlift Squadron load pallets of water on a C-130H Hercules Feb. 19, 2021, at Naval Air Station Joint Reserve Base Fort Worth, Texas. Several aircraft delivered bottled water to towns in south Texas after Winter Storm Uri left many Texans without water and electricity.**

with TDEM and other agencies, first responders, county officials, and volunteers to deliver millions of bottles of water overall, plus food and other necessities to Texans in need.

Tech. Sgt. Joshua Smith, 181st AS loadmaster, said he wanted to find a way to help his neighbors and delivering the water was a good start.

“I love helping people,” Smith said. “People need water around the state right now and we’re doing the job and making it happen. This is the greatest job that you can have!”

More than 300 local Guardsmen were activated in the Houston and San Antonio areas to help staff-warming stations and support neighbors without power and water. Texas government officials and TDEM stated they will continue working to ensure the federal government provides appropriate assistance to individual Texans as well as to the state and local governments.

Texans in need of disaster assistance may apply at [disasterassistance.gov](http://disasterassistance.gov), or by calling FEMA at 800-621-3362.



Texas Air National Guard photos by Master Sgt. Lynn Means

**Texas Air National Guardsmen Tech. Sgt. Jorjie Godina and Tech. Sgt. Joshua Smith, 181st Airlift Squadron loadmasters, chat aboard a C-130H Hercules Feb. 19, 2021, at Naval Air Station Joint Reserve Base Fort Worth, Texas. Texas Army and Air National Guardsmen orchestrated the delivery of more than 40,000 cases of water, while working in tandem with multiple government agencies, first responders, county officials, and volunteers in order to deliver aid to Texans in need after Winter Storm Uri.**

## FSS

(Continued from page 12)

### CAFB Library

The Base Library is offering virtual board games, live craft demonstrations, STEM activities, book clubs and much more on their Facebook page: [@columbusairforcebaselibrary](https://www.facebook.com/columbusairforcebaselibrary). For more information, contact (662) 434-2934 or send them a direct message on their Facebook page, Columbus Air Force Library.

### FSS Gift Cards

Make your shopping easier! Purchase or redeem your FSS Gift Card at the following locations: Arts and Crafts, Bowling Center, 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 (662) 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 (662) 434-2934.

### Lawn Mower and Bicycle Repair

Outdoor Recreation is now offering lawn mower repair and self-help bicycle repair. For more information, contact (662) 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 (662) 434-7836.

### Wood Shop Has Reopened!

The Wood Shop is now open Tuesday-Friday from 9 a.m. – 5 p.m. and on Saturday from 8 a.m.-3 p.m. The cost is \$5 for first hour and \$3 for every hour after the first. Please call (662) 434-7836 for any questions.

### Referees Needed

Referees needed for various sports at the Fitness Center. For more information or to sign up, contact (662) 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 (662) 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.

### Space A Lodging

The Magnolia Inn usually has openings for Space A family and single units. Contact the lodging desk at (662) 434-2548. Guest Services staff is on duty from 6 a.m. – 10 p.m. daily. For reservations 24/7, visit <https://af.dodlodging.net/properties/Columbus-AFB>. After hours services call (662) 251-2931.

### Ride in Style

Information Tickets and Travel offers a shuttle service to the airport of your choice. For more information, contact (662) 434-7861.

**AIR FORCE ASSISTANCE FUND CAMPAIGN 2021**

**TAKING CARE OF OUR OWN**  
FOR AIRMEN & GUARDIANS BY AIRMEN & GUARDIANS

**March 1st Launch**  
**#ForAirmenAndGuardians**

Text AFAF to 50155

**Columbus Air Force Base Information and Events**

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

**Get Connected with Your 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'.

**Back to School Planning**

During these times of uncertainty, we want you to be certain of one thing... Columbus AFB School Age Care (SAC) is here to support your needs. During the 2020-2021 School Year, SAC will be offering both after school and full day care services daily. Register today! Please call the Youth Center at 662-434-2504.

**Youth Center Upcoming Events**

A lot of things are happening at the Youth Center in March. The center will be celebrating Dr. Seuss Birthday on 3 March, Irish Heritage Day on 10 March, and Salute to Heroes on 15-19 March.

We Own Friday at the Youth Center and it's a Mardi Gras Party for ages 13-18. The activities will take place on 12 March from 7-10 p.m. and the cost is \$10 per teen. For questions, call (662) 434-2504.

