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create a perfect spot to hang out with friends and meet new people on base! known as "The Columbus Club," is offered to all ranks. Private events may also be booked at the club such as baby showers, holiday parties and any special occasion you may want to host. The Event Center can provide a variety of food options for your special event. The bar menu includes chicken tenders, egg rolls, french fries, and chicken wings. Everything is made fresh to order.

The lounge is home to many different specialty drinks. like the Coconut Ocean Water, and the Blue Lagoon Barteeder Jessica Denis has worked at the Event Center for since April 17th, 2023, and is excited to have a packed house every Friday night. She loves to get to know all the guests and create a friendly social

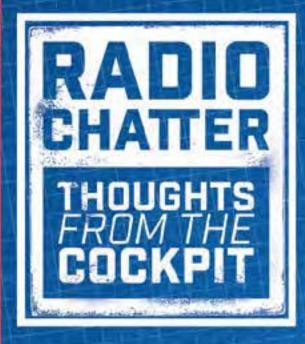
Friday Feels will still take place even if there is a drop night or graduation scheduled. This is a great location to hang out and still be safe on base. Grab your friends and we will see you every Friday for some great "Friday Feels."

For more information please call (662) 434-2489. or visit website at columbusafbliving.com (http:// columbusatbliving.com)

The Event Center, also

Jessica Denis [JD]

Bartender





olumbus Air Force Base, Miss. - 1LT Andrew Martin offered his insight and experience in an interview as a T-1 First Assignment Instructor Pilot (FAIP) with the 48th Flying Training Squadron at Columbus AFB. He began his FAIP career in late 2022 and will complete his time as a FAIP at the end of 2025. He has seen the syllabus evolve between his time as a student and as an instructor.

Martin graduated in 2019 from Wichita State University and set his dreams on becoming a pilot for the Air Force. He graduated from Specialized Undergraduate Pilot Training (SUPT) and received his wings at Columbus AFB on 15 April 2022 with SUPT class 22-08. Martin enjoyed the challenges and stability for the duration of the training.

Following the legacy syllabus, pilot training shifted to Undergraduate Pilot Training (UPT) 2.5, new known as UPT; the process of training pilots in the timeline and events began its monumental change. The Air Force began to produce winged pilots directly following the completion of the T-6 curriculum. The requirements to train an aviator to receive wings earlier in the timeline caused changes in the structure of UPT. The syllabus divides the categories of the program into a fundamental phase and a mission Phase. The fundamental phase includes transition, navigation and formation while the mission phase integrates all parts of the fundamental phases to prove

the student has become in proficient in the application of flying fundamentals. Previously, students earned pilot wings after the completion of T-1s or T-38s: with the new syllabus, students are awarded pilot

wings after completing the final check ride in the T-6.

*UPT 2.5 offers a new experience to students," Martin said, "In SUPT, there were three distinct phases; in phase one, students would have academics; in phase two, students would fly T-6s; and in phase three they would split to either the T-1 or T-38."

The UPT syllabus is an evolving document able to adapt to new challenges presented. in the current version of the T-1 syllabus. students learn the fundamentals of crew flying in fewer events. Although the current

"The students will remember these rides, and I want to be the best instructor every day I step through the doors."

Martin

syllabus is more condensed. Lt Martin strives to ensure each student is held to the standard Air Force pilots require. Martin aspires for his students to take away a positive understanding from the experience in the

aircraft, while knowing he instructed to his maximum potential.

"I want to leave a legacy anywhere I go throughout the Air Force," Martin said, "The students will remember these rides, and I want to be the best instructor everyday I step through the doors."

Fun fact about 1LT Martin: Martin ranked T-1 FAIP as his top choice!

Columbus Air Force Base is 1 out of the 4 training flying bases where they train world class pilots!





