



U.S. Army photo

Airman 1st Class Bryenna Brooks, a medic with the 101st Special Troops Battalion, 101st Sustainment Brigade, deployed from Barksdale Air Force Base stands with Army Spc. Craig Richard Jr., of the 59th Quartermaster Company, 142nd Combat Sustainment Support Battalion, 101st Sustainment Brigade, after Brooks received four awards, including a Purple Heart Medal. Airman Brooks and Specialist Richard were in a vehicle with three other Soldiers of the 59th Quartermaster Company when their vehicle took a rocket-propelled grenade during a resupply convoy mission recently.

Deployed Barksdale medic earns Purple Heart, other medals

By Army Specialist Michael Vanpool

BAGRAM AIR FIELD, Afghanistan — Airman 1st Class Bryenna Brooks of Barksdale, home of Air Force Global Strike Command, was recently awarded the Purple Heart for injuries sustained in the deployed environment.

Along with the Purple Heart, Brooks also received a Combat Medical Badge, an Air Force Combat Action Medal and a Joint Service Commendation Medal, for her actions June 3.

Airman Brooks was on a convoy with the 59th Quartermaster Company, 142nd Combat Sustainment Support Battalion, 101st Sustainment Brigade, during a resupply mission. She was the secondary medic for the convoy.

Suddenly, the mine resistant ambush-protected vehicle Brooks and four soldiers were riding in started taking small arms fire. As the crew prepared for the attack, a rocket-propelled grenade was shot at the MRAP.

The RPG entered the vehicle over Brooks's left shoulder,



injuring her and three Soldiers with shrapnel. After the attack, the crew continued down the

road to the nearest combat outpost as Brooks aided the other wounded servicemembers.

"We were all very lucky to come out with minor injuries," Airman Brooks said.

Air Force Brig. Gen. Darryl Roberson, the commander of the 455th Expeditionary Wing at Bagram Air Field, made a special trip to the 101st Sustainment Brigade headquarters to award Brooks and the 10 other Airmen.

Roberson pinned the 11 Airmen with Joint Service Commendation Medals. He reminded the group the importance of a Purple Heart, and its role as the oldest award in the United States military.

Brooks walked around after with the most medals hanging off her pocket of the group, a sign from her mission the previous week.

"I feel honored to receive it, but mainly I'm very happy we all survived," Airman Brooks said.

Brooks returns to Barksdale and her job in ambulance services on the flightline this month.



Members of the Air Force Global Strike Command A6 team and the 2nd Civil Engineer Squadron team pose for a photo at the Barksdale Fitness Center. The 2 CES came in first and AFGSC/A6 placed second during the competition, which tested their physical endurance, strength and team camaraderie.

Barksdale Amazing Race challenges participants to be physically fit

Article & photos by Senior Airman La'Shanette V. Garrett
2nd Bomb Wing Public Affairs

Barksdale's Fitness Center held its first ever 'Amazing Race' challenge June 16, which is an event that challenged participants in physical fitness.

Five stations, unknown to the participants, were set up with a physical challenge to be completed by each team member. Each team consisted of four members, with a minimal of one male and one female.

The rules were simple no team could leave for the next station until all team members were present and the physical task completed and the only form of transportation allowed was feet.

"I wanted everyone to stay together and motivate one another," said Senior Airman Tiffany Taylor, 2nd Force Support Squadron, fitness specialist and creator of Barksdale's A.R. "No one was to be left behind, start as a team, finish as a team — one team one fight."

For participants of the challenge, the mystery of the locations added to the excitement.

"None of us really knew what to expect, said Staff Sgt. Kimberly Cooper, 2nd Civil Engineer Squadron team captain. "This actually added to the fun of it."

"We didn't practice as a team before hand, but the events were very similar to things we normally do during our physical training sessions, so it wasn't too difficult for us," continued Sergeant Cooper.

Airman Taylor hoped the race would test the team's endurance, strength and camaraderie and she feels that the challenge did just that.

"I wanted to bring something new that was fun and exciting, but at the same time challenging," she said.

The morning ended with the 2 CES walking away with 1st place and Air Force Global Strike Command A6 coming in second.

"It is awesome that our team pulled together and rocked the 'Amazing Race', Sergeant Cooper said. "This was a great group of people to compete with; I would love it if we could team up again to defend our title. I can't wait to see what the fitness center staff comes up with for the next Amazing Race."

The fitness center plans to bring more events and challenges like this to help boost morale, physical fitness and esprit de' corps to Team Barksdale.



Members of Air Force Global Strike Command A6 team run through Barksdale's Historic Housing area during the "Amazing Race" challenge. This was one of many routes taken by different teams as they progressed to the next station.

WHAT'S INSIDE

News



PAGE 4A

Veterans honored during POW/MIA luncheon

News



PAGE 5A

2nd Medical Group Airman takes hobby to new heights

Showtime

FRIDAY
7 p.m.: "Jumping the Broom" (PG-13)
SATURDAY
11 a.m.: "Hoodwinked Too! Hood vs. Evil" (PG)
2 p.m.: "Rio" (G)
7 p.m.: "Priest" (PG-13)

COMMENTARY: Cardio or weights: Which comes first?, 2A

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For more Air Force Global Strike Command news, visit www.afgc.af.mil.

For more 8th Air Force news, visit www.8af.af.mil.

For more Barksdale news, www.barksdale.af.mil.

For more 307th Bomb Wing news, visit www.307bw.af.mil.

Cardio or weights: Which comes first?

By Bill Goins

8th Medical Operations Squadron

KUNSAN AIR BASE, Republic of Korea — One of the most frequently asked questions I get as a fitness professional is, "If I am going to do my cardio and strength training on the same day, which comes first?"

Experts are definitely split on this issue. The majority of fitness experts will advise you to do the cardio after the weight training, because if you do cardio first, it uses up much of the energy source for your anaerobic work (strength training) and fatigues the muscles before their most strenuous activity. This same view holds that strength training first will deplete the muscles' stored carbohydrates

(glycogen or sugar), and therefore, will enhance fat burning during the cardio workout due to the lack of available sugar for fuel.

