

60TH CIVIL ENGINEER SQUADRON

t the end of this month, Team Travis will conduct an open house to welcome our surrounding community to an exceptional display of military and civilian aircraft.

As the excitement for this expo grows, I must admit that the challenge of leading the ground support for the event initially made me cringe. I couldn't help but question, "Will all the time and energy from so many Airmen be worth the diversion from our 'real' jobs, mission and readiness?"

While reflecting on the air show endeavors over the last

couple of months, I discovered some tremendous benefits in tackling this "nonstandard operation." Through the experience of leading and following numerous functional experts spanning across our base, I can confidently say that our air show not only offers a unique opportunity to showcase airpower, but also tests and strengthens us as a team on Travis Air Force Base. I want to specifically highlight a few leadership lessons it has offered me in the areas of trust,

First, trust is vital to building a team and leaders must initiate its development. Our air show director and deputy director superbly exemplified this by empowering all leads

training and teamwork.

# Commander's Commentary

from the start to take ownership of their respective responsibilities and help shape the event. Establishing an inherent level of trust among such a diverse group of professionals, from medical, maintenance, operations and mission support, is not an easy feat. However, frequent communication spurred by the leaders enabled each echelon of the planning team to cultivate trust through a shared understanding and unified goal. This trust ultimately contributed to more effective and reliable decision-making

throughout the planning. Training is another facet that

is integral to the strength of the team. Both the formal courses presented by the International Council of Air Shows and mentoring from air show veteran civilians and senior noncommissioned officers better prepared us for the many decisions involved in the planning. Indeed, everything from submitting the required airfield documentation to the familiarization of the fire, security, medical, contracting and logistics processes, I learned that leveraging all forms of training is crucial for our collective success. Stepping back from the immediate tasks. I believe it's also fair to say that the event widely exercises our

capabilities of a major base beddown. This training, in turn, drives Travis toward further excellence.

The last aspect I want to capture is teamwork, which is the dividend earned from the investments in trust and training. Teamwork was absolutely necessary in accomplishing all aspects of air show planning. This demonstration of Team Travis not only underpinned the achievement of organizing and securing an entire ramp for spectators, but will also provide a network of relationships for future mission success.

Overall, despite my original doubts, I think this air show

Second, always have somebody

**See GANNON Page 22** 

# Find someone to chase: Aspire to improvement



by Senior Master Sgt. **Troy Pietz** 

60TH CIVIL ENGINEER SQUADRON

s we ushered in a new year, I reflected on almost 20 years of service in the world's greatest Air Force.

A look back showcased a copious amount of change that has occurred since the 1990s, or as my children would say "the 1900s." I had the epiphany that lead-

ing across generations is perpetual in our profession of arms and an absolute prerequisite to developing our enlisted and officer forces. French writer Jean-Baptiste Alphonse Karr may have said it best, "The more things change, the more they stay the same." In that

# **Enlisted Commentary**

throughout my career:

First, nothing worthwhile comes easy.

I believe Theodore Roosevelt the 26th president of the United States, captured the essence of this principle in his "The Man in the Arena" speech. He highlighted the fact that we should not fear failure or the critics that spotlight it, but leverage the courage to advocate for a worthy cause despite the ry, don't fear trying new things, to look up to, look forward to and lead outside your comfort zone and somebody to chase.

This is the best advice I can give any Airman while seeking success in his or her Air Force career. This simple piece of advice has obvious implications regarding one's career goal setting but pire to be like. It's the start of our

See PIETZ Page 9

vein, the following two leadership messages have resonated with me

be the change agent for something that isn't "the norm," even when it is hard because these things are necessary for the advancement of the Air Force and our mission. Be the transformational leader who isn't afraid to stand up for what is right and drive development of people and processes around you. Also, remember that integrity is more than just doing right when no one is looking; it is doing right de-

belief of our naysayers. In summa-

also highlights the need for personal and professional balance. Somebody to look up to – This speaks to mentorship. Have individuals you look up to and as-

spite the fact it may be faster and easier to do things wrong.

Correspondence can be sent to the 60th Air Mobili-

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### Commentaries The Flip Side 11/14 Cover story 12-13 Worship services 16-17 Classifieds 20-21 Parting Shots

# On the cover

students from 14 Northern California middle schools listen as Karen Kosiba, an atmospheric scientist, gives a presentation Feb. 27 at Travis Air Force Base, Calif.

U.S. Air Force photo

# Two selected for **RPA** pilot program

**Tech. Sgt. James Hodgman** 

March 1, 2019

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Editor's Note: Surnames were withheld to comply with Air Force guidelines on the disclosure of identifying information for intelligence, surveillance and reconnaissance personnel.

A C-5M Super Galaxy flight engineer and a flight line expediter at Travis Air Force Base were among the 24 Airmen selected to become Enlisted Remotely Piloted Aircraft Pilots earlier this month when the 2019 ERPA selection board results were announced.

Tech. Sgt. Ron, 860th Aircraft Maintenance Squadron flight line expediter, applied to become an RPA pilot three times. He said he was relieved to finally make the cut.

"I was getting used to applying and not being selected," he said. "This year, I got off shift and I looked up the selection list from home. I saw I was the fourth name on the list. I was just like, 'Wow, I finally got it."

"I was happy, but kind of relieved because I've put in a lot of hard work to get my private pilot license, my instrument rating and I put in a lot of hours," he said. "I really wanted it, so I was relieved to finally see I was selected."

In 2015, the Secretary of the Air Force announced the service would train enlisted pilots to operate the RQ-4 Global Hawk, which conducts high-altitude reconnaissance missions up to 60,000 feet. The 2019 Enlisted RPA Pilot Selection Board convened

Jan. 14-18 and considered 31 activeduty enlisted candidates. To date, 66 Airmen have been selected to become RPA pilots and Ron said he's thrilled to be one of them.

"I want to be a pilot, I love aviation," he said. "Aircraft maintenance is a very rewarding job, but I'm ready for more responsibility."