**Columbus Club & The Overrun Bar**

The Columbus Club and the Overrun Bar are now open Wednesday – Friday from 4-10 p.m. for dinner and drinks. Quick bites done just right featuring favorites such as Wings, Chicken Tenders, Pulled Pork Sandwich, Mozzarella Sticks, Shrimp & Grits, and much more!

Also, don't forget the Club offers Catering services. Call (662) 434-2490 for more information.

Let's Connect! Boss & Buddy Night at the Club Wednesdays from 3:30–5:30 p.m. and enjoy a few brews with your boss and buddies.

**Strike Zone Grill Going Back to the Bowling Center!**

The Strike Zone Grill (also known as the Snack Bar) has moved back to the Bowling Center with DINE-IN and TAKE-OUT service. The expanded eating area will allow for social distancing. Grab'n go products will be available including during bowling. The hours are Monday-Friday: 6:30 a.m. – 2 p.m., Sat & Sun: Closed. Breakfast is offered until 10:30 a.m. For take-out orders, call (662) 434-3426.

**Bowling Center**

The Bowling Center lanes are open! Hours are Tuesday-Friday: 3-9 p.m., Saturday: noon-6 p.m. Sign-up via the Bowling Center's Facebook page @ColumbusAFBBowlingCenter. Limited to 4 persons per lane. Maximum of 20 people in the facility. Beverages and packaged snacks will be available during bowling hours. For more information, call (662) 434-3426.

The Bowling Center is offering Unlimited Neon Bowling Fridays from 7-10 p.m. Patrons can enjoy unlimited games of bowling with neon pins until close. If you get a strike with a neon head pin, you will win a prize! There will be cosmic party lights and music videos. Bowlers will pay \$10 per person (not including shoes).

Reserve your lane on the Bowling Center's Facebook page at @columbusafbbowlingcenter or call (662) 434-3426. Limited to 4 persons per lane. Mask must be worn when entering the building.

**Library Curbside Delivery**

The library is offering curbside delivery. Find your book at www.columbusafb.mil.asolutions.com. Email your order to the library at 14.fss.fsd.library@us.af.mil. A confirmation email will be sent when your order is ready! Orders received before 11 a.m. will be ready during 1-4 p.m. that same day. Before picking up, please make sure you get a confirmation email stating your book is ready for pickup. When you park in the back parking lot, please give the library a call at (662) 434-2934 so the library knows you are there. When returning books, you can drop them off anytime at the book drop off located in the back parking lot of the library. To return DVDs and audiobooks, please call us at (662) 434-2934 on Monday-Friday from 1-4 p.m. for an employee to meet you at the back parking lot to pick it up from your car. Please note, all rentals are first come, first serve.

**Arts and Crafts**

Stop by Arts & Crafts for all you Framing and Engraving needs! Call A&C at (662) 434-7856 to arrange for curbside pickup.

**Auto Skills Center & Hobby Shop is Now Open!**

For all you shade tree mechanics, the Auto Skills Center is now open and features lifts, air hoses, equipment for self-serve oil and filter changes, tire balance and rotation, and tools for repair and maintenance. Open Friday 3-7 p.m., Saturday and Sunday from 10 a.m.-6 p.m.

**Fitness Center**

Take advantage... The Columbus AFB Fitness Center no longer requires you to sign-up for fitness sessions! Swing by anytime

during normal operating hours to get your workout in! Other Risk Mitigation plans still apply. Hours of operation are as follows—Monday-Friday: 5 a.m.-9 p.m., Saturday & Sunday: 8 a.m.-6 p.m. Now serving all eligible DoD cardholders!

24/7 access is now currently available for Active Duty only.

Please note there will 100% ID card check, limited rental equipment available, and other risk mitigation plans still apply. For more information, call the Fitness Center at (662) 434-2772.

Also, the basketball and racquetball courts are now available! Check-in at the front desk required.

The Alpha Warrior Tent at the Fitness Center is open Friday 5 a.m.-6:30 p.m. and Saturday & Sunday 8 a.m.-3:30 p.m. Sign-ups no longer required! Open to all eligible DoD Cardholders. 10 customers per session. 100% ID Check. Check in at the Fitness Center. Mask required to enter and exit. For more information call (662) 434-2772.

Don't miss the St. Patrick's 5k run on Saturday, 13 March at 7 a.m. Put on your green shorts and try your luck.