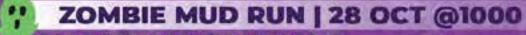


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CARSON SONGY

DARES TO BECOME PART OF THE LEGEND



The city of Nice will play host to the Ironman Race, one of Europe's premier triathlan events, September 10th, 2023. Participants will compete from the sparkling waters of the Mediterranean to the mountains in the glamorous French Riviera. The story behind what makes this single-day endurance event begins with Judy and John Collins, a couple who moved from California to Hawaii in 1975. The Collins family had participated in the Mission Bay Triathlon in San Diego, CA In September 1974, Endurance athletes consider this event as the start of modern triathlon in the U.S.

In 1977, the Collins' felt the need to bring the triathlon to Hawaii. The Island provided everything needed to bring about a competitive endurance race for those strong enough mentally and physically. The name Ironman was coined by John Collins, "...whoever finishes first we'll call him the Ironman," The race has become an iconic symbol of proving to oneself and others what the human body is capable of and meeting challenges head on. Ironman competitions are now found all over the world.



Meet SSqt. Carson Songy, a 30-yearold native from Slidell, Louisiana, husband and father to two sons. SSqt. Songy is heading to Nice, France for the fronman competition. Out of shape, and developing medical issues, SSqt. Songy realized a change needed to happen. He realized he was at a point in his life he was just stale. He was happy with kids and family, but had a nagging feeling he was not living up to his full potential. He yearned to do something more in his life. SSqt. Songy began reading a book called Iron Wor, about how Ironman started. He was inspired and competed in his first marathon weighing 215 pounds. He received 2nd place in his age group in the Tupelo race. Time progressed with training and he competed in Ironman Chattanooga last September, and blew his own expectations away! "Once I started training the fitness came quick, and it was a motivational factor." SSqt. Songy states.

SSqt. Songy believes, "That is what I love about these races, because it will always come with a challenge. Even if I get last place, life is a hurdle and you have to be able to figure it out on the spot. You don't have a choice, you have to be able to figure it out on the spot, and be able to control your emotions. This helped me outside of sports to become a better man in everything I do. Suffering helped me learn to deal with discomfort."

Songy's mentality going into France is knowing he will have to overcome circumstances. Knowing every fronman race is going to have its challenges, he is ready to conquer whatever comes his way. It is a metaphor for life, "keep calm in all situations in the race" is the goal for Songy. Outside of sports, Songy explains how Ironman has helped him in his life with family. Families are presented with challenges daily, just like running a race.

Something goes wrong in any Iron Man race, because the event is too long for something not to happen. That is the joy of every race you compete in, you always will have to overcome something that comes your way. If your legs hurt, so what, you have to now go run 28 miles - you have to figure it out," SSqt. Songy shares.

Songy's inspiration to compete in Ironman races, came from reading Iron War. He buckled down and get in shape. A year from that date he wanted to run a marathon, second goal two years from that date he wanted to do an ironman. He started running, and before he knew it, ran the Tupelo marathon in Tupelo, MS, and got second in his age group. He hired a coach to incorporate biking and swimming in September of 2021, Ironman competitions are now in his blood and are apart of his life. His main goal in want he wants to get out of this experience is, "I want to inspire others to do great things. I am just a regular guy but want others to know they can do great things." New season, new goals, exceptional races and a historic moment for SSgt. Songy, when he heads to Nice, France for the first ever Ironman competition



TRANSITION ASSISTANCE PROGRA

The Transition Assistance Program provides information, tools and training to ensure service members and their spouses are prepared for the next step in civilian life: whether pursuing additional education, finding a career or starting their own business.





30 OCT - 03 NOV





FORCE

*REGISTRATION REQUIRED

Contact Elizabeth Gosney - Counselor at (662) 434-2790 for more information!