However, there is no credible, concrete research that proves this, and what it should really come down to are your fitness goals.

For instance, if your primary goal is to increase your aerobic endurance or lose body fat, then you should perform cardio first. If your primary goal is to increase muscular strength, then do strength training first. To get the most out of your workout, perform the exercise that is most important to your goals first, when you are not fatigued.

If your fitness goals include overall improvements, finish your

workout with the type of exercise you enjoy most.

I see a lot of people who have set a goal of losing fat around their belly and they spend an hour on the bench press or doing tons of curls. Why? Because they are good at those and they see the results. The problem is that when they are done with those, they are too fatigued or don't have time to have a quality cardio workout.

The same applies to the folks I talk to who want to firm up their arms, but don't like to lift weights because they don't want to "get big".

Lifting weights does not automatically equal "big," and you won't firm those muscles on the treadmill. Spend 10 minutes at

the beginning of your workout working on your legs, chest, back, shoulders and arms and then go for your stair stepping marathon. You will be shocked at how much more toned you become.

The bottom line is this, it is better for you to have consistency in your exercise than to worry about the two extra calories you might burn from doing weights or cardio first. Analyze your goals and plan your workouts to reach those goals. Before you know it, your bellies will begin flattening out without sacrificing any of your chest or bicep size. Additionally, your triceps will have incredible shape and you will still be able to take the stairs to the top of Mt. Everest.

Improving fitness starts with improving recovery, nutrition

By Capt. Zach Garrett

51st Aerospace Medicine Squadron

OSAN AIR BASE, South Korea — "If you want to be more effective, improve your fitness," said Sir Richard Branson, who was knighted in 1999 and is currently worth more than \$4 billion.

While he is not a member of the military, I think his undeniable success justifies observing his methods. I will be clear and state that I am not advocating for everyone to adopt part-time residency status at the gym.

On the contrary, increasing the amount you exercise is not as critical to improving overall fitness as is proper recovery or nutrition. I think all three are important to overall health, but too often we don't effectively prioritize these key components.

The first step in improving your fitness is improving your recovery. I do not limit this to recovery from working out. The daily grind itself requires a certain amount of recovery,

which is where many individuals fall short.

They do not recover enough to support a couch-potato lifestyle, let alone an active lifestyle. Thus, beginning an exercise program without first establishing solid recovery habits will reduce the gains made from exercise.

There is no way around the physiological need for sleep. The standard recommendation is eight hours per night and applies to virtually everyone. Achieving this does not have to occur in one night but can be a gradual change by going to bed just 10 minutes earlier than the previous night and continuing this trend until a more optimal sleep pattern is established.

One caveat is that your day-to-day energy levels and alertness will lag behind your sleep habits by about seven to 10 days. So you will have to achieve seven to 10 consecutive days of adequate sleep before you can expect to see the difference.

Following sleep, the next step in improving

fitness is nutrition. Most of us will consume sustenance two to four times per day, but will not have a strong recollection of what we ate, let alone the exact caloric and macronutrient content of what we ate.

This is fine if your meal choices are vegetables and lean sources of protein 75 percent of the time. However, if this isn't you, then you may need to evaluate your "tracking system." This isn't just for weight loss, because it's possible to be "thin" but be as unhealthy as any obese or overweight individual.

Back to what Sir Branson said, there is no better confidence booster than mastering your own body. On top of the physical changes that occur with fitness improvement, the desire to continue to improve usually persists.

So, while taking care of ourselves is something that can be difficult to prioritize above our other endeavors, it's often that self care that can enable us to achieve more in the long run.



A home in the Capehart housing area is torn down by local contractors on the East Reservation on June 20. The homes in the Capehart community have been replaced by the 561 new homes in the Liberty Heights and Heritage Heights housing areas.

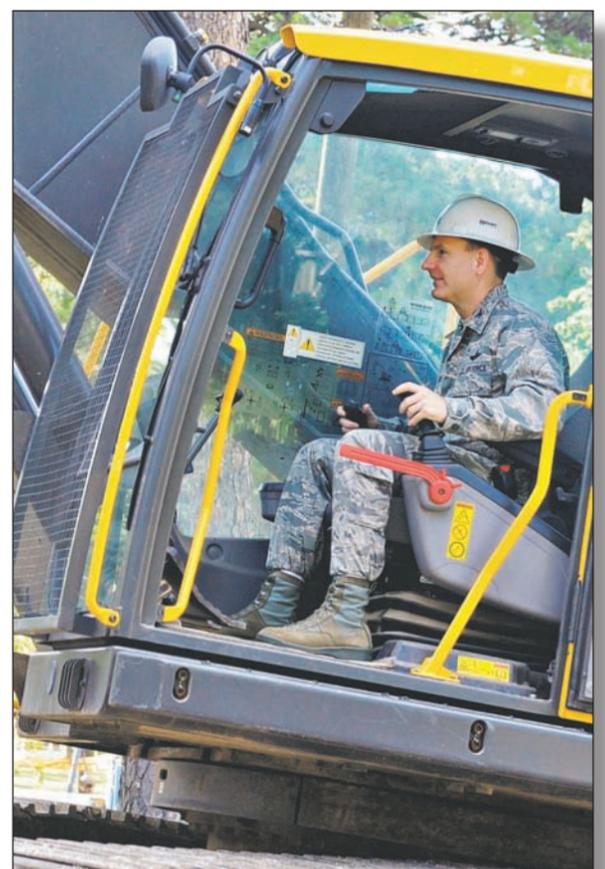
Capehart housing demolition under way

U.S. Air Force photos by Senior Airman Joanna M. Kresge



Col. Tim Fay (far left), 2nd Bomb Wing commander, and Col. Scott Hoover (far right), 2nd Mission Support Group commander, discuss bulldozer operation with local contractors prior to demolishing the first house in the Capehart housing area on the East Reservation. The homes in the Capehart community are being demolished and the area returned to nature. Colonel Fay was invited to help demolish the first of the homes, the rest will be torn down over the next few months.