Ron grew up in the village of Finasisu on the small island of Saipan. In July 2009, he enlisted in the Air Force and served his first four years as a flying crew chief on the C-17 Globemas-

"I never realized being a pilot could even be a possibility until my time as a flying crew chief," he said. "I observed what the pilots did and said to myself, 'I can do that."

Ron has accumulated more than 2,000 hours as a flying crew chief supporting missions all over the world on five deployments. He also earned his private pilot license in May 2018.

"Flying provides a different kind of freedom," he said. "As a pilot, you're responsible for your safety and the safety of anyone flying with you. You're focused on the plane and everything associated with navigating to your destination safely."

He said he's looking forward to increasing his knowledge as an RPA pi-

"I'm really looking forward to learning," he said. "In your job you get to a certain level and things kind of come easier to you. I've been doing





TAILWIND 3

1) Staff Sgt. Stacy, 22nd Airlift Squadron NCO in charge of supply, poses near a C-5M Super Galaxy Feb. 20 at Travis Air Force Base, Calif. 2) Tech. Sgt. Ron, 860th Aircraft Maintenance Squadron expediter, poses near a C-17 Globemaster III Feb. 19 at Travis. Stacy and Ron were two Travis Airmen selected to become enlisted remotely piloted aircraft pilots during the 2019 See RPA Page 10 selection cycle.

# **Tailwind**

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Air Force

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# Table of contents

More than 600 eighth-grade

# Name:

Tech. Sgt. Lavon S. Johnson.

**TRAVIS** 

6th Air Refueling Squadron.

# **Duty title:**

ndependent duty medical echnician.

# Fort Walton Beach, Florida. Family:

Hometown:

Spouse, Tina; sons, Leon and

# What are your goals?

Retire and go into Homeland Security.

# What is your greatest achievement?

Becoming a father.

Time in service:

What are your hobbies?

Getting "swole" and watching

15 years.

basketball.

# Heart patient helps locally

60TH AIR MOBILITY WING PUBLIC AFFAIRS

James Willoughby spent 10 years in the Army as a radio repairman.

After separating, he worked 32 years for the railroad, the last 10 years as a train master in Los Angeles, California, overseeing the safe arrival and departure of passengers and cargo and, when necessary, investigating acci-

For the past six years, Willoughby has coordinated food and emotional support for victims of wildfires, hurricanes and other disasters around the country as an American Red Cross volunteer. But in 2017, it was Willoughby who needed assistance.

On Aug. 11, 2017, surgeons at the David Grant USAF Medical Center at Travis Air Force Base, performed a coronary artery bypass surgery graft on Willoughby to improve blood flow to his heart and prevent a heart attack.

"They did a heck of a job," said Willoughby from his home in Magalia, California, "A less talented team would have closed me up and sent me home. They are phenomenal people and I feel fortunate to have stumbled across their paths."

Willoughby's former lifestyle contributed to his condition.

"I grew up in Oklahoma eating a lot of fatty foods," he said. "My whole family did. We'd say, 'if it can't be fried, it's not worth eating."

At age 43, Willoughby gave up a 30-year, three-packs-a-day cigarette habit with the help of acupuncture. Now in his 60s, Willoughby has coronary artery disease.

The problem surfaced when Willoughby was age 52. First, he had breathing issues and a frequent urge to burp. Next came

**See PATIENT Page 8** 



U.S. Air Force photo/Tech. Sgt. James Hodgman

Carlos Castro with the Defense Logistics Agency showcases a large decal Feb. 7 at Travis Air Force Base, Calif., after the decal was cut by a flatbed cutter. The Travis DLA facility provides a variety of printing services to federal agencies and government offices.

# Press print: DLA supports mission

duced more than 750,000

decals, 39,000 magnets and

450 posters. Since Oct. 1,

2018, the team has support-

ed 600 requests and pro-

duced more than 176,000

One of the people working

to produce all those items is

Kathy Kruczek, DLA docu-

ment automation production

specialist. She has worked at

Travis in one capacity or an-

other since 1993 and started

vis DLA facility in 2008.

working full-time at the Tra-

She said DLA has an an-

"Along with typical print-

swer for nearly any print-

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

For organizations at Travis Air Force Base, California, with printing needs, the

Defense Logistics Agency is here to help. Tucked away in a large

brown building behind the tion specialist, "Many peo-Travis Heritage Center is ple may not realize that. They the agency's Travis facility. The agency is open from the copiers in their offices or 7 a.m. to 6 p.m. Monday they may believe using a venthrough Friday and offers a dor downtown is a better opwide variety of printing ser- tion. But you can't beat our vices, including outdoor signage, banners, vehicle decals and even aircraft logos.

According to Department of Defense Instruction 5330.03, Defense Logistics Agency Document Services, DLA serves as the defense department's single

ing, as well as the preferred cal year 2018, the shop proprovider of document conversion and automation ser-

"We are here to support the mission," said Michelle Mulno-Triplett, DLA supervisory document automamay think they can only use service."

"We have a professional graphic artist on staff and a dedicated team of about a dozen people who strive to produce something that's better than what our customers request," she said.

ing needs such as programs, copies or posters, That dedication has led we can also do reflective demanager for printing and to some busy times for the cals, large-format printing,

ing need.

high-speed-volume duplicat- Travis DLA facility. In fis- banner material up to 98 inches wide, reflective decals and aircraft logos," she said. "After printing the logo that will go on the aircraft. we laminate them and perforate them so when the aircraft goes into different elevations, the change in air doesn't lead to the logo being ripped off the aircraft."

Master Sgt. Timothy Mc-Carthy, 321st Air Mobility Operations Squadron training flight chief, utilized the Travis DLA facility in May 2018 to print aircraft nose

"The designs were roughly 3x3 feet and were applied to the exterior of a C-5M (Super Galaxy) and a C-17 (Globemaster III) at Travis," he said. "The designs

See DLA Page 19

# Heart month seeks to raise

### **Merrie Schilter-Lowe**

awareness

60TH AIR MOBILITY WING PUBLIC AFFAIRS

The nation celebrated American Heart Month in February to raise awareness about heart disease and how to prevent it.

