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**Columbus AFB
COVID-19
Information**

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 Airman 1st Class Davis Donaldson
Retired U.S. Air Force Lt. Col. Richard “Gene” Smith, Vietnam prisoner of war and former 50th Flying Training Wing commander, tells a story about his time as a POW on Nov. 13, 2020, at Columbus Air Force Base, Miss. Smith was a POW during the Vietnam War from Oct. 25, 1967 to March 14, 1973.

50th FTS commemorates Vietnam POW with painting

Airman 1st Class Davis Donaldson
14th Flying Training Wing Public Affairs

The 50th Flying Training Squadron at Columbus Air Force Base, Mississippi, paid homage to Retired U.S. Air Force Lt. Col. Richard “Gene” Smith, Vietnam prisoner of war and former 50th FTS commander, by placing a symbol of their squadron's heritage on November 13, 2020.

The symbol is a painting of an F-4 Phantom performing a roll over the infamous Hoa Lo Prison, in Vietnam, otherwise known to American POWs as “The Hanoi Hilton” during the Vietnam War.

See 50TH FTS, Page 3

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COVID-19

Coronavirus Disease 2019

Department of the Air Force moves Physical Fitness Assessments to April 2021, removes waist measurement from composite score permanently

Secretary of the Air Force
Public Affairs

WASHINGTON — The Department of the Air Force announced physical fitness assessments will now resume April 2021 and will no longer include the waist measurement component.

To ensure social distancing practices remain in place during the ongoing COVID-19 pandemic, and to give Airmen and Space Professionals time to prepare, testing was delayed from October to January and is now further delayed to April.

While the waist measurement is permanently removed from the assessment, height and weight measurements will resume October 2021.

“We trust that our Airmen understand the standard of good physical health practices and we are all finding innovative ways to stay fit,” said Air Force Chief of Staff Gen. Charles Q. Brown, Jr. “We also trust that leaders will take the appropriate steps to keep their Airmen safe while making every effort to provide fitness options during the pandemic.”

Fitness assessment cells, fitness center staff, physical training leaders and members performing fitness assessments will adhere to physical distancing protocols and other local precautions as determined by installation commanders once assessments resume.

Commanders may delay official fitness assessments beyond April 2021 if necessary, based on the recommendation of local public health officials, the continuation of closed fitness centers and extended statewide restriction of movement and gatherings.

At this time, Space Professionals will adhere to the physical fitness policy of the Department of the Air Force. Eventually, the U.S. Space Force will develop its own physical fitness assessment.



U.S. Air Force photo by Kemberly Groue

U.S. Air Force Basic Military Training trainee, Chris-Ann Wilmoth, 37th Training Wing Detachment 5, Flight 564, participates in a physical training session at Keesler Air Force Base, Miss., July 1, 2020. To continue minimizing close contact among personnel during the ongoing COVID-19 pandemic and ensure units and personnel are fully ready to resume, physical fitness testing has been delayed from October to January and is now further delayed to April 2021. Testing in April will proceed without obtaining the waist measurement component.

Airmen and Space Professionals may determine their next fitness assessment due date by visiting the Official Physical Assessment Due Date Matrix on myPers which will be updated and available Dec. 8. Fitness assessment due dates will primarily depend on the date and score of the last official test.

“Originally, we hoped to resume testing by January 2021,” said Chief Master Sgt. of the Air Force JoAnne S. Bass. “However, based on the number of cases nationwide, the right thing to do is focus on keeping our Airmen and their families safe. Delaying and reevaluating the PT test is the best option for our people.”

The test will still consist of a 1.5 mile run, 1 minute of pushups and 1 minute of situps. However, the composite score will

be calculated with full points for the waist measurement portion until system changes can be made.

Department leaders are also looking to reevaluate certain testing criteria moving forward.

“Along with removing the waist measurement, we are also exploring alternative strength and cardio components to our current Air Force fitness assessment,” Brown said. “We believe these potential test structure changes will impact Airmen in a positive way and help with a holistic approach to health and fitness standards.”

For more information, Airmen and Space Professionals should contact their fitness assessment cells and visit the COVID-19 Fitness Guidance page on myPers.

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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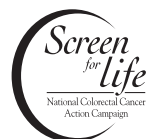
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er's Action Line" in the Recipient drop down menu.



U.S. Air Force Lt. Col. Nathaniel Wilds, 50th Flying Training Squadron commander, and Retired Lt. Col. Richard "Gene" Smith, stand in front of a painting titled "Roll over the Hilton" on Nov. 13, 2020, at Columbus Air Force Base, Miss. The painting depicts an F-4 Phantom performing a roll over "The Hanoi Hilton".

