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SILVER WINGS

"Produce Pilots, Advance Airmen, Feed the Fight"

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Vol. 40, Issue 22

Columbus Air Force Base, Miss.

June 3, 2016

Weather

Friday	Saturday
High 93°F Low 69°F	High 87°F Low 69°F
Sunday	Monday
High 85°F Low 63°F	High 89°F Low 62°F

Forecast provided by the 14th OSS Weather Flight

News Briefs

Blood Drive

A blood drive is scheduled from 9 a.m. – 4 p.m. today at the Chapel Annex. Donors will receive a T-shirt courtesy of the Mississippi Blood Services.

41st FTS Change of Command

The 41st Flying Training Squadron is hosting a Change of Command ceremony at 9:41 a.m. June 9 at the Fire Station.

SUPT Class 16-10 Graduation

Specialized Undergraduate Pilot Training Class 16-10 graduates at 10 a.m. June 10 at Kaye Auditorium.

Inside



Feature 8

The Memorial Day Retreat is highlighted in this week's feature.



U.S. Air Force photo/Senior Airman Kaleb Snay

Ellie Kay, Heroes at Home financial education speaker, speaks to more than 100 Team BLAZE Airmen about cutting costs to save money June 2 at Columbus Air Force Base, Mississippi. Columbus AFB was selected among 11 total military bases for the Heroes at Home tour, which focused on military training bases this year.

Airmen attend Heroes at Home event

Staff Sgt. Stephanie Englart

14th Flying Training Wing Public Affairs

More than 100 Airmen from Columbus Air Force Base attended a financial education event, Heroes at Home, June 2 at the Kaye Auditorium on Columbus Air Force Base, Mississippi.

The event taught the attendees the importance of building a

good credit score, saving for retirement, creating a savings fund for emergencies and living debt free.

Columbus AFB was selected among 11 total military bases for the Heroes at Home tour, which focused on military training bases this year. The guest speakers catered to the audience by

See EVENT, Page 3

COLUMBUS AFB TRAINING TIMELINE

PHASE II

Squadron	Senior Class	Squadron Overall	Track Select
37th (17-04)	3.42 days	1.24 days	June 30
41st (17-03)	1.51 days	1.70 days	June 8

PHASE III

Squadron	Senior Class	Squadron Overall	Graduation
48th (16-10)	-0.01 days	0.85 days	June 10
50th (16-10)	0.42 days	-0.64 days	June 10

IFF

Squadron	Senior Class	Squadron Overall	Graduation
49th (16-IBC)	-8.64 days	-2.35 days	June 1

WING SORTIE BOARD

Aircraft	Required	Flown	Annual
T-6	127	144	20,208
T-1	46	39	6,677
T-38	46	52	6,867
IFF	20	20	2,737

The graduation speaker is Brig. Gen. Patrick Mordente, 18th Air Force Vice Commander.

* Mission numbers provided by 14 FTW Wing Scheduling.



14TH FLYING TRAINING WING DEPLOYED

As of press time, 49 TEAM BLAZE members are deployed worldwide. Remember to support the Airmen and their families while they are away.

Deployment numbers provided by the Installation Personnel Readiness Office.

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
6	7	8	9	10	11/12	June 20-22: Vacation Bible School June 21: Wing Commander all call June 21: Wing Newcomers Orientation June 25: Color Run June 28: 14th CES Change of Command June 30: Enlisted Promotions July 1: 14th MDSS Change of Command
			41st FTS Change of Command, 9:41 a.m. @ Fire Station USAFA Parents Hail & Farewell, 5:30 p.m. @ Club	SUPT Class 16-10 graduation, 10 a.m. @ Kaye		July 1: Fireworks on the Water July 4: Independence Day July 5: AETC Family Day July 7: 81st FTS Change of Command July 8: SUPT Class 16-11 graduation July 14: 14th CS Change of Command July 15: 14th OG Change of Command
13	14	15	16	17	18/19	7th-22nd: Operation Air Force cadets visit 7th-22nd: Air Force Officer Qualification Test

EMCC leadership visit Team BLAZE



U.S. Air Force photo

Several visitors from East Mississippi Community College pause for a photo during their tour June 1 at Columbus Air Force Base, Mississippi. Thomas Huebner, EMCC President; Megan Reynolds, EMCC Recruiting Coordinator; Jim Gibson, Vice President of Enrollment Management; Leia Hill, Assistant Vice President; Jacqueline Newton, Columbus AFB Director for EMCC; and Gina Thompson, Associate Dean of Instruction spent their day interacting with Team BLAZE and learning about the base.

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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The appearance of advertising in this publication does not constitute endorsement by the DOD, the Department of the Air Force or Service Publications, Inc., of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the 14th Flying Training Wing Public Affairs Office of Columbus AFB, Miss.

The SILVER WINGS staff reserves the right to edit or rewrite all copy submitted when necessary. All photos are U.S. Air Force photos unless otherwise stated.

Submit all advertising to the Columbus, Miss., Commercial Dispatch advertising department one week prior to desired publication date. The advertising department can be reached at (662) 328-2424.

June 4

The Island Paddle Fest featuring canoe, kayak and paddleboard races starts 9 a.m. June 4. The five and a half mile race course begins and ends at the Riverwalk in Downtown Columbus. Registration fee is \$40 and includes a T-shirt. Participants must bring own canoe, kayak or paddleboard; life vests required; must be 13 or older to enter. All proceeds

benefit Lowndes County Imagination Library. Register online at islandpaddlefest.org.

June 9

Sounds of Summer concerts begin and continue every other Thursday during June and July from 7-9 p.m. at the Columbus Riverwalk. For more information, go online to visitcolumbus.org.