Heart disease is the leading cause of death for both men and women, causing one in four deaths each year in the United States, according to the American Heart Association.

"Heart disease is not selective - everybody is potential fair game," said Lt. Col. (Dr.) Shea Pribyl, 60th Medical Group, cardiothoracic surgeon at the David Grant USAF Medical Center at Travis Air Force Base.

Heart disease describes a range of conditions affecting the heart, including coronary artery disease – a disease in which plaque builds up inside the coronary arteries - heart arrhythmia and congenital heart defects.

Risk factors for heart diseases include high blood pressure, high blood cholesterol - which increases the risk of heart attack diabetes and prediabetes, being overweight, lack of exercise, smoking, unhealthy eating habits, heavy drinking, stress, age, gender and genetics. For women, depression is also a factor, and women with diabetes are at greater risk of heart disease than men.

Lt. Col. (Dr.) Joseph Sky, 60th Medical Group chief of cardiologv. has treated patients with coronary heart disease as young as age 20 as well as those past 90 years of age. The majority of the patients, however, are veterans and retirees.

"Our active duty patients, who are younger and more active, usually have a genetic

**See AWARENESS Page 22** 

# Air Force awards \$739M in contracts

## **Space and Missile System Center Public Affairs**

FORCE BASE, Calif. — The U.S. Air Force's Space and Missile Systems Center, in partnership with the National Reconnaissance Of- 85 and NROL-87 to the infice, awarded two Evolved

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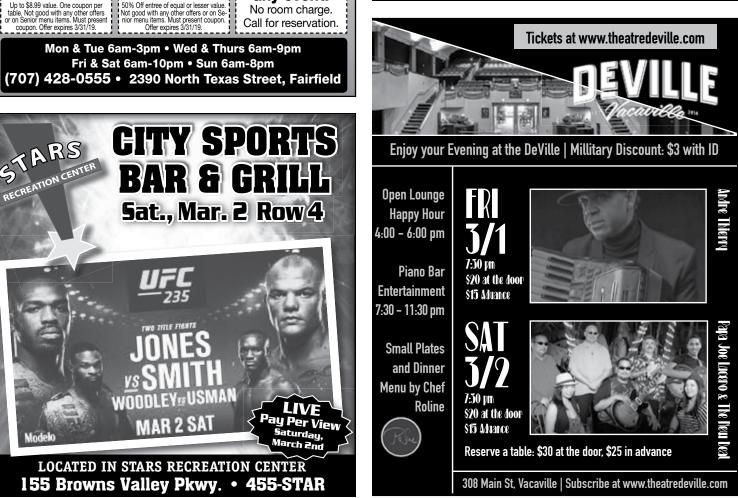
price contract, for launch services to deliver SBIRS GEO-5, SBIRS GEO-6, and

launch service contracts Feb. a \$441.76 million firm-fixed- SILENTBARKER to the intended orbit.

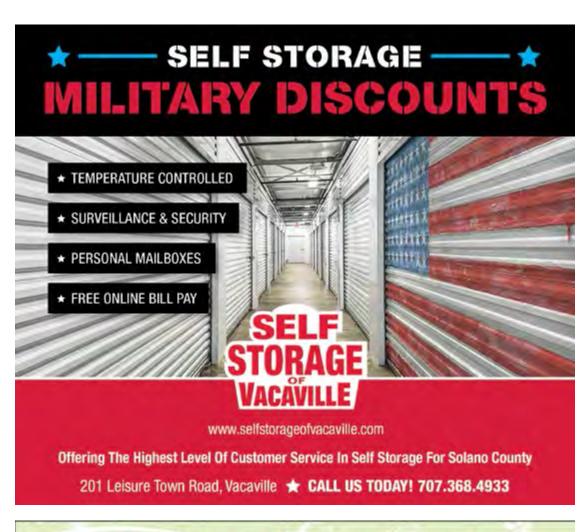
> Both contracts provide the **See CONTRACTS Page 18**







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# US, Qatari security forces pioneer bilateral relationship

# **Christopher Hubenthal**

379TH AIR EXPEDITIONARY WING PUBLIC AFFAIRS

members from the 379th Expeditionary Security Forces Squadron take on an ambassadorship role, pioneering bilateral interoperability with their Qatar Military Police counterparts during "Spartan Patrols" at Al Udeid Air Base.

These patrols, which team U.S. Air Force and QMP security forces together, regularly search the exterior of the base to ensure no vulnerabilities

tain posts," said Master Sgt. to respond and in case we need

combined response joint patrol better familiarization with anyleader. "This combined joint patrol mostly keeps us in constant communication with QMPs. We AL UDEID AIR BASE, Qatake care of all security for our tar — Select security forces resources and our personnel inside the installation while they take control of everything on the outside. It's really a courtesy for them to allow us to come with them."

Barnes said working side by side with his Oatari counterparts is beneficial in ensuring assets and people are secure.

"It's nice to have a joint effort with QMPs, because they can show us how they do things, show us where they have their manning and where and how "We sweep the exterior of they secure certain areas ... it's the base and make contact better as a combined effort," with all their personnel at cer- Barnes said. "(If) they need us

Jordan Barnes, 379th ESFS them for anything, we'll have a thing outside the wire.' Working closely with the U.S.

> Air Force has been a good experience said QMP Sgt. Saad Ahmed Al-Hubabi. The mutual respect between both sides has been impressive he added. "Americans are disciplined

people," he said. "They obey the laws and follow the rules. They are good and we got the best treatment from them."

Barnes said that working with his host nation counterparts has been an eve-opening experience for him and has been an opportunity for both sides to become more proficient.

"If we have a good relationship with the Oataris, it makes our job easier. We can combine

See PIONEER Page 8

U.S. Air Force photo/Tech. Sgt. Christopher Hubentha

Master Sgt. Jordan Barnes, center, 379th Expeditionary Security Forces Squadron combined response joint patrol leader, talks to a member of the Qatar military police, during a "Spartan Patrol" Jan. 17 at Al Udeid Air Base, Qatar.