RIGHT: Col. Tim Fay, 2nd Bomb Wing commander, demolishes a home in the Capehart housing area. The homes in the Capehart community are being demolished and the area returned to nature. Colonel Fay was invited to help demolish the first of the homes, the rest will be torn down over the next few months.



AFGSC pushes safety into high gear

By Crystal Jordan
Air Force Global Strike Command Public Affairs

The vice commander of Air Force Global Strike Command geared up with nearly 50 others here recently for a motorcycle safety ride.

Rumbling through a 40-mile out-and-back route, the ride took in some Barksdale area roads on a bright, sunny day, reminding Airmen to have a plan, wear the right gear for the

conditions and don protective equipment every ride. Brig. Gen. Everett Thomas took a moment to talk about the command's Airmen, who he called the Air Force's "most valuable asset."

"One loss to preventable accidents is one too many," the general said.

"The ride gave the Airmen in this command the opportunity to build camaraderie among riders and promote safe riding habits

in a fun and relaxing environment," said Staff Sgt. Jermain Smith, the non-commissioned officer in charge of chapel resources at 2nd Bomb Wing who attended and participated in the ride.

Safety is a culture, said Tech. Sgt. Mary Circe, the non-commissioned officer in charge of ground safety at Air Force Global Strike Command. "With everything we do, there is inherent risk, and we need

to ensure our Airmen are getting the message."

Sergeant Circe has been teaching Airmen about motorcycle safety since 2002.

"There is no number-one, bottom-line protective measure that will keep you safe on a motorcycle, but a certain combination of safety measures — including wingmen, family, training, awareness briefings, and protective gear — will."

"We have lost far too many Airmen," Sergeant Circe said. "I'm here to reach them and to try to save lives."

A Military Sport Bike Riders' course is now required by Global Strike Command Safety Office for all motorcycle riders. Additionally, an in-depth briefing was given at the June 15 commander's call on how to ride safely this summer.

Motorcycle fatalities are

one of the leading causes of death within the United States Air Force, according to officials. Since 2005, the Air Force has lost 47 Airmen in motorcycle mishaps. The service's motorcycle fatalities are up more than 150 percent this year compared to 2010.

For more information on Air Force Global Strike Command, visit us on Facebook at www.facebook.com/airforceglobalstrikecommand.



Class 10-04 of the Formal Training Unit pose for a class photo after graduation ceremonies in Hoban Hall on June 4. Graduates of the 93rd Bomb Squadron's FTU covered several aspects of B-52 Stratofortress operations during their training. The FTU is in charge of training Airmen to fly the B-52. To accomplish the task of forging new aviators into combat-ready B-52 crewmembers, it takes the work of both AF reserve and active duty members. The graduates from Class 10-04 will now report for duty to squadrons throughout the B-52 community.

93 BS FTU graduates Class 10-04

U.S. Air Force photos by Tech. Sgt. Jeff Walston

Lt. Col. David Leedom, 93 BS commander, presents the Lindell Mabus Leadership Award to 1st Lt. Kim Brown during the graduation ceremony for Formal Training Unit Class 10-04 in Hoban Hall. The award is named after Lt. Col. Lindell Mabus, who was the first 93rd Bomb Squadron commander when the squadron was reactivated in 1993. The award is given to the student in each class whose classmates voted the most helpful to their class overall.



Texas-style re-enlistment



Special to Warrior

Lt. Col. Davis Maulding, 2nd Comptroller Squadron commander, re-enlists Tech. Sgt. Leslie Wagner, 2 CPTS, while on horseback at Sergeant Wagner's farm in DeBerry, Texas, on June 10. Sergeant Wagner is a country girl at heart and could think of no better way to make the occasion a more memorable one.

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Bioenvironmental engineers protect health of Airmen



Airman 1st Class Alycia Provenzo, 2nd Aerospace Medicine Squadron bioenvironmental engineering technician, records the readings on a heat-stress monitor. Bioenvironmental engineers are responsible for documenting and reporting heat-stress categories for Barksdale as well as the occupational and industrial health of all Airmen and buildings.

Article & photos by Senior Airman Allison M. Boehm
2nd Bomb Wing Public Affairs

Ask an Airman what they know about bioenvironmental engineering and the answer is simple — gas mask fit tests.

The statement is true, bioenvironmental engineering performs 1,453 gas mask fit tests for Barksdale each year. That's more than 100 fit tests per month—an important test as gas masks are the first line of defense against chemical and biological warfare agents, but it will only work if it is properly fitted.

Although they are well known for this essential test that is not all they do.

Yes, gas mask fit testing is an important component to their job, but Airmen of Bioenvironmental are also responsible for the occupational and industrial health of all Airmen and buildings on Barksdale —

that's nearly 20,000 personnel and 106 shops.

On top of that, these Airmen are also responsible for heat-stress-monitoring, respirator fit testing and water sampling for the entire base — busy is an understatement.

“We practice preventative medicine along with environmental and occupational health to be able to protect Barksdale Airmen from an array of potential work-associated dangers,” said Airman 1st Class Alycia Provenzo, 2nd Aerospace Medicine Squadron bioenvironmental engineering technician. “This job keeps us very busy, but by doing so, we magnify the Air Force mission effectiveness through our fact-based health risk management. By doing our job, Barksdale’s operational effectiveness is increased as we protect people in the workplace and community.”



Staff Sgt. Marie Miller, a reserve bioenvironmental engineer, monitors air samples while performing radiation monitoring.

These Airmen work more than 45 hours each week to ensure all Barksdale inhabitants are staying healthy. Their preciseness with collected sampling examinations and documentation of risks allow Team Barksdale to continue the mission with minimal risk.

“Without us, workers would have no idea of the contaminants associat-

ed with their work areas,” said Staff Sgt. Ashley Stewart, bioenvironmental respiratory protection program manager. “We are able to help protect the health of Airmen and keep them healthy.”

Air and noise samplings, contaminant examinations, investigations and surveys are all in a day’s work for bioenvironmental engineers.