The Fitness Center is accepting registration for Squadron/Units to participate in a Dodgeball Tournament. Call (662) 434-2772 for info.

**Outdoor Recreation**

Outdoor Recreation's (ODR) hours are Monday, Thursday, and Friday, 10 a.m.-5 p.m. (closed Tuesday and Wednesday) and Saturday/Sunday, 9 a.m.-1 p.m. ODR offers all sorts of rental for the water, camping, and much more! Call ODR at (662) 434-2505 for all of your outdoor activities.

**Coffee House on 5th**

Coffee House on 5th, located in the Blaze Commons, is back open to 50% capacity inside. Drive through or come in to enjoy a cup of coffee or a tasty treat. Their hours are Monday-Friday, 6 a.m.-5 p.m. and Saturday, 8 a.m.-noon. Call for more information at (662) 434-2233.

**Information, Tickets & Travel (ITT)**

Information, Tickets & Travel is back open! Hours are Monday, Thursday, and Friday from 10 a.m.-5 p.m. (closed on Tuesday, Wednesday, Saturday and Sunday). Come by and check out their new location at Outdoor Recreation building 152. For more information, call (662) 434-7861 or 434-2507.

**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 (662) 434-7861.

**Exclusive Military Vacation Packages**

Did you know that you can book exclusive military vacation packages at ITT and save up to 60%? American Forces Travel is now serving APF and NAF civilians. Packages include Universal Studios and Disney destinations. To book your vacation at www.americaforcestravel.com or visit your ITT office at (662) 434-7861.

See FSS, Page 13

# Deputy commander meets with Laughlin teammates, experiences Team XL

**Airman 1st Class David Phaff**  
47th Flying Training Wing  
Public Affairs

LAUGHLIN AIR FORCE BASE, Texas — Maj. Gen. William Spangenthal, deputy commander of Air Education and Training Command, visited the 47th Flying Training Wing this month to witness how Team XL is furthering an environment of excellence for Airmen stationed here.

Cultivating an environment of excellence includes ensuring Airmen and families have a safe, secure environment for them to live and work. This was reinforced during Spangenthal's visit as he toured Ricks Hall and enlisted dorms.

"AETC training dormitories are foundational to developing Airmen and a critical power projection platform," said Spangenthal. "Just like a fleet of aircraft requires proper budgeting and sustainment to accomplish the mission, we must view our dormitories as a unique weapons system requiring the same to produce the Airmen we need."

Improvements to the base extend to the flightline. Laughlin leaders are diligently working towards a new T-38 shelter/T-1 sunshade project, which will protect Laughlin's fleet and crews from severe Del Rio weather. Spangenthal visited the proposed site for the project.

"Predictable investment in resources and equipment used to train and educate Airmen is critical in our ability to have operational success in a great power competition," said Spangenthal. "We have made a concerted effort, and will continue that message, to ensure we get adequate funding to address the shortfalls in our training facility infrastructure."

Currently, the T-1 sunshade project has early investments thanks to a stronger partnership with the Val Verde County Government. The T-1 fleet will get a dozen new sunshades, creating a better work environment for maintainers, and protecting the vital fleet from the elements.

"The strength of our bases is built on many things, including partnerships with commu-



U.S. Air Force photo by Airman 1st Class David Phaff  
**Maj. Gen. William Spangenthal, Air Education and Training Command deputy commander, looks over the base from the air traffic control tower at Laughlin Air Force Base, Texas, Feb. 8, 2021. Laughlin Air Force Base is the largest primary pilot training base in the United States Air Force. It is used as a first-step for Air Force pilots to get hands-on flying training with the T-6A Texan II, T-1 Jayhawk, or T-38C Talon.**

nity members," said Spangenthal. "The partnership between Laughlin and Del Rio is a great example of what can be achieved when we work together."

Spangenthal was also given a closer look into Laughlin's living quarters and he flew a training sortie with a student pilot.

"It's always great to fly with the future of our Air Force," said Spangenthal, "So to see our FAIPs (first assignment instructor pilots)

teaching the next generation of combat, air mobility, and special operations forces is nothing but fantastic. We got to fly the first sortie with a young man who's going to track to the T-38 and I could not be more excited. When I see the team, I see a glimmer of the future, and it's bright because we have some really talented Airmen."

Laughlin Air Force Base uses the T-6 Texan II, T-38C Talon, and the T-1A Jayhawk to

teach American and allied nation's pilots to fly. Laughlin is the largest primary pilot training base in the US Air Force.

