

Port Dawgs swim with a ...

DOLPHIN

PAGES 12-13

None hurt in gear-up landing

60th Air Mobility Wing Public Affairs

A C-5M Super Galaxy landed with its nose gear up at approximately 7:45 p.m. upon returning from a contingency mission Jan. 31 at Travis Air Force Base, California.

Eleven aircrew assigned to the 349th Air Mobility Wing were on board and no injuries were reported.

Emergency responders arrived on-scene immediately to assist and secure the area.

The cause of the incident is under investigation. Travis AFB still has an operable runway.

The C-5M is a strategic transport aircraft and is the largest in the Air Force inventory, with a wingspan of more than 222 feet and a length of 247 feet.

More information with be released as it becomes available.



U.S. Air Force Senior Airman Matthew Malich, 60th Aircraft Maintenance Squadron aerospace propulsion journeyman, inspects a C-5M Super Galaxy Jan. 28 at Travis Air Force Base, Calif.

MOC essential to mission success

Tech. Sgt. James Hodgman
60TH AIR MOBILITY WING PUBLIC AFFAIRS

Since the Air Force's inception in 1947, its aircraft have delivered in one way or another.

Mobility planes have delivered munitions to support combat operations, supplies to aid natural disaster victims and in 2018, assistance to Tyndall Air Force Base, Florida, after Hurricane Michael ravaged the base.

At Travis AFB, California, home to the largest air mobility wing in the U.S. Air Force, knowing what aircraft can support a specific mission is the responsibility of the 60th Maintenance Group's Maintenance Operations Center.

The center coordinates all maintenance actions for Travis aircraft, as well as transient aircraft that stop at the base. The center, which runs 24/7, is manned by about a half-dozen Airmen who manage the maintenance needs and track the mission status for Air Force resources valued at \$13 billion.

At any given time, a commander may ask for a KC-10 Extender, C-17 Globemaster III or a C-5M Super Galaxy to support a mission somewhere in the world and the MOC helps ensure

that capability, said Staff Sgt. Gabriel Walker, 60th MXG senior maintenance operations controller.

"We coordinate maintenance for inbound and outbound aircraft, as well as the maintenance needs for all aircraft at Travis," he said. "We are also responsible for tracking the mission capability status for each airframe and informing the command post or higher headquarters of any maintenance discrepancies that could impact missions. This is important because everything is based off maintenance including takeoff times, cargo loading and fleet services."

Simply put, Walker said, projecting American power anytime, anywhere, which is the Travis mission, would come to a grinding halt without the services the MOC provides.

"Flight line operations rely on us to ensure we are tracking the status of each aircraft and that we do that accurately," he said. "We track the mission capability of every aircraft here and we know what is needed to return a jet to full mission capability if it's down for maintenance. We liaise with the people on the fight line, maintainers, production superintendents, the command post and commanders to ensure each

aircraft is mission ready. Without the MOC, the mission would suffer."

Along with tracking the mission capability for aircraft at Travis, the MOC also tracks the maintenance needs for Travis aircraft operating at other locations. Doing so enables the MOC to dispatch maintenance recovery teams to resolve issues that may arise during missions.

"Our maintenance recovery teams are in high demand," said Senior Airman David Pluskota, 60th MXG senior maintenance controller. "An MRT is a small group of maintainers who are certified to fix whatever issue one of our jets is having."

"Our MRTs are so vital because someone is waiting for that jet to deliver cargo, supplies or personnel and that can't happen unless maintenance issues are taken care of," added Walker.

In 2018, the MOC coordinated the response of numerous MRTs delivering nearly 300 mission critical parts to 302 airfields in 90 countries. During that same time frame, the center also supported more than 3,600 missions, including aerial refueling for the

See MOC Page 19

Brace for flu season with vaccination, awareness

60th Medical Group Public Health Office

Another flu season is upon us and health experts across the nation are bracing for a particularly hard-hitting season. Flu season usually peaks between December and February, but can last as late as May.

The Centers for Disease Control and Prevention reported more than 80,000 deaths during the 2017 to 2018 flu season. The center estimates there have been 9.8 million to 11.4 million flu illnesses and 113,000 to 136,000 hospitalizations related to the flu since Oct. 1, 2018.

The high rates of hospitalizations and deaths associated with the flu is the reason public health urges the public to take precautions to protect themselves and their loved ones from seasonal flu.

The 60th Medical Group's Allergy

and Immunization Clinic at Travis Air Force Base launched a mass initiative in October 2018 to vaccinate all active-duty members, high-risk patients and TRI-CARE-eligible beneficiaries.

While the flu vaccination is mandatory for those in uniform, it is recommended for everyone ages 6 months and older and strongly recommended for populations at high risk for complications from the influenza infection, including children under 5 years of age, people ages 65 and older and pregnant women. For a complete list of high-risk populations, visit http://www.cdc.gov/flu/about/disease/high_risk.htm.

Flu is a contagious respiratory illness caused by a variety of influenza viruses that infect the nose, throat and sometimes the lungs. It can cause mild to severe illness and, in extreme instances, be fatal.

Flu and many other respiratory viruses are primarily spread from person to person through coughing or sneezing. Also, the flu viruses can survive on hard surfaces for 24 hours so a person may become infected by touching something with the virus on it and then touching their mouth or nose.

Most adults with influenza can infect others beginning one day before symptoms develop and up to five days after becoming sick. Children and some people with weakened immune systems may be able to infect others for up to seven days or longer. Flu symptoms can begin one to four days after the virus enters the body.

In addition to getting vaccinated, another effective way to protect yourself – even if you have already been contaminated or are showing flu-like symptoms – is with basic hygiene such as, covering

your nose and mouth with a tissue or use your arm sleeve when you cough or sneeze. Throw the tissue in the trash after you use it and avoid touching your eyes, nose or mouth. Wash your hands often with soap and water, especially after coughing or sneezing, or use an alcohol-based hand cleaner. Frequently clean and disinfect commonly touched objects such as door knobs and the telephone. Try to avoid close contact with individuals who are ill.