Barksdale’s POW/MIA Purple Heart Luncheon

U.S. Air Force photos by Airman 1st Class Micaiah Anthony

Airmen from the Barksdale Honor Guard invert glasses during the Missing in Action ceremony during the Prisoner of War/Missing in Action Purple Heart Luncheon. The luncheon was held to honor all POWs and MIA Soldiers, Sailors, Airmen and Marines.



Veterans pass through a saber cordon during the Prisoner of War/Missing in Action Parade of Heroes on June 17. The veterans were greeted by Lt. Gen. Jim Kowalski, Air Force Global Strike Command commander; Brig. Gen. Stephen Wilson, 8th Air Force commander; Brig. Gen. John Mooney III, 307th Bomb Wing commander; Col. Tim Fay, 2nd Bomb Wing commander; and Lorenz Walker, Bossier City mayor, as they walked through the cordon.



A veteran places his hat over his heart during the invocation of the Prisoner of War/Missing in Action Purple Heart Luncheon.



Placards rest on chairs next to red roses during the Prisoner of War/Missing in Action Purple Heart Luncheon. The placards were placed to remember and honor the military members from Louisiana who are MIA.

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Cycling for a purpose

Article & photos by Senior Airman Kristin High
2nd Bomb Wing Public Affairs

It's 4:45 a.m., there's no chirping outside the window, the birds aren't even awake yet. A 2nd Medical Support Squadron Laboratory Technician slips out of bed quietly as his wife and four children sleep. His work day doesn't start until 7:30 a.m., but he utilizes his time to relax and prepare to get there.

By 6:30 a.m. and the sun's rays are peeking over the horizon, Staff Sgt. Terrance Raybon stretches, grabs his gear and heads to work — but his two-wheeled transportation won't provide a revved engine and a quick ride to work. It isn't a motorcycle, his ride is a bicycle.

The sun has risen and Sergeant Raybon begins cycling to work on Range Road. Cars begin to pass him and the humidity increases. Sweat drips off his brow, but he presses on knowing that his sacrifice is valuable to his family. With each push of his pedal he perspires more in the sweltering Louisiana summer heat as he makes his 10-mile trek to work each morning.

Such a morning might sound crazy to some, but to Sergeant Raybon, it's worth it.

"We only have one car and I have no desire to take a loan out or get another car because we're working on the 'get out of debt' plan," Sergeant Raybon said on how he began cycling.

His wife, Valerie Raybon, agrees.

"When we had a car payment it was \$279 a month. We budget \$280 a month in gas, and our insurance is about \$100. If we had a second car, it would cost us \$659 a month. His bike cost maybe \$20-\$30 a month, but only if he blows out a tire or two. The cost is very minimal."

Not only is his hobby saving his family hundreds of dollars a month, it has also provided another benefit — keeping him physically fit for his career.

"I'm definitely more fit," Sergeant Raybon said. "I've lost about 2 inches off of my waist and have a lot more energy. I've cut down my Fitness Assessment run time by at least a minute since I began cycling."

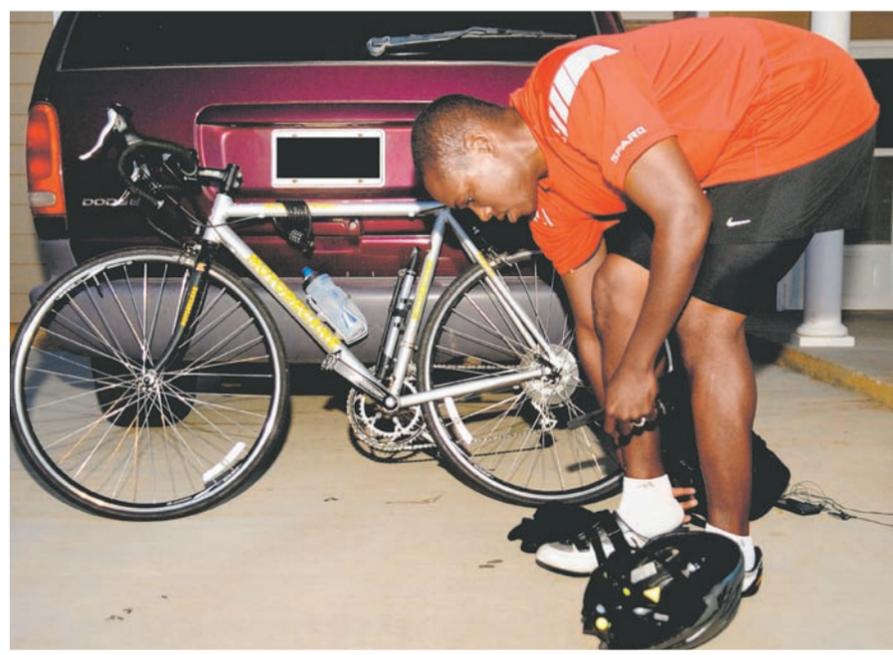
The drive from housing on the East side where

the Raybons reside, to the clinic where Sergeant Raybon works, takes approximately 20 minutes. When he cycles, he can make it in about 30 minutes, so Sergeant Raybon chooses to cycle more than 20 miles every day and it only takes a few extra minutes.

A hobby that started out as a mode to lighten a financial burden has now turned into an enjoyable activity for Sergeant Raybon.

"I think what he's doing is great! He loves biking and is happy to ride to and from work every day," said Mrs. Raybon. "It also helps him get in his exercise without taking away time from the family. I am very grateful for the sacrifice he makes. I want to stay home with the kids and if we had a second car, I wouldn't be able to do so. He is very selfless and always puts us first. I know our children are very influenced by his example. He makes a lot of sacrifices for us and they see that."

"As time goes on cycling has just become pure enjoyment. I just get out there and ride. I have a good time," Sergeant Raybon says.



Staff Sgt. Terrance Raybon, 2nd Medical Support Squadron, puts on his cleats outside his residence before bicycling to work. Sergeant Raybon chose to cycle to work so his family would be able to eliminate debt.



