

2016 JUN -7 AM 9: 11

MISSISSIPPI STATE DEPARTMENT OF HEALTH
BUREAU OF PUBLIC WATER SUPPLY
CCR CERTIFICATION
CALENDAR YEAR 2015

Columbus Air Force Base
Public Water Supply Name

MS0440018 / MS0440003
List PWS ID #s for all Community Water Systems included in this CCR

The Federal Safe Drinking Water Act (SDWA) requires each Community public water system to develop and distribute a Consumer Confidence Report (CCR) to its customers each year. Depending on the population served by the public water system, this CCR must be mailed or delivered to the customers, published in a newspaper of local circulation, or provided to the customers upon request. Make sure you follow the proper procedures when distributing the CCR. **You must mail, fax or email a copy of the CCR and Certification to MSDH. Please check all boxes that apply.**

Customers were informed of availability of CCR by: *(Attach copy of publication, water bill or other)*

- Advertisement in local paper (attach copy of advertisement)
- On water bills (attach copy of bill)
- Email message (MUST Email the message to the address below)
- Other _____

Date(s) customers were informed: 03 June 2016 / 1 - 10 June 2016

CCR was distributed by U.S. Postal Service or other direct delivery. Must specify other direct delivery methods used Fed Ex Express

Date Mailed/Distributed: 6 / 6 / 2016

CCR was distributed by Email (MUST Email MSDH a copy)

- As a URL (Provide URL _____)
- As an attachment
- As text within the body of the email message

Date Emailed: 6 / 6 / 2016

CCR was published in local newspaper. *(Attach copy of published CCR or proof of publication)*

Name of Newspaper: Silver Wings

Date Published: 3 June 2016

CCR was posted in public places. *(Attach list of locations)*

Date Posted: 3 June 2016

CCR was posted on a publicly accessible internet site at the following address **(DIRECT URL REQUIRED)**:

http://www.Columbus.AE.mil/Portals/39/SilverWings/current.pdf?ver=2016-03-11-145409-983

CERTIFICATION

I hereby certify that the 2015 Consumer Confidence Report (CCR) has been distributed to the customers of this public water system in the form and manner identified above and that I used distribution methods allowed by the SDWA. I further certify that the information included in this CCR is true and correct and is consistent with the water quality monitoring data provided to the public water system officials by the Mississippi State Department of Health, Bureau of Public Water Supply.

Darrell Pettus Water Operator
Name/Title (President, Mayor, Owner, etc.)

20160606
Date

Deliver or send via U.S. Postal Service:
Bureau of Public Water Supply
P.O. Box 1700
Jackson, MS 39215

May be faxed to:
(601)576-7800

May be emailed to:

water.reports@msdh.ms.gov

CCR Due to MSDH & Customers by July 1, 2016!

Why are there contaminants in my drinking water?

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water 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 scheduled meetings. Meetings are held on the third Thursday of each month at 12:30 PM at 420 Fourth Avenue South (CL&W Main Office). Answers to questions about Columbus AFB water can also be directed to BEF at 434-2284 or 434-2285.

Additional Information for Lead

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Columbus Air Force Base is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential 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%.

Water Quality Data Table

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of contaminants in water provided by public water systems. The table below lists all of the drinking water contaminants that were detected during the calendar year of this report. Although many more contaminants were tested, only those substances listed below were found in your water. All sources of drinking water contain some naturally occurring contaminants. At low levels, these substances are generally not harmful in our drinking water. Removing all contaminants would be extremely expensive, and in most cases, would not provide increased protection of public health. A few naturally occurring minerals may actually improve the taste of drinking water and have nutritional value at low levels. Unless otherwise noted, the data presented in this table is from testing done in the calendar year of the report. The EPA or the State requires monitoring for certain contaminants less than once per year because the concentrations of these contaminants do not vary significantly from year to year, or the system is not considered vulnerable to this type of contamination. As such, some of our data, though representative, may be more than one year old. In this table, you will find terms and abbreviations that might not be familiar to you. To help you better understand these terms, we've provided the definitions below the table.