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# **Patient**

From Page 4

severe chest pains. Doctors diagnosed him with atherosclerosis – a fatty buildup of plaque in the arteries.

In 2002, Willoughby underwent surgery for a stent – a tiny wire mesh tube inserted into the blocked artery to hold it open and improve blood flow to the

"There are two ways to treat atherosclerosis," said Lt. Col. (Dr.) Shea Pribyl, 60th Medical Group, one of the cardiothoracic surgeons to treat Willoughby at DGMC. "One is to go inside the artery through the groin, that's called a stent, and the other is to do a bypass surgery."

The stent served Willoughby well for about 15 years and then it clogged.

On Aug. 4, 2017, Willoughby was driving back to Magalia after dining out with his wife, Jessica, and their friends when he started having chest pains.

Chest discomfort is one of the most common signs of heart disease in men, according to Lt. Col. (Dr.) Joseph Sky, 60th Medical Group chief of cardiology. Women are more likely to have other symptoms along with chest discomfort, including jaw and neck pain, shortness of breath, nausea and extreme fatigue, he said.

Century 21

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Willoughby was 17 years old side street to bypass the traffic state's history. when his father died of a heart

"Most of the men in my family have died of a heart attack,"

Despite his family history, Willoughby did not go to the emergency room but waited until Aug. 7 to seek medical care at the Sacramento Veterans Administration Medical Center outpatient clinic in Sacramento, California. He was given a

"I lasted two minutes on the treadmill," said Willoughby. "Then they gave me a white pill and told me to put it under my tongue and, the next thing I knew, I was on the way to Tra-

Sky was on-call when Willoughby arrived at DGMC. He performed additional tests and decided his patient would be best served with bypass surgery.

"I thought I would get another stent, but they said my arteries were too corrupt," said Wil-

During the operation, surgeons removed the right and left internal mammary arteries from under Willoughby's breastbone and connected, or grafted, them to the blocked arteries creating a detour around the block-

"It's a lot like driving down I-80 and getting stuck in a traffic jam," said Pribyl. "You take a

and then get back on the highattack at age 46.

way. We don't necessarily remove the clot, we just divert the blood beyond it. We use medications to stabilize the clot so it does not break loose."

Following several months of rehabilitation, Willoughby returned to his volunteer duties with the Red Cross. His first assignment was a wildfire in Butte County, California, in October 2017.

"I called Dr. Sky to ask if I could sit in the (emergency operations center), which is where I usually end up," said Willoughby. "He said I could if I didn't lift over five pounds or walk too much.'

Following the Butte County fire, Willoughby traveled from one disaster scene to another, coordinating Red Cross assistance during some of Northern California's biggest wildfires. Then he flew to Guam following a typhoon in 2018 and then to Florida where Hurricane Michael leveled Tyndall Air Force Base. At one point, Willoughby said he spent only eight nights at home over a four-month period.

Willoughby was still in Florida in November 2018 when he got a phone call that his wife was preparing to evacuate their home in Magalia because of the Camp Fire in Paradise, California, which is considered one of the deadliest in the

"I think the best thing about this story is that we were able to help him go back to his work as an American Red Cross volunteer," said Sky. "Stories like this one reminds us that veterans are still actively contributing to society. And, when we can make them healthier and happy, everyone wins."

That includes Air Force medicine, according to Pribyl.

"More than 60 people were involved with this case – from the anesthesiologist to the radiology and laboratory technicians to the respiratory therapist, intensive care unit nurses and the perfusionist who operates the heart-lung machine," said Pribyl.

A significant number of those people deployed within a year of Willoughby's surgery, including Sky.

"This case took place in 2017 and I deployed in the summer of 2018," he said. "The skills that I used to care for this veteran allowed me to take care of combat and ICU patients at Bagram (Afghani-

"In the combat theater, we have trauma surgeons and orthopedic surgeons, but we still need nurses and technicians who are good at taking care of sick patients," continued Sky. "The skills we learn at home allow us to be successful in the field because of that overlap."

# **Pioneer**

From Page 7

our efforts, our manning and resources, and really have a total ioint effort," said Barnes. "It's an important mission asset to provide that security and have a good working relationship: not just with our own armed forces, but military forces from different countries to see how they do things, see how they conduct themselves and really just to have that camaraderie."

March 1, 2019

The relationships built during Spartan Patrols not only increase the safety of those on the installation, they also strengthen interoperability going for-

"(We) recognize that the further we can integrate our defense capabilities and emergency responses, the safer (Al Udeid AB) will be," said Capt. Justin May, 379th ESFS operations officer.

"This is why we post our forces together in critical areas. It's the reason we conduct combined patrols daily, and are leaning forward with training scenarios that fully incorporate our host nation counterparts. The relationship between the Qatari Emiri Air Force, QMP and ESFS is extremely strong, and will only continue to get stronger the more we work to-



# times.

From Page 2

**Pietz** 

journey to be a well-rounded Airman, helps develop our path to success and drives emulation, a very powerful tool to have when you are lost as a leader. Somebody to look forward to. This is the driver for our motivation and upholds our resiliency as we grow and develop. It's that hidden influence that spouses, family and friends naturally impart on us,

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I hope by sharing this I've added some tools to your leadership tool box. Nothing is fool-proof, but I believe these perspectives have value in discussions on leadership.

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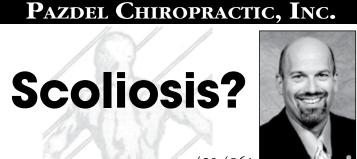
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# **RPA**

From Page 3

this job for nearly 10 years so when something comes up, I usually have an answer pretty quickly. This opportunity will force me to learn a new job and challenge myself. That will be

Joining Ron on that journey will be Staff Sgt. Stacy, 22nd Airlift Squadron NCO in charge of supply, a C-5M Super Galaxy flight engineer and the second Airman selected from Travis to be an ERPA pilot.

