

Exercise puts CRW under ...

# PRESSURE

PAGES 12-13

# Trend buckers on path toward wellness

Commentary by  
Lt. Col. Cory Baker

60TH MEDICAL SUPPORT SQUADRON

With increasing regularity in society's fast-paced work environments, many disciplines are publishing articles about employee burnout. Moreso, in the private sector, industries are resourcing workplace wellness programs to counter stress. Organizations with these programs are realizing significant returns on investment with less absenteeism and medical costs.

Examples include employing chief wellness officers and offering services such as organic farm food stocks, musical instrument lessons and pottery painting. These examples might be a bridge too far for those working on the taxpayers' dime, but a few simple actions

can improve wellness each day. Whether the following recommendations are new insights or reminders, the goal of this piece is to assist in bucking flourishing workplace trends to decrease stress.

The first concept is the power of a short respite. As the fount of great ideas often flows during down time such as vacation, the same goes for daily breaks. Jacquelyn Smith's article "14 Things You Should Do on Your Lunch Break Every Day" posits, "America has become such a work-obsessed society that we tend to shun the notion of taking a break." A lunch break "provides renewed energy (and makes the rest of the day go more smoothly" and can give "an invigorating boost to your afternoon by doing what you enjoy." Those who have spent time overseas will likely agree there

## Commander's Commentary

is value to workplace cultures in other countries where a mid-day break is a standard, especially since it is well-documented they tend to be healthier and less-stressed. Relative to breaks and contrary to what is often practiced, employees should stay home and rest when ill for a faster recovery.

Another less-than-newfangled idea is to get organized. Simplifying spaces by reducing clutter can save time and decrease stress. Do the math and consider the time wasted over one year when spending just 10 seconds per day looking for a misplaced item or sorting through clutter. An associated huge timesaver is better file

and email management. Consult the many existing sources for recommendations, but strive to "touch" paperwork and emails only once.

The third concept is the importance of continuous forward progress. Don't discount the ground that can be gained fitting in small chunks of work during down-time, making the return back to work less hectic. For example, gain peace of mind by chipping away at that mountain of emails on an occasional weekend while sitting in front of the television. Doing so puts you in a better position to focus on other priorities come Monday.

Finally, and most basic of all, breathing habits are an easy target area for enhancement. The article, "As Easy as Breathing?" by Julie Deardorff, describes how "instead of drinking in a deep belly breath," stress

drives people to unhealthy practices such as shallow breathing or holding breaths. Further, Ingrid Bacci offers in "The Art of Effortless Living," that "we're addicted to anxiety" and instead of taking a recommended four to six breaths per minute, "most people breathe at a rate of frightened animals." Prolonged use of these techniques is not as easy as it sounds, but work to energize with deeper, slower breaths.

Nigel Marsh stated, "Design your life or someone else will." The ideas provided above will hopefully be useful toward improving life design and buoying resilience on and off the clock. In general, recall the wisdom of Ovid in that "a field that has rested gives a bountiful crop." Best wishes on the journey to increased wellness, production and quality.



Commentary  
by Chief  
Master Sgt.  
Mark  
Davis

60TH MEDICAL  
GROUP

# Nearing 30 years, chief reflects on service

## Chief's Commentary

American running guru and Olympian Jeff Galloway said, "The more you frame the marathon as a stressful experience, the more negative messages you'll receive. But it's just as easy to frame it as a positively challenging journey."

My retirement order reads 30 years, 11 days. The starting line was the Military Entrance Processing Station in Raleigh, North

Carolina, in 1989. The finish line is here, this September.

When I enlisted at 17, I had no way of knowing exactly how many miles I could or would run. Unlike registering for a race where there's a definitive beginning and end, registering to serve my country was an open-ended challenge.

This challenge, or journey, has lasted nearly 11,000 days; unequivocally more good days than bad. So, like running, I've achieved longevity by celebrating the miles ahead as well as those behind me. I credit my successes to preparation, maintaining a pace and having a good running partner.

Every journey begins with a single, purpose-driven step. Running distance and service to my country

are rooted in a modest vision of excellence through preparation. Before I ran my first race or started basic training, there was plenty of mental stretching for an unknown course.

Despite the trepidation, my unease made the experience more positive since it alerted me to develop a holistic checklist, enabling me to assign knowns to the unknown.