50TH FTS

(Continued from page 1)

For Smith, the story behind the painting is that
while being held captive at the prison, he and other
POWs had not heard from the outside world in nearly
two and half years. Their hope was at a low and they
had no idea what was happening in the war, Smith said.

"You can't imagine sitting there not knowing war
was happening month after month after month," he
said. "We had no idea when the end was coming."

One day, while the prisoners were in their cells,
they heard a loud rumbling noise, which sounded all
too familiar to the pilots.

When the pilots looked from their cell windows,
they saw an American F-4 Phantom doing a low pass,
or roll, over the prison. The act boosted the morale of
the POWs tremendously and gave them hope that the
Americans knew the POWs were there, Smith said.

Years later, coincidentally, Smith would come in to
contact with the pilot that performed the roll. The pi-
lot's name was John Chancellor.

Smith also found out that Chancellor and his wing-
man's flight plan that day had nothing to do with flying
over the prison.

"When they finished their flying mission for the day,
John Chancellor radioed his number two man and said
'we're gonna go back and make a pass over the Hanoi'",
Smith said. "He then said 'we're gonna do a roll to let
those POWs know that we're still here'. That's what is

important about that painting, they gave us hope and
showed courage by coming back and flying over."

Smith and Chancellor are still friends to this day.
Smith said a couple years ago Chancellor's name came
up in a conversation among a group of friends. While
talking about the roll over the prison, an idea sparked
in Smith's head and he mentioned it would be great to
have a picture painted called "Roll over the Hilton".

The painting came into fruition and multiple copies
were made.

Smith then contacted Lt. Col. Nathaniel Wilds, the
current 50th FTS commander, and said the original
copy of the painting should be placed at the 50th FTS,
where Smith was once the commander.

"We were honored that he contacted us," said Wilds.

Wilds accepted the offer and members of the 50th
FTS held an unveiling ceremony for Smith. Togeth-
er, Smith and Wilds unveiled the symbol of hope and
courage.

The painting is placed at the entrance of the squad-
ron for all the students to see before they enter the
schoolhouse.

"You cannot walk into the building or dress for a
sortie without passing this painting," Wilds said. "This
display and its story sets the tone, sets the seriousness
of what we do and what we will do. This painting is a
reminder of what it means to be an Airman, a remind-
er of the sacrifices made by so many before us whose
shoulders we humbly and proudly stand upon."

14th CES wins dual AETC awards

Senior Airman Jake Jacobsen
14th Flying Training Wing
Public Affairs

The 14th Flying Training Wing's Civil Engineer Squadron brings home the gold with not one but two Air Education and Training Command 2020 Civil Engineer Awards.

The mission of the 14th CES is to provide sustainable infrastructure, environment, readiness and emergency response to the base.

The 14th CES's Readiness and Emergency Management (R&EM) flight won the 2020 Col. Frederick J. Reimer Award by for the third year in a row. The award distinguishes the flight that best exhibits exemplary performance in support of the readiness and installation of Emergency Management missions.

"One of the biggest things that set us apart in AETC was our commitment to reach the goal of overall readiness that has been pushed over the last few years," said Master Sgt. Elizabeth Phelps, 14th CES R&EM flight superintendent. "Our Chemical, Biological, Radiological, and Nuclear classes did not cease for COVID-19, instead what we did is cut our classes in half and doubled the amount of classes we do in order to continue our bases state of readiness."

The R&EM flight has been working alongside other installation sections like the 14th Medical Group and 14th Security Forces Squadron to do additional readiness exercises and training events. They also executed COVID-19 procedures into the Emergency Operations Center to effectively employ social distancing safety measures.

"Not everyone has to be in the same place to disseminate information, said Staff Sgt. Brett Jones, 14th CES R&EM Non-Commissioned Officer in Charge. "The introduction of Commercial Virtual Remote Environment Teams as a platform to communicate virtually has brought success to the operation of the center. Implementing new processes in light of the pandemic is something the entire career field has been having problems with but we are figuring it out and making it work here."

The team at the R&EM flight is one of



The 14th Civil Engineer Squadron Readiness and Emergency Management flight stands in front of their logo Nov. 24, 2020, on Columbus Air Force Base, Miss. The R&EM flight won the Major Command level Col. Frederick J. Reimer Award which honors the lifetime accomplishments of the man considered to be the founder of Disaster Preparedness and a pioneer of the Air Force's current Readiness Program.

the smaller flights in AETC but that has not stopped them from excelling and innovating.

"It is very humbling to be in a flight that has taken a MAJCOM award three years in a row, said James Cross, 14th CES R&EM Specialist. "That just shows the talent that walks through the doors at this flight. To do something three years in a row you have to build on it and use the combined effort of a team all the way from the commanders down."