<u>Contaminants</u>	<u>MCLG</u> or <u>MRDL</u> <u>G</u>	<u>MCL,</u> <u>TT, or</u> <u>MRDL</u>	<u>Your</u> <u>Water</u>	<u>Range</u>		<u>Sample</u> <u>Date</u>	<u>Violation</u>	<u>Typical</u> <u>Source</u>
				<u>Low</u>	<u>High</u>			
Disinfectants & Disinfectant By-Products								
(There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants)								
Haloacetic 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 Cl ₂) (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; Dis charge from refineries and factories; Runoff from landfills; Runoff from cropland

Fluoride (ppm)	4	4	0.856	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
<u>Contaminants</u>	<u>MC LG</u>	<u>AL</u>	<u>Your Water</u>	<u>Sample Date</u>	<u># Exceeding AL</u>	<u>Exce AL</u>	<u>Typical Source</u>	
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 (µg/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
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.
Variations and Exemptions	Variations 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:

Contact Name: 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

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

SILVER WINGS

"Produce Pilots, Advance Airmen, Feed the Fight"

Columbus Air Force Base, Miss.

STANDARD MAIL
U.S. POSTAGE
PAID
MAILED FROM
ZIP CODE 39705
PERMIT NO. 98
RETURN SERVICE
REQUESTED

Vol. 40, Issue 22

June 3, 2016

Weather

<p>Friday</p>  <p>Partly Cloudy</p> <p>High 93°F Low 69°F</p>	<p>Saturday</p>  <p>Thunderstorms</p> <p>High 87°F Low 69°F</p>
<p>Sunday</p>  <p>Thunderstorms</p> <p>High 85°F Low 63°F</p>	<p>Monday</p>  <p>Partly Cloudy</p> <p>High 89°F Low 62°F</p>

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 Englar
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				PHASE III			IFF				WING SORTIE BOARD				
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required	Flown	Annual
37th (17-04)	1.42 days	1.24 days	June 30	48th (16-10)	-0.01 days	0.85 days	June 10	49th (16-IBC)	-8.64 days	-2.35 days	June 1	T-6	127	144	20,208
41st (17-03)	1.51 days	1.70 days	June 8	50th (16-10)	0.42 days	-0.64 days	June 10	* Mission numbers provided by 14 FTW Wing Scheduling.				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.



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.

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

How to reach us

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

Editorial Staff

Col. John Nichols
14th Flying Training Wing
Commander

Mr. Sonic Johnson
Chief of Public Affairs

Senior Airman Kaleb Snay
Editor

Airman 1st Class John Day
Staff Writer

Mrs. Tina Perry
Layout Designer

Submission Deadline

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

Published by the Commercial Dispatch Publishing Company, Inc., a or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force.

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.

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

NEWS AROUND TOWN

June 4
The Island Public Fest featuring canoe, kayak and paddleboard races starts 9 a.m. June 4. The five and a half mile race canoe/kayak and ends at the Reynolds in Downtown Columbus. Registration fee is \$10 and includes a 7:00 a.m. Pottery class. More info on canoe, kayak or paddleboard. For more information, call 646-1111 or visit columbus.gov.

June 9
Savannah of Summer concerts begin and continue every other Thursday during June and July from 7:00 p.m. to the Columbus Riverwalk. For more information, go online to www.columbus.gov.

June 17-18
The Jonescreek Festival starts at 12 a.m. at Sunnyside Park, 25th Street, North. The two-day event features live music and features family activities including chess, board and card games, and various food vendors. Admission is free. For more information, go online at www.jonescreek.org.

BARGAIN LINE

The deadline for submitting ads to meet 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 1460 Flying Training Wing Headquarters building, emailed to shirley@colab.com or faxed to 434-7809. 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, 338-2424.

Miscellaneous

For Sale Tools AC connected home electric fence controller, new or used, \$45. Inver Solower System for up to 15K gallon pool, used for only three months, \$92. For more information, text 435-1573 or email shirley@colab.com.

For Sale EZ Bids Regal three-wheel shift bike, three speed, hand brake, large handle, used very little, \$750. Health rider, two look pedals, walk-out, \$750. Two foam whitetail duck decoys, \$12. Bids high call 312. All items in very good condition. For more information, call 338-5008.



Washer And Dryer In Unit
1 And 2 Bedrooms Available
15% Military Discount
Move In Specials
Fitness Center On Site

632 31st Avenue North • 662-386-4446

Visit us online! www.columbus.af.mil



Holy Communion
at 8:00 & 10:30 a.m.
on Sunday

St. Paul's Episcopal Church
The Rev. Gene Harp
338-6675 • www.stpauls-church.com



RAMADA
www.ramada.com

1200 Highway 45 North - Columbus - 662-327-7077



200/15a in Hamilton Waterfront w/ access to the Tennis Courts. 15 min from CAFB. \$700/month, \$700 deposit. For more info call 662-145-9250.