If you are sick with flu-like symptoms such as fever, chills, headache, body aches, sore throat and a cough that lasts one to two weeks, the CDC recommends that you stay home for at least 24 hours after your fever disappears without using fever-reducing medications such as

See FLU Page 15

Airmen, volunteers keep blood flowing

Tech. Sgt. Christopher Hubenthal
379TH AIR EXPEDITIONARY WING PUBLIC AFFAIRS

AL UDEID AIR BASE, Qatar — Al Udeid Air Base's Blood Transshipment Center is a one of a kind place.

While it is the only blood transshipment center in U.S. Central Command's area of responsibility, it also houses one of the few missions on base that regularly uses volunteers from other career fields.

"We are the sole suppliers of blood units to our customers," said Air Force Tech. Sgt. Federico Arriaga, 379th Expeditionary Medical Group BTC logistics craftsman. "Because we are here, we're able to provide that blood. We're saving lives and we're able to bring our people back home."

Arriaga is one member of a four-person team who orchestrates the flow of blood and platelet products to 72 forward operating locations and eight mobile field surgical teams throughout the AOR. The team is

responsible for sending out an average of 45 shipments and 3,500 units each month.

In order to more quickly and reliably deliver their life-saving assets, the team augments itself with Airmen across Al Udeid who volunteer their time to help.

"The volunteers speed up the process immensely," said Air Force Staff Sgt. Jessica Kinser, 379th EMDG BTC lab technician. There's only three of us that handle the blood when it comes in. Without the volunteers, the process time would be in hours. Sure we would make it work on our own, but the volunteers significantly reduce the risk. Because of the strict temperature requirements of the products, you have to be fast in order to get it back into its ideal environment. Volunteers just make it happen."

Volunteers help by building boxes that keep blood products cold, taking inventory of items, and organizing them in a refrigerated storage unit by expiration date to ensure they are shipped out at the appropriate time.



U.S. Air Force/Tech. Sgt. Christopher Hubenthal

Staff Sgt. Jasmine Gates, left, and Staff Sgt. Alexis Ellingson, both 379th Expeditionary Aeromedical Evacuation Squadron aeromedical evacuation technicians, inventory and store a shipment of blood in the Blood Transshipment Center Jan. 9 at Al Udeid Air Base, Qatar.

Kinser also said that the influx of diverse backgrounds into their workcenter helps broaden their perspective in ways they can use to make processes better.

"Having volunteers from other career fields brings ideas and insight," said Kinser. "We have a lot of volunteers who handle the blood from different arenas ... they help us ship it out so we learn

how their process works and it gives us a better understanding of how to do our job. We learn the big picture which we wouldn't know if the volunteers weren't here to educate us."

Tips help build healthy smiles for every child

Tech. Sgt. Joanne Banks
60TH DENTAL SQUADRON

According to the leading source in oral health information, the American Dental Association, the average American consumes around 50 gallons of sugary drinks annually.

Excessive consumption of sugary foods and beverages with minimal nutritional value not only leads to overall health implications, like obesity or heart disease, but it can also cause destruction in oral health, especially in children.

In observance of February's National Children's Dental Health Awareness month, here are four tips to help parents build a healthy smile for their child.

Tip 1: How to protect their smile
Parents should teach and encourage their children to brush their teeth at least two times a day with fluoridated toothpaste, morning and night and floss at least once a day. Adult supervision during oral hygiene routines are important to ensure that children are safe and are adequately performing brushing and flossing techniques. Proactive measures like brushing their teeth as soon as they erupt and scheduling an annual exam with a dentist will identify cavities before they become a problem.

Tip 2: What should children snack on?
Foods and beverages high in sugar and carbohydrates can lead to cavities

because they feed the germs in the mouth that cause tooth decay. After eating, these germs release an acidic by-product in the oral cavity that attacks the enamel. Allowing children to continually snack or sip on sweet beverages and sugary foods throughout the day means that their teeth are constantly being exposed to these acid attacks leading to breakdown of their enamel.

Choosing healthy food alternatives and limiting the frequency of snacks are great ways to lessen intraoral acid attacks. Examples of healthy snacks include vegetables, fruits, cheese, milk, and nuts. When snacking, it's best for children to eat their snack in one sitting versus nibbling on them throughout the day. Beverages like

fruit juice, sodas, and sports drinks contains a lot of sugar that can cause cavities, therefore it's best to limit their consumption.

Of course, the beverage of choice should be water. However, when that's not practical and children are consuming sugary drinks, not allowing them to sip on their drink all day and having them swish with water afterwards will lessen the acid attacks, thereby decreasing the risk of tooth decay.

Tip 3: How to shield their teeth
Fluoride, a natural mineral that is found in most sources of water and certain foods, have been deemed nature's cavity

See SMILES Page 8

Fresh flowers available at BX

Army & Air Force Exchange Services

Love is in the air. The Army and Air Force Exchange Service at Travis Air Force Base is helping service members and their families shower their loved ones with flowers, gifts and candy for less this Valentine's Day. Sweethearts can find everything they need in the main store and Express locations as well as online at ShopMyExchange.com

"Expressing your love shouldn't break the bank," said Flordeliza Payton Travis Exchange general manager. "From fresh roses to great gifts to sweet treats, the Travis Air Force Base Exchange is passionate about providing servicemen, retirees and their families every opportunity to show their loved ones how much they care - while also saving them money."

Fresh flowers are slated to become available at the Travis

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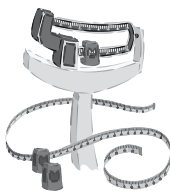
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Smiles

From Page 6

fighter and here's why. Fluoride prevents the formation of cavities by strengthening the outer surface of the teeth making it less susceptible to breakdown. When brushing their teeth, no more than a pea-sized amount of fluoride toothpaste is recommended for children between the ages of 3 to 6. To prevent stomach aches, children should be instructed to spit out most of the toothpaste after brushing.

According to the Centers for Disease Control and Prevention, not only has research proven that fluoride is safe and effective, it's revealed that the United States has benefited from consumption of fluoridated water for 70 years and continues to do so. Although the efficacy of fluoride has had mixed reviews in the past, its use, especially in the community drinking water, has led to better dental health for both children and adults. Common sources of fluoride for oral health are toothpaste, fluoridated drinking water and some over-the-counter mouth rinses. Fluoride works by slowing down the breakdown of enamel, thereby increasing the tooth's remineralization process. If plaque, a sticky film that contains acid-producing bacteria, is not properly removed from the teeth, weak spots on the tooth can develop and eventually lead

to cavities. If treated early, weakened spots on the enamel can be remineralized with fluoride use and prevent cavities from fully evolving.