Staff Sgt. Terrance Raybon, 2nd Medical Support Squadron, stretches after finishing a 10-mile bicycle ride to work. Stretching before and after working out helps reduce injury and improves performance.



Staff Sgt. Terrance Raybon, 2nd Medical Support Squadron, bicycles down Range Road on his way to work on Barksdale. Sergeant Raybon, who works at the base clinic, chose to cycle to work so his family would be able to eliminate debt.



Cars pass Staff Sgt. Terrance Raybon, 2nd Medical Support Squadron, as he bicycles to work.



Sergeant Raybon grabs a glove before collecting an Airman's blood at the clinic on Barksdale. Blood tests are used to determine physiological and biochemical states, such as disease, mineral content, drug effectiveness and organ function.

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DEPARTMENT OF THE AIR FORCE
2D AEROSPACE MEDICINE SQUADRON (AFGSC)
BARKSDALE AIR FORCE BASE, LOUISIANA

18 May 2011

2010 Water Quality Report
Public Water Supply ID: LA1015022

The U.S. Environmental Protection Agency (EPA) requires that drinking water suppliers throughout the country provide a water quality report to their customers on an annual basis. This is Barksdale AFB's water quality report for calendar year 2010. If you have questions about the report or need more information, please contact Bioenvironmental Engineering at (318) 456-6730.

Barksdale AFB purchases water from the Shreveport Water System (LA1017031). Shreveport gets their water from the Cross Lake Watershed (area which is drained by streams flowing to the lake) which consists of about 260 square miles of land, roughly 2/3 of which is located in Caddo Parish and 1/3 of which is located in Harrison County, Texas. Most of the watershed is undeveloped timberland, but a significant portion is urban or suburban land, within the city limits. During dry periods, Cross Lake is supplemented with water pumped from Twelve Mile Bayou.

A Source Water Assessment Plan (SWAP) is now available from our office. This plan is an assessment of a delineated area around our listed sources through which contaminants, if present, could migrate and reach our source water. It also includes an inventory of potential sources of contamination within the delineated area, and a determination of the water supply's susceptibility to contamination by the identified potential sources. According to the SWAP our water system had a susceptibility rating of 'LOW'. If you would like to review the SWAP, please contact our office at (318) 456-6730.

HEALTH INFORMATION

The EPA mandates that all public water systems include language substantially similar to the following in their water quality reports:

- The sources of drinking water (both tap and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.
- Contaminants that can be expected in untreated source water include *microbial contaminants*, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife; *inorganic contaminants*, such as salts and metals, which can be naturally-occurring or result from urban storm water runoff, industrial, or domestic wastewater discharges, oil and gas production, mining, or farming; *pesticides and herbicides*, which may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses; *organic chemicals* including synthetic and volatile organic chemicals from industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff, and septic systems; and *radioactive contaminants*, which can be naturally-occurring or be the result of oil and gas production and mining activities.
- To ensure that tap water is safe to drink, the EPA prescribes limits on the amount of certain contaminants in water provided by public water systems. Federal Food and Drug Administration regulations establish limits for contaminants in bottled 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).
- Some people may be more vulnerable to contaminants in drinking water than is the general population. Immuno-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/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium are available from the Safe Drinking Water Hotline (800-426-4791).

DEFINITIONS FOR TABLES:

Action Level (AL): the concentration of a contaminant that, if exceeded, triggers treatment or other requirements that a water system must follow.

Maximum Contaminant Level (MCL): The highest level of a contaminant that is allowed in drinking water. MCL's are set as close to the MCLG's as feasible using the best available treatment technology.

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

Maximum Residual Disinfectant Level (MRDL): 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.

Maximum Residual Disinfectant Level Goal (MRDLG): The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLG's do not reflect the benefits of the use of disinfectants to control microbial contaminants.

Nephelometric Turbidity Unit (NTU): Nephelometric Turbidity Unit is a measure of the clarity of water. Turbidity in excess of 5 NTU is just noticeable to the average person.

Parts per million (ppm) or Milligrams per liter (mg/L): One part per million corresponds to a single penny in \$10,000.

Parts per billion (ppb) or Micrograms per liter (ug/L): One part per billion corresponds to a single penny in \$10,000,000.

Picoocuries per liter (pCi/L): Is a measure of radioactivity in water.

Treatment Technique (TT): A required process intended to reduce the level of a contaminant in drinking water.

Non-Detects (ND): Laboratory analysis indicates that the constituent is not present.

2010 DETECTED SUBSTANCES¹

Substance	Unit	MCL	MCLG	Highest Level Detected	Range	Major Source	Violation
TTHMs (Total Trihalomethanes)	ppb	80*	0	42.3**	28.3 - 75.7	By-product of water disinfection	NONE
HHA-5 (Haloacetic Acids)	ppb	60*	0	29.2**	13.6 - 42.7	By-product of water disinfection	NONE
Total Coliform Bacteria	--	Note ²	0	2 positives in September 2010	----	Naturally present in the environment	YES
Lead ³	ppb	AL = 15	0	90% value = 0.001	None > AL	Corrosion of household plumbing	NONE
Copper ³	ppb	AL = 1.3	0	90% value = 0.0	None > AL	Corrosion of household plumbing	NONE
Radionuclides				NONE DETECTED			

* Compliance is based upon a running annual Average Highest running annual average
 1 Tests were run on numerous substances. Only the listed substances were detected at any level.
 2 For systems like Barksdale AFB, that collect <40 samples per month, no more than 1 positive monthly sample is considered the MCL.
 3 Analyses are conducted every three years. The state allows us to monitor for some contaminants less than once per year because the concentrations of these contaminants do not change frequently. Sampling for lead and copper was last performed in August 2009.

In September 2010, the system tested positive for total coliform bacteria during two separate sampling events. Coliforms are naturally present in the environment and are used as an indicator that other, potentially-harmful, bacteria may be present. Coliforms were found in more samples than allowed and this was a warning of potential problems. No harmful bacteria were found during these events and the subsequent re-samples. If more than one event exhibits coliform bacteria in a single month, an MCL violation has occurred.

