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Columbus Air Force Base, Miss.

Vol. 45, Issue 6

March 26, 2021

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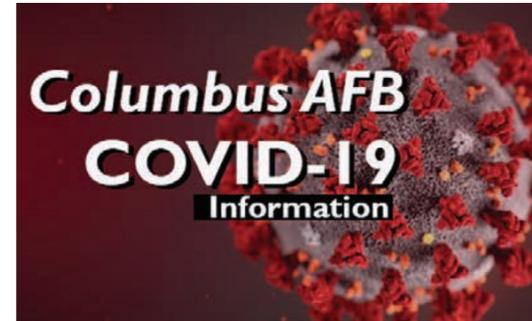


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Advertising Department at 328-2424**



**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 four hours outside of Columbus Air Force Base to obtain necessary goods and services and/or to engage in outdoor recreation.
- Currently restrictions for previously off-limits locations have been lifted.
- No restrictions for social gatherings.



Air Force photo by Airman 1st Class Davis Donaldson
Lt. Gen. Dorothy Hogg, U.S. Air Force and Space Force surgeon general, attends the Women's History Month luncheon, Mar. 12, 2021, hosted by Columbus Air Force Base, Miss. Members of Team Blaze as well as members of the local community gathered to hear Hogg speak about her experiences and ideals on women in the military.

Surgeon General emphasizes step up, step out impact

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

Stepping up and stepping out was the message given by the U.S. Air Force and Space Force surgeon general, Lt. Gen. Dorothy Hogg, when she spoke at the Columbus Women's History Month luncheon, Mar. 12, 2021, hosted by Columbus Air Force Base, Miss.

Hogg visited Columbus AFB to share her experiences throughout her career and to emphasize the important contri-

butions women have made in the military.

Hogg's love for helping women is what inspired her to become a Nurse Practitioner (NP) in the U.S. Air Force.

"Often times some of the female patients complaints and issues sort of get marginalized," said Hogg. "I thought being a woman myself and the love I have for delivering babies and taking care of new moms made this the perfect fit for me."

Hogg said that an obstacle she has faced being a NP in the

See SURGEON GENERAL, 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

DOD teams administer 50K vaccines a day, 500,00 in less than a month

Jim Garamone
DOD news

The first vaccination team deployed to Los Angeles last month. The team soon hit its stride and were quickly inoculating 6,000 people per day. More teams — large and small — deployed since then with two more — in Chicago and Greensboro, North Carolina — beginning full operation today.

Yesterday, DOD personnel tallied 50,000 vaccinations given at the 17 DOD-supported sites.

These numbers will grow. Secretary of Defense Lloyd J. Austin III authorized a total of 17 teams of active duty personnel to deploy in support of the Federal Emergency Management Agency. “We don’t want to go faster than FEMA and local communities can support,” Kirby said. “So, the idea of authorizing the teams in advance is to make sure that they’re prepared, they’re trained, they are ready to go.”



Photo by Army Pfc. Garrison Waites

U.S. Army Soldiers from the 4th Infantry Division, Fort Carson, Colo., vaccinate community members at the California State University Los Angeles Community Vaccination Center, Feb. 22, 2021. U.S. Northern Command, through U.S. Army North, remains committed to providing continued, flexible Department of Defense support to the Federal Emergency Management Agency as part of the whole-of-government response to COVID-19.

This also ensures that their commands can handle their departure. The military medical facilities they work at still have patients, and the bases need to be certain the medical facilities

can continue the mission.

“I couldn’t predict what the number of teams on the ground is going to be next week or the week after,” the press secretary said. “We can only go, and should only go, as fast as FEMA and local communities will allow us.”

Given this, Kirby would not

try to guess how many Americans the teams will vaccinate in the next month. “The secretary has been very clear that we’re going to lean in on this,” he said. “And we’re going to do as much as we can to support these FEMA-led efforts around the country to get vaccines in arms.”

LEFT: Army 2nd Lt. Marlin Gore, a surgical medical nurse with Walter Reed National Military Medical Center, Bethesda, Md., works alongside other Army Medical Command officers and Federal Emergency Management Agency volunteer medical staff to prepare COVID-19 vaccines at the Fair Park COVID-19 Community Vaccination Center in Dallas, March 2, 2021. Army MEDCOM soldiers deployed to Dallas early February 2021 to provide support to FEMA COVID-19 vaccination administration locations. U.S. Northern Command, through U.S. Army North, remains committed to providing continued, flexible Defense Department support to FEMA as part of the whole-of-government response to COVID-19.



Photo by Army Spc. Alvin Conley

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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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.

This is personal.



Photo: Andrew Macpherson

My mother died of colon cancer when she was only 56.