See DAVIS Page 16

# X-STEM event inspires region's students

Airman 1st Class  
Christian Conrad

60TH AIR MOBILITY WING PUBLIC AFFAIRS

The scene of a middle school science fair is universal: A packed auditorium, teachers shuffling from project to project busily writing notes on a clipboard and the ever-present smell of vinegar from a volcano project that used way too much baking soda.

Something they don't usually have a C-17 Globemaster III aircraft parked in the background.

Such was the case at the X-STEM at Travis event Feb. 27.

After braving bitter cold, intermittent rain and, in some cases, two-hour commutes, more than 700 middle school students within the Northern California region showed up to Travis Air Force Base with the ardent intent to learn.

Despite the sometimes inclement weather, the two-part event organized between Travis and the USA Science and Engineering Festival to promote interest in STEM, or science, technology, engineering and mathematics, went off without a hitch.

"This is the first time we've hosted our X-STEM event outside of (Washington) D.C.," said Marc Schulman, USASEF executive director. "We've put it on for D.C. students for six years now, so we're elated to finally be able to offer this to students and communities around the country."

The event featured a veritable A-Team of guest speakers, including NASA engineer Bobak Ferdowsi, atmospheric scientist Karen Kosiba, and environmental scientist Dr. Marcus Eriksen, all of whom took turns talking with the students about their various areas of expertise and taking questions from interested audience members. The students also spent time with Air



U.S. Air Force photo/Heide Couch

**Eighth-grade students from 14 Northern California middle schools raise their hands to ask questions during a presentation at the Science, Technology, Engineering, Art and Math event Feb. 27 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.**

Force mentors from the 60th Air Mobility Wing and the 621st Contingency Response Wing, who guided them through the base's three cargo aircraft.

Although giving middle school students some insight into promising future careers is a great benefit, it's not the main

focus, said Schulman.

"Our mission is to stimulate and sustain the interest of our nation's youth in STEM by producing and presenting the most compelling, exciting and educational forum in the world," said Schulman.

As the pioneering base in the U.S. Air

Force's recent Spark innovation initiative, Travis has been at the forefront of many Air Force-led forays into the civilian sector's STEM offerings, creating partnerships with organizations in the

See X-STEM Page 22

## Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

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Correspondence can be sent to the 60th Air Mobility Wing Public Affairs staff, Tailwind, 400 Brennan Circle, Bldg. 51, Travis AFB, CA 94535-2150 or emailed to 60amwpa@us.af.mil.

Deadline for copy is 4:30 p.m. Friday for the following Friday's issue. Swap ads must be brought to Bldg. 51 by noon Monday for possible print in that Friday's issue. Emailed or faxed Swap Ads are not accepted.

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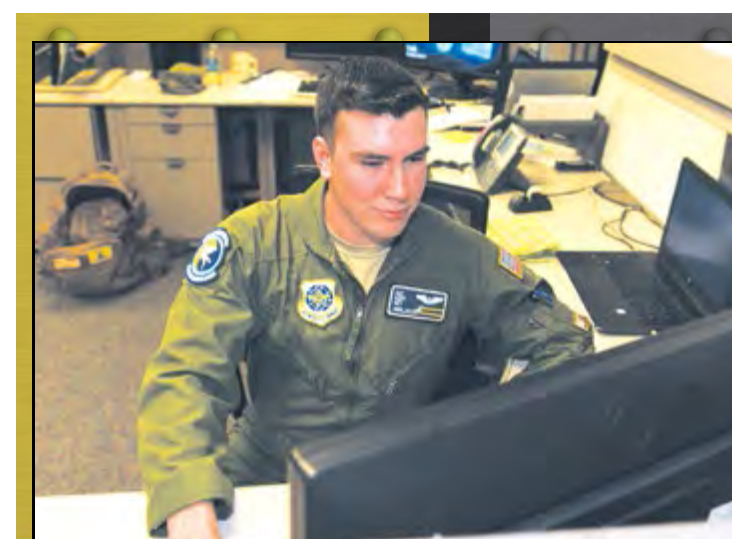
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## On the cover

**Tech. Sgt. Benjamin Shock, 821st Contingency Response Squadron fuels technician, attaches a relief valve to a fuel container Feb. 18 during Exercise Turbo Distribution at Cecil Airport, Fla.**

U.S. Air Force photo/Tech. Sgt. Luther Mitchell



U.S. Air Force photo

# WARRIOR OF THE WEEK

**Name:**  
Airman 1st Class Keaton Key.

**Unit:**  
6th Air Refueling Squadron.

**Duty title:**  
KC-10 Extender boom operator.

**Hometown:**  
Longview, Texas.

**Time in service:**  
One year.

**Family:**  
None.

**What are your goals?**  
Complete Community College of

the Air Force and continue to a bachelor's degree.