New Salem Baptist Church
We're openers you!

7085 Wolf Road
2 miles south of Columbus, MS
(662) 356-4940
www.newsaalem.org
Pastor Bro. Mel Hixson

SUNDAY
Worship Service - 8:15 & 10:25 am
Sunday School (all ages) - 9:30 am

WEDNESDAY
Adult Bible Study, Prayers, Bibles & Mission Fin. - 5:30 pm
Necessary available for all services.

YOGIGGLES
Yoga Camp For Kids
(Ages 12 and up)

CAMP DATES:
June 24 - July 27th
(8 weeks)

CAMP DAYS:
Tuesdays and Thursdays

CAMP TIMES:
4-7 p.m. (45 min class)
9-12 p.m. (60 min class)

CAMP PRICING:
Once a week, 70\$ (8 classes)
twice a week, 100\$ (16 classes)

CAMP REGISTRATION:
Call 662-242-1371
Email steve@monkeyfitness.com

CAMP LOCATION:
Steel Monkey CrossFit
454 Wilkins Wise Rd.
Columbus, MS

facebook.com/yogigiggles

Produce Pilots, Advance Airmen, Fuel the Fight

EVENT
(Continued from page 1)

letting them know the services available to them through these 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 Ellis. "It's Heroes at Home guest speaker. I would encourage everyone to go talk to

the AFRC about getting out of communication debts, the night before you buy your first car, or how to invest in your Thrift Savings Plan. Take advantage of the resources that is available for free."

This event was made possible by the AFRC and fully sponsored by the USAA Educational Foundation, 1 SAEMR approved Air Force partner for the provision of financial education.



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

Senior Airman Robert Barnes, 14th OSS
Senior Airman Mitch Shrest, 14th OSS
Staff Sgt. Kathleen Greaves, 14th Mechanical Operations Squadron
Staff Sgt. Stephanie Engler, 14th E-plane Training Wing
Master Sgt. Breanna Wiley, 37th E-plane Training Squadron
Senior Master Sgt. Sam Gutierrez, 14th OSS

Eight of Team BLAZE's enlisted Airmen were promoted during the enlisted promotions ceremony May 31 at the Columbus Club. Promoted during the month of May were: Senior Airman Jilla Frishkorn, 14th Operations Support Squadron; Senior Airman Dajouan Whitley, 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. Messages may be inserted on the Silver Wings website 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.



FREE FIREWORKS SHOW

FRIDAY, JULY 1ST

5:00 - 10:00 P.M.

EAST BANK OF THE STENNIS LOCK & DAM
WILKINS-WISE ROAD, OFF HIGHWAY 45 NORTH

FOOD AND DRINK VENDORS • CHILDREN'S ACTIVITIES • LIVE MUSIC

BRING YOUR LAWN CHAIRS AND BLANKETS
NO PETS OR PERSONAL FIREWORKS PLEASE!

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 stressed, it's a good sign that your blood pressure is increasing. And the more you're stressed, the higher your blood pressure is. 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. In fact, most "discovered" cases originate to show the effects of long-standing high blood pressure. According to NIH, 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 home. TRICARE covers blood pressure screening to prevent or control pre-hypertensive blood pressure detected 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 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 benefits, 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

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

An est. 171K service members currently serving are likely to die early due to tobacco use



WHAT HAPPENS WHEN YOU QUIT SMOKING?

20 min	20 min after quitting, your blood pressure drops
2 hrs - 3 months	Circulation improves & lung function increases
1-9 Months	Coughing and shortness of breath decreases, reducing risk of infection
10 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

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

CONTACT US

FLAGS

(Continued from page 12)

lives. 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 to its fulfillment, Nieder quickly found himself involved when an Army major asked him to volunteer for the 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 ceremony would go on for so long," 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 big event started with Nieder's patriotic stance and drove him to continue the tradition ever since.



U.S. Air Force photo/Staff Sgt. Bryan Payton
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. Przytycki

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 Fahrnbacher, referring to his great-uncle who went missing during World War II. "I always looked for his name whenever I played a memorial."