BARGAIN LINE

The deadline for submitting ads is noon Monday before the desired publication date. Ads turned in after the deadline will run the following week. Ads can be mailed to or dropped off at the public affairs office in the 14th Flying Training Wing Headquarters building, e-mailed to silverwings@us.af.mil or faxed to 434-7009. Calling Ext. 7068 by noon Monday can extend the run date of ads already submitted. Silver Wings reserves the right to limit ads based on content, space and frequency of requests. Advertisements for private businesses or services providing a continuous source of income may not appear in the Bargain Line. They may, however, be purchased through The Commercial Dispatch, 328-2424.

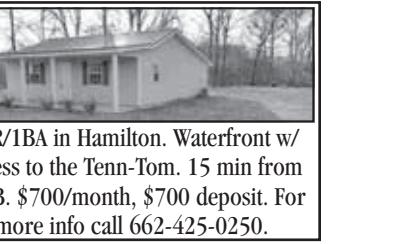
Miscellaneous

For Sale: Zareba AC-powered, 5-mile electric fence controller, never used, \$40. Intex Saltwater System for up to 15K gallon pool, used for only three months, \$90. For more information text 425-1878 or email jffmllr130@gmail.com.

For Sale: EZ Bole Regal three-wheel adult bike, three speed, hand brakes, large basket, used very little, \$250; Health rider, total body aerobic workout, \$200; Pro form whirlwind dual action stationary bike, \$150; Baby high chair, \$10; all items in very good condition. For more information, call 328-3988.



Visit us online! www.columbus.af.mil

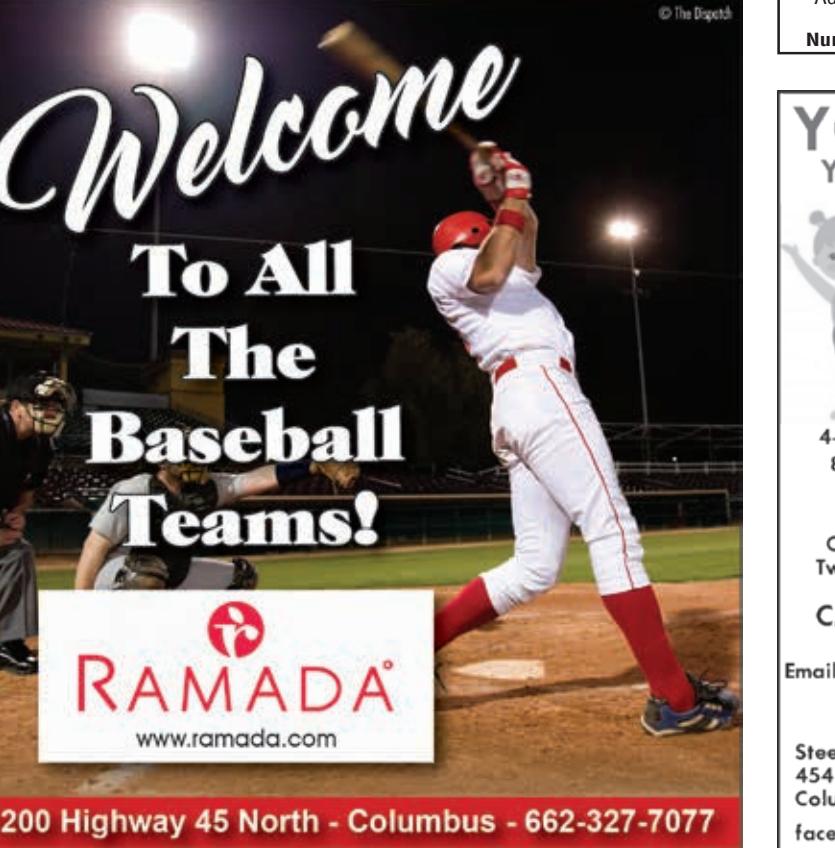


2BR/1BA in Hamilton. Waterfront w/ access to the Tenn-Tom. 15 min from CAFB. \$700/month, \$700 deposit. For more info call 662-425-0250.



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Produce Pilots, Advance Airmen, Feed the Fight**EVENT**

(Continued from page 1)

letting them know the services available to them through base services such as the Airman and Family Readiness Center.

"One point I'd like to pass on is that the Airman and Family Readiness Center is a smart option instead of a last resort," said Ellie Kay, Heroes at Home guest speaker. "I would encourage everyone to go talk to

the AFRC about getting out of consumer debt, the fight before you buy your first car, or how to invest in your Thrift Savings Plan. Take advantage of the resource that is available for free."

This event was made possible by the A&FRC and fully sponsored by the USAA Educational Foundation, a SAF/MR approved Air Force partner for the provision of financial education.



U.S. Air Force photo/Elizabeth Owens
Eight of Team BLAZE's enlisted Airmen were promoted during the enlisted promotions ceremony May 31 at the Columbus Club on Columbus Air Force Base, Mississippi.

Eight enlisted Airmen promoted at ceremony

14th Flying Training Wing Public Affairs

Eight of Team BLAZE's enlisted Airmen were promoted during the enlisted promotion ceremony May 31 at the Columbus Club.

Promoted during the month of May were:
Senior Airman Jillia Frishkorn, 14th Operations Support Squadron

Senior Airman Daiquon Whitley, 14th OSS

Senior Airman Robert Barnes, 14th OSS
Senior Airman Micah Shenk, 14th OSS
Staff Sgt. Kathleen Greene, 14th Medical Operations Squadron

Staff Sgt. Stephanie Englart, 14th Flying Training Wing

Master Sgt. Brenna Wiley, 37th Flying Training Squadron

Senior Master Sgt. Sam Gutierrez, 14th OSS

Commander's Action Line

434-1414

The Commander's Action Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB a better place. 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 phone number is 434-1414. Callers should leave their name and phone number to receive an answer. All names will be kept confidential. Message may be answered in the Silver Wings without names.

Written questions may also be brought to the PA office in the Wing Headquarters building, BLDG. 724, suite 210. Questions and answers may be edited for brevity and style.

What you should know about your blood pressure

TRICARE

Every year, the National Heart, Lung, and Blood Institute encourages everyone to actively learn about preventing and controlling high blood pressure.