Along with the EM flight, the Brigadier General Michael A. McAuliffe Housing Excellence Award was presented to the Columbus Air Force Base Military Housing Office. This award recognizes teams that strive to provide quality housing assistance to military

members and their families, retirees, contactors and civilians with access to the installation.

Over the last year the Columbus AFB Housing office has been hard at work partnering with Hunt Housing to ensure the homes on base are suitable and ready for occupancy. The Housing Office role on base is to oversee the privatization project to include inspecting houses as well as reviewing work orders, long term projects and monthly budgets.

"We just want to make sure residents are getting a quality home and all issues have been resolved before they ever move in," said Kay Quinlan, Military Housing Office Housing Element Chief. It makes me very proud



The 14th Installation Management flight's logo. The Columbus Air Force Base Military Housing Office won the Brigadier General Michael A. McAuliffe Housing Excellence Award recognizing them in categories such as management, housing support services, housing facilities, housing privatization management, unaccompanied housing management and furnishings management operations.

for my team members that their work is being recognized with this award."

COVID-19 has tampered the usual work flow of the Housing Office as well. Standard inspections by the Housing office along with Hunt Housing typically occurs in unison but safety precautions have forced separate work schedules between the two offices.

"It has been a challenge because when we see a discrepancy in the home before move-in, Hunt is not there to see the same thing we are seeing," Quinlan said. As far as the dorms, we are not able to have the face to face interactions with some of the occupants we would like to because of either quarantining or social distancing."

The 14th CES as a whole is always continuing to innovate customer service, focus on mission effectiveness, and develop installation excellence. With the successful achievement of the MAJCOM level awards, both of these sections of the 14th CES will continue on to compete at the Air Force level against other MAJCOM winners.

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"The 12 Steps have put me in touch with a power greater than myself and for that I am grateful."

Photo for illustration purposes only.

"I came to the Pines at a point when I was physically addicted to alcohol. I was in a suicidal state and chose treatment over the other option. I relapsed in treatment when I went on a weekend pass because I was triggered by my anger. Today, I use the 12 Steps as a way of dealing with my problems. I make a meeting every day, attend aftercare, and have two sponsors. Working with others is the best way for me to get outside of myself and find purpose. The 12 Steps have put me in touch with a power greater than myself and for that I am grateful."

COMMUNITY COUNSELING SERVICES

For more information:
www.ccsms.org/pach

COMMUNITY

(Continued from page 11)

Installation Voting Assistance Office

A&FRC houses the Voting Assistance Office (VAO) which is open Monday - Friday, 7:30 a.m. - 4:30 p.m. and closed weekends/holidays. The VAO offers voting assistance including voter registration, absentee ballot requests and voting, change of address, and provides answers for other general voting questions to uniformed service members, their family members and civilians with access to A&FRC. Assistance includes but is not limited to aid in preparing and submitting Federal Post Card Application (FPCA) SF-76, Federal Write-in Absentee Ballot (FWAB) SF-186 and National Mail Voter Registration Form (NVRF). The VAO also leads and trains all installation unit voting assistance officers. For more information, please contact the Installation VAO at (662) 434-2701/2790 or e-mail: vote.columbus@us.af.mil.

Discovery Resource Center

The Columbus A&FRC has computers with internet access available for job searches, assessments, resumes, cover letters, state and federal applications and companies' employment information. A printer and fax machine is available. A lending library of books, DVDs and periodicals on transition and EFMP topics are available for check out. These resources are available on a first-come-first-serve basis.

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) 434-2790.

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://mil-lifelifelearning.militaryonesource.mil/MOS/t?p=SIS:2:0:0>. More online resources are available on Columbus AFB Living at <https://www.columbusafbliving.com/airmen-family-readiness-center/relocaton-assistance/electronic-sponsor-resources/>. For additional information, please contact the A&FRC Relocation Manager at (662) 434-2701/2790.

Columbus Air Force Base Information and Events
Join our Facebook page at Columbus AFB Living, Twitter at @columbusafbiving, 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 (662) 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’.

FSS Base Events
All of the FSS Events have been cancelled until further notice. We apologize for any inconvenience. This is a preventative measure to help minimize the COVID-19 spread. For continuous updates, please follow our Facebook, Columbus AFB Living.

Live Games on Columbus Air Force Base Living Facebook
Tune in on the Columbus Air Force Base Living’s Facebook for a live game every 2nd and 4th Thursday at noon. Live games such as Pictionary, Trivia, and Charades. Show off your quick thinking from the comfort of your own home and win a prize!

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.