The above violation was communicated to affected personnel in the form of a hand-delivered letter dated 8 October 2010, and shared with the regulatory authorities (Louisiana Department of Health and Hospitals).

We at the Barksdale AFB Bioenvironmental Engineering Office, along with Civil Engineering and BLB Family Housing LLC, are proud of the opportunity to provide clean drinking water to you. We work around the clock to provide top quality drinking water to every tap. We ask that all our customers help us protect and conserve our water sources. If you should have any questions regarding your drinking water, please contact the Bioenvironmental Office at (318) 456-6730. Thank you.

RANDOLPH R. SMITH, Lt Col, USAF, BSC
Bioenvironmental Engineering Flight Commander

Defense Science Board report made available to public

From Air Force Global Strike Command Public Affairs

Originally released and posted in April 2011, the Defense Science Board's unclassified report of its independent assessment on nuclear weapons surety concludes that the Air Force's efforts to reinvigorate the nuclear enterprise have been largely effective. In addition to acknowledging improvements, the report also recommends several proposals to continue to strengthen the nuclear enterprise.

Those recommendations include the recently announced Air Force plans to try to streamline inspections on units and the plans to transition munitions squadrons from Air Force Materiel Command to Air Force Global Strike Command.

The Defense Science

Board report recognizes what it calls extraordinary measures implemented by Air Force leaders, which are re-establishing professionalism within the nuclear enterprise.

In the report, the chairman of the Permanent Task Force for Nuclear Weapons Surety, retired Gen. Larry D. Welch, noted that while the Air Force is on track, several recommendations would serve to consolidate the gains within the restructured nuclear enterprise and assure professionalism and expertise into the future.

General Welch is a former Air Force Chief of Staff and served also as Commander in Chief, Strategic Air Command.

The released report can be found at www.acq.osd.mil/dsb/reports/NWS_2010.pdf.

2 SFS on the job



Senior Airman La'Shanette V. Garrett/U.S. Air Force Staff Sgt. Jeremy Davies, 2nd Security Forces Squadron, reads the oath signature statement from an accident form with an Airman at the 2nd Logistics Readiness Squadron. The Airman was an eyewitness to an accident.

TWO LOCAL BOYS



MAKING A DIFFERENCE

Pat Holden and Charles Gibson, owners of a computer repair shop located on Youree Drive in Shreveport, credit their success to great customer service, and a \$90 flat fee (excluding the cost for parts) to fix any computer problem.

Holden, a former restaurant and nightclub owner, has over 20 years of customer service experience. Gibson, who specializes in computer forensics, has been in the industry since 1996. Both say their backgrounds have let them create a customer base that has increased through the use of Facebook and word-of-mouth advertising. \$90 price tag for services hasn't hurt business either.

"People have been getting ripped off for too long," Holden said. "We go beyond just fixing a problem. Every system that comes here gets a full tune-up. It's a standard service we never deviate from."

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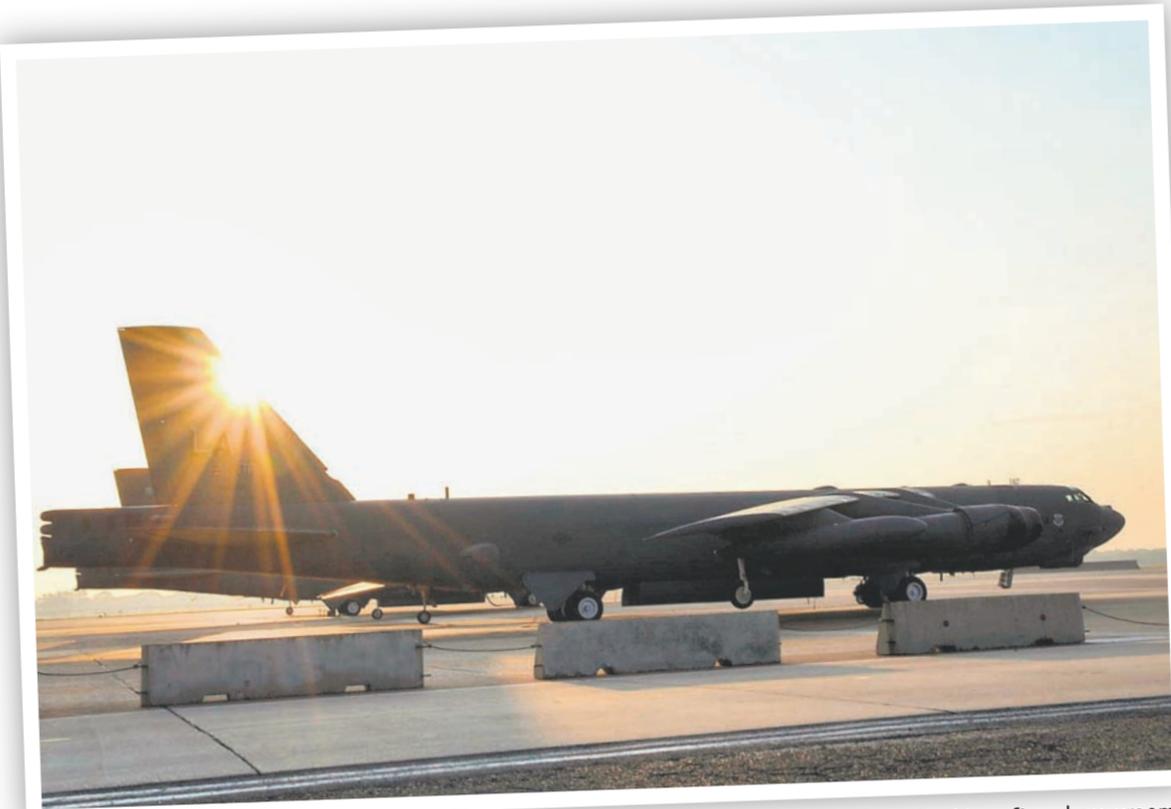
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The sun rises behind the tail of a of B-52 Stratofortress parked on the ramp at Barksdale. Aircraft and crewmembers from the 20th Bomb Squadron will be deploying to Andersen Air Force Base, Guam, in August.