**What are your hobbies?**  
Skiing, beach, travel.

**What is your greatest achievement?**  
Saving a Life Award, Civil Air Patrol and receiving fully qualified boom.

# Tuskegee Airman's legacy endures

Nick DeCicco

60TH AIR MOBILITY WING PUBLIC AFFAIRS

When Marilyn Beecham-Hood was younger, she couldn't grasp her father's legacy.

Her dad, 1st Lt. Newman Camay Golden, a Tuskegee Airman and World War II prisoner of war, was killed in action in 1951 during the Korean War, when Beecham-Hood was 9 years old.

Her mother kept Golden's memory alive, showing Beecham-Hood and her brother their father's medals and telling them how she helped Golden study for tests. In the first years after Golden's death, Beecham-Hood said she took the sight of the photo album as a warning sign.

"My brother and I used to say, 'Oh, no, here it comes,'" she said with a laugh. "We didn't understand the magnitude of what my dad represented, as a black man, especially, and as a pilot. But as we got older, of course, we understood more."

"She kept him visible in our minds. She didn't just let him fade away. It was like she kept his memory [alive]. ... She was always showing us the proudness to be black."

Golden's service and sacrifice make Beecham-Hood a Gold Star Family member. She recently visited Travis Air Force Base, California, to receive a Gold Star Family identification card, where she met Suzanne Black, Air Force Families Forever program manager at Travis' Airman and Family Readiness Center.

"It was an honor to meet Mrs. Beecham-Hood and hear about her rich history," said Black. "She is also dedicated to keeping her father's legacy alive and ensuring her children preserve his memory. She



Newman C. Golden, second from right, exits a briefing room along with his fellow Tuskegee Airmen in March 1945, in Ramitelli, Italy. Golden was shot down in 1951 during the Korean War. His body was never recovered and he was presumed dead in 1954.

shared pictures of her father, his medals and the day a chaplain and wing leadership arrived at her house to inform her mother of her dad's missing-in-action status. Additionally, she spoke fondly of her mother and how the loss of her father impacted her mother and their family for the rest of her life. Her mother never remarried."

Black said the card provides access to base for Gold Star Family members for services such as speaking with a certified financial counselor, assistance with finding employment or

speaking with a veteran's service officer for counseling support.

"The Air Force and the nation will forever be in debt to our Gold Star Families for the service and sacrifice of their loved one," said Black. "While I can never ease the grief associated with their loss, I'm committed as the Air Force Families program manager to promote the lifelong connection and appreciation I have for our Gold Star Families."

For families like Beecham-Hood's, keeping the memory of their late service

member alive is a continuing process. Now 77, and living in Stockton, California, Beecham-Hood impresses her father's life and service upon her children and grandchildren.

Golden graduated from the Tuskegee Flight School in 1944. The Army sent him to Italy to fly the P-51 Mustang with the 99th Fighter Squadron during World War II. Mechanical problems forced him to bail out March 20, 1945, over Wels, Austria, where he was captured by Germans. He spent the remainder of

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# High blood pressure leading cause of disease

Military Health System Communications Office

Air Force Lt. Col. Bryan White says he's passionate about educating people on hypertension, the clinical term for high blood pressure.

"Forty percent of all heart disease can be attributed to hypertension," said White, a cardiologist at Nellis Air Force Base in Nevada, citing statistics from the American Heart Association.

"And lifestyle choices people make when they're younger may play a huge role in the development of high blood pressure later in life."

To understand the role hypertension plays in poor heart health, it's helpful to understand some basic human anatomy and physiology. The heart pumps blood to cells and tissues, carrying oxygen and nutrients and removing waste materials. Arteries are the vessels that carry that oxygenated blood from the heart to the rest of the body. The artery walls expand when the heart beats; they contract between beats, when the heart is at rest.

As blood flows through the arteries, it exerts pressure against the artery walls. When the arteries sense too much pressure, the walls respond by pushing back. Over time, this action thickens the arteries, causing them to narrow. Arteries become less flexible which limits blood flow. Meanwhile, blood pressure builds, causing damage to the arteries.

Because this process is gradual, people may be unaware until a heart attack or other medical crisis occurs. Heart disease is a leading

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# Workshop to aid women vets

Tory Gentry

DELOITTE CONSULTING

The Department of Veterans Affairs Women's Health Services has partnered with the Air Force Women's Initiative Team to develop the VA Women's Health Transition Pilot Training.