"Laughlin is a critical piece of our undergraduate pilot training enterprise and not only that, they are our top producers," said Spangenthal. "Without Laughlin, we're never going to create the number of pilots that we need to not only prepare for the future, but to be ready for today."



Airmen and Soldiers from the Georgia Air National Guard's 116th Air Control Wing, active-duty Air Force 461st ACW and the Army's 138th Military Intelligence Company pose for a photo at Robins Air Force Base, Ga., Feb. 19, 2021. The crew made history as the first all-African American E-8C Joint Surveillance and Target Attack Radar System flight crew to fly from Robins AFB on a training mission. The mission was also in commemoration of Black History Month.

U.S. Air Force photo by Master Sgt. Nancy Goldberger

# E-8C JSTARS all-African American flight crew makes history

Senior Master Sgt. Roger Parsons  
116th Air Control Wing Public Affairs

ROBINS AIR FORCE BASE, Ga. — A crew of 33 E-8C Joint Surveillance Target Attack Radar System aviators made history Feb. 19 when the first all-African American flight crew in JSTARS history flew from Robins Air Force Base on a training mission.

The flight crew of Airmen and Soldiers from the Georgia Air National Guard's 116th Air Control Wing, active-duty Air Force 461st Air Control Wing and the Army's 138th Military Intelligence Company — collectively known as Team JSTARS — used the training to also commemorate Black History Month.

"This mission gives us the opportunity to celebrate the legacy and honor our previous successors in the Air Force, primarily the Tuskegee Airmen, and the sacrifices they made in order to get us to where we are now," said Capt. Dewey McRae, 461st ACW senior director instructor.

Given the large crew size on the E-8C JSTARS, the mission was years in the making. "Within the active-duty and Guard, we have finally been able to come together and fulfill an entire African American aircrew," McRae said. "Taking that a step for-

ward, we not only had enough people for the actual mission crew but were able to fill additional seats with instructors and evaluators, taking a full jet of African Americans to represent the combat Air Force."

For Capt. Andrea Lewis, the first African American female pilot in Georgia ANG history, this flight was a dream come true.

"Being the first African American female pilot in the Georgia Air National Guard is a milestone," Lewis said. "I didn't intentionally plan on being in that position, but I am proud to be a part of this. I think back to Bessie Coleman being the first African American female pilot to where we are now. It shows the importance of a flight like this."

Similar sentiments were shared by Maj. Sajjad Abdullateef, 461st ACW senior director technician.

"It's always been something I've looked forward to, and I look back to individuals like the Tuskegee Airmen and 2nd Lt. Eugene Bullard, the first African American fighter pilot to fly in combat," Abdullateef said. "Those are the individuals who we know when they stepped to their jets, the racial climate was a lot different than it is as we step to our jet today. They went through a different struggle than us. We appreciate the fact that we are now able to represent and display ourselves for the next individuals coming up."

Members of the JSTARS aircrew reflected on the individual challenges they faced.

"When I think about my background and where I came from, with neither of my parents graduating from high school, to me joining the military and becoming an aircrew member on JSTARS, I didn't think I would ever be able to do that," said Senior Master Sgt. Tanisha Swift, 116th ACW senior director technician. "I'm proud to be able to show my son that it may be hard, but it can be done."

The flight was historic on many levels: the first all-African American E-8C JSTARS flight crew, piloted by the first female African American pilot in Georgia ANG history, with the first African American former wing commander in Georgia ANG history, and the first female African American state command chief in Georgia ANG history — all executing a mission with the E-8C JSTARS at Robins AFB.

"This flight is about living the legacy, knowing the legacy, and growing the legacy," McRae said.

Team JSTARS provides geographic combatant commanders around the world with on-call battle management, command and control, intelligence, surveillance, and reconnaissance.

## 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.)

**"Please note events are subject to change due to COVID-19, so please contact A&FRC to confirm all events"**

### Transition Assistance Program Workshop

The next Transition Assistance Program (TAP) workshop is from 7:30 a.m.-4 p.m. Mar. 1-5 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.

### Federal USA Jobs Workshop

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

### Department of Labor Transition Vocational Track Workshop

The next DoL Transition Vocational Track Workshop is from 8 a.m.-3 p.m. Mar. 15-16 and will be held 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.