B-52 crews rise with the sun

U.S. Air Force photos by 2nd Lt. Tori Lalich



The sun rises over a pair of B-52 Stratofortresses parked on the ramp on Barksdale. The bombers were being readied for the days flying activities.

Briefly

Job fair

The Airman & Family Readiness Center, along with the Bossier City Chamber of Commerce, will be hosting a job fair from 1 to 4 p.m. July 14 at the Stripes Lounge. The event is open to all military spouses and dependents. Bring plenty of resumes and dress to impress. For more information, call (318) 456-8400.

BESG membership drive

The Barksdale Enlisted Spouse Group is hold its summer membership drive. Prospective members who are interested in being a part of this organization and join through July 31 will pay only \$15 membership fee. You cannot have been a prior member of the organization to get this deal. Membership is open to spouses of active duty enlisted members of all military branches, spouses of Air Force Reservist, spouses of retired enlisted, and civilians GS-8 and below. To obtain a membership form, contact Kate Pease at besgmembership@hotmail.com (318) 525-6680.

Leave-In-Conjunction with official travel

When military and DoD civilian personnel are taking leave in conjunction with official TDY travel, and the desired travel routing deviates from normal routing for official travel, travelers should obtain a LICWO travel memo

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Briefly

Continued from Page 7A

from the Traffic Management Office, Passenger Movement section. The letter allows travelers to self-procure one-way or roundtrip tickets, whichever benefits the member when approved in advance. The memo will identify government costs limits for the official portion of the trip, and precludes problems with the traveler obtaining proper reimbursement. Travelers should also be advised the use of government contract fares are strictly prohibited for use to and from leave locations in accordance with AFI24-101, Passenger Movement. These fares are offered by the airline industry for official travel purposes only, not for unfunded leave travel. For more information contact the TMO, Passenger Movement section at (318) 456-4901.

Summer pet embargo

The summer pet embargo runs May through September. If the temperature reaches 85 degrees or

higher on the tarmac at the departure location or any en route location the servicing airline will not accept the pet for shipment. The embargo does not apply to pets traveling in cabin, only for those pets being checked-in as cargo. Air Mobility Command flights (Rotator) do not participate in the summer pet embargo program. For questions please contact the TMO, Passenger Movement section at (318) 456-4901.

FTAC NCOIC

The First Term Airmen Center is looking for a highly motivated technical sergeant to become the NCO-in-charge at the Barksdale Professional Development Center. The position is a special-duty assignment with a reporting identifier of 9F000. This is a two-year controlled tour. No extensions beyond two years will be granted. The selected individual would need to be in place by Aug. 1. Staff sergeant packages will also be considered. Information on requirements can

be found at <https://afkm.wpafb.af.mil/TeamBarksdaleCAA> in the "documents" section, folder "FTAC Hire." For more information, contact Master Sgt. Kimberly Owens at (318) 458-4700 or e-mail at Kimberly.owens@barksdale.af.mil.

Software on government computers

All software purchases, questions and installation requests should be channeled through your respective Unit Software License Manager. If you are unaware of who your USLM is, a complete listing can be found at <https://barksdale.eis.af.mil/2%20BW/2msg/2cs/sco/scoo/Lists/USLM%20Appointments%20List/Standard.aspx>. Your USLM will work with 2CS to ensure all software is properly licensed and installed. If your USLM cannot answer questions, contact Base Software License Manager Staff Sgt. Benjamin Arceaux at (318) 456-6196.

8th Air Force golf tourney

Headquarters 8th Air Force will be hosting a shotgun start golf tournament today at 1 p.m. to say farewell to 8th AF Commander Maj. Gen. Floyd Carpenter and to welcome the new commander, Brig. Gen. Steve Wilson. All proceeds will go toward the 8th AF holiday party. Prices are: E1-E4, \$31; E5-E7, \$34; GS1-GS7, \$34; E8 and up (to include all officers), \$38; guests, \$45. All prices include green fees and carts. There will be awards for first, second, third and last place, as well as door prizes, a longest-drive contest and a closest-to-the-pin contest. Strings, mulligans and a 50/50 drawing will be available at an additional cost. For more information, contact Tech. Sgt. David Patch at (318) 529-1157, (318) 401-0050 or david.patch@barksdale.af.mil.

Traffic sign change

Effective now, the stop sign will be changed to a yield sign to improve traffic flow at the intersec-

tion of Davis Avenue and Barksdale Boulevard West. Be aware the traffic traveling westbound on Barksdale Boulevard West still has the right of way. Proceed with caution.

Military Ball photos

There was a minor delay with the photo orders from the Military Ball of the Ark-La-Tex. The photo lab was affected by the tornados in the South. Photos were shipped to customers last Friday. The large group photos are still being worked on.

Airman's Attic hours

The Airman's Attic will now be open on the first and third Monday of each month from 6 to 7 p.m. This is to try to give those active duty members who are on shifts an opportunity to utilize the Attic since they are not able to get there during normal hours. Therefore, during these special hours dependents will only be allowed if they are accompanied by active duty member.

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Superintendent Of Schools

MINIMUM REQUIREMENTS:
Completed certification for superintendent

COMPENSATION:
Range - \$120,000 + negotiable.

TERM OF CONTRACT:
Two years starting August 2011

APPLICATION PERIOD:
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APPLICATIONS AVAILABLE AT:
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MUST BE DIRECTED TO:
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P.O. Box 1224
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As a door-to-door sales representative, you'll be given a unique special promotional offer that will make it easy to sell our products. We'll supply all the materials you'll need. Plus, we'll work closely with you to insure that your sales receive the best in installation appointment times and customer support.

Positions are filling fast! To take advantage of this exciting summer sales earning opportunity, please submit your resume to: hr@cmacorporate.com or via fax (972) 788-2132.