Terrence Howard, actor/musician



Colorectal cancer is the 2nd leading cancer killer in the U.S., but it’s largely preventable. If you’re 50 or older, please get screened.

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Columbus Soccer Complex

1 per household, 2 per car. You can pick up for your neighbor or friend with ID.

ID REQUIRED

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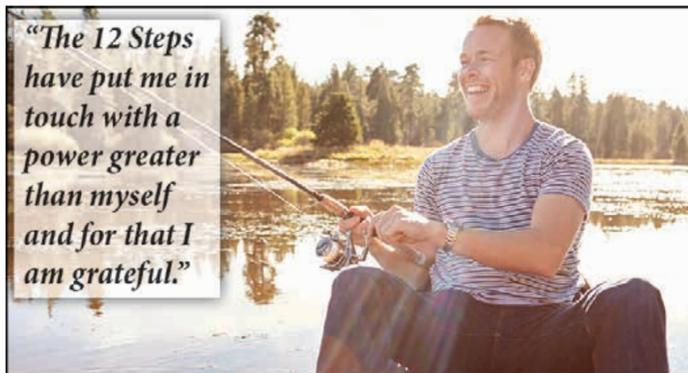


Photo for illustration purposes only.

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

“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

FSS

(Continued from page 12)

Information, Tickets & Travel (ITT)

Local ITT Customer Service will be temporarily handle by Keesler AFB. Please call Holly or Trish at (228) 377-3818 Tuesday – Friday from 10 a.m.-5 p.m.

Local Shuttle Service will be handled by ODR on Monday, Thursday and Friday, 10 a.m.-5 p.m. and Saturday & Sunday 9 a.m.-1 p.m. This includes shuttle service to the airport of your choice. Stop by ODR or call (662) 434-2505 for more information.

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

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. 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 a self-help bicycle repair station that patrons can use for free. 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/property/Columbus-AFB. After hours services call (662) 251-2931.



Air Force photo by Airman 1st Class Davis Donaldson
Lt. Gen. Dorothy Hogg, U.S. Air Force and Space Force surgeon general, speaks at the Women's History Month luncheon, Mar. 12, 2021, hosted by Columbus Air Force Base, Miss. Hogg handles matters pertaining to the medical aspects of the air expeditionary force and the health of Airmen and Guardians utilizing resources worldwide for the Air Force Medical Service.

SURGEON GENERAL

(Continued from page 1)

military is that sometimes they are not seen as military, they are seen as being special.

"It is not that we are special, but that we are just different and that is ok," said Hogg.

The surgeon general had the same response to many inquires such as, others seeing the Space Force as special or women being opened up to more possibilities as diversity and inclusion soars through the Air Force.

"It feels very empowering when we are seen together," said U.S. Air Force Chief Master Sgt. Dawn Kolczynski, medical enlisted force chief. "It is an awesome experience and I have learned so much from Hogg."

Hogg said she did not bring Kolczynski to the team because she was a woman, but because she had the capabilities that the job required.

"Regardless of gender, what matters to me is if you have the capabilities to handle the job," said Hogg. "If you do then the other factors should not matter."

Being both the surgeon general of the U.S. Air Force and the U.S. Space Force, Hogg holds the great responsibilities of change and advancement in the medical field.

"The impact I hope to bring is to step up and step out," said Hogg. "If you see or experience something that is inappropriate or offends you or someone else, do not be afraid to step up and say something."

"The impact I hope to bring is to step up and step out," said Hogg. "If you see or experience something that is inappropriate or offends you or someone else, do not be afraid to step up and say something."

Hogg said she encourages those who are on the fence about receiving the COVID-19 vaccine to trust the medical advice that is being given to them by professionals.

"I know it is a scary thing," said Hogg. "Instead of focusing on the vaccine being produced in such a short time, we should focus on how much we have advanced."



Air Force photo by Elizabeth Owens
Lt. Gen. Dorothy Hogg, U.S. Air Force and Space Force surgeon general, experiences reviews the training given in the Tactical Combat Casualty Care All Combatants course Mar. 12, 2021, provided by Columbus Air Force Base, Miss. The course provides medics with life-saving skills in addition to tactical field care, tactical evacuation care and essential need-to-know capabilities to save lives while undergoing hostile combat situations.



Air Force photo by Elizabeth Owens
Lt. Gen. Dorothy Hogg, U.S. Air Force and Space Force surgeon general, looks over the augmented mannequin used in the Tactical Combat Casualty Care All Combatants course Mar. 12, 2021, provided by Columbus Air Force Base, Miss. With readiness being the number one priority of Hogg and a priority across the DoD, Columbus AFB 14th Medical Group is making sure the Airmen are getting the proper tactical medical training.