Tip 4: How to guard their teeth from trauma

Children should wear mouth guards when involved in any contact sport. A mouthguard is a flexible, thin, plastic material that's placed over the teeth to protect the structures in the oral cavity. Head and dental injuries are common in sports such as hockey, wrestling, football, soccer, and basketball. Ensuring children wear protective mouthguards prior to participating in these types of activities will minimize sports-related facial injuries, help protect their jaws and save their smiles.

Oral health is an essential part of the health of every child. The February 2019 National Children's Dental Health month is geared toward awareness on the importance and benefits of oral health and how it provides a glimpse to an individual's overall health. Parents, teachers and guardians play a key role in building healthy smiles in children by teaching them good oral hygiene habits early on. By being proactive in their oral health needs, parents will save time, money and protect their children's smile for years to come.

For more information, seek your dental health professionals.

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Unleashing

From Page 2

new partnerships with Air Force Research Lab, which included development of a C-5M loadmaster scanning seat. We worked to procure virtual reality to combat patient anxiety in MRIs as well as better debrief programs and software for aircrew. Spark also praises something as simple as a piece of Plexiglass to prevent doors on passenger buses from breaking because, at the end of the day, it solves a problem.

However, if the Air Force is to truly harness the power of innovation, our innovators need your help.

What Spark cells need – Theater is important, driving staffs and processes is imperative

Senior leader advocacy, innovation competitions, public affairs stories (the irony of which is not lost on us) and new facilities for innovation are avenues for displaying commitment; however, they do not drive staffs or change our culture. These avenues do not address the fact that there are still multiple layers of people empowered to say “no” to the simplest idea. It doesn't address that innovation programs charged with supporting the unit-level initiative get buried

under some agency, directorate or entity with no unique authorities.

Travis Spark fell victim to this realization internally. We didn't solve problems rapidly, we attempted to control people's time while discovering solutions and we didn't prioritize “the how” of innovation and culture change. We overcame our deficiencies through constantly explaining intent, restructuring our processes, allocating separate lines of resourcing and aligning directly under an O-6 champion.

It isn't perfect, but it's a start.

The organization also translates innovation jargon into terms the traditional enterprise understands. We aren't the enemy trying to break rules or act unethically. Innovators are simply people who see things differently, those who want to get things done. We stopped asking for money and stopped asking permission to do things that were within our authority. We went to the people we knew could deliver, prioritized Airmen development and trusted people to pursue ideas without constant oversight or timelines. We also learned the rules...and how to navigate within them.

Through our experience, we found Spark cells only need one thing to succeed: a commitment to follow-through and willingness to find a way.



U.S. Air Force graphic

We call this “getting out of the way.” This must be the mindset at higher-level staffs if we want to create institutional change.

What does Spark need to succeed?

There is an immense amount of “low-hanging fruit” right now and many unit-level innovations have focused on that. Anything that moves the needle is valuable; however, the lessons learned here will enable breakthroughs in the future. Breakthrough innovations will only come when the organization's culture supports the innovator. In the time between solving the low hanging fruit and the first breakthrough, we have to create the mechanisms to quickly churn unarticulated needs through our cultural barriers to execution.

We must also focus on how we leverage the talent that we

where talent is hiding on base. Spark is an outlet for diverse Airmen with unique backgrounds to connect and deliver amazing capability. The talent is there, yet the pipelines and support to quickly respond to their needs are not.

Our end goal for the Spark program is that it eventually ceases to exist. This end state is not because we will solve all the problems or we failed to deliver. Rather, that Spark's disruption permeates beyond the wing, enabling Airmen-led initiatives to rapidly provide capabilities to the warfighter. But our Airmen need help, help from the senior leaders, who praise their innovative spirit, to drive action at all levels.

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1) Airmen from the 60th Aerial Port Squadron and Coast Guardsmen from Coast Guard Air Station San Francisco load an MH-65D Dolphin helicopter onto a C-5M Super Galaxy Feb. 2 at Travis Air Force Base, Calif. The helicopter was transferred to another Coast Guard air station in the Pacific area of command. 2) Airmen from the 60th APS wait to assist in the load of the MH-65D Dolphin onto a C-5M. 3) The MH-65D sits inside a C-5M after its load completion. 4) Senior Airman John Dyson, 60th APS, secures the MH-65D Dolphin. 5) Airmen from the 60th APS and Coast Guardsmen from Coast Guard Air Station San Francisco load a MH-65D Dolphin helicopter onto a C-5M.



Airmen, Coast Guard team up

U.S. Air Force photos by Lan Kim



Swap Ads

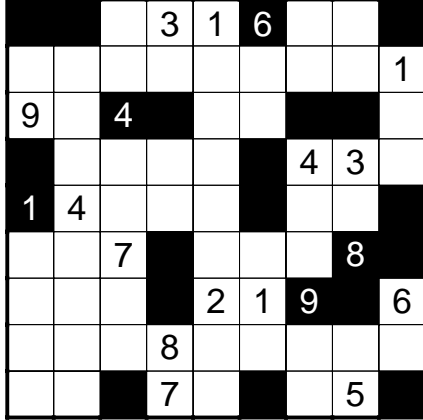
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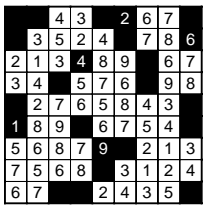
STR8TS

No. 424 Medium



You can find more help, tips and hints at www.str8ts.com

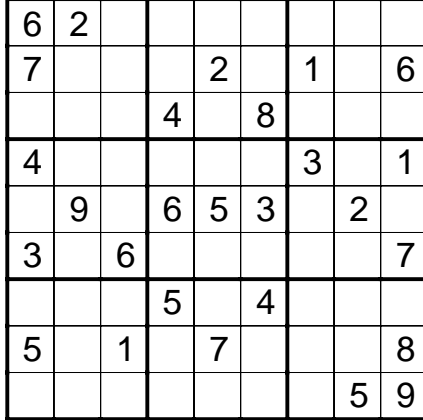
Previous solution - Tough



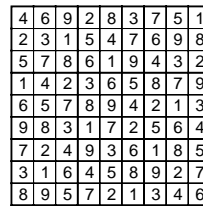
How to beat **Str8ts** – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into **compartments**. These need to be filled in with numbers that complete a 'straight'. A **straight** is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

SUDOKU

No. 424 Medium



Previous solution - Easy



To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit www.sudokuwiki.org

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— TRICARE.mil

Chapel programs

News notes

Position available.