This program, which began implementing training sessions at Air Force bases in July 2018, intends to address the health needs of transitioning servicewomen.

Travis will host a training course on March 12. The session will take place at the Travis Airman and Family Readiness Center at 351 Travis Avenue from 8:30 a.m. to 4 p.m.

The leading motivation behind these trainings is the negative trends in health outcomes for the women veteran population.

For example, women veterans face greater health-related challenges after military service compared to their male counterparts, including: chronic pain, obesity, musculoskeletal issues, depression and suicide. Often, women veterans do not understand what women's health services are

available to help them address their health-related challenges. Additionally, fewer women veterans seek services and support from the VA and often do not connect with the VA until an average of nearly three years after their military service or until mental or physical health issues have manifested.

The VA Women's Health Transition Training Pilot program aims to provide service-women with a deeper understanding of the women's health services available to them within the VA health care system and the VA health care enrollment process for continuation of services. VA is piloting the Women's Health Transition Pilot Training at a number of Air Force bases, including MacDill AFB, Florida, Hurlburt Field AFB, Florida, Wright-Patterson AFB, Ohio, Travis AFB, California, Joint Base Lewis-McChord, Washington, Joint Base Andrews, Maryland and the Pentagon in Virginia, as well as one-time sessions in San Francisco, Los Angeles and San Diego until late spring 2019.

The training program discusses the major points along the women veterans'

transition journey focusing on how to enroll in and access health care services at the VA.

The course is led by a woman veteran and covers the following: the transformed culture of VA for both male and female patients, the range of women's health care services, eligibility for enrollment in VA health care, expectations for women to proactively seek health care services post-separation, transition assistance, and logistical details such as facility structure, locations and points of contact. The afternoon session of the training includes a presentation by local VA Medical Center staff to provide information about local services and facilities to help participants understand how the VA could best meet their health care needs.

To sign-up for the Travis course, visit <https://www.travisafrc.com/class-calendar> or call Robert Nesbitt, transition manager, at 707-424-2486.

For questions and additional information about the program, contact Dr. Nancy Maher, program manager, at [nancy.maher@va.gov](mailto:nancy.maher@va.gov) and Maj. Alea Nadeem, Air Force Women's Health Pilot Lead, at [alea.a.nadeem.mil@mail.mil](mailto:alea.a.nadeem.mil@mail.mil).

# Travis civilian captures Air Force safety award

Air Force Safety Center

KIRTLAND AIR FORCE BASE, N.M. — Air Force Chief of Safety Maj. Gen. John T. Rauch Jr. recently announced the recipients of the five Secretary of the Air Force and Chief of Staff Safety Awards, as well as the Chief of Safety Awards for 2018.

Among the winners was Gary Ashe with the 60th Air Mobility Wing Safety Office at Travis Air Force Base, California, who was named Air Force Civilian Safety

Professional of the Year.

"We had a remarkable group of nominees this year, but these Airmen genuinely stood out," Rauch said. "Effective risk management and mishap prevention are cornerstones to the Air Force Safety Program, but it takes determined leadership to identify when risk must be accepted to accelerate our operations. These Airmen set the example for the Air Force."

For a complete list of winners, visit <https://bit.ly/2Jami27>.

# Fort Eustis tries commissary program piloted at Travis

Rick Brink

DEFENSE COMMISSARY AGENCY

FORT LEE, Va. — The Defense Commissary Agency's online shopping/curbside pickup service, known as CLICK2GO, became available to Fort Eustis Commissary shoppers March 1.

"We are continuously looking at ways to improve our

patrons' shopping experience, and our upgraded business systems allow us to expand our CLICK2GO program," said retired Rear Adm. Robert J. Bianchi, Department of Defense special assistant for commissary operations. "This helps provide the convenience that fits our

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# Travis reviews housing conditions, living standards

**Airman 1st Class Christian Conrad**  
60TH AIR MOBILITY WING

Secretary of the Air Force Heather Wilson and Chief of Staff Gen. David Goldfein recently ordered an Air Force-wide review of all privatized housing to be completed by March 1.

Wilson and Goldfein directed commanders at all Air Force installations to partner with their respective base property management companies in conducting a "100 percent review" of all military housing by the end of February. The goal of the effort is to take a proactive approach to resolve any potential or chronic issues facing housing residents while also emboldening Airmen to voice their concerns.

In addition, the inspector

general's office is launching a review of how Air Force bases respond to housing health and safety complaints.