When you have high blood pressure, the force of blood pushing against the walls of your arteries is too high.

When you're active, it is normal for your blood pressure to increase. Once the activity stops, your blood pressure should return to your normal range. When it doesn't, you may have high blood pressure.

Unfortunately, the diagnosis of high blood pressure is based on blood pressure readings. If you don't get regular medical care or check your blood pressure regularly, high blood pressure can go undetected for years. It is often not discovered until some organs start to show the effects of long standing high blood pressure. According to NHLBI, some common high blood pressure complications include kidney disease, eye damage, heart attack, heart failure and stroke.

A blood pressure check is quick and easy. It can be done in your health care provider's office or clinic. TRICARE covers blood pressure screening as part of its clinical preventive benefit. Children are screened every year between the ages of three and six, and every two years after. Adults may get a blood pressure screening every two years, but usually your health care provider checks it each time you visit.

If you are diagnosed with high blood pressure, your health care provider will work with you to come up with a way to treat your condition. You may have to make lifestyle changes, like weight loss and exercise. You may benefit from prescription medications. Whatever you do, be sure to follow your provider's plan for your care. This may be the best way to lower your blood pressure and maintain normal blood pressure readings.

For more information about your benefit, please visit the TRICARE website.



Be safe on the water, wear a life preserver

QUIT TODAY TO LIVE TOMORROW

AIR FORCE MEDICAL OPERATIONS AGENCY

E-Cigarettes: 3 Facts you should know

1. E-cigs contain nicotine. The nicotine is turned into vapor and inhaled.
2. E-cigs aren't regulated: there's no way to know how much nicotine is in them and other chemicals they contain.
3. E-cigs haven't been shown to be effective in helping people quit smoking.

WHAT HAPPENS WHEN YOU QUIT SMOKING?

- 20 mins: 20 mins after quitting, your blood pressure drops.
- 2 wks - 3 months: Circulation improves & lung function increases.
- 1-9 Months: Coughing and shortness of breath decreases - reducing risk of infection.
- 5 years: Risk of dying from mouth, throat, and bladder cancer is cut in half.
- 10 years: Risk of dying from lung cancer is cut in half.
- 15 years: Risk of heart disease is that of a non-smoker.

Four steps to quitting...

1. Think of quitting
2. Preparing to quit
3. Quitting
4. Staying Quit

Go here to take the first steps UCanQuit2.org

Contact Robert Pagenkopf, Health Promotion Coordinator, to help you quit today! 662-434-1688

CONTACT US

Resources:
http://www.cdc.gov/tobacco/cigarettes/
http://www.defense.gov/news-Article-ViewArticle/Article/6030591/tobacco-harms-millennials-with-little-official-care/
http://www.cancer.org/healthy/stay-away-from-tobacco/tips-for-quitting-smoking/guide-to-cutting-smoking-how-smoking-affects-health/
http://www.cancer.org/healthy/stay-away-from-tobacco/tips-for-quitting-smoking/guide-to-cutting-smoking-how-smoking-affects-health/

FLAGS

(Continued from page 12)

face. With all the different flavors of Americans there are in our country, the flag brings everyone together."

Bringing his respect and admiration for the flag into adulthood, Nieder quickly found himself involved when an Army major asked him to volunteer for the first flag-raising ceremony at the Pentagon on the one-year anniversary of 9/11. The plan was to take orders for flags, ceremoniously raise them at the Pentagon's parade field, fold them and deliver them with an official certificate of authentication.

"We didn't realize at the time that this effort would grow as big as it has," Nieder said. "The next thing we knew we had a captive audience — there were way over a thousand requests, and we needed volunteers."

The success of the first event paired with Nieder's patriotic nature and drove him to continue the tradition ever since.



U.S. Air Force photos/Staff Sgt. Alyssa Gibson
Army Sgt. Maj. Tim Wagley, left, and Air Force Staff Sgt. Bryan Payton raise a flag in honor of Memorial Day outside of the Pentagon in Washington, D.C., May 25, 2016.



Navy Lt. Christopher Lawson gets instructions from Army veteran Alvin Nieder on how to properly fold a flag during a flag-raising event that Nieder has organized in honor of Memorial Day outside of the Pentagon in Washington, D.C., May 25, 2016.

USAFE band member discovers family history on Memorial Day

Master Sgt. Steven M. Przyzicki
U.S. Air Forces in Europe Band

NORTH AFRICA AMERICAN CEMETERY, Tunisia — "My entire family always wondered what happened to him," said Senior Airman Colby Fahrenbacher, referring to his great-uncle who went missing during World War II. "I always looked for his name whenever I played a memorial."

Fahrenbacher, a tuba player in the U.S. Air Forces in Europe Band, grew up hearing stories about his great-uncle Merle Noffsinger, who served with the Army Air Force. The band's smaller brass quintet, including Fahrenbacher, performed during a Memorial Day ceremony to honor the 2,800 fallen Americans buried in Tunisia and recognized more than 3,000 missing in action. The Memorial Day ceremony served to remember the Allies' liberation and reaffirm America's continued commitment to a free, prosperous and secure Tunisia.

"I checked the wall of the missing in action here at Africa's only American cemetery, and there it was. His name was right there staring back at me. I couldn't believe it," Fahrenbacher said.

Finding his great-uncle's name provided some answers for Fahrenbacher's family.

Noffsinger was born March 18, 1921, in Bond County, Illinois. He enlisted with his brother Herschel on the same day, Nov. 24, 1941, as an airplane mechanic and later became a gunner and bombardier on the B-24 Liberator. Noffsinger had flown more than 100 missions and received the Air Medal and Distinguished Flying Cross. He was shot down on a mission over the Mediterranean Sea May 1, 1943. He had just written a letter to his mother April 23, 1943, informing her he had been promoted to the rank of technical sergeant, and that he would be returning home soon.