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April 15th - 17th

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Team Blaze hosts “Burger Burn” for AFAF kickoff

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

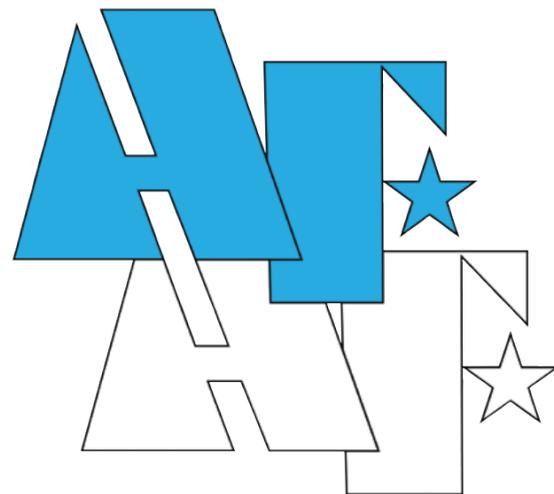
Team Blaze hosted a “Burger Burn” in support of the Air Force Assistance Fund March 12, 2021, on Columbus Air Force Base, Miss.

Columbus AFB members who attended the event had various food options, including burgers and bratwursts. All proceeds went to the AFAF.

The AFAF is an effort conducted annually and raises money for the Air Force families in need. It supports active duty, reservists, guard, retirees and dependents.

Capt. Stephen Willard, 14th Flying Training Wing installation project officer, said the event was a kickoff for 2021. He said it was not intended to be a fundraiser for AFAF, but rather to get the word out that AFAF was back.

“We wanted an atmosphere that encouraged families to come out, enjoy some time outside, let the kids play and just get away from this lonely environment that COVID-19 has unfortunately created,” Willard said. “That was our goal this year, to educate our fellow Airmen on the AFAF campaign, lend credibility to the campaign and just give us time to come



together as a team and a wing. I believe the Burger Burn was a huge success in that regard.”

For 2021, the 14th Flying Training Wing’s goal is to raise \$23,065 towards the campaign. The money raised goes to four charities supported by the AFAF. The four charities are: the Air Force Enlisted Village, the Lemay Foundation, the Air Force Villages Charitable Foundation and the Air Force Aid Society.

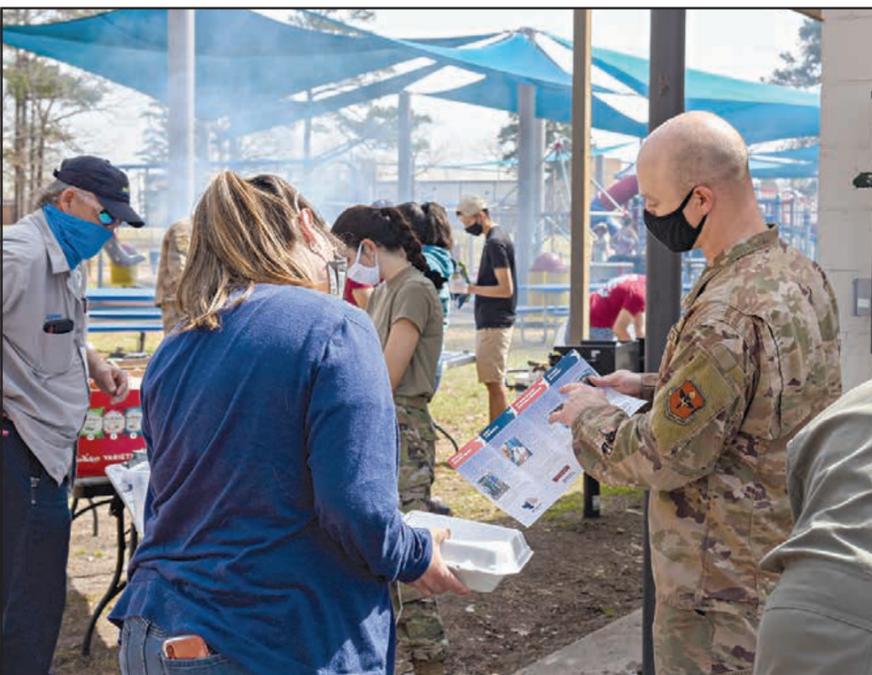
Each charity has a different reason and purpose to their cause. To learn more about each charity, please visit afasistancefund.org.

Willard said Columbus AFB will be hosting a “Run the Runway” 5k on April 24th. The event is open to anyone with base access.

“We want to highly encourage everyone to come out,” Willard said. “All proceeds will go towards AFAF charities, and this is a great opportunity for Team Blaze to get together to get some fresh air.”