"Airmen are the priority at any base," said Chief Master Sgt. Scott Sikorski, 60th Aerial Port Squadron superintendent. "Whenever news breaks of a problem facing a resource that's enjoyed by the vast majority of your troops, it becomes your responsibility to ensure that problem is solved and solved quickly, not just in the interest of mission readiness, but more importantly, in the interest of the health of our Airmen and their families."

As the superintendent of the 60th APS, Sikorski supervises more Airmen in base housing than any other squadron superintendent at Travis. It's in that way he sees the housing reviews less as a proactive formality

and more as a way for squadron leadership to advocate for the welfare of their Airmen.

"With the business of preparing and moving cargo and passengers all around the world, we need to make sure our Airmen are focused on the task at hand," he said. "If they are worried about the health and safety of their families in their homes, they lose focus on the job, and that's when mistakes happen. In our line of business, that could be costly. We in leadership need to make sure our Airmen and their families are taken care of at home so they can take care of the mission here and in the Air Force at large. If that means that we have to go to each of their homes to see firsthand what their issues are, then so be it. We want our Airmen to feel

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U.S. Air Force photo/Airman 1st Class Christian Conrad

**Tech. Sgt. Thomas Decker, 60th Aerial Port Squadron NCO in charge of bunker operations, and his wife, Tracy, talk with Maj. Philip Lere, 60th APS operations officer, about issues facing their home during a housing review Feb. 25 at Travis Air Force Base, Calif.**

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# Master sergeants selected for E-8

**Kat Bailey**  
AIR FORCE'S PERSONNEL CENTER  
PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Air Force officials have selected 1,434 master sergeants for promotion to senior master sergeant out of 13,316 eligible for a selection rate of 10.77 percent in the 19E8 promotion cycle.

The average overall score for those selected was 494.87. Selectees' average time in grade was 3.87 years and time in service was 17.91 years. The average decorations score was 19.92 and the average United States Air Force Supervisory Exam score was 74.98. The average board score was 398.96.

The following individuals stationed at and inbound to Travis Air Force Base, California, were selected for promotion:

- Paul J. Baisden, in-bound from Kadena Air Base, Japan.

- Charles D. W. Barber, 60th Medical Diagnostics and Therapeutics Squadron
- James L. Cromwell, 60th Surgical Operations Squadron.
- Stephen M. Dugan, 60th Aerial Port Squadron.
- Erine F. Gallant, 60th Force Support Squadron.
- Kyle A. Grantham, 60th MDTs.
- Robert L. King, 60th Security Forces Squadron.
- Nathan J. Lujan, 60th Operations Support Squadron.
- Samson R. McLester, in-bound from San Diego.
- Saray Moniz, 22nd Airlift Squadron.
- Kyung S. Pak, 60th Inpatient Squadron
- April S. Payne, 60th IPTS.
- Richard D. Plecenik, 860th Aircraft Maintenance Squadron.
- Cole R. Reinbold, 22nd AS.

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# CRW tests skills at Turbo Distribution

Exercise in Florida emphasizes ability to position forces in unpredictable situations



1) Airmen from the 821st Contingency Response Group respond to a simulated chemical attack Feb. 20 during Exercise Turbo Distribution at Cecil Airport, Fla. Turbo Distribution is a joint-service exercise funded by United States Transportation Command, which trains contingency response forces to respond to humanitarian aid and disaster relief missions. 2) Aerial port Airmen unload cargo from trucks Feb. 18 during Turbo Distribution. The trucks were used to simulate the arrival of cargo aboard C-17 Globemaster III and C-130 Hercules aircraft.

Story and photos by  
Tech. Sgt. Luther Mitchell  
621ST CONTINGENCY RESPONSE WING  
PUBLIC AFFAIRS

The 821st Contingency Response Group participated in a United States Transportation Command funded exercise as a Joint Task Force-Port Opening team to demonstrate their ability to rapidly position forces in response to emergent or unpredicted contingencies at Cecil Airport, Florida, Feb. 16-23.

Exercise Turbo Distribution provided an integrated and joint approach to training that aligned with and supported strategic plans and organic readiness between U. S. Air Force, U. S. Army and Defense Logistics Agency personnel.

“Every time we go out the door, it’s always uncertain,” said Chief Master Sgt. Ron Garbarini, 821st Contingency Response Group superintendent. “So, an environment like this really fosters innovation.”