When Fahrenbacher found his great-uncle's name on the wall of the missing, he was excited to be able to share the



U.S. Air Force photo/Staff Sgt. Will McCrary
Senior Airman Colby Fahrenbacher, a U.S. Air Forces in Europe Band member, salutes the name of his great-uncle at the North Africa American Cemetery in Tunisia, May 30, 2016. Fahrenbacher's great-uncle, Tech. Sgt. Merle Noffsinger, was a gunner and bombardier on the B-24 Liberator, and he was shot down May 1, 1943.

AF releases Air Superiority 2030 Flight Plan

Secretary of the Air Force Public Affairs Command Information

WASHINGTON — The Air Force released a flight plan directing development activity as a result of a yearlong study focused on developing capability options to ensure joint force air superiority in 2030 and beyond.

According to the unclassified version of the Air Superiority 2030 Flight Plan, released May 26, the gap between the U.S. military's air superiority capabilities and potential adversaries' means, as it currently stands, the Air Force's projected force structure in 2030 may not be capable of fighting and winning against those adversary capabilities.

In order to counter emerging threats, air superiority must be viewed as a condition the Air Force sets to enable joint forces to accomplish mission objectives, and not as an end in and of itself. Providing the capabilities to do this will require multi-domain solutions developed through a more agile acquisition process.

"After 25 years of being the only great power out there, we're returning to a world of great power competition," said Lt. Gen. Mike Holmes, the Air Force deputy chief of staff for strategic plans and requirements. "We need to develop coordinated solutions that bring air, space, cyber, the electronic environ-

ment and surface capabilities together to solve our problems."

The flight plan, put together by an enterprise capability collaboration team composed of Air Force operators, acquirers and analysts, says that to achieve air superiority in 2030 and beyond, the Air Force needs to develop a family of capabilities that operate in and across the air, space and cyberspace domains, including both stand-off and stand-in forces.

The speed of capability development and fielding will be crucial to retaining the U.S. advantage. The service can no longer afford to develop weapon systems on acquisition and development timelines using traditional approaches. According to the ECCT, air superiority capability development requires adaptable, affordable and agile processes with increasing collaboration between science and technology, acquisition, requirements and industry professionals.

"There's no silver bullet," said Col. Alexus Grynkevich, the Air Superiority 2030 ECCT lead. "We have to match tech cycles -- some of them are really long. Engines take a long time to make, but information age tech cycles are fast. Software updates are constantly moving. So how do you move from pacing yourself off industrial age mindsets to information age mindsets?"

The answer, Grynkevich said, is parallel development of maturing technologies for sensors, missions systems, lethality and non-kinetic effects, on appropriate time cycles, of an in-

tegrated and networked family of capabilities. The next step is to pull technologies out of each of those parallel efforts when they are ready and developing prototypes, experimenting and gaining more knowledge to determine if the developments are what's needed in the field.

"What the flight plan lays out is a series of capability development needs, as well as initiatives to prototype and experiment with a number of concepts," Grynkevich said. "You can start building and then move forward if experimental capabilities are determined to make enough of a difference in highly contested environments of the future."

In order to achieve air superiority in 2030 and beyond, bringing agility to multi-domain acquisition is crucial.

"We've talked about acquisition agility a number of times in terms of, 'How do we save money' and not wasting taxpayer dollars is absolutely important," Grynkevich said. "But there's an operational imperative that says we have to do this faster, and if we don't we're at a risk of failing as an Air Force and a joint force."

Air Superiority 2030 is the first enterprise capability collaboration team to release its flight plan. The ECCTs examine, comprehend and quantify operational needs, including current and emerging capability gaps that span the Air Force enterprise. Future topics will likely cover other core Air Force mission areas.

Volunteers commemorate Memorial Day, raise 675 American flags

Staff Sgt. Alyssa Gibson
Secretary of the Air Force
Public Affairs Command
Information

WASHINGTON — An Army systems engineer brought more than 80 Airmen, Soldiers, Sailors, Marines and civilians from around the National Capital Region together May 24-26 to raise 675 American flags at the Pentagon in honor of Memorial Day.

Since 2002, Alvin Nieder, who has worked at the Pentagon for more than 25 years, has spearheaded the raising of over 13,000 flags by more than 1,000 volunteers in the annual observances of Veterans Day and Memorial Day.

The son of an Army World War II veteran, Nieder traveled the world as a child and learned several life lessons from his father — most importantly, the pride of being an American. While living overseas there was a constant reminder of home — the American flag.

"The flag is the symbol of what we all stand for," Nieder said. "This is not just what the military's about — we're just a



U.S. Air Force photo/Staff Sgt. Alyssa Gibson
Army veteran Alvin Nieder poses with the flags that he and his team will raise outside the Pentagon in Washington, D.C., in honor of Memorial Day. Nieder has volunteered to organize this flag raising event since 2002.



Courtesy photo
A service member walks under displayed American flags at the Pentagon in Washington, D.C., during a 9/11 observance in 2002.

BLAZE Hangar Tails: HC-130P/N

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

Mission

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

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

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

Features

Modifications to the HC-130P/N are



U.S. Air Force photo/Airman 1st Class Veronica Pierce
An HH-60G Pave Hawk maneuvers into position to refuel from an HC-130P/N. The HC-130 was modified to conduct search and rescue missions, provide a command and control platform, in-flight-refuel helicopters and carry supplemental fuel for extending range and increasing loiter time during search operations.



U.S. Air Force photo
The HC-130P/N is an extended-range version of the C-130 Hercules transport. Its mission is to rapidly deploy to execute combatant commander-directed operations to austere airfields and denied territory for expeditionary, all weather personnel recovery operations to include airdrop, airland, helicopter air-to-air refueling and forward area refueling point missions.