The event is a \$20 signup. The \$20 gives runners a t-shirt and a medal. All leftover donations will go towards the campaign.

For more information about all things AFAF, please contact Willard at (662) 434-2243, or Master Sgt. Jordan Boothe at (662) 434-2351.



U.S. Air Force photo by Sharon Ybarra

Two members of Columbus Air Force Base discuss the Air Force Assistance Fund on March 12, 2021, at Columbus Air Force Base, Miss. Information about the AFAF can be found at afasistancefund.org.



U.S. Air Force photo by Sharon Ybarra

Two 14th Flying Training Wing members discuss the Air Force Assistance Fund on March 12, 2021, at Columbus Air Force Base, Miss. Columbus AFB hosted a “Burger Burn” to kick-off the 2021 season of the AFAF.

COMMUNITY

(Continued from page 11)

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.

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.

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

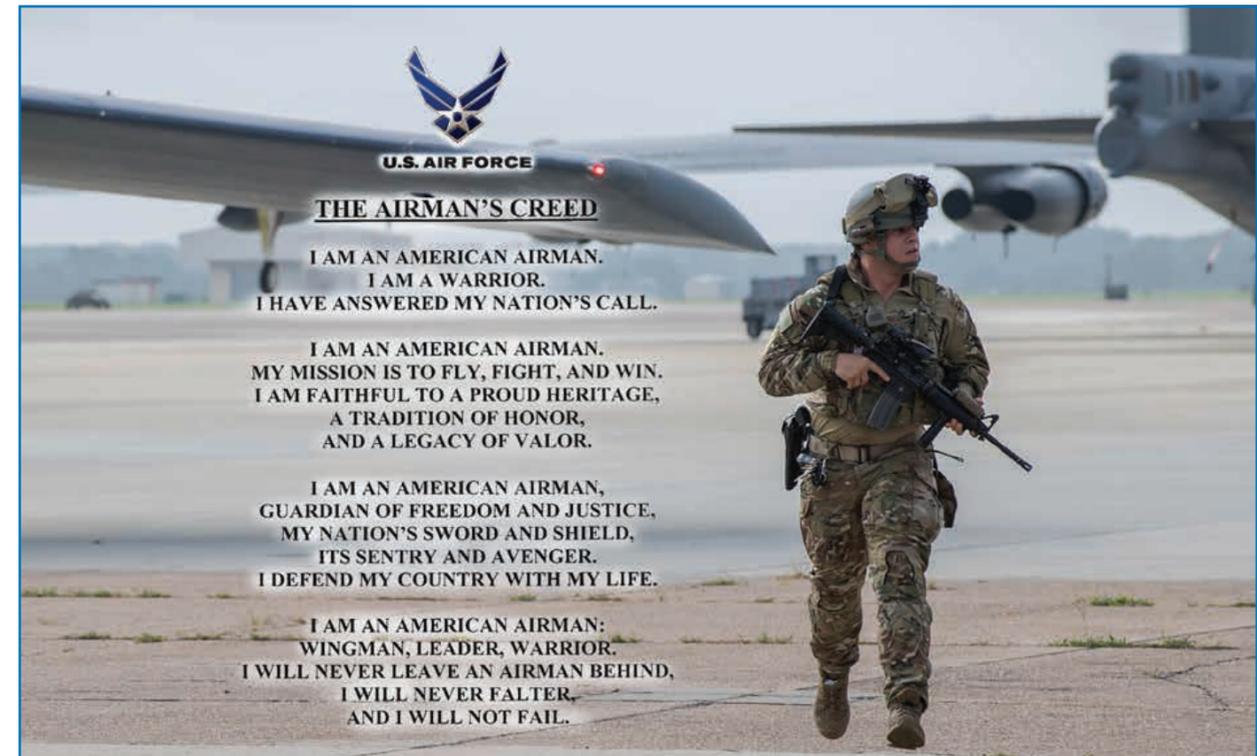
Military and Family Life Counselors (MFLCs) provide non-medical counseling to help Airmen (single and married), spouses and other family members cope with stressful situations created by deployments, reintegration and life challenges such as martial issues, parenting, career stress and anger. All counselors 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 MillLife Learning training Course Catalog at this link <https://milliflifeliving.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/relocaiton-assistance/electronic-sponsor-resources/>. For additional information, please contact the A&FRC Relocation Manager at (662) 434-2701/2790.



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U.S. AIR FORCE

THE AIRMAN’S CREED

I AM AN AMERICAN AIRMAN.
I AM A WARRIOR.
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I AM FAITHFUL TO A PROUD HERITAGE,
A TRADITION OF HONOR,
AND A LEGACY OF VALOR.