The Travis AFB Protestant parish coordinator position requires highly motivated applicants with experience coordinating workflow, advertising and programing in large organizations. Contact the Twin Peaks Chapel at 424-3217 for bid documents, including a copy of the Statement of Work. Bids are due to the Twin Peaks Chapel office by noon Feb. 19. For more information, contact Capt. Kevin Hostettler at 707-424-4633.

Recurring events

Catholic

Twin Peaks Chapel

- Roman Catholic Mass: 9 a.m. and noon Sunday.
- Children's Church: 10:15 a.m. Sunday.
- Sacrament of Reconciliation/Confession: 4:30 to 5:30 p.m. Wednesday or upon appointment.

- Infant Baptism Prep Class: Two classes. Registration required. 6 to 7 p.m., quarterly.
- Youth Choir: 1 p.m. Sunday.
- Children's Choir: 2 p.m. Sunday.
- Adult Choir: 4 p.m. Sunday.
- Women's Bible Study: 10 a.m. (at First Street Chapel).
- Catholic Women of the Chapel: 6 p.m. first Monday of every month, Annex.
- Rite of Christian Initiation of Adults: 6 to 7:30 p.m. Wednesday, Annex.
- RE Classes: 10:15 to 11:30 a.m. Sunday, RE Wing.

First Street Chapel

- Mom's Group: 9 to 11:30 a.m. Thursday and Friday.

DGMC Chapel

- Roman Catholic Mass: Noon to 12:35 p.m. Monday through Thursday, except for federal holidays.

The Church of Jesus Christ of Latter-day Saints

- Sacrament Services: 9 and noon Sunday at Church of Jesus Christ of Latter-day Saints Fairfield Stake Center, 2700 Camrose Ave., Fairfield.

DGMC Chapel

- Latter-day Saints Service: 4 to 4:30 p.m. Sunday at DGMC Medical Center Chapel.
- For all other inquiries, call LDS Military relations representatives at 707-535-6979.

Protestant

First Street Chapel

- Protestant Community Service: 9:30 to 10:30 a.m. Sunday.
- Gospel Worship Service: 11:30 a.m. to 12:30 p.m. Sunday.
- Children's Ministry is provided for 6-month-olds through fifth grade.
- Protestant Men of the Chapel: 8 to 9 a.m., first Saturday of every month.

Twin Peaks Chapel

- Protestant Women of the Chapel: 9:30 to 11 a.m. Tuesday.

DGMC Chapel

- Protestant Traditional Service: 10 to 11 a.m. Sunday.

Airmen's Ministry Center

- The Peak is open from 5:30 p.m. to 9 p.m. Monday through Friday at Bldg. 1348. Home-cooked meal from 6:30 p.m. to 7:30 p.m. Tuesdays followed by Bible study.



For more information about chapel programs, call Twin Peaks Chapel at 707-424-3217.

Recurring

Air Force Office of Special Investigations.

To report a crime, get a foreign travel brief or request information on joining AFOSI, report to Bldg. 380B, second floor. Send correspondence to AFOSI Detachment 303, 510 Airlift CR, Travis AFB, 94535. For more information, call 707-424-3115 or DSN: 837-3115.

Air Force Recruiting Office. Now open at the Solano Town Center mall. Learn more about what the Air Force has to offer, such as up to 100-percent tuition assistance, 30 days paid vacation per year, free medical and dental care, tax-free housing and food allowance and much more. Contact Tech. Sgt. George Yardley at 707-889-3088 or stop by the office located at 1350 Travis Blvd., Suite P2, Fairfield, in the Solano mall.

Air Force Sergeants Association "Walter E. Scott" Chapter 1320. General membership meetings are at 2 p.m. the second Friday of every month at Wingman's in the Delta Breeze Club and includes a free meal. For more information, contact Master Sgt. Reynoldo Rios or Master Sgt. Rosel Agapay.

Airmen's Attic. The Airmen's Attic is open from 10 a.m. to 2 p.m. Tuesday and Thursday and 4 to 6 p.m. Wednesday. 560 Hickam Ave. For more information, call 707-424-8740 or visit the Facebook page "The Attic at Travis AFB."

Alzheimer's Caregiver Support Group. Meetings take place from 1 to 2:30 p.m. the third Thursday of the month in the diabetic education classroom on the first floor in Internal Medicine at David Grant USAF Medical Center. For more information, call 707-423-7227.

Base emergency numbers. Mobile phone users must dial 707-424-4911 if they have an emergency on base. Those using government or home phones can call 911. For more information, call the Travis Air Force Base Fire Prevention Office at 707-424-3683.

Base illicit discharge number. To report sewage/water leaks or illegal dumping, call 707-424-2575. For hazardous chemical/material spills, call the base emergency numbers.

Civilian Health Promotion Services. Will perform free wellness screenings from 7:30 to 9:30 a.m. every Monday for all DoD federal civilians. Screenings include cholesterol, glucose, blood pressure and body composition analysis. For more information, visit www.AFMOWellness.com or contact CHPS at 707-424-CHPS or CHPS@travis.af.mil.

Crisis text line. Free, confidential, 24/7 counseling for teens and young adults. Text 741-741 anywhere in the United States and a live, trained crisis counselor responds quickly.

Employee-Vehicle Certification and

Reporting System. Civilian and military personnel must maintain emissions information with the Web-based ECARS system. For more information, call Xuyen Lieu at 707-424-5103.

Exceptional Family Member Program Sensory Play Group. This group meets from 2 to 4 p.m. the second and fourth Wednesdays at the Balfour Beatty Community Center. For more information, call 707-424-4342 or visit the Facebook page "EFMP Travis AFB."

Family Advocacy Parent/Child play groups. Toddlers to the Max play group for children ages 1 to 3 meets from 9:30 to 11 a.m. Wednesdays at the First Street Chapel Annex. The Rattles to Raspberries play group for infants 8 weeks to 1 year meets 9:30 to 11 a.m. Thursdays at the First Street Chapel Annex. For more information, call 707-423-5168.