Fahrnbacher, a solo player in the U.S. Air Forces in Europe Band, grew up hearing stories about his great-uncle Merle Noltinger, who served with the Army Air Force. The band's smaller brass quintet, including Fahrnbacher, 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 Allied liberation and confirm America's continued commitment to a free, prosperous and secure Tunisia.

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

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

Noltinger was born March 18, 1921, in Rural Center, 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. Noltinger had down 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 that he would be returning home soon.

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

news with Noltinger's sister-in-law, Alvena Nollinger, who is 92 years old and resides in Windsor, Illinois.

"My family visited her a lot while I was growing up, and my mother talks to her often," Fahrnbacher said. "She always believed that Merle would return somehow. Not knowing for certain what happened to him was heartbreaking. This will be a very special Memorial Day to her."

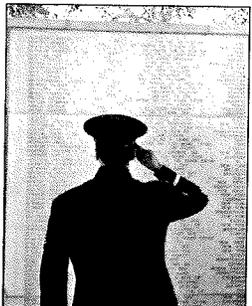
Finding Noltinger's name had an impact on the band members as well.

"It was a very emotional moment for Colby and for all of us in the band," said Staff Sgt. Matthew Kirkpatrick, the music director of the USAFE Band's Five Star Brass quintet. "Having something tangible right there in front of you really serves to memorialize the sacrifices these heroes made so that we may all enjoy the freedoms we celebrate every day."

For Fahrnbacher, honoring fallen military members is a typical part of any Memorial Day ceremony, but learning about his great-uncle created a personal connection.

"This is a Memorial Day I will never forget," Fahrnbacher said. "My great-uncle Merle paid the ultimate sacrifice. He gave his own life for a bigger cause. His memory will stay with me forever."

It was a very emotional moment for Colby and for all of us in the band," said Staff Sgt. Matthew Kirkpatrick, the music director of the USAFE Band's Five Star Brass quintet. "Having something tangible right there in front of you really serves to memorialize the sacrifices these heroes made so that we may all enjoy the freedoms we celebrate every day."



U.S. Air Force photo/Staff Sgt. Matt Kirkpatrick
Senior Airman Colby Fahrnbacher, a U.S. Air Forces in Europe Band member, salutes the name of his great-uncle of the North Africa American Cemetery in Tunisia, May 30, 2016. Fahrnbacher's great-uncle, Tech. Sgt. Merle Noltinger, 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 working study focused on developing capability systems to ensure joint force air superiority in 2030 and beyond.

According to the successful version of the Air Superiority 2030 High Plan, released May 26, the path 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 created via a combination of Air Force and joint force efforts to accomplish mission objectives, and not as an end in and of itself. Providing the capability to do this will require multi-domain systems developed through a more agile acquisition process.

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

ment and justice capabilities together to solve our problems."

The flight plan, put together by an enterprise capability collaboration team composed of Air Force operators, engineers 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 sustain force.

The speed of capability development and scaling will be critical 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 EC2T, an enterprise 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. Alexei Gnykewich, the Air Superiority 2030 EC2T lead. "We have to run a tech cycle — 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 mind-

sets?" The answer, Gnykewich said, is parallel development of emerging technologies for sensors, mission 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 these parallel efforts when they are ready and developing prototypes, experimenting and gaining more knowledge to determine if the developments are what's needed on 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," Gnykewich said. "You can start building and then move toward experimental capabilities as determined to make enough of a difference to 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 a big priority,'" Gnykewich 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 losing an Air Force and a joint force."

The Air Superiority 2030 is the first enterprise capability collaboration team to release its flight plan. The EC2T's extensive, completed and quality 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.

Product Pilots, Advance Airman, Feed the Fight

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/Coalition partners worldwide.

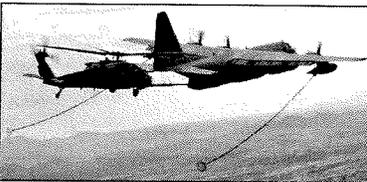
Mission

The mission of the HC-130P/N "King" is to insert/deploy to adverse 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, multi-manifest airdrops, precision, helicopter area air refueling, and forward area rehelicopter missions.