After School Program
Youth Programs offers full day care every Wednesday with special activities scheduled for each day. Youth must be enrolled in the School Age Program to participate. Drop-in rate is \$5/hour. Call (662) 434-2504 to register. Youth Center will be closed Dec 25-28 for the Christmas Holiday.

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.

A Very Crafty Christmas!

Now until 21 December

Arts and Crafts is offering a grab-and-go wooden ornament craft

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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 (662) 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.americaforcetravel.com or visit your ITT office at (662) 434-7861.

CAFB Library
The Base Library is offering virtual story time, live craft demonstrations, book clubs and other activities on their Facebook page: @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.

The 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. – 3p.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. – 8 p.m. daily. For reservations 24/7, visit <https://af.dodlodging.net/property/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.



U.S. Air Force photo by Airman 1st Class Jessica Williams

James Reeves, 14th Operations Support Squadron aircrew flight equipment technician, checks equipment to ensure it functions properly, Dec. 2, 2020, on Columbus Air Force Base, Miss. The 14th Operation Support Squadron Aircrew Flight Equipment Flight recently received the Air Education and Training Command Outstanding Air Flight Equipment Small Program of the Year Award.



U.S. Air Force photo by Airman 1st Class Jessica Williams

U.S. Air Force Staff Sgt. Indiana Pastor (left), Staff Sgt. Nathan Fancher, and Master Sgt. Michael Rosatone, all assigned to the 14th Operations Support Squadron, pose for a photo Dec. 2, 2020, on Columbus Air Force Base, Miss. Rosatone received the Air Education and Training Command Outstanding Aircraft Flight Equipment Senior Non Commissioned Officer of the Year Award for 2020.

14th FTW Airman is 2020 AETC Air Field Equipment SNCO of the Year

Airman 1st Class Jessica Williams
14th Flying Training Wing Public Affairs

U.S. Air Force Master Sgt. Michael Rosatone, 14th Aircrew Flight Equipment Flight superintendent, was recognized as the Air Education and Training Command Outstanding Air Field Equipment Senior Non Commissioned Officer of the Year for 2020.

While the award recognizes personal achievement, Rosatone credits his success to the team he works with daily.

“I am happy, I feel good about what the team has accomplished, they are the ones that won this,” Rosatone said. “I just put the influence, they make the widget happen.”

Rosatone puts trust into the Airmen under his leadership, knowing that with the right guidance, the junior enlisted can excel.

“So that’s been a good feeling, knowing your job well and knowing you have the young troops that are doing well,” Rosatone said. “They just need a little tweak and they prospered. I have Senior Airmen running sections that in heavy units, would be ran by technical sergeants.”

With having 18 years of leadership and teamwork experience under his belt, Rosatone knew the quality was always there, the Airmen just needed to revamp it.

“I am happy, I feel good about what the team has accomplished, they are the ones that won this,” Rosatone said. “I just put the influence, they make the widget happen.”

After taking over as the superintendent, things began to change for the unit. Under the leadership of Rosatone, the 14th Operations Support Squadron AFE flight received the AETC outstanding AFE Small Program of the Year.

“It was changing the mindset and the mission focus that we had,” Rosatone said. “Now we are number one in the command.”

Rosatone said the turning point for the team and what contributed to the success, was efficient information and communication.

“If a task comes down that they don’t have to see, that they don’t have to deal with, why put in on them,” Rosatone said. “I would take it, handle it, and get it done quicker.”

When the Airmen could focus on day to day task and not

be overloaded with additional tasks throughout the day, improvements were shining through, according to Rosatone.

Military personnel are not the only ones who see the effects of Rosatones leadership.

“He really takes care of everyone here,” said James Reeves, 14th Operations Support Squadron aircrew flight equipment technician. “If something comes up he always backs them up.”

Being a civilian working in the unit who was contracted after Rosatone took over, Reeves mentioned Rosatone always makes sure Airmen are on top of their game, getting the mission done effectively with safety being a top priority.

Rosatone offered some advice to those who hope to one day receive an Outstanding SNCO of the Year award.

“Don’t think small level,” Rosatone said. “When you do something for an aircrew member that, directly impacts the wing as a whole.”

Leadership is crucial to the growth of Airmen. With a balance of trust and efficiency, the mission can prevail.

Rosatone often pushes the Airmen beneath him to do better and be better.

As a closing thought, Rosatone advises “Don’t think small stature when you do something, think of the higher impact, as high as you can go.”

AF Services Center debuts Air Force Gaming

Air Force Installation and Mission Support Center
Public Affairs

JOINT BASE SAN ANTONIO-LACKLAND, Texas — Air Force Gaming made its official debut Nov. 11 under the Air Force Services Center with a new intramural e-sports program.