Family and Friends Combat Stress Peer Support Group. Meets from noon to 1 p.m. the first Tuesday of every month at the Balfour Beatty Community Center and from 1 to 2 p.m. the third Thursday of each month at The Peak. For more information, contact Amber Quirate and Jessica Soto at 501-231-7756 or email travstopcombatpds@gmail.com.

Government no-fee passports. All submissions of applications for government no-fee passports must now include: 1) A photocopy of Military Identification Card front and back; 2) Passport photo taken in the past six months; 3) Supporting document(s), proof of U.S. citizenship certified copy with state or county seal, if it involved a name change submit a court order or marriage certificate. Passport application cannot be handwritten and printed back to back and must be completed online with 2D barcode at website <https://pfpform.state.gov> and/or <https://travel.state.gov>. For more information, call 707-424-5324.

Hometown News Releases. To submit a Hometown News Release, visit <https://hns.release.dma.mil/public> and fill out the information.

Mare Island Museum. Open 10 a.m. to 2 p.m. Monday through Friday and 10 a.m. to 4 p.m. Saturdays. 1100 Railroad Ave. in Vallejo. For more information, call 707-557-4646.

M-50 Gas Mask Fit Testing. Takes place from 9 a.m. to 3 p.m. every Wednesday at Bldg. 791. All deployers are fit as necessary. For more information, call 707-424-2689.

Mitchell Memorial Library. Open 9 a.m. to 7 p.m. Monday through Thursday, 9 a.m. to 5 p.m. Friday, 10 a.m. to 5 p.m. Saturday and closed Sunday.

Montezuma Shrine Club. Meets every third Thursday of the month at the Masonic Center, 412 Travis Blvd., Fairfield. For more information, call Mike Michaelis at 707-427-2573 or Cal Gitsham at 707-425-0060.

MPF self-renewal program. Did you know that dependents can now renew their ID cards online? To participate in this program, visit <http://bit.ly/2mR1g12>. This program is limited only for renewing dependents' IDs. For all other services, visit MPF during duty hours or call 707-424-8483.

On-base child care. The Air Force requires on-base residents to be licensed by the 60th Mission Support Group if they provide more than 10 hours of care per week in their homes. For more information, call 707-424-8104 or 707-424-4596 or stop by Bldg. 380B.

Photocopying of military identification.

The prohibition of photocopying of U.S. government identification Common Access Card announced by the Office of the Assistant Secretary of Defense, dated Oct. 27, 2011, does not apply to medical establishments, applying for government-issued, no-fee passport and other U.S. government agencies in the performance of official government business. This requirement does not apply to minors ages 16 or younger. However, it applies to sponsors. For more information, call 707-424-5324.

Professional Loadmaster Association.

The Professional Loadmaster Association meets at 7 p.m. the first Tuesday of each month at the Delta Breeze Club. For more information, call Mark Raymond at 707-416-5331.

Retiree Activities Office. Openings for volunteers. Customers are retired American service members and their family members. It is the RAO's responsibility to maintain open communication and to ensure retirees receive the service and the respect they deserve. If you would like to apply for a volunteer slot and have three hours or more to give, call 707-424-3905.

Solano/Napa Habitat for Humanity.

This organization welcomes volunteers and supporters from all backgrounds. There are recurring events Tuesday through Saturday. For more information, email Staff Sgt. Mathew Clayton at mathew.clayton@us.af.mil.

Travis Community Thrift Shop. 10 a.m. to 2 p.m. Tuesday and Thursday. Ongoing need for volunteers to organize, sort and price donations. For more information, contact the Thrift Shop at 707-437-2370.

Travis Composite Squadron 22 Civil Air Patrol. Open to youth from 12 to 18, as well as adults ages 18 or older who train and serve as the volunteer component of the total force. UTA is 6:30 to 9 p.m. Monday, Bldg. 241-B-2. Open to all students with a 2.0 or higher grade-point average. For more information, contact CAP 1st Lt. Jo Nash at 707-424-3996 or recruiting@squadron22-cap.us, visit during a UTA or check out <http://squadron22-cap.us>.

Travis Air Force Base Heritage Center. Open 10 a.m. to 5 p.m. Tuesday through Saturday, Building 80, 461 Burgan Blvd., Travis Air Force Base. Escorts required for general public, call center to arrange. Free. 424-5598, www.travisheritagecenter.org.

Travis Legal Office. Power of attorney and notaries are walk-ins 9 a.m. to 2 p.m. Monday, Tuesday, Wednesday and Friday, 9 a.m. to 1 p.m. Thursday. Legal assistance for



News Notes

Annual award ceremony. 2018 Travis Annual Award Ceremony takes place Feb. 22 at the Delta Breeze Club. This year's theme is a "Night in the City." Military members can wear the mess-dress or semi-formal uniform and civilians should wear formal attire. Tickets cost \$10 for E-1 to E-4, \$20 for E-5 to E-6 and \$35 for E-7 to E-9, all officers and civilians. To purchase tickets, contact Master Sgt. Brandy Jones at 707-424-5875 or Master Sgt. Robert Sigmon at 707-816-3132.

active duty members and dependents are walk-ins from 2 to 3 p.m. Tuesday. For all wills and retiree legal assistance, call 707-424-3251 to make an appointment.

Tuskegee Airman Lee A. Archer Chapter. Meets at 3 p.m. the third Saturday of the month at the Airman and Family Readiness Center.

Voluntary Leave Transfer Program. The following Travis employees are approved as leave recipients through the Voluntary Leave Transfer Program:

- Erin Dunniway, 60th Operations Support Squadron.

The VLTp allows an employee who has a medical emergency or is affected by a medical emergency of a family member and is without availability of paid leave to receive transferred annual leave directly from other employees. For more information, call 707-424-1720.

What's Cookin' Wednesday. Free lunch at the Travis AFB USO Bldg. 1348. Served from 11 a.m. to 1 p.m. every Wednesday. For active duty, Guard, reservist and their families.

Local events

Events

Empress Theatre. Super Bowl LIII Party, 1 p.m. Feb. 10; 330 Virginia St., Vallejo. 552-2400, www.empresstheatre.org.

"Sounds of Suspense." Radio broadcast, noon fourth Friday of each month, Vacaville Public Library-Town Square, 1 Town Square Place. Free. www.solanolibrary.com.