FAMILY

Base Exchange Hazel Seichrist 8, (362) 434-6013 Mon-Sat: 0900-1800 Sun: 1000-1700

Child Development Center Victoria Bentley (662) 434-2479 Mon-Fri: 0630-1730 Sat'Sun/Holidays: Closed

Education Center 3 Dr. Europonda Stone & (862) 434-2561 Mon-Fri: 0800-1400 Sat/Sun/Holidays: Closed Testing Hours: Tue: 0800 & Thu: 1300

Fitness Center 3 Michael Reed & (662)434-2772 Mon-Fri: 0500-2100 Sat 0800-1800 Sun: 24/7 Access Only Holidays: 24/7 Access Only

NAF Human Resources Office Kimberly Common (662) 434-2362 Mon. Wed-Fri: 0830-1530 Tue/Sat/Sun/Holidays: Closed

Library 3 Brandi Lomax & (662) 434-2934 Tues/Wed/Fri: 1000-1630 Thu: 1000-1900 Sat 0800-1200 Sun/Mon/Holidays: Closed

Military & Family Readiness MSgt Matthew Mayo 6 (862) 434-2790 Mon-Wed & Fri: 0730-1630 Thurs: 0730-1200 Sat/Sun/Holidays: Closed

Magnolia Inn Lodging 3 Joycle Deloach & (662) 434-2548 Daily: 0800-2000

School Liaison Office Slo2@us.af.mil Mon-Fri: 0700-1800 Appointments available

Youth Center Latasha Jones-Swoope **%** (662) 434-2504 Office Hours. Mon-Fri: 1000 - 1800 Sat/Sun/Holidays: Closed Open Recreation Mon-Fri: 1500-1800 School Age Program Mon-Fri: 0630-1730 Teen Room Mon-Fri: 1300-1800

FUN

Arts & Crafts Abby Jenkins **8** (662) 434-7856 Mon-Fri: 0900-1600 Sat/Sun/Holidays: Closed

Auto Hobby Shop Thomas Geiger **%** (662) 434-7836 Wed-Fri: 1200-1800 Sat/Sun: 1000-1600 Information Tickets. & Travel Office Lindsay Harrison & (662) 434-348B Mon-Fri: 0900-1600

Bowling Center 3 & (662) 434-3426 Mon: 0700-1600 (arill anly) Open Bowling Tues-Thurs: 0700-1600 Fr: 0700-1700 Sat: 1000-2000 Boss & Buddy Wed: 1530-1800 Pins & Pints Thurs: 1600-1900

Friday Night Frenzy Fr: 1700-2000 Cosmic Saturday Sat: 1000-2000 Event Center 3

Joseph Garza & (662) 434-2489 Business & Catering Mon-Fri: 1000-1400 Sat/Sun/Holidays. Open for special functions only

Overrun Lounge Joseph Garza Fri. 1600-2000 (Extended Hours on Graduation nights)

Outdoor Recreation Wesley Manyak & (662)434-2505 Mon/Thu/Fri: 1000-1800 Tues/Wed: 1000-1400 Sat/Sun/Holidays: Closed

Unite Program Gwendolyn Granderson & (662) 434-2328 Mon-Fri: 0700-1830

FOOD StrikeZone Grill at the **Bowling Center**

> 6 (682) 434-3426 Breakfast: Mon/Tues: 0700-1030 Grill Open: Mon & Tues: 0700-1600 Wed: 0700-1800 Thurs: 0700-1900 Fri: 1500-2000 Sat: 1000-2000 Sun/Holidays: Closed Salad Bar. Mon-Fri: 1000-1300

Coffee House on 5th at Blaze Commons Austyn Dentry Q (662) 434-2739 Mon-Fri: 0600-1700 Sat: 0800-1200

Sat/Sun Holidays: Closed

Commissary William Easter Jr. & (682) 434-7109 Sun-Mon: 12:00pm - 6pm Tues: 9:00am - 7pm Wed: 10:00am - 6pm Thurs: 10:00am - 7pm Fri & Sat: 9:00am - 6pm

Marketing & Print Shop John Harmon (662) 434-2337 Mon-Fri: 8:00am - 4pm

Sponsorship Coordinator Shea Jenkins (662) 435-7034 Mon-Fri: 8:00am - 4pm

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Contact Youth Sports Director, Tyler Marsh at (662) 434-2504 for a link to register.



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