Teams at eight Air Force Global Strike Command bases are competing in a pilot program to crown the gaming champions of the command.

AFGSC Airmen and Space Professionals also from the command, will participate in the program with teams formed to compete with each base hosting playoffs and base championships before the final major command championship. The pilot program is running through mid-December. AFSVC plans to expand the Air Force Gaming League to all Air and Space Force installations in January.

Air Force Gaming is focused on supporting Air Force and Space Force resiliency and retention efforts through the creation of a global e-sports program that brings Airmen and Space Professionals together through community experiences and competitive leagues.

More than 80% of Airmen ages 18 to 35 identify as “gamers,” and play between four and 10 hours per week, said Col. Marc Adair, AFSC director of operations. This community creates a fun outlet for Airmen and Space Professionals stuck at home during this global Pandemic.

“Air Force Gaming’s mission is to create an inclusive gaming organization for Airmen of all ages, ranks and backgrounds,” Adair said. “We are confident that by establishing a unified hub for community and competition, Air Force Gaming can help promote resiliency, retention, teamwork and mental well-being for service members around the world.”

The pilot season is set up with AFGSC as base locations within the command are in isolated areas where remote play may have its challenges. This will provide much needed feedback on how successful the program will be and if there any limitations to hinder the enterprise launch.

During the pilot season, gamers from AFGSC will compete in Call of Duty: Black Ops - Cold War, League of Legends, and Rocket League with more games planned for the global rollout.

AFSVC and AFG hosted the first ever “All-Air Force” and “All-Space Force” Call of Duty E-sports Team qualifiers Nov. 14. More than 600 Airmen and Space Professionals formed 200 teams to compete in the tournament. The tournament winners will represent the Air Force and Space Force at a Call of Duty: Black Ops-Cold War event at the United



Air Force Gaming made its official debut on 11 November, under the Air Force Services Center with a new intramural e-sports program. Teams at eight Air Force Global Strike Command bases will compete in a pilot program to crown the gaming champions of the command, which runs through mid-December. AFSVC plans to expand the AFGL to all Air and Space Force installations in January. Air Force Gaming is focused on supporting Air Force and Space Force resiliency and retention efforts through the creation of a global e-sports program that brings Airmen and Space Professionals together.

States Air Force Academy, Colorado, Dec. 11.

The gaming program started as a grassroots effort on Discord, a voice, video and text communication platform run by a small group of Airmen who shared a love for video games. Capt. Oliver Parsons, a Force Support squadron officer who is credited as being the Air Force Gaming creator, implemented the program globally based on the adoption and enthusiasm from participating players. AFSVC then initiated the gaming concept from a small group of Airmen who showed a love for games and the Dyess Air Force Base, Texas, e-sport Spark Tank initiative that took place in January. As these efforts evolved, AFSVC sought to deliver gaming to the field.

“We are intentionally starting small with Air Force Gaming, but have big goals,” Parsons said. “By organizing this pilot season, we will ensure that all coordination is in place

to scale the program globally and make Air Force Gaming a unifying community available to all Airmen and Space Professionals.”

Parsons said he collaborated with Rally Cry, a tech company specializing in developing e-sports infrastructures, to create a customized platform for the Air Force. The unified hub was able to reach more than 2,000 interested players in less than 48 hours of the experimental launch. Air Force Gaming will now use intramural e-sports to bring Airmen and Space Professionals together around the world.

Airmen and Space Professionals can visit [airforcegaming.com](https://www.facebook.com/AirForceGaming) or visit their Facebook page at <https://www.facebook.com/AirForceGaming> for more information on the official gaming program and competition hub for the Air Force and Space Force.

U.S. Air Force Graphic

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”

Wing Newcomers Orientation

The next Wing Newcomers Orientation will be held on Dec. 15 from 8-9:15 a.m. in the Kaye Auditorium. 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 registered. For more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

Hearts Apart

The next Hearts Apart will be Dec. 18, time TBD, at the Youth Center. 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.

Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. Dec. 22 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.

Federal USA Jobs Workshop

The next Federal USA Jobs workshop is from 9-10:30 a.m. Jan. 6. 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.

Heart Link

The next “Zoom” Heart Link / Spouse

Christmas Tree Lighting Ceremony



Members of Columbus Air Force Base watch as Santa Claus passes by in a firetruck during the Christmas Tree Lighting Ceremony on Dec. 3, 2020, at Columbus AFB, Miss. Santa Claus arrived at Columbus AFB in a T-1A Jayhawk and then rode in a firetruck to the Christmas Tree Lighting Ceremony.

U.S. Air Force photo by Airman 1st Class Davis Donaldson

Welcome is from 8:30 a.m.-noon Jan. 7. 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.