"I was so excited when I found out I was selected," said Stacy. "I printed the selection roster and immediately went to talk to my commander. I said, 'Sir, you need to read this' and I handed him the selection rosthe list and he was just as excited as I was."

Stacy also shared the news with his wife, co-workers,

friends and family.

"Being selected is a huge honor and I'm so thankful for they can do to help them along this opportunity," he said. "Now, the way." I'm ready to go."

The application process to tensive. Applicants must pass a flight physical, the Basic Aviation Skills test, the Enlisted Piter. My name was the last one on lot Qualification Test and be at Travis in January 2015. recommended by their commander.

Stacy credits his squadron commander, Lt. Col. Paul Pawluk, with giving him the motivation to apply for the program.

squadron, he said, 'You have a you back up the pilots, you help one or do something. But it's certain flight rules. It's a lot of opportunities." very difficult to do both,' Stacy responsibility." explained. "Maybe I won't make an opportunity here to do some-

able to advise them on things ing at Beale AFB, California.

become an ERPA pilot is ex- in August 2008 as an engine Airmen. mechanic. In April 2014, he retrained into the C-5M flight en- amount of trust in our enlistgineer career field and arrived ed Airmen every day," he said.

He said serving as a flight enexperience he needed to apply for the ERPA program.

Enlisted RPA pilot training chief master sergeant, but I have begins with Initial Flight Train- Airmen meet the standards, ing in Colorado followed by the then why not allow them to thing, and if other Airmen are Remote Pilot Instrument Qual- fly different platforms and do interested in applying to become ification Course at Randolph more?"

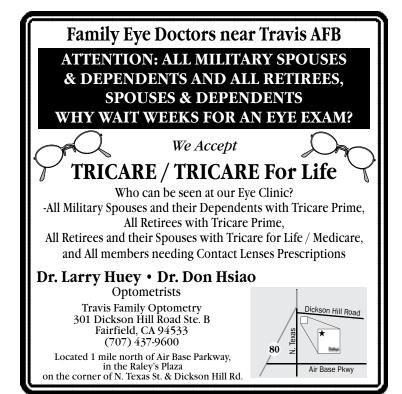
RPA pilots in the future, I'll be AFB, Texas, and practical train-

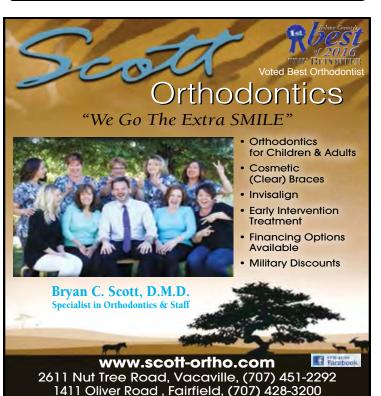
Ron said he hopes, with the success of the ERPA program, Stacy, a native of Fresno, Cal- the Air Force will open more ifornia, enlisted in the Air Force flying opportunities to enlisted

"We place a tremendous "This is another way for Air Force leaders to allow enlisted gineer enabled him to gain the Airmen to reach their full potential. Many Airmen have private pilot licenses, as well as bache-"The job really is one of the lors or advanced degrees. There hidden gems of the Air Force," are also many Airmen out there "When he arrived in the he said. "As a flight engineer, who are capable of so much more. I think this could be an choice. You can either be some- read approach plates and review initial step to more enlisted pilot

Stacy agrees.

"Why not?" he asked. "If our







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www.TreatYourLegs.com

12 TAILWIND MARCH 1, 2019





1) Eighth-grade students from **Northern California middle schools** take photos Feb. 27 during a presentation at the Science, **Technology, Engineering, Art and** Math event at Travis Air Force Base, **Calif. The event titled X-STEM at Travis** was the first of its kind on an Air Force installation and featured a "TED"style symposium with four guest speakers from STEM career fields. The event covered an array of subject areas, such as space exploration, storm chasing, oceanography, the science of social networks, the physics of superheroes and mathematical puzzles. The students also got to see a performance from the Band of the **Golden West, have lunch with Airmen** mentors and partake in two hours of interactive tours through Travis' three mobility aircrafts. 2) Students listen as Karen Kosiba, an atmospheric scientist, gives a presentation during the X-STEM event. 3) Bobak Ferdowsi, NASA engineer, presents a video during the event. 4) Students raise their hands to ask questions. 5) Students listen as members of the Band of the Golden West play. 6) The **Travis Air Force Base Honor Guard** prepares to present the colors.



X-STEM event gets students thinking about ...

# THE FUTURE

U.S. Air Force photos by Master Sgt. Joey Swafford and Heide Couch





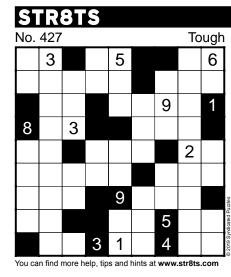


# **Swap Ads**

## For rent

3/2 home, very clean, 3 mins. to Travis. Living room, dining room, family room, fire place, dishwasher, microwave, custom draperies. Top-of-the-line carpet. 3 patios. A/C. No pets, no Sec. 8. \$2,000 plus deposit. 707-425-5679.

# **Puzzles**



Like Sudoku, no single number car rows and columns are divided by black need to be filled in with numbers that omplete a 'straight'. A straight is a se 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. 427 Easy 5 7 5 9 2 7 3 4

The solutions will be published here in the next issue

<sup>1</sup>8 •

6

**Retiree Corner** 

# Previous solution - Very Hard

To complete Sudoku, fill the board that each row, column and 3x3 box ontains every number uniquely

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

If you like Str8ts, Sudoku and

other puzzles, check out our books, iPhone/iPad Apps and much more or our store at www.str8ts.com

# Military transitions to new life support training provider

The Military Health System is transitioning from the American Heart Association resuscitation traintraining courses.

ican Red Cross courses can be tailored to meet the

needs of military medical providers, allowing them to spend less time training and more time caring for patients.