### Wing Newcomers Orientation

The next Wing Newcomers Orientation will be held on Mar. 23 from 8-noon in the Columbus Club. This event is mandatory for all newly arrived military and DoD civilian personnel. The event's foundation is the base's mobile App, so if you are registered, please locate and download the Columbus Air Force Base App from the App Store prior to attending. Pre-registration is required, so please contact your unit CSS to be reg-

## Columbus welcomes Tuskegee Airmen museum



U.S. Air Force photo by Mary Crump

Columbus High School Junior Reserve Officers' Training Corps (JROTC) pose for a photo beside the Commemorative Air Force Red Tail Squadron's P-51C Mustang, named "Tuskegee Airmen" on Feb. 10, 2021, at Columbus Air Force Base, Miss. The CAF visited Columbus AFB from Feb. 10-12 to help commemorate the Tuskegee Airmen.

istered. For more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

### Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. Mar. 25 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 ask any relocating questions you may have during this event. Pre-registration is required, so call A&FRC at (662) 434-2790 to register or for more information.

### Heart Link

The next "Zoom" Heart Link / Spouse Welcome is from 8:30 a.m.-noon, Apr. 8. 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.

### Bundles for Babies

The next "Zoom" Bundles for Babies

workshop is from 1-3:30 p.m. May 13. This program is designed for active duty AF members and/or their spouses who are pregnant or have a child 4 months old or less. Attendees will learn about finances, labor and delivery, and infant care. A \$50 gift card sponsored by the Air Force Aid Society will be provided for each qualifying child. To register or for more information, please call A&FRC at (662) 434-2790.

### Hearts Apart

The next Hearts Apart will be May 27, 5-7 p.m. This quarterly social event is for family members whose sponsor is deployed, on a remote tour or TDY for more than 30 days. To register or for more information, please call A&FRC at (662) 434-2790.

### Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop will be held on Jun. 17-18 from 8 a.m.-3 p.m. 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.

See COMMUNITY, Page 14

## Chapel Schedule

Chapel services are now available.

Catholic Services: 5 p.m. on Sun

Protestant Services: 10:45 a.m. on Sun

Daily Mass: 10 a.m. on Tues and Wed

As we gather for services there is a 50 person limit inside the chapel. Thank you all for your help during this time and we are looking forward to seeing you all soon!

# Medical Corner



## Understanding your target heart rate

Nearly all exercise is good. But to be sure you're getting the most from your workout yet staying at a level that's safe for you, you can monitor how hard your heart is working.

Aiming for what's called a "target heart rate" can help you do this, says Johns Hopkins cardiologist Seth Martin, M.D., M.P.H. Think of it as the "sweet spot" between not exercising hard enough and over-exerting.

### What is Target Heart Rate?

Your target heart rate is a range of numbers that reflect how fast your heart should be beating when you exercise. "A higher heart rate is a good thing that leads to greater fitness," says Johns Hopkins cardiologist Michael Blaha, M.D., M.P.H. During exercise, you can monitor heart rate and try to reach this target zone. Doctors also use target heart rate to interpret the results of a cardiac stress test.

### How to Find Your Target Heart Rate



First, it helps to know your resting heart rate, Martin says. Find your pulse (inside your wrist, on the thumb side, is a good place). Then, count the number of beats in a minute—that's your resting heart rate. (Alternately, you can take

your pulse for 30 seconds and double it.) The average resting heart rate is between 60 and 100, he says. The more fit you are, the lower your resting heart rate; for very fit people, it's in the range of 40 to 50 beats per minute.

Target heart rate is generally expressed as a percentage (usually between 50 percent and 85 percent) of your maximum safe heart rate. The maximum rate is based on your age, as subtracted from 220. So for a 50-year-old, maximum heart rate is 220 minus 50, or 170 beats per minute. At a 50 percent exertion level, your target would be 50 percent of that maximum, or 85 beats per minute. At an 85 percent level of exertion, your target would be 145 beats per minute. Therefore, the target heart rate that a 50-year-old would want to aim for during exercise is 85 to 145 beats per minute.

But there's an easier way to figure it out if you want to skip the math: Wear a fitness tracking device, or exercise on a treadmill or other machine that calculates target heart rate for you, Blaha suggests.

Understanding Your Target Heart Rate. Retrieved from <https://www.hopkinsmedicine.org/health/wellness-and-prevention/understanding-your-target-heart-rate>

### 5 Heart benefits of exercise

Understanding just how physical activity benefits your heart can be strong motivation to get moving more.