Vallejo Art Walk. 5 to 10 p.m. second Friday of each month, downtown Vallejo. Free admission. www.vallejoartwalk.com.

Vallejo Farmers Market. 9 a.m. to 2 p.m.

Here are the showtimes for this weekend's movies at the Base Theater:

Today

- 6:30 p.m. "Mortal Engines" (PG-13)
- 9:30 p.m. "The Upside" (PG-13)

Saturday

- 6:30 p.m. "Bumblebee" (PG-13)
- 9 p.m. "Welcome to Marwen" (PG-13)

Sunday

- 2 p.m. "A Dog's Way Home" (PG)

Saturdays, year-round, Georgia and Marin streets. www.pcfma.com.

Vintage Market. 9 a.m. to 2 p.m. every third Saturday, St. Paul's United Methodist Church, 101 West St., Vacaville. 925-978-6989.

Music and dance

Chamber Music at Rancho Flaubert.

Telegraph String Quartet, 3 p.m. Feb. 17; 7059 Bucktown Lane, Vacaville. www.sites.google.com/view/cmarf/home.

City Sports Bar and Grill. Music begins at 9 p.m.: Blackrock Project, Feb. 8-9; Ghost Town Rebellion, Feb. 8; 7155 Browns Valley Parkway, Vacaville. 455-7827, www.starsrecreation.com.

Downtown Theatre. Solano Symphony Orchestra: Salute to Youth, 8 p.m. Feb. 9; 1035 Texas St., Fairfield. www.downtowntheatre.com.

Empress Theatre. West Coast Songwriters Competition, 7:30 p.m. Feb. 11; Joyce Grant Returns, 7:30 p.m. Feb. 13; An Evening of Romantic Tunes with Megan and the Heartbeats, 7:30 p.m. Feb. 14; Smooth Jazz Valentine Show with Najee, 8 p.m. Feb. 16; 330 Virginia St., Vallejo. 552-2400, www.empresstheatre.org.

First Street Cafe. Kale Alderson, 7 p.m. Feb. 8; Private Practice, 8 p.m. Feb. 9; Open Mic Night, 7 p.m. Feb. 16; Gaby Castro & Apryll Gilbert, 7 p.m. Feb. 22; 440 First St., Benicia. 745-1400, www.firststreetcafe.com.

The Relik Tavern. Live music begins at 9 p.m.: Strange Brew, Feb. 8; Gumbostew, Feb. 9; BourbonFixx, Feb. 15; Neon Velvet, Feb. 16; 726 First St., Benicia. 746-1137, www.therelliktavern.com.

Solano Symphony. Salute to Youth, 8 p.m. Feb. 9, Downtown Theatre, 1035 Texas St., Fairfield; 3 p.m. Sunday, Vacaville Performing Arts Theatre, 1010 Ulatis Drive. www.solanosymphony.org.

Solano Winds. 8 p.m. March 8, Downtown Theatre, 1035 Texas St., Fairfield. www.solanowinds.org.

Theatre Deville. Salsa Night with Orquesta de la Isla, 8 p.m. Feb. 8; Dakila, 8 p.m. Feb. 9; Pride and Joy, 8 p.m. Feb. 16; 308 Main St., Vacaville. www.theatredeville.com.

Vacaville Performing Arts Theatre. Joe Nichols, 8 p.m. Feb. 15; Blue Oyster Cult, 7 p.m. March 17; 1010 Ulatis Drive. 469-4013, www.vpat.net.

Vallejo Jazz Society. Jeff Massanari & Kenny Washington, 5 p.m. March 17, Empress Theatre, 330 Virginia St., Vallejo. 552-2400, <http://vallejojazzsociety.net>.

Vallejo Symphony. Alina Kobialka, 3 p.m. Feb. 10, Empress Theatre, 330 Virginia St., Vallejo. www.vallejosymphony.org.

Places to go

BackRoad Vines. Bocce and food truck, 6 p.m. every Friday, open 1 to 5 p.m. Monday through Thursday, Saturday and Sunday, 4 to 8 p.m. Friday, 221 Julian Lane, Fairfield. www.backroadvines.com.

Benicia Capitol State Historic Park. Open noon to 4 p.m. Thursday, 10 a.m. to 5 p.m. Friday through Sunday, 115 W. G St. 745-3385, www.parks.ca.gov.

Children's Wonderland. Open 11 a.m. to 4:30 p.m. Saturday and Sunday, 360 Glenn St., Vallejo. 980-0004.

Airmen complete FTAC



U.S. Air Force photo

Congratulations to the latest Airmen to complete the First Term Airman Center course. Alphabetically: Airman 1st Class Travis Alley, 60th Aerial Port Squadron; Airman 1st Class Lorraine Comerford, 60th Security Forces Squadron; Airman 1st Class Briana Cruz-Florez, 60th Operations Support Squadron; Airman 1st Class Elijah Cutshall, 60th APS; Airman 1st Class Jonathan Durkee, 60th OSS; Airman 1st Class Miguel Elias Rivera, 60th Aircraft Maintenance Squadron; Airman 1st Class Bernadette Espinosa, 60th OSS; Airman 1st Class Paul Ferriole, 60th APS; Airman Basic Erin Fichtner, 60th Logistics Readiness Squadron; Airman 1st Class Aaron Fontaine, 860th AMXS; Airman 1st Class Andrew Scott Gillespie, 22nd Airlift Squadron; Airman Ashton Heidebracht, 60th Aerospace Medicine Squadron; Airman 1st Class Natalie Heredia, 60th OSS; Airman Basic Malorie Honeycutt, 60th Medical Operations Squadron; Airman 1st Class Roy Huston, 60th LRS; Airman 1st Class Taja Kearns, 60th Surgical Operations Squadron; Airman 1st Class Christian Kent, 60th OSS; Airman 1st Class Zackery Maus, 60th OSS; Airman Aaron Mayberry, 60th Civil Engineer Squadron; Airman 1st Class Thomas McHenry, 60th AMXS; Airman Basic Timothy Miklas, 60th AMXS; Airman Basic Warren Morrison, 60th LRS; Airman 1st Class Colin Neuner, 21st AS; Airman 1st Class Ian Perez, 60th OSS; Airman 1st Class David Reyes, 60th OSS; Airman Kaseylynn Smith, 60th APS; Airman 1st Class Tolulope Tom-Wright, 60th OSS; Airman 1st Class James Wall, 9th Air Refueling Squadron; Airman 1st Class Andrew Wei, 60th AMXS; and Airman 1st Class Shelby Yellowhair, 60th AMXS.