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REAL ESTATE

ZONE 8

FSBO: REDUCED! 4 Bdrm House in Savannah Place + Bonus Room upstairs, 2304 SF, Fireplace, Jacuzzi, 2 Walk-In Closets, 10 min to BAFB \$249,900 Call 742-5422

FSBO: Savannah Place, 4 Bdrm house, bonus room, 2304 SF, Jacuzzi, Fireplace, 2 Walk-In Closets, 10 mins. to BAFB, \$254,900. Call 742-5422

Home for Sale: 1614 Cline St. 3-BR, 2-BA, kitchen w/ new stainless steel appliances & backsplash. Completely remodeled, Huge back yard with covered patio. Asking \$119,500. Call 318-742-3934

RENTALS

COMMERCIAL PROPERTY

Fenced Warehouse
50,000 sq.ft excellent for Oilfield services, easy access off I-20. 318-707-1964

HOMES FOR RENT

✓ Shady Grove:
3BR, 1BA, 912sq. ft., Fenced backyard, storage shed, \$800/mo. 318-230-6331

WHEELS

AUTO ACCESSORIES

3.8L V6 Chrysler engine block, brand new, includes gaskets and plug wires. Part #68036638AA \$750 OBO. Call 318-349-6663.

Topper for Dodge Dakota Truck. Ladder rack, side/rear windows open. Like new; paid \$700, asking \$350. Call Chuck @ (571) 235-3121.

JEEP

Black 05 Jeep Wrangler Unlimited. 64,000 miles! A/C, Cruise Control, New Soft Top and Tires, CD Player, Automatic, 4X4. Asking for \$16,000 OBO. MUST SEE! Call or Text 251-680-9984/ wtower777@hotmail.com

MERCURY

1984 Mercury Cougar, V6, power windows, and locks, cold air runs good. MUST SALE. \$1400 obo. Call 752-4931

RECREATIONAL

2008 STARCRAFT 21' POPUP, A/C, Shower/Toilet, Awning, Detachable Gas Grill, Gas Stove, Water Hookup. Great Condition. \$6500 OBO. (701) 340-9133.

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Electrical & Instrumentation Technician
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- HS Diploma or GED required.
- 3 - 7 years related industrial technician experience with plant electrical knowledge (up to 13.8 KV) and experience in installation according to code.
- A thorough understanding of process instrumentation, transmitters (smart & otherwise), PLC's, Drives, and electronic equipment is required.
- Experience with Continuous Emissions Monitoring (CEMs) and DCS is a plus.

Salary: \$24.48 - \$30.60/hr.

Chemist
Performs lab analyses, and maintains accurate records of all analytical activities. Maintains all Red River Plant analytical equipment and is responsible for maintaining the cleanliness and safety of the Red River Plant QC Lab. Provides analytical support to plant personnel in a timely manner.

- BS Chemistry or equivalent science degree.
- 3 - 5 years experience in a laboratory or equivalent educational training.
- Experience with analytical instrumentation.

Salary: \$45,000/yr - + DOE

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Click on 'Find a Job'; 'Job Search by Employer'; Enter 'RREP'; Select Job Title; Apply and Take Assessment.

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CALENDAR OF EVENTS

fri.24

TRACY LAWRENCE
When: 8 p.m. DiamondJacks Casino Resort, 711 DiamondJacks Blvd., Bossier City.
Admission: \$20-\$30.
Info: (318) 678-7695 or www.diamondjacks.com.

sat.25

GENTLEMEN'S COOKING CLASSIC
When: 6-9 p.m. Harrah's Louisiana Downs, 8000 E. Texas St., Bossier City.
Featuring: competition honoring Orlando Chapman, owner of Brother's Seafood; Matthew Linn, owner of Columbia Cafe; and Gayland Johnson, executive chef for Ralph & Kacoo's.

Admission: \$10-\$25.
Info: (318) 670-6681.

20TH ANNUAL 'GET HOOKED ON FISHING DAY'

When: 8 a.m.-12:30 p.m. Earl G. Williamson Park, 430 Highway 1, Oil City.
Featuring: Highlights include educational booths on casting, boating safety, fish identification, fishing contest, environmental education, pier fishing and more. Lunch will be provided free of charge and concessions will be available.
Admission: free.
Info: (318) 929-2806 or (318) 995-7139.

sun.26

THE PERRYS IN CONCERT
When: 6 p.m. Central Assembly

of God, 700 Highway 80, Bossier City.
Admission: free.
Info: (318) 949-0010.

july sun.01

AIR SUPPLY
When: 8 p.m. Horseshoe Casino & Hotel, 711 Horseshoe Blvd., Bossier City.
Featuring: Air Supply.
Admission: \$35-\$45.
Info: (888) 512-7469 or www.riverdome.com.

MOVIES & MOONBEAMS
When: 8:30 p.m. Riverview Park, Clyde Fant Memorial Parkway, Shreveport.
Featuring: outdoor screening of

"Grease."
Admission: free.
Info: 673-7892 or www.mySPAR.org.

SHREVEPORT-BOSSIER CAPTAINS VS. AMARILLO SOX

When: 7:05 p.m. July 1-2. Fair Grounds Field, 2901 Perishing Blvd., Shreveport.
Featuring: a minor league baseball game.
Admission: \$5.
Info: (318) 636-5555 or captains@sbcaptains.com.

COUNTRY & WESTERN DANCE

When: 5:30-9 p.m. Southern Hills Recreation Center, 1002 Bert Kouns Industrial Loop, Shreveport.
Featuring: music will be provided by Sandy's Dance Center and Cajun Footworks Dancers & The Sterling Steppers.
Admission: free.

Info: (318) 213-0432.

sat.02

'REMEMBER IN SHREVEPORT WHEN' THE EXHIBIT

When: 9 a.m.-4 p.m. Louisiana State Exhibit Museum, 3015 Greenwood Road, Shreveport.
Featuring: an exhibit that will celebrate memories of Shreveport.
Admission: free.
Info: (318) 632-2020.

sun.03

MERLE HAGGARD IN CONCERT

When: 8 p.m. Horseshoe Casino & Hotel, 711 Horseshoe Blvd., Bossier City.
Admission: \$75-\$85.
Info: (888) 512-7469.

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