As part of the overall transition process, providing to American Red Cross ers holding current American Heart Association cer-The primary reason for tification will not have to the transition is that Amer-requalify until their current

> certification expires. - Health.mil

# Chapel programs

## Recurring events Catholic

## Twin Peaks Chapel • Roman Catholic Mass: 9 a.m. and noon

- 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.

## 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-

## **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-

# 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

Air Force Sergeants Association "Walter E. Scott" Chapter 1320. General membership meetings are at 8 a.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

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.AFMCwellness.com or contact CHPS at 707-424-CHPS or CHPSTravis@ foh.hhs.gov.

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 Ouirate and Jessica Soto at 501-231-7756 or email

travsoncombatntsd@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://pptform.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://jhns.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

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/2mR1gl2. 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-

### Professional Loadmaster Association availability of paid leave to receive transferred annual leave directly from other employees. For

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 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

Voluntary Leave Transfer Program. The VLTP allows an employee who has a medical emergency or is affected by a medical emergency of a family member and is without

Here are the showtimes for this weekend's

## Today

• 6:30 p.m. "The Upside" (PG-13) • 9 p.m. "Miss Bala" (PG-13)

Vacaville. 455-7827, www.starsrecreation.com

Empress Theatre. Curtis Salgado, 8 p.m. March 2; Daniel Peranti Trio, 7:30 p.m. March 6; Rush vs. Yes Tribute Battle, 8 p.m. March 8; 330 Virginia St., Valleio, 552-2400, www. empresstheatre.org.

First Street Cafe. Doug Houser, 7 p.m. March 1; Open mic, 7 p.m. March 2; Bryan Girard, 2 p.m. March 3; Tune Riders, 7 p.m. March 9;440 First St., Benicia. 745-1400, www. firststreetcafe.com

Saturday Club. Denis "Denny" Colleret in concert, 2 p.m. March 10, 125 W. Kendal St., Vacaville. 448-4807.

**Solano Symphony.** World's Greatest Classics, 3 p.m. March 24, Vacaville Performing Arts Theatre 1010 Ulatis Drive www solanosymphony.org.

Solano Winds. 8 p.m. March 8, Downtown Theatre, 1035 Texas St., Fairfield. www.solanow-

**Theatre Deville.** Andre Thierry, 7:30 p.m. March 1; Papa Joe & The New Deal, 8 p.m. March 3; Skynnyn Lynnyrd, 8 p.m. March 9; 308 Main St., Vacaville. www.theatredeville.

Vacaville Performing Arts Theatre. "Come Together: The Beatles Concert Experience," 7:30 p.m. March 2; "The Little Mermaid," 6 p.m. March 7, 7 p.m. March 8, 1 and 7 p.m. March 9: 1010 Ulatis Drive.

Verismo Opera. "Aida," 3 p.m. March 3,

March 10, March 17, March 24, March 31, Bay

Terrace Theatre, 51 Daniels Ave., Vallejo. www.

Places to go

through Thursday, Saturday and Sunday, 4 to 8

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.

Children's Wonderland. Open 11 a.m. to

4:30 p.m. Friday through Sunday, 360 Glenn St.,

**Galvan Family Cellars.** Open noon to 5

**GV Cellars.** Wine tasting, 11 a.m. to 5 p.m.

II Fiorello Olive Oil Co. Tasting and tours, 1

p.m. Saturday and Sunday, 499 Edison Court,

daily, 1635 Mason Road, Fairfield, 864-2089.

Imagine That! Open 10 a.m. to 5 p.m.

5 p.m. Sunday, 848-B Alamo Drive, Vacaville,

474-5317, www.imaginethatvacaville.org.

Monday, Wednesday, Friday, Saturday, 11 a.m. to

**Jelly Belly.** Free tours, open 9 a.m. to 4 p.m.

daily, 1 Jelly Belly Lane, Fairfield. 428-2838, www.

Loma Vista Farm. 9 a.m. to 2:30 p.m.

to 5 p.m. daily, 2625 Mankas Corner Road.

Fairfield. 864-1529, www.ilfiorello.com.

Suite B, Fairfield. www.galvanwine.com.

p.m. Friday, 221 Julian Lane, Fairfield. www.

BackRoad Vines. Open 1 to 5 p.m. Monday

Friday of each month, downtown Vallejo. Free Vallejo Jazz Society. Jeff Massanari & admission. www.vallejoartwalk.com. Kenny Washington, 5 p.m. March 17, Empress Vallejo Farmers Market. 9 a.m. to 2 p.m. Theatre, 330 Virginia St., Vallejo. 552-2400, Saturdays, year-round, Georgia and Marin www.valleioiazzsocietv.net.

backroadvines.com

www.parks.ca.gov.

Vallejo. 980-0004.

iellybelly.com.

469-4013, www.vpat.net.

Vallejo Symphony. "Profound," 8 p.m. Vintage Market. 9 a.m. to 2 p.m. every March 30, 3 p.m. March 31, Empress Theatre, third Saturday, St. Paul's United Methodist 330 Virginia St., Vallejo. www.vallejosymphony. Church, 101 West St., Vacaville. 925-978-6989.

# Music and dance

more information, call 707-424-1720.

duty, Guard, reservist and their families.

What's Cookin' Wednesday. Free lunch

at the Travis AFB USO Bldg. 1348. Served from

**Local events** 

Nyle DiMarco. Deaf activist and winner of

"Sounds of Suspense." Radio broadcast.

"America's Next Top Model" and "Dancing with

the Stars," 4 p.m. March 9, Solano College

Performing Arts Center, 4000 Suisun Valley

noon fourth Friday of each month, Vacaville

Public Library-Town Square, 1 Town Square

USO Dinner Show Fundraiser, Jazz, 6

Vaca-Con. 10 a.m. to 4 p.m. March 16,

Vallejo Art Walk. 5 to 10 p.m. second

Ulatis Community Center, 1000 Ulatis Drive,

p.m. March 8-9, Willis Jepson Middle School,

580 Elder St., Vacaville. facebook.com/

Place. Free. www.solanolibrary.com.