Flu

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ibuprofen or acetaminophen.

Unit commanders and supervisors can grant Airmen up to 24 hours in sick status if they are ill or have an injury that does not require a visit to a military treatment facility, according to Air Force Instruction 41-210, “TRICARE Operations and Patient Administration Functions,” paragraph 4.14.6. After that time, the member must seek medical treatment and subsequent clinical examination.

If you are feeling ill, there are things you can do such as get lots of rest and drink plenty of liquids. Avoid using alcohol and tobacco products and stay home to prevent spreading the illness. One sick Airmen could potentially spread illness through an entire unit and affect mission capability and readiness.

Most people will recover from the flu without complications, but seek medical attention if you have difficulty breathing, have shortness of breath, experience pain or pressure in the chest or abdomen, have sudden dizziness or become confused, have severe or persistent vomiting, or if flu-like symptoms disappear but return with fever and cough.

Seek urgent medical care for a child who has fast breathing, trouble breathing or whose skin color turns bluish; if the child does not drink enough fluids, does not wake up or interact when awake or doesn’t want to be held. Also, seek medical help if the child has flu-like symptoms that improve but return with fever, severe cough or fever with a rash.

In addition to the signs above, get medical help right away for an infant who is unable to eat, has trouble breathing, cries without tears or has significantly fewer wet diapers than normal.

Younger and older populations are more susceptible to complications and hospitalizations so keep an eye on them.

If you have questions about flu season, contact the Public Health Clinic at 707-423-5470. If you have any questions about the flu vaccine, contact the Allergy and Immunization Clinic at 707-423-5107.



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Lead Pastor: C. Eric Lura

- 9:15 AM SUNDAY SCHOOL
- 10:30 AM * MORNING WORSHIP
- KID'z CHURCH Grades K-5th
- 10:00 AM WEDNESDAY SENIOR PRAYER
- 7:00 PM WEDNESDAY NIGHT Adult Bible Study
- Girl's Club
- Royal Rangers
- Revolution Youth

*Nursery Care Provided

707-425-3612

2207 UNION AVE., FAIRFIELD
www.Tagff.org
email: info@tagff.org

BAPTIST

Worship With Us... St. Paul Baptist Church

2500 N Texas Street, Suite H
Fairfield, CA 94533

Rev. Dr. Terry Long, Pastor

Sunday
Sunday School: 10:00 a.m.
Morning Worship Service: 11:00 a.m.
Children's Church: 11:30 a.m.

Tuesday
Prayer Meeting: 6:30-7:00 p.m.
Bible Study: 7:00-8:00 p.m.

Web Site: www.stpaulfairfield.com
Email: stpaulbcfairfield@comcast.net
Church Phone: 707-422-2003

BAPTIST

TRINITY baptist church

Southern Baptist Convention

401 W. Monte Vista Ave., Vacaville
707-448-5430
www.tbvacaville.com
Greg Davidson, Senior Pastor

Sunday:
Worship Service & Bible Study..... 9:00 am
Worship Service & Bible Study..... 10:30 am
Evening Worship & Prayer..... 6:00 pm

Wednesday:
Dinner (Sept-May)..... 4:45 pm
AWANA (Sept-May)..... 6:00 pm
Youth..... 6:00 pm
Choir..... 6:30 am
Bible Study.... 10:00 am, 1:30 pm, 3:30 pm & 6:30 pm
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Fairfield Campus
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Fairfield, CA 94533

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Bible Study
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Suisun Campus
601 Whispering Bay Lane,
Suisun City, CA 94585

Sunday Worship Services, 11:00am

Bible Study
Tuesdays @ 12:00noon

707-425-1849
www.mcbcfs.org for more information

BAPTIST

orchard baptist church

itsallaboutfamilies.org
301 N. Orchard Ave., Vacaville
707.448.5848

SUNDAY
Classes for all ages..... 10:00 am
Worship 11:00 am
CORE Bible Studies 12:30 & 5:00 pm (2nd & 4th Sunday)

WEDNESDAY
Adult Studies..... 2:00 pm
AWANA for Kids 6:15 pm
Adult & Youth Studies..... 6:30 pm

CHURCH OF CHRIST

CHURCH of CHRIST
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4221 Suisun Valley Rd, Fairfield
9:00 a.m. Sunday Morning Bible Study
9:50 a.m. Sunday Morning Worship
5:30 p.m. Sunday Evening Worship
7:00 p.m. Wednesday Evening Bible Study

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"And there is salvation in no one else; for there is no other name under heaven that has been given among men by which we must be saved." Acts 4:12

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YOU are the one that God loves the most.
Come worship with us so we can learn from **YOU**.

Jesus said, I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live; John 11:25

Sunday Morning Bible Study 9 AM
Sunday Morning Worship 10 AM
Sunday Evening Worship 6 PM
Wed. Evening Bible Study 7 PM
Homeless ministry at Mission Solano
Rescue Mission 1st Friday of month 6-8 PM

CHURCH OF CHRIST - SOLANO
1201 Marshall Road, Vacaville, CA 95687
707-451-9301 • www.churchofchristssolano.com

EPISCOPAL

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425-4481

Sunday Services:
8:00 a.m.
Holy Eucharist Rite I
9:15 a.m.
Pastor's Forum
10:00 a.m.
Holy Eucharist Rite II
Tuesday Service:
10:00 a.m.
Healing Eucharist

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Fellowship: 11:15am
Communion on the 1st and 3rd Sundays of the month @ 621 S. Orchard Ave., VV

Pastor Dann Etnner
Bethany Lutheran Preschool
451-6678
mypreschool@gobethany.com
www.gobethany.com

Bethany Lutheran School
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NON-DENOMINATIONAL

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1500 Alamo Drive
Vacaville, CA 95687
(707) 448-8838
www.vacavillechurchofchrist.com

Sunday Morning
Bible Classes 9:30 am
Assembly Worship..... 10:45 am
Evening Assembly Worship .5:00 pm