I AM AN AMERICAN AIRMAN,
GUARDIAN OF FREEDOM AND JUSTICE,
MY NATION’S SWORD AND SHIELD,
ITS SENTRY AND AVENGER.
I DEFEND MY COUNTRY WITH MY LIFE.

I AM AN AMERICAN AIRMAN:
WINGMAN, LEADER, WARRIOR.
I WILL NEVER LEAVE AN AIRMAN BEHIND,
I WILL NEVER FALTER,
AND I WILL NOT FAIL.

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

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 ColumbusAFBLiving.com to keep up to date with all the great events happening around base. Check out the calendar on the website for important Airman and Family Readiness Center events. For more information, contact (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'.

CAFB Sports Classic!

FSS is hosting the CAFB Sports Classic (originally scheduled for March 25th) on March 29-31. Each unit is invited to send their reps, military and civilian, to compete in 8 sporting events and earn points to win the coveted Championship Trophy! The events include strength competition, 3-point shootout, cornhole tourney, football throw, soccer kick, dodgeball, 4x4 relay and tug of war. SignUpGenius will be utilized to sign-up for each event and some events have multiple positions. Visit ColumbusAFBLiving.com/CAFBsportsClassic/ for more information and to register your team.

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

Air Force 2021 Virtual Teen Aviation Camp will be held June 14-25th with applications due by April 14th. This camp provides youth who have completed their freshman year in high school at the end of the 20/21 school year, opportunities to explore careers and leadership roles as Air Force Aviators.

The virtual camp combines web-based presentations and discussion groups with self-paced course materials that provide camp participants with the knowledge to complete the Private Pilot Exam and begin their journey toward earning a Private Pilot License!

Visit ColumbusAFBLiving.com/TeenAviationCamp/ for more information and to apply.

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 and enjoy a few brews with your boss and buddies.

Strike Zone Grill at 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.

Library Curbside Delivery

The library is offering curbside delivery. Find your book at www.columbusafb.milasolutions.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 Mon-

day-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

24/7 access is back! Time is on your side, so contact the Fitness Center to enroll for 24 hour access. This is currently limited to Active Duty only. CAC must be registered at the front desk.

Also, the locker rooms and showers are once again available.

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! Hours of operation are Monday-Friday: 5 a.m. - 9 p.m., Saturday & Sunday: 8 a.m.-6 p.m. Now serving all eligible DoD cardholders!

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.

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.

Columbus Youth Programs



Courtesy photo

The Columbus Youth Programs are excited to celebrate the grand accomplishments of Jeremiah "JD" Dumas for his selection as Columbus Air Force Base's 2021 Youth of the Year. Jeremiah will represent the installation at the Mississippi Military Youth of the Year competition. He exemplifies great leadership skills, models positive behavior, and excels in education and sports. Congratulations JD for a job well done!

Security and policy review

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

TAKING CARE OF OUR OWN

FOR AIRMEN & GUARDIANS BY AIRMEN & GUARDIANS



AFAF courtesy graphic

The annual Air Force Assistance Fund (AFAF) campaign will run 15 March to 23 April, giving us all an opportunity to help our fellow Airmen when they need it most. The AFAF campaign supports the four charities, Air Force Aid Society: Emergency Relief, Educational Support, Base Community Programs for Airmen, Air Force Villages Charitable Foundation: Financial Support for Officer Widows, Air Force Enlisted Village: Retirement Housing for Enlisted Widows LeMay Foundation: Financial Support for USAF Widows which are dedicated to caring for Airmen from induction through retirement and beyond.

The base goal for this year is \$23,065. Key Workers will soon visit work centers with information about the charities, answer any questions you may have, and give opportunities to donate. Just a few dollars a month will ensure fellow Airmen will have the assistance they need when they need it most. To put this in perspective, if every Active Duty member at Columbus AFB gave just two dollars a month we would raise \$35,000.

Thank you for your generosity and selflessness. These are key Airman attributes and are what makes serving on this team so great.

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. Click "Contact Us" at the top left of the page and select "Commander's Action Line" in the Recipient drop down menu.



I'll have what she's having

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

One of the challenges Airmen can expect to face when entering the World's greatest Air Force is the tremendous possibility of being separated from your family. At times, the separation takes place across state lines or country borders.

The same cannot be said for two sisters from a military family with the same Air Force Specialty Code. Although years apart, they are both stationed at Columbus Air Force Base.

It is common for younger siblings to look up to their older brothers and sisters for guidance, so it was no surprise when U.S. Air Force Senior Airman Laura O'Brien, 14th Flying Training Wing air traffic controller, shared with her family the details of her work, her sister Allison became equally intrigued.