Transition Assistance Program Workshop

The next Transition Assistance Program (TAP) workshop is from 7:30 a.m.-4 p.m. Jan. 11-15 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.

Department of Labor Transition Vocational Track Workshop

The next DoL Transition Vocational Track Workshop is from 8 a.m.-3 p.m. Jan. 19-20 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.

Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop will be held on Jan. 28-29 from 8 a.m.-3 p.m. This workshop is conduct-

ed 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.

Bundles for Babies

The next “Zoom” Bundles for Babies workshop is from 1-3:30 p.m. Feb. 11. 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.

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.

See COMMUNITY, Page 13

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!



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



Medical Corner

Keep your health habits on track during the holidays

“The truth is, people do tend to abandon healthy habits during the winter,” says Dr. Beth Frates, clinical assistant professor of physical medicine and rehabilitation at Harvard Medical School. Blame the cold weather that keeps you inside and makes you feel sluggish, or the holidays.

While many people who indulge a little too much during the holiday season are able to refocus in January, others never regain the fitness ground they’ve lost or drop the pounds they’ve added. But it doesn’t have to be this way. If you’re committed to maintaining your health goals, there are some simple strategies that can help keep you moving in the right direction through the holidays and beyond.

Partake (in moderation). Focusing on maintaining your health goals doesn’t have to mean going without any indulgences; it just means setting some limits.

“If you do drink alcohol, stick to the American Heart Association guidelines,” says Dr. Frates. This means no more than one drink per day for women. “When you have too many beverages, you lose track of your drive to fuel your body with nutritious and delicious food,” says Frates.

Don’t pause workouts. “Everyone gets busy during the holidays, and often, the first thing to go is their workout plan. This is what NOT to do,” says Dr. Fatima Cody Stanford, assistant professor of medicine and pediatrics at Harvard Medical School.

“A regular workout schedule of at least 150 minutes of moderate-intensity physical activity will not only help relieve stress, it will lead to better weight regulation during a time when calorie-dense foods are the norm.”

Try a new activity. A fun, new workout can inspire you to get moving when the cold weather hits. The holidays are a great time to experiment, whether it’s trying a Zumba class or swimming laps in an indoor pool.

Gear up for activity. Putting together your own wish list for the holidays? Add some fitness items — maybe a set of hand weights or a portable minicycle that you can use while you sit at your desk or watch television at night. Or ask for a cooking class so you can learn how to make some healthy meals.

Skip the shame. If you go off track during the holiday season, don’t give up.

Keep your health habits on track during the holidays. Retrieved from <https://www.health.harvard.edu/staying-healthy/keep-your-health-habits-on-track-during-the-holidays>



Using Your Time Wisely

You may have heard that shorter workouts done throughout the day are just as effective at burning calories as one, longer workout. That’s great, but it’s confusing trying to figure out how to change your longer workouts into shorter ones.

If you only have 10 or 15 minutes at a time, how long should your warm-up be? What exercises should you do? How can you keep the intensity up to get an effective workout?

When it comes to cardio, there are a number of ways you can work hard in the time you have. The key is in the intensity of your workouts.

In general, the longer the workout, the lower the intensity should be. Similarly, the shorter the workout, the more intensity you should pump into your exercises.

If you only have 10 minutes, you want to work as hard as you can in those 10 minutes. If you can find 10 minutes 3 times a day, you can get a great workout.

Short Cardio Workouts

If you only have a few minutes for cardio, your focus should be on intensity. Any activity will do, as long as you can work hard at it and get your heart rate up.

Remember to do a warm-up, no matter how short your workout is. You don’t want to jump into a high-intensity workout without getting your body ready for it.

Make Time for Exercise With Shorter Workouts. Retrieved from <https://www.verywellfit.com/make-time-for-exercise-with-shorterworkouts-1229763>

BLAZE Hangar Tails: F-16 Fighting Falcon

Mission

The F-16 Fighting Falcon is a compact, multi-role fighter aircraft. It is highly maneuverable and has proven itself in air-to-air combat and air-to-surface attack. It provides a relatively low-cost, high-performance weapon system for the United States and allied nations.

Features

In an air combat role, the F-16’s maneuverability and combat radius (distance it can fly to enter air combat, stay, fight and return) exceed that of all potential threat fighter aircraft. It can locate targets in all weather conditions and detect low flying aircraft in radar ground clutter. In an air-to-surface role, the F-16 can fly more than 500 miles, deliver its weapons with superior accuracy, defend itself against enemy aircraft, and return to its starting point. An all-weather capability allows it to accurately deliver ordnance during non-visual bombing conditions. In designing the F-16, advanced aerospace science and proven reliable systems from other aircraft such as the F-15 and F-111 were selected. These were combined to simplify the airplane and reduce its size, purchase price, maintenance costs and weight. The light weight of the fuselage is achieved without reducing its strength. With a full load of internal fuel, the F-16 can withstand up to nine G’s — nine times the force of gravity — which exceeds

the capability of other current fighter aircraft.