- Exercise lowers blood pressure. Exercise works like beta-blocker medication to slow the heart rate and lower blood pressure (at rest and also when exercising). High blood pressure is a major risk factor for heart disease.**
- Exercise is key to weight control. Especially when combined with a smart diet, being physically active is an essential component for losing weight and even more important for keeping it off.**
- Exercise helps strengthen muscles. A combination of aerobic workouts and strength training is considered best for heart health. These exercises improve the muscles' ability to draw oxygen from the circulating blood.**
- Exercise can help you quit smoking. As smokers become more fit, they often quit. And people who are fit in the first place are less likely to ever start smoking.**
- Exercise can stop or slow the development of diabetes. Research has shown that when combined with strength training, regular aerobic exercise can reduce the risk of developing diabetes by over 50% by allowing the muscles to better process glycogen, a fuel for energy, which when impaired, leads to excessive blood sugars, and thus diabetes.**

7 Heart Benefits of Exercise. Retrieved from <https://www.hopkinsmedicine.org/health/wellness-and-prevention/7-heart-benefits-ofexercise>

## A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,  
*Is it true you can't reverse heart damage?*  
Sincerely,  
Heartily Confused

Dear Heartily Confused,  
It's never too late to have a healthy heart! Exercise can reverse damage to a sedentary, aging heart and help prevent risk of future heart failure — if it's enough and help, and if it's begun in time. Studies also indicate that pairing a healthy diet with regular exercise is the best way not only to prevent heart disease, but to reverse some risk factors.

The heart needs exercise just like any other muscle. Muscles that are utilized regularly become stronger and healthier, whereas muscles that aren't used weaken and atrophy. When it's exercised, the heart can pump more blood through the body and continue working at optimal efficiency with little strain. This will likely help it to stay healthy longer. Regular exercise also helps to keep arteries and other blood vessels flexible, ensuring good blood flow and normal blood pressure.

According to the American Heart Association, exercising 30 minutes a day five days a week will improve your heart health and help reduce your risk of heart disease. They define "physical activity" as anything that makes you move your body and burn calories. This includes: climbing stairs, playing sports, walking, jogging, swimming, biking, and more.

Always check with your doctor before starting an exercise program. They can help you find activities that will increase your heart health without the risk of injury.  
Sincerely,  
Health Myth Busters

Can Exercise Reverse or Prevent Heart Disease? Retrieved from <https://www.healthline.com/health/heart-disease/exercise>

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

# BLAZE Hangar Tails: KC-135 Stratotanker

### Mission

The KC-135 Stratotanker provides the core aerial refueling capability for the United States Air Force and has excelled in this role for more than 50 years. This unique asset enhances the Air Force's capability to accomplish its primary mission of global reach. It also provides aerial refueling support to Air Force, Navy, Marine Corps and allied nation aircraft. The KC-135 is also capable of transporting litter and ambulatory patients using patient support pallets during aeromedical evacuations.

### General Characteristics

- Primary Function:** Aerial refueling and airlift
- Prime Contractor:** The Boeing Company
- Power Plant:** CFM International CFM-56 turbofan engines
- Thrust:** 21,634 pounds each engine
- Wingspan:** 130 feet, 10 inches (39.88 meters)
- Length:** 136 feet, 3 inches (41.53 meters)
- Height:** 41 feet, 8 inches (12.7 meters)
- Speed:** 530 miles per hour at 30,000 feet (9,144 meters)
- Ceiling:** 50,000 feet (15,240 meters)
- Range:** 1,500 miles (2,419 kilometers) with 150,000 pounds (68,039 kilograms) of transfer fuel; ferry mission, up to 11,015 miles (17,766 kilometers)



U.S. Air Force photo by Staff Sgt. Courtney Chapa

A MacDill KC-135 Stratotanker aircraft and its Total Force aircrew re-deployed from Guam, September 6, 2018. While deployed, the crew enabled missions in the Indo-Pacific region.