Fuel Capacity: 73,000 pounds (10,724 gallons)

Payload: 30,000 pounds (13,608 kilograms)

Speed: 289 miles per hour (464 kilometers per hour) at sea level

Range: beyond 4,000 miles (3,478 nautical miles)

Ceiling: 33,000 feet (10,000 meters)

Armament: countermeasures/flares, chaff

Crew: Three officers (pilot, co-pilot, navigator) and four enlisted (flight engineer, airborne communications specialist, two loadmasters). Additional crewmembers include a Guardian Angel team consisting of one combat rescue officer and three pararescuemen

Unit Cost: \$77 million (fiscal 2008 replacement cost)

Initial operating capability: 1964

Inventory: Active force, 13; ANG, 13; Reserve, 10

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

2015 Columbus AFB Drinking Water Quality Report

We are pleased to present this year's Annual Water Quality Report (Consumer Confidence Report) as required by the Safe Drinking Water Act (SDWA). This report is designed to provide details about where your water comes from, what it contains, and how it compares to standards set by regulatory agencies. This report is a snapshot of last year's water quality. We are committed to providing you with information because informed customers are our best allies.

Spanish (Espanol)

Este informe contiene información muy importante sobre la calidad de su agua potable. Por favor lea este informe o comuníquese con alguien que pueda traducir la información.

Is my water safe?

We continually monitor our drinking water for contaminants. Our water is safe to drink. Columbus AFB did not receive any drinking water violations from either The State Of Mississippi or the Environmental Protection Agency (EPA). The Bioenvironmental Engineering Flight (BEF) is responsible for monitoring drinking water quality on Columbus Air Force Base. Since the base purchases its drinking water, the city of Columbus fulfills most of the EPA mandated monitoring requirements. In addition to the monitoring that is completed by the city of Columbus, BEF personnel sample for bacteriological contaminants, disinfectant and disinfectant byproduct contaminants, lead, and copper. BEF accomplishes this additional monitoring because each of these contaminants may be affected by the characteristics of the distribution system on the installation. The contaminants monitored only by the city are affected primarily by the quality of the source water and do not change as the water moves from the city's distribution system to the base's distribution system.

We are pleased to present this

See WATER REPORT, Page 7

Water Quality Data Table

Contaminants	MCLG or MRDLG	MCL TT, or MRDL	Your Water	Range		Sample Date	Violation	Typical Source
				Low	High			
Disinfectants & Disinfectant By-Products (There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.)								
Halocyclic Acids (HAA5) (ppb)	NA	60	2	1	4	2015	No	By-product of drinking water chlorination
TTHMs [Total Trihalomethanes] (ppb)	NA	80	8.28	1.29	9.11	2015	No	By-product of drinking water disinfection
Chlorine (as Cl2) (ppm)	4	4	1.40	0.22	2.30	2015	No	Water additive used to control microbes
Inorganic Contaminants								
Barium (ppm)	2	2	0.1553	NA		2012	No	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Antimony (ppm)	0.006	0.006	<0.0005	NA		2012	No	Discharge from petroleum refineries; fire retardants; ceramics; electronics; solder
Arsenic (ppm)	NA	0.010	<0.0005	NA		2012	No	Erosion of natural deposits; Runoff from orchards; Runoff from glass and electronics production wastes
Beryllium (ppm)	0.004	0.004	<0.0005	NA		2012	No	Discharge from metal refineries and coal-burning factories; Discharge from electrical, aerospace, and defense industries
Cyanide (ppm)	0.2	0.2	<0.015	NA		2015	No	Discharge from steel metal factories; discharge from plastic and fertilizer factories
Cadmium (ppm)	0.005	0.005	<0.0005	NA		2012	No	Corrosion of galvanized pipes; Erosion of natural deposits; Discharge from metal refineries; Runoff from waste batteries and paints
Chromium (ppm)	0.1	0.1	.00123	NA		2012	No	Discharge from steel and pulp mills; Erosion of natural deposits
Mercury (ppm)	0.002	0.002	<0.0005	NA		2012	No	Erosion of natural deposits; Discharge from refineries and factories; Runoff from landfills, Runoff from cropland
Fluoride (ppm)	4	4	0.0856	NA		2012	No	Erosion of natural deposits; Water additive which promotes strong teeth; Discharge from fertilizer and aluminum factories
Selenium (ppm)	0.05	0.05	<0.0025	NA		2012	No	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines
Thallium (ppm)	0.002	0.002	<0.0005	NA		2012	No	Leaching from ore-processing sites; Discharge from electronics, glass, and drug factories
Nitrate [measured as Nitrogen] (ppm)	10	10	0.08	0.08	0.08	2015	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Nitrite [measured as Nitrogen] (ppm)	1	1	0.02	0.02	0.02	2015	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Microbiological Contaminants								
Total Coliform (positive samples/month)	0	0	0	NA		2015	No	Naturally present in the environment
Radioactive Contaminants								
Uranium (ug/L)	0	30	0.41	NA		2009	No	Erosion of natural deposits
Radium (combined 226/228) (pCi/L)	0	5	0.504	NA		2009	No	Erosion of natural deposits
Alpha Emitters (pCi/L)	0	15	1.05	NA		2009	No	Erosion of natural deposits
Contaminants								
MCLG	AL	Your Water	Sample Date	# Samples Exceeding AL	Exceeds AL			Typical Source
Inorganic Contaminants								
Copper - action level at consumer taps (ppm)	1.3	1.3	<1.3	2015	0	No		Corrosion of household plumbing systems; Erosion of natural deposits
Lead - action level at consumer taps (ppb)	0	15	<15	2015	0	No		Corrosion of household plumbing systems; Erosion of natural deposits

Unit Descriptions

Term, Definition

ug/L — ug/L: Number of micrograms of substance in one liter of water
ppm — ppm: parts per million, or milligrams per liter (mg/L)
ppb — ppb: parts per billion, or micrograms per liter (μ g/L)
pCi/L — pCi/L: picocuries per liter (a measure of radioactivity)

positive samples/month — positive samples/month: Number of samples taken monthly that were found to be positive

NA — NA: not applicable

ND — ND: Not detected

NR — NR: Monitoring not required, but recommended

Important Drinking Water Definitions

Term, Definition

MCLG — MCLG: Maximum Contaminant Level Goal: The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

MCL — MCL: Maximum Contaminant Level: The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

TT — TT: Treatment Technique: A required process intended to reduce the level of a contaminant in drinking water.
AL — AL: Action Level: The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

Variances and Exemptions — Variances and Exemptions: State or EPA permission not to meet an MCL or a treatment technique under certain conditions.