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

Features

Modifications to the HC-130P/N are:



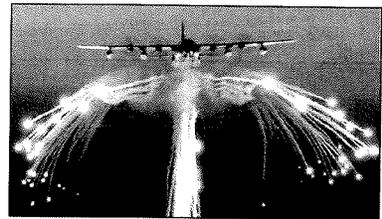
A HH-60G Pave Hawk maneuvers into position to refuel from an HC-130P/N. The HC-130 was modified to conduct search and rescue missions, provide a command and control platform, in-flight refuel helicopters and carry supplemental fuel for extending range and increasing loiter time during search operations.

improved navigation, threat detection and countermeasures systems. The aircraft also has a fully integrated mission management and global positioning systems, and night vision goggles or NVG, considerable interior and exterior lighting. It also has forward-looking infrared, radar and missile warning receivers, chaff and flare dispensers, satellite and link-down communications.

The HC-130 can fly in the day, however, carry regularly 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 humanitarian relief and noncombat operations.

Background

First flown in 1954, the aircraft has served many roles and missions. It was initially 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.



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

They have been deployed to Italy, Kyrgyzstan, Kuwait, Lebanon, San Juan, Antigua, and Turkey in support of operations Southern and Northern Watch, Allied Force, Iraq Freedom and Enduring Freedom. HC-130 also support continuous alert commitments in Alaska and the Horn of Africa.

General Characteristics

- Primary Function: Rescue platform
- Contractor: Lockheed Martin Corp.
- Power Plant: Four Allison T36-A14 turboprop engines
- Thrust: +910 shaft horsepower each engine
- Wingspan: 132 feet, 7 inches (40.4 meters)
- Length: 98 feet, 9 inches (30.0 meters)
- Height: 38 feet, 0 inches (11.7 meters)
- Weight: 53,000 pounds (23,648 kilograms)
- Maximum Takeoff Weight: 155,000 pounds (69,730 kilograms)
- Fuel Capacity: 73,000 pounds (32,724 gallons)
- Payload: 30,000 pounds (13,635 kilograms)
- Speed: 289 miles per hour (464 kilometers per hour) at sea level
- Range: beyond 4,000 miles (6,438 nautical miles)
- Ceiling: 33,000 feet (10,000 meters)
- Armaments: countermeasures/flare chaff
- Crew: Three officers (pilot, copilot, navigator) and four enlisted (flight engineer, airborne communications specialist, own landmaster). Additional crewmembers include a Ground Support team consisting of one combat rescue officer and three pararescuemen.
- Unit Cost: \$77 million (fiscal 2008 replacement cost)
- Initial operating capability: 1956
- Inventories: Active force, 13; ANG, 11; Reserve, 10

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 Armenians, Soldiers, Sailors, Marines and civilians from around the National Capital Region together May 24-26 to raise 675 American flags at the ceremony in honor of Memorial Day.

Since 2001, 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 about the military's story — we're not a



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.



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

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

Team BLAZE honors fallen warriors with retreat ceremony



U.S. Air Force photo/Melissa Dorecki
Team BLAZE Airmen stand in formation and salute during the Memorial Day Retreat Ceremony May 24 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.



U.S. Air Force photo/Chris Smith
LEFT: Master Sgt. Christopher Thompson, 14th Flying Training Wing Chaplain, Assistant speaks to attendees during the Memorial Day Retreat Ceremony May 24 at Columbus Air Force Base, Mississippi. Memorial Day was originally known as Decoration Day in the years following the Civil War and became an official federal holiday in 1971.

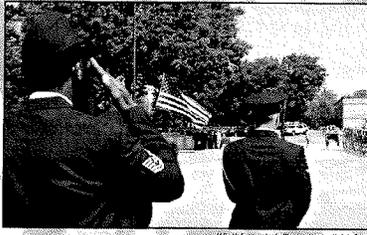


U.S. Air Force photo/Senior Aircraft Repairer

U.S. Air Force photo/Chris Smith
Airmen and civilians gather around Smith Plaza for the Memorial Day Retreat Ceremony May 24 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.



U.S. Air Force photo/Melissa Dorecki
Team BLAZE Honor Guardsmen lower the U.S. flag during the Memorial Day Retreat Ceremony May 24 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.



U.S. Air Force photo/Senior Aircraft Repairer
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 24 at Columbus Air Force Base, Mississippi. On Memorial Day the flag is displayed at half-staff until noon and of full staff from noon to sunset. This unique custom honors the war dead for the morning, and flying veterans for the rest of the day.



U.S. Air Force photo/Melissa Dorecki
Airmen 1st Class Bernard Davis, 14th Flying Training Wing Honor Guardsmen, plays Taps during the Memorial Day Retreat Ceremony May 24 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.