- Maximum Takeoff Weight:** 322,500 pounds (146,285 kilograms)
- Maximum Transfer Fuel Load:** 200,000 pounds (90,719 kilograms)
- Maximum Cargo Capability:** 83,000 pounds (37,648 kilograms), 37 passengers
- Pallet Positions:** six
- Crew:** Three: pilot, co-pilot and boom operator. Some KC-135 missions require the addition of a navigator. The Air Force has a limited number of navigator suites that can be installed for unique missions.
- Aeromedical Evacuation Crew:** A basic crew of five (two flight nurses and three medical technicians) is added for aeromedical evacuation missions. Medical crew may be altered as required by the needs of patients.
- Unit Cost:** \$39.6 million (fiscal 98 constant dollars)
- Date Deployed:** August 1956
- Inventory:** Active duty, 167; Air National Guard, 180; Air Force Reserve, 67

### Background

Air Mobility Command manages an inventory of 414 Stratotankers, of which the Air Force Reserve and Air National Guard fly 247 aircraft in support of AMC's mission. The Boeing Company's model 367-80 was the basic design for the commercial 707 passenger plane as well as the



U.S. Air National Guard photo by Airman 1st Class Tiffany A. Emery

A KC-135 Stratotanker with the 121st Air Refueling Wing, Ohio flies in the sky above Ohio October 5, 2018. The Stratotanker has provided the core aerial refueling capabilities for the United States Air Force for over 50 years.

Visit [www.columbus.af.mil](http://www.columbus.af.mil) to learn about Columbus AFB agencies and other important information.



T-1A Jayhawk

# SUPT Class 21-06 earns silver wings



T-38C Talon



**Capt. Austin Jester**  
Grand Rapids, Michigan  
C-5



**Capt. Zachary Miller**  
Athens, Georgia  
RC-135

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

Specialized Undergraduate Pilot Training Class 21-06 graduates at 10 a.m. today during a ceremony at the Kaye Auditorium.

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

Capt. Austin Jester and 2nd Lt. Aaron Gunter 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 Jester who excelled in training and typified the tenets of the association; promoting aerospace power and a strong national defense.

The distinguished graduates of Class 21-06 recognized were Jester and Gunter 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, turboprop T-6A Texan II at Columbus Air Force Base, Mississippi. 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.

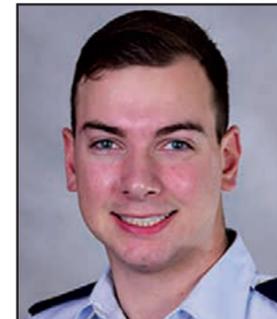
Primary training takes approximately 23 weeks and includes 254.4 hours of ground training, 27.3 hours in the flight simulator and 89 hours in the T-6A aircraft.

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.



**1st Lt. Brian Pagnano**  
Chatfield, Minnesota  
U-28



**1st Lt. Nicholas Strittmatter**  
Barnegat, New Jersey  
C-17



**2nd Lt. Jack Ault**  
Tallahassee, Florida  
C-17



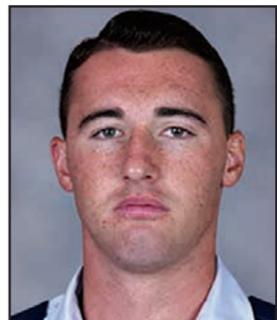
**2nd Lt. Tyler Gerler**  
St. Charles, Missouri  
C-130J



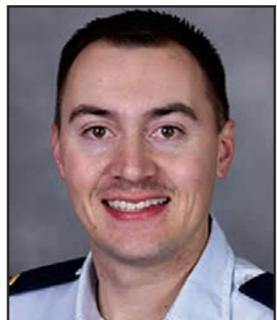
**2nd Lt. Kyle Gordon**  
Greenwood, Indiana  
C-130J



**2nd Lt. Kyle Grosselin**  
Dayton, Ohio  
KC-135



**2nd Lt. Timothy Guinee**  
Gloucester, Massachusetts  
KC-46



**2nd Lt. Aaron Gunter**  
Aurora, Colorado  
C-5



**2nd Lt. Joshua Kepus**  
Phoenix  
KC-135



**2nd Lt. Kevin McKenna**  
Stratham, New Hampshire  
KC-46



**2nd Lt. Luke Osborn**  
Celina, Texas  
KC-135



**Capt. Christopher Teaford**  
Santa Claus, Indiana  
C-17



**Capt. Thomas Wright**  
Landenberg, Pennsylvania  
C-146



**2nd Lt. Thomas Bailey**  
Erlanger, Kentucky  
C-17



**2nd Lt. Riley Burkley**  
Salt Lake City  
T-6



**Christopher Garrison**  
Cumming, Georgia  
T-1