MRDLG — MRDLG: Maximum residual disinfection level goal. The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

MRDL — MRDL: Maximum residual disinfectant level. The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

MNR — MNR: Monitored Not Regulated
MPL — MPL: State Assigned Maximum Permissible Level

For more information please contact:

Bioenvironmental Engineering

Address:

201 Independence Drive, Building 1100
 Columbus AFB, MS 39710-5300
 Phone: (662) 434-2284 or (662) 434-2285
 Fax: (662) 434-2515

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.)

Troops To Teachers

This workshop is 10:30 a.m. - noon June 8. It is an informational workshop for members pursuing or interested in a teaching career after the military. For more information or to register call 434-2839/2790.

Wing Newcomers Orientation

This brief is 8 a.m. - 12:15 p.m. June 14 and is mandatory for newly arrived active-duty and civilian personnel. Spouses are encouraged to attend. The orientation is held at the Columbus Club. For more information call 434-2790.

Smooth Move

This class, 10-11:30 a.m. June 14, provides relocating members/families with valuable information about moving. You learn what to expect from TMO, Housing, Military Pay, Legal, Billeting, Tri-Care, Medical Records, and A&FRC. Please call 434-2790 to register.

Military Life Cycle

The Military Life Cycle workshop is from 1-2 p.m. June 21 and allows VA contractors to explain to service members, whether first term, separating, retiring or a veteran, what services the VA offers and what they are able to provide throughout the member's military career and how to apply for benefits. To register and for more information please call 434-2839/2790.

Pre-separation Counseling

This counseling is a mandatory briefing for personnel separating or retiring, to be completed at least 90 days prior to separation. It may be completed up to 12 months prior to separation or retirement. The counseling is held daily at 8:30 a.m. It takes approximately 60 minutes. Please contact A&FRC, 434-2839/434-2790 for more information.

Hearts Apart

This workshop is from 1 – 3:30 p.m. June 22, and is for active-duty families assigned to Columbus Air Force Base who are expecting or have a child up to four months of age. It is an Air Force Aid Society program with presentations about topics such as Tri-Care, Child Care, Breastfeeding, Car Seat Safety, and Labor & Delivery. For more information or to register call 434-2790.

Survivor-Benefit Plan

These briefings are mandatory briefings for active-duty personnel who are either deploying or returning from deployment or a remote tour. The briefings are held daily at the A&FRC. Pre-deployment is at 9:30 a.m., and post-deployment is at 1:30 p.m. Please contact A&FRC, 434-2839/434-2790 for more information.

Transition Assistance Program GPS Workshop

This workshop is held 7:30 a.m. - 4 p.m. July 11-15. The Transition Assistance Program Workshop has seminars on: Transition, Military Occupational Code Crosswalk, Financial Planning, Health Benefits, Mississippi Dept. of Employment Security, Dept. of Veterans Affairs, Disabled TAP, Dept. of Labor TAP por-

Safety brief teaches not to text, drive



Master Sgt. Jean-Phillipe Guindon, 14th Communications Squadron Operations Flight Superintendent, volunteers to play a texting and driving game during a safety brief to demonstrate the dangers it can evoke May 26 at Columbus Air Force Base, Mississippi. The brief was one of three held on base to remind Team BLAZE members to be safe before the Memorial Day holiday.

Military and Family Life Consultant Program

The MFLC counselors provide non-medical counseling to help Airmen (both single and married), their spouses and other family members to cope with stressful situations created by deployments, reintegration, and life challenges such as marital issues, parenting, career stress and anger.

All consultants are licensed mental health providers. Counselors 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, call 662-364-0504.

Chapel Schedule

Whether you are new to Columbus Air Force Base or have been around for a while, our parish communities welcome you to join us as we worship, fellowship, and encourage one another. For more information, please call 434-2500.

Catholic Community

Sundays:
 3:45 p.m. – Religious Education, grades K-9 (Chapel Annex)
 4 p.m. – Choir Practice (Chapel Sanctuary)
 4 p.m. – Confession (or by appointment)
 5 p.m. – Mass w/Children's Church

Tuesdays:
 11:30 a.m. – Daily Mass
Wednesdays:
 11:30-12:30 p.m. – Adoration

Protestant Community

Sundays:
 9 a.m. – Adult Sunday School (Chapel Library)

10:45 a.m. – Traditional Worship Service Tuesdays:

5 p.m. – Student Pilot Bible Study (Chapel Library)

Wednesday:

4 p.m. – Music Rehearsal

Ecumenical services

Wednesday:
 6 p.m. – AWANA, a religious education program for children ages three years old to 6th

Free Pool Passes and FootGolf

Independence Pool Passes and FootGolf is included with Whispering Pines Golf Membership.. If you have an individual golf membership, you receive an individual pool pass and FootGolf membership and if you have a family golf membership, you receive a family pool pass and FootGolf membership. Visit Outdoor Recreation for your free pool pass today. For more information, contact 434-2505.

Columbus Air Force Base Information and Events

Join our Facebook page at Columbus AFB Living, Twitter at @columbusafbliving, MyAirForceLife App on any smart phone 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 434-2337.

Youth Bowling League

The Bowling Center is offering Youth Bowling League sign up. The cost is only \$6 per child a week. League begins at 3 p.m. June 4. For more information or to sign up, contact 434-3426.