The cockpit and its bubble canopy give the pilot unobstructed forward and upward vision, and greatly improved vision over the side and to the rear. The seat-back angle was expanded from the usual 13 degrees to 30 degrees, increasing pilot comfort and gravity force tolerance. The pilot has excellent flight control of the F-16 through its “fly-by-wire” system. Electrical wires relay commands, replacing the usual cables and linkage controls. For easy and accurate control of the aircraft during high G-force combat maneuvers, a side stick controller is used instead of the conventional center-mounted stick. Hand pressure on the side stick controller sends electrical signals to actuators of flight control surfaces such as ailerons and rudder. Avionics systems include a highly accurate inertial navigation system in which a computer provides steering information to the pilot. The plane has UHF and VHF radios plus an instrument landing system. It also has a warning system and modular countermeasure pods to be used against airborne or surface electronic threats. The fuselage has space for additional avionics systems.

General Characteristics

Primary Function: Multirole fighter

Contractor: Lockheed Martin Corp.

Power Plant: F-16C/D: one Pratt and Whitney F100-PW-200/220/229 or General Electric F110-GE-100/129

Thrust: F-16C/D, 27,000 pounds

Wingspan: 32 feet, 8 inches

Length: 49 feet, 5 inches

Height: 16 feet

Weight: 19,700 pounds without fuel

Maximum Takeoff Weight: 37,500 pounds

Fuel Capacity: 7,000 pounds internal; typical capacity, 12,000 pounds with two external tanks

Payload: Two 2,000-pound bombs, two AIM-9 and 1,040-gallon external tanks

Speed: 1,500 mph (Mach 2 at altitude)

Range: More than 2,002 miles ferry range (1,740 nautical miles)

Ceiling: Above 50,000 feet

Armament: One M-61A1 20mm multibarrel cannon with 500 rounds; external stations can carry up to six air-to-air missiles, conventional air-to-air and air-to-surface munitions and electronic countermeasure pods

Crew: F-16C, one; F-16D, one or two

Unit cost: F-16A/B , \$14.6 million (fiscal 98 constant dollars); F-16C/D,\$18.8 million (fiscal 98 constant dollars)

Initial operating capability: F-16A, January 1979; F-16C/D Block 25-32, 1981; F-16C/D Block 40-42, 1989; and F-16C/D Block 50-52, 1994.

Inventory: Total force, F-16C/D, 1,280



U.S. Air Force photo by Senior Airman Joshua Hoskins

An F16-D Fighting Falcon pilot from the 40th Flight Test Squadron demonstrates proper flare technique during a training mission near Eglin Air Force Base, Fla., June 6, 2019. A flare is an aerial infrared countermeasure used by planes or helicopter to counter an infrared homing surface-to-air missile or air-to-air missile.



U.S. Air Force photo by Senior Airman Collette Brooks

F-16 Fighting Falcon Demo Team pilot, Capt. Jacob “Primo” Impellizzeri, the Pacific Air Forces F-16 Fighting Falcon Demonstration Team performs at Komatsu Air Base, Japan, Sept. 16, 2019. In an air combat role, the F-16’s maneuverability and combat radius (distance it can fly to enter air combat, stay, fight and return) exceed that of all potential threat fighter aircraft.



When you see this sign, stop. Help keep our children safe.

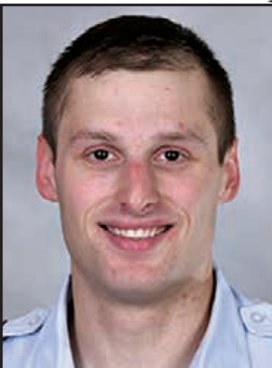


T-1A Jayhawk



T-38C Talon

SUPT Class 21-03 earns silver wings



Capt. Ethan Hoder
Huntsville, Alabama
C-17



Capt. Christopher LaBud
Bartlett, Illinois
KC-10



Capt. Todd Maloney
Homosassa Springs, Florida
E-8



Capt. Rhian Plath
Aurora, Colorado
C-130H

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

Specialized Undergraduate Pilot Training Class 21-03 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. Ethan Hoder, 1st Lt. Austin Porter and 2nd Lt. Jennifer Ruth 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 1st Lt. Brendan Bailey and 1st Lt. Ryan Beveridge who excelled in training and typified the tenets of the association; promoting aerospace power and a strong national defense.