After months of trying to decide the best route after high school Laura decided she would enlist after graduation in 2017. Her family motivated her choices: both parents are Air Force reservists, and her uncle worked for the Federal Aviation Administration (FAA). He told her of the love he had for the job.

"I enlisted, went through the training, and my first duty station was here at Columbus Air Force Base," said Laura. "It was nice being able to leave my family and learn some much needed independence, but I was also close enough to home."

Allison saw and heard her sisters experience and decided would also like to enlist and try air traffic control.

"I thought my sister's job was really interesting, so I decided to enlist after graduating in 2020," said Allison. "I think she was a little irritated at the idea of me doing the same job."

After settling with the fact that they had the same job, another surprise came.

"She called me first, not even our par-



U.S. Air Force Senior Airman Laura O'Brien and Airman 1st Class Allison O'Brien, 14th Flying Training Wing air traffic controllers, stand together in front on the control tower, Mar. 11, 2021, on Columbus Air Force Base, Miss. The Airmen are sisters who share the same Air Force Specialty Code and are stationed at the same base.

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

ents," said Laura. "She was in tears because her first assignment would be here at Columbus and she did not want to come. The positive side of things is that we get to see each other when we want to."

Laura admitted it was frustrating at first because naturally siblings are always being compared. How would they set themselves apart if they were exactly the same?

When Allison first got to CAFB she was pulled to join the base's Honor Guard and

that is where she has been since arriving. She will join her sister in the tower soon to begin training.

"It will be nice when I finally get to train in the tower," said Allison. "Having my sister there to learn with me, I think will have its advantages."

Times have been difficult since COVID-19 arrived early last year. Restricting travel for Airmen to ensure the safety of the base stays a priority so that the mission can continue.

"It is nice but in the beginning I was worried she would not get the same sense of independence that I was able to experience," said Laura. "I think she is doing well though. Although we do have the luxury of seeing each other, she is still very independent."

As the sisters grew older, they grew closer. Being able to experience the same thing together and have common ground will be a unique experience, and one that not many people get to experience in a military career.

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 Apr. 6 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 registered. For more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

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.

Transition Assistance Program Workshop

The next "Senior" Transition Assistance Program (TAP) workshop is from 7:30 a.m.-4 p.m. Apr. 12-15 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.

Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. Apr. 22 in the A&FRC. This workshop is highly recommended for first-time and



Women in Aviation assigned to the 14th Flying Training Wing stand in unity in front of aircraft, Mar. 22, 2021, on Columbus Air Force Base, Miss. The aircraft was put on display in honor of Women's History Month, which first began in 1987.

U.S. Air Force photo by Melissa Duncan-Doublin

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. May 12. This is a workshop on writing resumes, applications, and job search using the USAJobs website. To register or for more information, please call A&FRC at (662) 434-2790.

Bundles for Babies

The next "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.

Department of Labor Transition Vocational Track Workshop

The next DoL Transition Vocational Track Workshop is from 8 a.m.-3 p.m. May 17-18 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.

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.

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.

See COMMUNITY, Page 2

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 us online!
Web page: www.columbus.af.mil
Facebook: www.facebook.com/ColumbusAFB
Twitter: www.twitter.com/Columbus_AFB



Medical Corner



“Personalize your Plate” for a better night’s sleep

March is National Nutrition Month®, a time we put extra emphasis on learning about making informed food choices and developing healthy eating and activity habits.¹

Here are a few tips to help you “Personalize your Plate” for a good night’s rest: **Eat a variety of nutritious foods every day!**



There isn’t a “perfect” eating plan for restful sleep, but generally you want to eat a variety of foods, so you get enough vitamins and minerals. Studies have found that those who follow a Mediterranean Diet and/or the DASH diet reported better sleep quality. These are whole food, plant predominant diets that help you eat enough fiber, magnesium, potassium, and lean protein.²

Plan your meals each week!

Planning your meals and snacks not only helps you limit impulse eating at home and on-the-go, it may also help with stress, since you’ll generally know what you’re going to eat and when. Keeping a grocery list on a refrigerator notepad, or your smart device can also making a trip to the commissary quicker and avoid “decision paralysis” as you walk down the aisles. Try to avoid going grocery shopping when you’re sleep deprived, as lack of sleep can cause a tendency to select higher-calorie foods, which may have less vitamins and minerals.²

Learn skills to create tasty meals!

Learning new recipes and cooking skills can help incorporate nutrient-rich foods into your repertoire and improve social connectedness by sharing meals with friends and/or family (even if it’s a virtual dinner party). For example, one study found that eating fatty fish may be good for better sleep.³

Consult a Registered Dietitian Nutritionist (RDN) or Diet Therapy Technician!