Road, Fairfield, http://blogs.solano.edu/

theater/index.php/tickets.

JepsonMusic Boosters

Vacaville 469-6680

streets www.pcfma.com

11 a.m. to 1 p.m. every Wednedsay. For active

"Bells & Whistles." Featuring Stan Johnson's "Flutopia." Charlie Wade Blues Harmonic "Bells on the Hill" handbell choir and the Nortbay Ringers, 7:30 p.m. March 2 Shepherd of the Hills Lutheran Church, 580 Trinity Drive, Vacaville, Advance tickets at Gordon's Music and Sound, 810 Texas St. Fairfield

Chamber Music at Rancho Flaubert. Maia Silberstein, baroque violinist, 3 p.m. March 17; 7059 Bucktown Lane, Vacaville. www.sites. google.com/view/cmarf/home.

City Sports Bar and Grill. Music begins at 9 p.m.: Cisum, March 1; Row 4, March 2; Soul's Discretion, March 8: Cruella & Longview. March 9; 7155 Browns Valley Parkway,

# movies at the Base Theater:

## Saturday

- 6:30 p.m. "A Dog's Way Home" (PG) • 9 p.m. "The Kid Who Would Be King" (PG)
- 2 p.m. "On the Basis of Sex" (PG-13)

Mangels Vineyards. Open noon to 5 p.m.

Monday through Saturday, 11 a.m. to 4 p.m. Sunday, 370 Chadbourne Road, Fairfield. www. sepavoliveoil.com 434-8222

p.m Saturdays: tasting room open 1 to 5 p.m. Thursday, 1 to 7 p.m. Friday, 1 to 5 p.m. Sunday, 4341 Abernathy Road, Fairfield. 771-0911, www. sevenartisanswinery.com.

Six Flags Discovery Kingdom. Open 11 a.m. to 6 p.m. weekends through April 7; 1001 Fairgrounds Drive, Vallejo. www.sixflags.com/ discovervkingdom

Stars Recreation Center. Bowling, QZar laser tag, happy hour, open 24 hours daily, 155 Browns Valley Parkway, Vacaville, www.

Suisun Valley Wine Cooperative. Tasting room open noon to 5 p.m. Thursday through Sunday, 4495 Suisun Valley Road, Fairfield. 864-3135

Friday and Saturday 10 a m to 5 p.m. Sunday Blue Victorian, 5071 Suisun Valley Road, and Mankas Gardens, 2522 Mankas Corner Road Fairfield, www.vezerfamilvvinevard.com.

vinogodfather.com.

weekdays, 150 Rainier Ave., Vallejo. https:// lomavistafarm.org.

Friday through Sunday, 4529 Suisun Valley Road, Fairfield 410-5392

Sepay Groves. Open 10 a.m. to 5:30 p.m.

Seven Artisans Winery. Music begins at 2

starsrecreation.com, 455-7827.

**Vezer Family Vineyard.** Open 11 a.m. to 5 p.m. Monday through Thursday, 10 a.m. to 6 p.m.

Vino Godfather Winery. Mardi Gras, noon March 2; 500 Walnut Ave., Mare Island. www.

Wooden Valley Winery. Open 10 a.m. to 5 p.m. daily, 4756 Suisun Valley Road, Fairfield. 864-0730, www.woodenvalley.com.

# Comedy

First Street Cafe, First St. Funnies, 8 p.m. March 15; 440 First St., Benicia. 745-1400, www. firststreetcafe.com

Theatre Deville. Dan St. Paul, Karinda Dobbins, Ian Williams and host Priyanka Wali, 8 p.m. Thursday; 308 Main St., Vacaville. www. theatredeville.com

# Art exhibits

Arts Benicia. "The Art of a Community," through Tuesday; "If ... Then Art at the Digital Interface," March 9 through April 7; open noon to 5 p.m. Wednesday through Sunday during exhibitions, 991 Taylor St., Suite 114, Benicia. Free. 747-0130, www.artsbenicia.org

Benicia Plein Air Gallery. Joanne Gustilo is March's featured artist; open 11 a.m. to 5 p.m. Thursday through Sunday, 307 First St., Benicia. 495-2940 www.benicianleinair.com

Fairfield-Suisun Visual Arts Association Gallery, Solano County High School Art Show Wednesday through March 31; open 11 a.m. to 6 p.m. Wednesday through Sunday. Solano Town Center, 1350 Travis Blvd., Suite D8, Fairfield. 688-8889. www.fvaa-arts.org.

Gallery 621. "Squares & Squiggles," through March 3; open noon to 6 p.m. Thursday through Sunday, 309 First St., Benicia, 297-6960, www. gallery621.com.

Georgia Galleria. Open 3 to 8 p.m. weekdays 10 a.m. to 3 p.m. Saturdays, 419 Georgia St., Suite 15 Valleio www.facebook.com/womenandminority

Jen Tough Gallery. Sara Post, "Other Places," through March 21; open 1 to 6 p.m. Friday, 11 a.m. to 7 p.m. Saturday, 11 a.m. to 6 p.m. Sunday, 942 Tyler St., Benicia. www.jentough.gallery.

# "NEWS NOTES" BRIEFS MUST BE SUBMITTED TO 60AMWPA@US.AF.MIL SEVEN DAYS BEFORE THE EVENT DATE. CALL THE 60TH AIR MOBILITY WING PUBLIC AFFAIRS OFFICE INTERNAL INFO SECTION AT 424-2011 FOR MORE INFORMATION.