The distinguished graduates of Class 21-03 recognized were Hoder, Porter and Ruth 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 air-drop missions. Training takes about 26 weeks and includes 185 hours of ground training, 53.6 hours in the flight simulator and 76.4 hours in the T-1A.

Each class is partnered with business or civic organizations during their year of training. This program is designed to foster closer ties between the community and Columbus AFB. Today, each student will be given a set of pilot wings with their names engraved on the back as a token of good luck from their partners. SUPT Class 21-03's pilot partners are Air Control Engineering, Inc. and Liberty Heart Center.



2nd Lt. Caleb Bradberry
Pflugerville, Texas
T-6



2nd Lt. Dallin Connell
Kent, Washington
KC-135



2nd Lt. Kevin Crigger
Knoxville, Tennessee
KC-135



2nd Lt. Trenton Dunn
Louisville, Kentucky
T-6



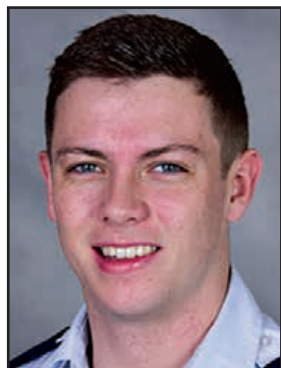
2nd Lt. Tylor Escobar
Las Cruces, New Mexico
C-130J



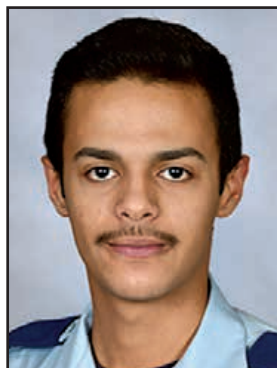
1st Lt. Benjamin Hermann
Osu, Ghana
TBD



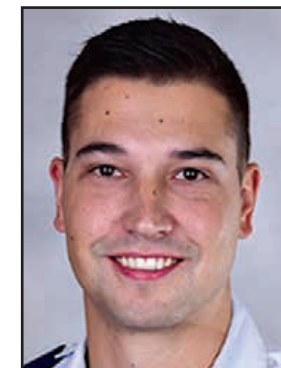
1st Lt. Mitchell King
Gallatin, Missouri
F-16



1st Lt. Austin Porter
Littleton, Colorado
F-15E



2nd Lt. Abdullah Alamri
Abha, Saudi Arabia
F-15SA



2nd Lt. Jacob Autio
St. Michael, Minnesota
EC-130H



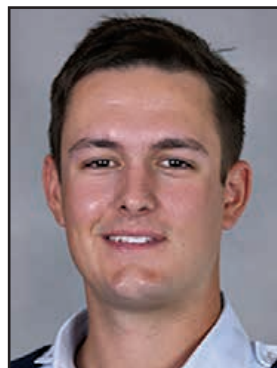
2nd Lt. Matt Fanelli
Murfreesboro, Tennessee
T-6



2nd Lt. Kolton Fields
Plum Grove, Texas
KC-135



2nd Lt. John Gaffney
Virginia Beach, Virginia
U-28



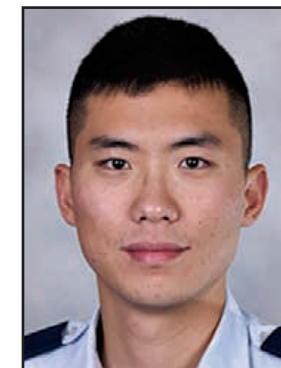
2nd Lt. Thomas Harris
Tupelo, Mississippi
U-28



2nd Lt. Sean Hart
Noblesville, Indiana
KC-135



2nd Lt. Ethan Hill
Smyrna, Georgia
C-5



2nd Lt. Kyusuk Jang
Daytona Beach, Florida
C-17



2nd Lt. Nicholas McVey
St. Mary's, Georgia
E-3



2nd Lt. Charles O'Rourke
Trussville, Alabama
KC-135



2nd Lt. Blake Phillips
West Linn, Oregon
C-146



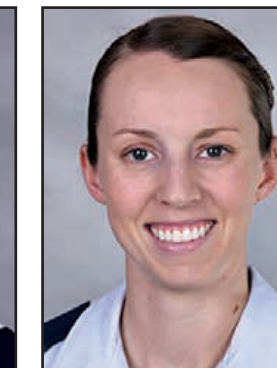
2nd Lt. Brandon Ruth
Memphis, Tennessee
C-17



2nd Lt. Jennifer Ruth
Oak Hills, California
C-17



2nd Lt. Andrew Setrin
Lithia, Florida
KC-135



2nd Lt. Nichole Stubbs
Muncy, Pennsylvania
C-17