Pearl River Resort Casino Trip

Outdoor Recreation is offering a monthly casino trip to Pearl River Resort. Upcoming dates are June 25, July 30, Aug. 27, Sept. 24, Oct. 22, Nov. 19, and Dec. 17. The cost is only \$25 per person; includes \$20 in play credit at casino and transportation. Outdoor Recreation bus departs Exchange/Shopette parking lot at 1:30 p.m. Any party of 10 or more may book transportation to casino anytime for \$25 per person. For more information, contact 434-2505.

Swimming Lessons

Outdoor Recreation is offering swimming lessons. Mom and tadpoles sessions for ages three and under July 5 - 8. Cost is \$35 for club members; \$45 non-members. Preschool and beginner/intermediate sessions for ages 4 - 12 are June 6 - 17 and June 13 - 24. Cost is \$50 for club members; \$60 non-members. For more information, contact 434-2505.

Summer Reading Program

Kick off the summer with the Base Library's Summer Reading Program. Opening ceremony is 11:30 a.m. June 7 at the Base Library. Win prizes and enjoy weekly activities. Closing ceremony is 1 p.m. July 28. For more information, contact 434-2934.

LPGA Expo

The Golf Course is offering a LPGA Expo with LPGA Pro Mindy Moore June 10 - 12.

Events include: June 10 - Junior Clinic, 9 a.m., Lunch and Golf Course Etiquette, 11:30 a.m., Showtime at the Range, 1 p.m.; June 11 - Breakfast with Q&A, 7:30 a.m., Beat the Pro closest to the hole and win a \$20 gift certificate, 9 a.m., Lunch N' Learn, 11:30 a.m., Showtime at the Range, 1 p.m., Play nine holes, 3 p.m.; June 12 - Putting Clinic, 10:30 a.m., Full Swing Clinic, noon, Burger Burn, 1:30 p.m., nine-hole scramble, 3 p.m. For more information, contact 434-7932.

Missoula Children's Theater Presents Pinocchio

The Youth Center is offering Missoula Children's Theater June 13 - 18. First meeting for all participants will be held at 10 a.m. June 13 at the Youth Center. For all youth in grades 1-12. For more information, contact 434-2504.

Free Breakfast for Club Members

The Columbus Club is offering free breakfast for club members from 6:30 - 8 a.m. June 6. Non-members pay \$8 per person. Become a Club member and eat for free plus enjoy all the benefits of being a member. For more information, contact 434-2489.

**New Library Hours of Operation**

The Base Library hours of operation are Mondays - Fridays 11 a.m. - 5:30 p.m.; Sundays 1 - 5 p.m.; Saturdays and holidays closed. For more information, contact 434-2934.

Columbus Club Lunch Buffet Specials

The Columbus Club is offering a lunch buffet Tuesday - Friday 11 a.m. - 1:30 p.m. Taco Tuesday includes tacos and nachos for only \$5 per club member and \$6 per non-member; Wednesday has pizza and wings, Thursday is southern, and Friday is catfish and spaghetti. Cost of Wednesday, Thursday, and Friday buffet is only \$7.95 for club members and \$8.95 for non-members. For more information, contact 434-2419.

Story Time and Circle Time at the Library

The Base Library is offering Story Time every Friday at 11 a.m. for all ages. Wee-Babies is offered each Wednesday at 11 a.m. for ages up to four years old. For more information, contact 434-2934.

Bowling Center Party Specials

The Bowling Center is offering two options for all your party needs. Option 1 includes 2 hours of unlimited bowling and shoe rental for only \$8.50 per person. Option 2 includes 2 hours of unlimited bowling, shoe rental, and a child meal for only \$11.50 per person. Choice of meal includes chicken tenders, hot dog, corn dog, or grilled cheese served with fries and drink. You may bring in a cake, cupcakes, and ice cream. No other outside food and drinks allowed. For more information, contact 434-3426.

Cosmic Bowling Special

The Bowling Center is offering Cosmic Bowling for only \$12 per person every Friday and Saturday night from 5 - 8 p.m. You also may purchase individual games for \$3 per game with purchase of \$1.50 shoe rental. For more information, contact 434-3426.

Lawn Mower Repair

Lawn mower repair is now available at Outdoor Recreation. The cost is only \$40 per hour plus parts; pickup and delivery available. Self-help bicycle repair is also available. For more information, contact 434-2504.

Gymnastics Instructor Needed

Gymnastics Instructors needed at the Youth Center. For more information, contact Kayline Hamilton at 434-2503.

Hobby and Craft Instructors Needed

Do you have a hobby or craft project you can share with others? For more information, contact 434-7836.

Referees Needed

Referees needed for various sports at the Fitness Center. For more information or to sign up, contact 434-2772.

Play Paintball

Book your next paintball event at Outdoor Recreation. The cost is \$15 per person for a party of 10 or more; \$20 per person for party of nine or less. You must purchase paint at Outdoor Recreation for \$45 per case of 2,000. For more information, contact 434-2505.

5K Color Run/Walk

The Youth Center is offering their annual color run at 8 a.m.

June 25. This event is open to the public. Event is free to base identification card holders; \$10 per person of the public. Check in at 7 a.m. at Lil BLAZEr Park; for ages two to adult. For more information, contact 434-2504.

Force Support Squadron gift cards are available in increments of \$5 to fit any budget. They can be used at most Force Support Squadron facilities at Air Force installations worldwide and they never go out of style. Purchase your gift card at one of the following locations: Bowling Center, Golf Course or Youth Center. For more information, contact 434-3426.

The Overrun Now Open Friday Nights

The Overrun is open Fridays 4:30 p.m. until midnight. Bar menu includes chicken wing basket, chicken tender basket, club wrap, or buffalo chicken wrap. For more information, contact 434-2419.

Structuring our Airmen with foundation of discipline**Staff Sgt. Tamara Rife**

14th Security Forces Squadron

Today, it seems discipline has begun to waiver; our perception of basic military training, physical training failures, and lack of customs and courtesies has changed, just to name a few. I firmly believe it is time to get back to the basics. With discipline at the forefront, we are broken down, and with structure, we are built up. Discipline and structure are the backbone for the military.