March 1, 2019 Tailwind 15



16 TAILWIND March 1, 2019

DIRECTORY OF

For advertising information about this directory, call Classifieds at 707-427-6973 or email: lvargas@dailvrepublic.net

# ASSEMBLY OF GOD

First Assembly Of God of Fairfield

# **Lead Pastor: C. Eric Lura**

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

Revolution Youth \*Nursery Care Provided

<sup>707</sup>**425-3612** 

2207 UNION AVE., FAIRFIELD www.1agff.org email: info@1agff.org

## **BAPTIST**



Worship With Us... St. Paul **Baptist Church** 

Fairfield, CA 94533 Rev. Dr. Terry Long, Pastor Sunday

2500 N Texas Street, Suite H

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

Southern Baptist Convention

**BAPTIST** 

401 W. Monte Vista Ave., Vacaville 707-448-5430 www.tbcvacaville.com

Greg Davidson, Senior Pastor
Sunday:
Worship Service & Bible Study9:00 a
Worship Service & Bible Study 10:30 a
Evening Worship & Prayer 5:00 r

Evening Worship & Prayer	5:00 f
Wednesday:	
Dinner (SeptMay)	4:45 p
AWANA (SeptMay)	6:00 p
Youth	6:00 p
Choir	6:30 å
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weanesday:
Dinner (SeptMay)4:45 pr
AWANA (SeptMay)6:00 pr
Youth6:00 pr
Choir6:30 ar
Bible Study 10:00 am,1:30 pm, 3:30 pm & 6:30 pr
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Worship11:00 am
CORE Bible Studies 12:30 & 5:00 pm
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	WEDNESDAY `	
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Worship	
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WEDNESDAY	(2.1.4 &	ran oun	<b>.</b>
WEDNESDAY Adult Studies		2:00	pr
AWANA for Kids		6:15	pr
Adult & Youth Stud			

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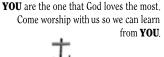
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Jesus said. I am the resurrection, and the life; he that believeth in me, though he were dead, yet shall he live; John 11:25

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Sunday Morning Worship	10 Al
Sunday Evening Worship	6 PI
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**Sunday Morning Worship** 10:30 AM Sunday Evening Worship

6:00 PM Wed. Evening Bible Study

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From Page 5

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From Page 4

incorporated unique elements to the history of each airframe's flying unit. The 22nd Airlift Squadron, which flies the C-5, created a design that honored its heritage. The 21st Airlift Squadron, which flies the C-17, created something to pay tribute to those who came before them: one of the first patches worn when the unit was created."

McCarthy said DLA provided superb service.

"The turnaround time was much quicker than expected and the final product turned out perfect," he said. "They did a fantastic job of taking a design and creating decals that could be affixed to our aircraft."

The Travis DLA team can also ship products to customers who can't pick up in person at their facility, which enables the team to support government organizations far from Travis.

"Someone may say, 'I have a conference in Florida and I have to get on the plane now. livered to the hotel?" said

Mulno-Triplett. "The answer is, 'yes we can.' We can deliver almost anywhere." According to Mulno-

Triplett, the Travis DLA team regularly supports the U.S. Army Recruiting office in New York City, the Defense Commissary Agency at multiple locations all over the United States and the Space and Naval Warfare Headquarters in San Diego. Her team has designed programs for the U.S. Air Force Academy's commencement, supported an Army Corps of Engineers' request for visitor center signage at Lake Sonoma in Geyserville, California, and just completed an order for 650 double-sided map boards for the Army that will be shipped to Fort Sill, Oklahoma.

"We are here to help and we can provide nearly any printing service you need," said Kruczek. "If there's a printing need you have that we can't accommodate, we will work to find a

To contact the Travis DLA facility, call 707-424-1435. For more information about DLA and the services it provides, visit http://www.dla.mil/HO/ Can you have my product de- InformationOperations/Offers/ Services/Document-Services/



Kathy Kruczek, Defense Logistics Agency Document Automation Production specialist, prepares to cut out large U.S. Navy decals Feb. 7 at Travis Air Force Base. Calif. Kurczek has worked for DLA full-time since 2008 and has worked at Travis since 1993. The Travis DLA facility provides a variety of printing services to federal agencies and government offices.



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March 1, 2019

From Page 5

predisposition to heart disease, which may not always present until something happens," said Sky.

For this reason, DGMC provides cholesterol and diabetes screening, smoking cessation classes and chronicles family history.

"The whole health care system is designed to identify risks," said Sky. "We encourage healthy living because we're trying to prevent heart disease down the road."

While medications and medical procedures treat or help prevent coronary heart disease and reduce the risk of related health problems, there are some basic steps people can do for themselves.

"One is lower cholesterol levels and stop smoking," said Pribyl. "Diabetes is another factor. Control that with diet and exercise."

Although chest pain is a common symptom of heart disease, it's not always the first symptom for women. Women are more likely to have neck, jaw, shoulder or upper back or abdominal discomfort; shortness of breath; pain in one or both arms; sweating, nausea, lightheadedness or dizziness and unusual fatigue. Women's symptoms also may occur more often when they are resting or asleep.

Both men and women should seek immediate medical care if they experience symptoms from the head to the abdomen that are not normal for them, said Sky.

"Don't stay home and try to figure it out," said Sky. "Let the professionals do that."

# Gannon

From Page 2

actually improves our readiness. Considering the growth of trust, training and teamwork, we get the chance to leverage our strengths and demonstrate the "can do" culture of the Air Force to our surrounding community. I'm proud of and inspired by all our military and civilian Airmen dedicated to the event and look forward to being on the same team for future endeavors.







# Airman, future maintainer...

U.S. Air Force photos by Tech. Sgt. Christopher Carranza





1) Airman 1st Class Ahmad **Anderson, 364th Training** Squadron hydraulic systems maintenance apprentice course student, positions and operates an aircraft tripod jack to perform landing gear operational check out Jan. 29 at Sheppard Air Force Base, Texas. Anderson is slated to work at the 349th **Maintenance Squadron at Travis** Air Force Base, Calif. 2) Anderson demonstrates the set-up and operations of a portable hydraulic test stand Jan. 29 at Sheppard. 3) Anderson secures a landing gear actuator in a vice Jan. 29 at Sheppard. Anderson was completing block 7/8 of the course.

TAILWIND 23



24 TAILWIND MARCH 1, 2019