Wednesday Evening
Bible Classes 7:00 pm

Classes also by appointment
Elders:
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Ed Sanderson Sr. (707) 446-0536

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Bruce Gallaher, Lead Pastor
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www.cccv.me

190 Butcher Road, Vacaville, CA 95687
(off of Alamo, Just South of I-80)

NON-DENOMINATIONAL

FAITH Community Church
To God be the Glory

Bible Based Expository Preaching
Sunday Worship Services
9 AM, 10:45 AM & 6 PM

Pastor Jon Kile
192 Bella Vista Road, Vacaville
707-451-2026

Nursery & Children's Classes Provided
Adult & Youth Sunday School -
9 AM & 10:45 AM

Check our website for more information on other ministries offered
www.vacavillefaith.org

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THURSDAYS
Prayer - 6:00PM
Family time in the Word - 7:00PM
Kingdom Men - Men's Ministry
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NON-DENOMINATIONAL

VACAVILLE BIBLE CHURCH

"To know Him, and to make Him known"

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Vacaville, CA 95688
707-446-8684

Sunday Services:
Sunday School 9:45am
Morning Worship 11am
Evening Worship 5pm

Thursday Service:
Prayer Meeting 7pm
Bible Studies throughout the week

Pastor Ben Smith
www.vacavillebiblechurch.com
office@vacavillebiblechurch.com

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Fairfield Stake Center
2700 Camrose Ave.
Sacrament Services Sunday
0900 and 1200

Base Sacrament Services
DGMC Chapel
(1st Floor North entrance)
Sunday 1600-1630

Inquires: Call LDS Military Relations Missionaries
707-535-6979

NON-DENOMINATIONAL

Vacaville Church of Christ
401 Fir St., Vacaville, CA 95688
(707) 448-5085

Minister: Ryan Brewer

Sunday Morning Bible Study
9:30 AM

Sunday Morning Worship
10:30 AM

Sunday Evening Worship
6:00 PM

Wed. Evening Bible Study
7:00 PM
www.vacavillecofc.com

If you would like to take a free Bible correspondence course contact:
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THE FATHER'S HOUSE

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www.tfh.org

Service Times
Saturday: 6pm
Sunday: 9am & 11am

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Worship Service 10:30 A.M.
Sunday School for Children during the Worship Service

Communion is held the 1st Sunday of every month

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United Methodist Women
Sunday Morning Bible Studies at 9:00 A.M.

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unityvv@pacbell.net
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Sunday Morning
8:00 am Coffee with God
10:00 am Contemporary Celebration with Youth Education

Wednesday Evening
6:30 pm Non-Denominational Meditation Time
7:00 pm Contemplative Prayer

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Steggell

From Page 2

and an overall demonstration of sustained exceptional performance. This cannot be accomplished without accepting

challenges, including those that the Air Force deliberately levies upon us such as off-duty education and professional military education.

President Kennedy went on to state, “We are builders of the future.” This applies today just as it did then.

We must accept the challenges of our generation, and in the context of our Air Force service, this means doing what we are asked, even if it is not necessarily in our area of expertise, or specific to our current job. We must avail ourselves to challenges, accept them and

prepare ourselves for execution of the mission. Whatever that happens to be.

My challenge to you is this: place yourself outside your comfort zone in any capacity of life. Know where your own mental, emotional, physical and intellectual capacities lie. And if you don’t know these limits, find them! Otherwise, how will you ever know what you are capable of?

My message is this: Don’t look for the easy road in life if you are serious about success. Accept failures as your own and learn from them. Be deliberate about your personal and professional growth and seek out challenges. Set realistic and attainable goals. Place yourself outside your comfort zone and challenge yourself to develop character, strength and confidence and you will ultimately become stronger men and women as a result.

MOC

From Page 4

president of the United States and the return of Korean War POW/MIA remains.

One reason the MOC is able to coordinate all those missions is because of its location, said Master Sgt. Michael Pester, 60th MXG MOC section chief.

“One of the unique things about Travis’ MOC is that it is collocated with the Command Post and the Air Terminal Operations Center,” he said. “Using this to our benefit is critical to mission

effectiveness and overall success of Travis airframes both here and at deployed locations. Several other bases in Air Mobility Command, as well as other commands, are starting to look to the Travis’ model and implement it in some fashion for themselves.”

“Having that tight-knit working relationship with those agencies cuts down drastically on miscommunication and saves anywhere from 30 minutes to two hours in potential delays for each flight,” said Pester. “All this translates into the controllers being better able to do their jobs and communicate between the flight

line maintainers and AMC when they’re looking for updates.”

It feels good to be part of such an important mission, said Pluskota.

“I know what I do matters,” he said. “I know where each aircraft will go and the impact it has on the mission. Airmen often tend to focus on doing their jobs and may not notice the impact they truly have. Serving in the MOC has opened my eyes to see we have an incredible impact every day.”

It’s an impact that Walker said is only possible because of maintainers working tirelessly on the flight line.

“I have to give credit to our maintainers, the mission doesn’t happen without them,” said Walker. “They’re the ones working the long hours on the flight line in all conditions ensuring our aircraft can fly. Without them and their dedication mission success isn’t possible.”

Pluskota echoed Walker’s sentiment. “The show time for one of our KC-10s is about 12 hours before departure, so our maintainers will show up around 5 a.m. for a mission that’s supposed to fly at 5 p.m.,” said Pluskota. “They ensure each aircraft is ready and they’re out there rain or shine.”



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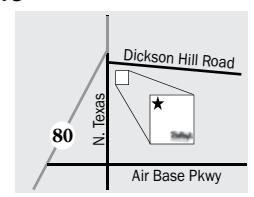
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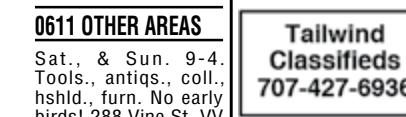
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From Page 6

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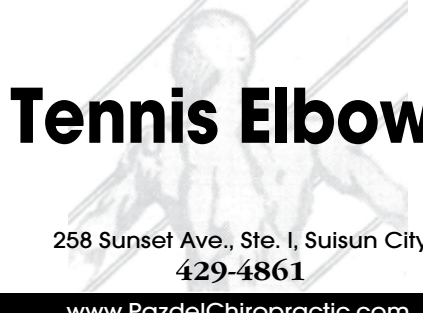
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