The Air Force has approximately 200 RDNs and diet therapy technicians. You can find them in the outpatient nutrition clinic at large medical treatment facilities, in the Health Promotion office at smaller medical treatment facilities, via virtual health services, and as part of several Integrated Operational Support assets at select installations. These nutrition professionals can provide education, coaching, and help you build skills (cooking demonstrations and commissary tours) to achieve your food, sleep and health goals!

1 National Nutrition Month. Retrieved from <https://www.eatright.org/food/resources/nationalnutrition-month>
2 Nutrition and Sleep. Retrieved from <https://www.sleepfoundation.org/nutrition>
3 The Best Foods to Help You Sleep. Retrieved from <https://www.sleepfoundation.org/nutrition/foodand-drink-promote-good-nights-sleep>

Caffeine and Sleep

Caffeine is the most widely used stimulant in the world, and is found in many sources, including coffee, tea, soda, energy drinks, energy shots, and dietary supplements.¹ Caffeine can boost mental and physical performance when used appropriately. Before deciding whether to consume caffeine, it’s important to note that caffeine consumption is not a substitute for sleep!

Caffeine takes about an hour to reach peak levels in the blood.¹ If you’re feeling tired, and need a boost, it is best to consume up to 200mg of caffeine 30-60 minutes beforehand.¹

Be mindful of the amount of caffeine in all products you consume, especially dietary supplements. Dietary supplements marketed for weight loss, energy, or pre-workouts, likely contain caffeine, but it may be a “hidden” ingredient.

The following list may indicate there is caffeine in your product:

- Cocoa (cacao, Theobroma cacao)
- Coffee or coffea
- Green coffee bean
- Guarana
- Kola nut
- Methylxanthine
- Tea (Camellia sinensis)
- Trimethylxanthine
- Xanthine
- Yerba maté

Regardless of the source, the half-life of caffeine is 3-5 hours, so avoid caffeine from 6 hours before bedtime to minimize sleep disruption.²

- 1 <https://www.opss.org/article/caffeineperformance>
- 2 Caffeine facts. Retrieved from <https://www.hprc-online.org/nutrition/performance-nutrition/caffeine-facts>

A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,

I heard it’s good to drink Chamomile tea to help with better sleep. Will it help with my insomnia?

Sincerely,
Nighttime Tea Drinker

Dear Nighttime Tea Drinker,

Chamomile has a long history of use as a medicinal herb with a mild apple-like scent. In Greek, chamomile means “earth apple.”¹ There are two types of chamomile, German and Roman, but most information available is on the German variety. German chamomile is generally safe to consume in amounts found in food and teas. Although long touted as a fix for insomnia, there has been very little research done on chamomile and insomnia. A small study conducted in 2019 found that chamomile had no benefit for insomnia.² Similarly, a 2011 study, found no improvement in sleep latency, sleep quality, or number of awakenings comparing a chamomile dietary supplement to a placebo. Bottom line - if you enjoy a hot cup of chamomile tea before bed, it can be a great part of your evening routine; however, the benefits you receive may not be strictly from the chamomile herb.

Sincerely,
Health Myth Busters

1 <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=951>
2 Chamomile. Retrieved from <https://www.nccih.nih.gov/health/chamomile>

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

BLAZE Hangar Tails: F-15 Eagle

Mission

The F-15 Eagle is an all-weather, extremely maneuverable, tactical fighter designed to permit the Air Force to gain and maintain air supremacy over the battlefield.

Features

The Eagle’s air superiority is achieved through a mixture of unprecedented maneuverability and acceleration, range, weapons and avionics. It can penetrate enemy defense and outperform and outfight any current enemy aircraft. The F-15 has electronic systems and weaponry to detect, acquire, track and attack enemy aircraft while operating in friendly or enemy-controlled airspace. The weapons and flight control systems are designed so one person can safely and effectively perform air-to-air combat.

The F-15’s superior maneuverability and acceleration are achieved through high engine thrust-to-weight ratio and low wing loading. Low wing-loading (the ratio of aircraft weight to its wing area) is a vital factor in maneuverability and, combined with the high thrust-to-weight ratio, enables the aircraft to turn tightly without losing airspeed.

A variety of air-to-air weaponry can be carried by the F-15. An automated weapon system enables the pilot to perform aerial combat safely and effectively, using the head-up display and the avionics and weapons controls located on the engine throttles or control stick. When the pilot changes from one weapon system to another, visual guidance for the required weapon automatically appears on the head-up display.