The need for discipline and structure is why I joined the military. Growing up, I was familiar with discipline. I gained experience with discipline and structure from participating in various sports. At some point I lost focus, becoming indecisive, causing me to drop out of college. Tired of working odd jobs, I joined the Air Force in May 2009, and started getting my life on track, with something I could be proud of. I wanted to deploy, fight for my country, and contribute.

Throughout my first few years, I received the reality check I desperately needed. I enjoyed the discipline and structure the Air Force provided. I embraced the camaraderie that came from trials and tribulations we were forced to face. If I begin to falter, I now have the tools to recalibrate myself,

WATER REPORT

(Continued from page 6)

pany (CL&W). The water is drawn from eight wells supplied by the Coker Aquifer, a groundwater source, and is stored in various places on base, e.g. water towers. No further treatment is done by base personnel.

Source water assessment and its availability

The source water assessment has been completed for our public water system to determine the overall susceptibility of its drinking water supply to identify potential sources of contamination. This source water assessment can be found in the Columbus Light and Water July 2015 newsletter.

Why are there contaminants in my drinking water?

Some people may be more vulnerable to contaminants in drinking water than the general population. Immune-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Water Drinking Hotline (800-426-4791).

Contact Information

If you have any questions, please contact Columbus Light and Water at: 662-328-7192, Monday through Friday from 8:00 AM-5:00 PM, and ask for Steve Barksdale. If you want to learn more, please attend any of Columbus Light and Water's regularly sched-

leaning on that discipline and structure.

Today, it seems discipline has begun to waiver; our perception of basic military training, physical training failures, and lack of customs and courtesies has changed, just to name a few. I firmly believe it is time to get back to the basics. We need to maintain an atmosphere of discipline to foster respect, camaraderie, stronger work ethic, and strong mental resilience.

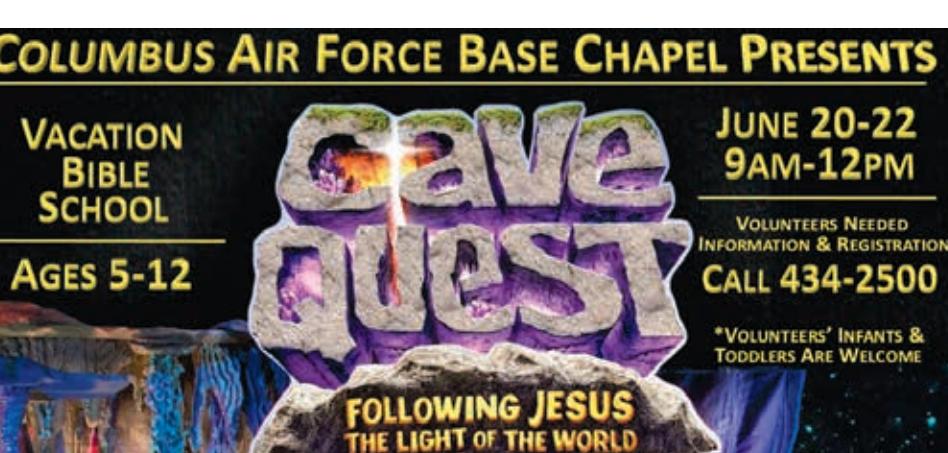
Standards and discipline are the foundation of who we are in the Air Force; it teaches us accountability for our actions, and to stand strong in the face of adversity. Our professional demands we're held to higher standards of discipline. In the words of retired Gen. James Mattis, "The most important six inches on the battlefield is between your ears." We must remain sharp and disciplined.

I have served for seven years, and I challenge all NCOs to create an atmosphere built around discipline. Our Airmen deserve the best we can give them.

for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

Fluoridation

To comply with the "Regulation Governing Fluoridation of the Community Water Supplies, Columbus Light & Water is required to report certain results pertaining to the fluoridation of the water system. The percentage of fluoride samples collected in the previous calendar year that was within the optimal range of 0.7-1.3 ppm was 100%.



Team BLAZE honors fallen warriors with retreat ceremony



Team BLAZE Airmen stand in formation and salute during the Memorial Day Retreat Ceremony May 26 at Columbus Air Force Base, Mississippi. On the first Decoration Day, Gen. James Garfield made a speech at Arlington National Cemetery, and 5,000 participants decorated the graves of the 20,000 Union and Confederate soldiers buried there.



LEFT: Master Sgt. Christopher Thompson, 14th Flying Training Wing Chaplain Assistant, speaks to attendees during the Memorial Day Retreat Ceremony May 26 at Columbus Air Force Base, Mississippi. Memorial Day was originally known as Decoration Day, originating in the years following the Civil War and became an official federal holiday in 1971.



Airmen and civilians gather around Smith Plaza for the Memorial Day Retreat Ceremony May 26 at Columbus Air Force Base, Mississippi. Memorial Day, observed on the last Monday of May, honors men and women who died serving in the U.S. military.



Team BLAZE Honor Guardsmen lower the U.S. flag during the Memorial Day Retreat Ceremony May 26 at Columbus Air Force Base, Mississippi. While being lowered, Airmen and civilian attendees stand at attention and salute or render their respects in honor of the men and women who died while serving in the U.S. military.



Team BLAZE Airmen and civilians render their respect to fallen warriors while the U.S. flag is lowered during the Memorial Day Retreat Ceremony May 26 at Columbus Air Force Base, Mississippi. On Memorial Day the flag is displayed at half-staff until noon and at full staff from noon to sunset. This unique custom honors the war dead for the morning, and living veterans for the rest of the day.



Airman 1st Class Bernard Davis, 14th Flying Training Wing Honor Guardsman, plays Taps during the Memorial Day Retreat Ceremony May 26 at Columbus Air Force Base, Mississippi. Memorial Day, observed on the last Monday of May, honors men and women who died while serving in the U.S. military.