For low-altitude, high-speed penetration and precision attack on tactical targets at night or in adverse weather, the F-15E carries a high-resolution APG-70 radar and low-altitude navigation and targeting infrared for night pods

Background

The first F-15A flight was made in July 1972, and the first flight of the two-seat F-15B (formerly TF-15A) trainer was made in July 1973. The first Eagle (F-15B) was delivered in November 1974. In January 1976, the first Eagle destined for a combat squadron was delivered.

The single-seat F-15C and two-seat F-15D models entered the Air Force inventory beginning in 1979. These new models have Production Eagle Package (PEP 2000) improvements, including 2,000 pounds (900 kilograms) of additional internal fuel, provision for carrying exterior conformal fuel tanks and increased maximum takeoff weight of up to 68,000 pounds (30,600 kilograms).

F-15C, D and E models were deployed to the Persian Gulf in 1991 in support of Operation Desert Storm where they proved their superior combat capability. F-15C fighters accounted for 34 of the 37 Air Force air-to-air victories. F-15E’s were operated mainly at night, hunting SCUD missile launchers and artillery sites using the LANTIRN system.

They have since been deployed for air expeditionary force deployments and operations Southern Watch (no-fly zone in Southern Iraq), Provide Comfort in Turkey, Allied Force in Bosnia, Enduring Freedom in Afghanistan and Iraqi Freedom in Iraq.



Courtesy photo by Nigel Blake

A 48th Fighter Wing F-15E Strike Eagle maneuvers through the “Mach Loop” valleys in northern Wales, Sept. 5, 2017. The 492nd and 494th Fighter Squadrons train regularly to ensure RAF Lakenheath brings unique air combat capabilities to the fight.



U.S. Air Force photo by Yasuo Osakabe

A U.S. Air Force F-15 Eagle assigned to the 67th Fighter Squadron, Kadena Air Base, Japan, takes off at Yokota Air Base, Japan, July 11, 2018, after Tropical Cyclone Conditions of Readiness (TCCOR) is declared All Clear at Kadena. Eighteen F-15 Eagle fighters evacuated to Yokota due to Typhoon Maria. The F-15 Eagle is a purpose-built air superiority fighter capable of detecting, acquiring and tracking enemy aircraft.

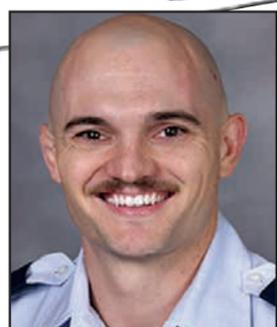


T-1A Jayhawk

SUPT Class 21-07 earns silver wings



T-38C Talon



Capt. Taylor Hollister
Colorado Springs, Colorado
KC-135



Capt. David Jung
Chicago, Illinois
F-22



Capt. John Kirin
Warren, Ohio
C-130

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

Specialized Undergraduate Pilot Training Class 21-07 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.

1st Lt. Pedro Jesus and 2nd Lt. Michael Mehrhoff 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 Mehrhoff and 2nd Lt. Mortiz Wienke who excelled in training and typified the tenets of the association; promoting aerospace power and a strong national defense.

The distinguished graduates of Class 21-07 recognized were Jesus and Mehrhoff 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. Abubakar Alkali
Potiskum, Yobe
A-29



1st Lt. Tucker Dodson
Charleston, South Carolina
F-15C



1st Lt. Tatsuya Ishioka
Misawa, Japan
F-15



2nd Lt. Samuel Denyer
Oklahoma City, Oklahoma
MC-12



2nd Lt. Nathan Gouvion
Newton, Kansas
KC-135



2nd Lt. Tyler Gross
Thousand Oaks, California
C-130J



2nd Lt. Jeffery Hart
Conifer, Colorado
C-17



2nd Lt. Sean Lawrie
Haque, New York
C-17



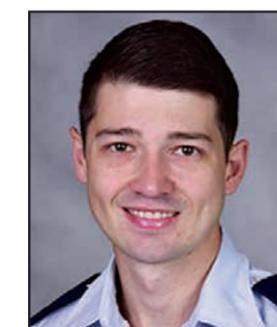
2nd Lt. Michael Mehrhoff
Memphis, Tennessee
C-17



2nd Lt. Gannon Wallace
Erie, Pennsylvania
C-17



2nd Lt. Moritz Wienke
Prescott Valley, Arizona
F-16



Capt. Andrew Meyer
Sioux Falls, South Dakota
A-10



Capt. Christopher Mortensen
Las Vegas, Nevada
RC-135



Capt. Kyle Wood
Indianapolis, Indiana
C-130



1st Lt. Pedro Jesus
Alcácer do Sal, Portugal
TBD



2nd Lt. Andrew Barana
Tucson, Arizona
KC-135



2nd Lt. Nathan Bohler
Valparaiso, Florida
T-6