JTF-PO forces deployed in support of Operation Provide Relief to deliver relief supplies to refugee camps in fictional location in real-world Jacksonville, Florida as part of the exercise scenario.

A Joint Assessment Team, from Travis Air Force Base, arrived first to assess the condition of the airfield, followed by the rest of the team to open and establish an aerial port and distribution link to deliver supplies.

“Our ability to rapidly open an aerial port of debarkation is a critical enabler in humanitarian and contingency environments,” said Col. William Wade, 821st CRG deputy commander. “Our specially trained and equipped Airmen and Soldiers are the heart of this capability. They make this mission fun, exciting, and rewarding.”

A JTF-PO is composed of jointly trained and ready air, surface and sea forces, constituted as a joint task force at a time of need. Contingency Response forces are self-sufficient and

deploy with all personnel, equipment and supplies to execute the mission anytime, anywhere.

Airmen practiced receiving and distributing cargo from up to 30 aircraft per day and Soldiers helped “load up and roll” out cargo. DLA personnel worked behind the scenes to contract resources to complete the mission.

Throughout the exercise an inspection team evaluated how each of the services were able to respond to dynamic environments. This included simulated chemical, biological, radiological, nuclear and explosive attacks, terrorist activity, and other challenging situations that could be encountered in real-world missions.

“Exercise Turbo Distribution offered the Joint Air Force and Army team the opportunity to train together in a challenging operational environment,” Wade said. “We validated our bare base opening capabilities, our ability to operate jointly, and our ability to effectively support air traffic. The scenario, distance of our distribution network, and volume of cargo proved challenging, but we learned a lot during the exercise.”

The JTF-PO demonstrated the wing’s capability to deploy, train, operate and evaluate full spectrum readiness. This exercise was the first for many participants and provided an opportunity to learn the Contingency Response Wing’s mission.

According to the CRW’s priorities, full spectrum readiness means that every Devil Raider is fully trained, equipped and mentally prepared to plan, deploy and execute the mission in any environment with minimal notice.

“It is always great to train and practice as a Joint Task Force,” Wade said. “For many of us, this was our first Exercise Turbo Distribution. While it is very similar to our conventional contingency response mission, the JTF-PO has its differences too. It was a great learning event.”



3) Maj. Matthew Crowley observes supplies being unloaded from a C-130 Hercules Feb. 20 during Exercise Turbo Distribution at Cecil Airport, Fla. 4) Contingency response forces assigned to the 821st Contingency Response Group respond to a chemical attack scenario Feb. 20 during Turbo Distribution. 5) Airman 1st Class Harley Swecker, 821st Contingency Response Squadron aerial port technician, receives medical treatment from Col. Daniel Murray, 60th Aerospace Medicine Squadron flight surgeon, Feb. 20 during Turbo Distribution.





# M18s start to replace Berettas

**Vicki Stein**

AIR FORCE INSTALLATION AND MISSION SUPPORT CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas — The Air Force Security Forces Center, in partnership with the Air Force Small Arms Program Office, has begun fielding the new M18 SIG Sauer Modular Handgun System to security forces units as part of the Reconstitute Defender Initiative and its effort to modernize weapon systems and increase warfighter lethality.

The M18 replaces the M9 Beretta, which has been in use for more than 30 years. This new weapons system is also projected to replace the M11-A1 Compact used by the Air Force Office of Special Investigations and the U.S. Army M15 General Officer pistol used for military working dog training.

The modular design of the M18 provides improved ergonomics, target acquisition, reliability and durability to increase shooter lethality.

A key benefit of the M18 is that it can be customized to individual shooters with small, medium or large handgrips.

“This is going to help shooters with smaller hands. It also has a much smoother trigger pull, leading to a more accurate, lethal shooter,” said Staff Sgt. Richard Maner, 37th Training Support Squadron armory noncommissioned officer in charge at Joint Base San Antonio-Lackland, who had an opportunity to test the weapon. “The M18 is a smaller platform weapon, but it gives the shooter more capabilities over the bulkier, larger M9 pistol.”

“The M18 is a leap forward in the right direction for modernizing such a critical piece

See M18 Page 17



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## Program

From Page 5

customers' busy lifestyles."

Authorized commissary shoppers can access the CLICK2GO system via the

agency's customer portal, My-Commissary. An initial sign-up is required for first time patrons to access the system. On DeCA's website, Commissaries.com, patrons can also learn more about the service at the site's CLICK2GO section.

Once in CLICK2GO, patrons select products offered online based on the store's stock assortment. After products are selected, the patron selects a pickup time and completes the checkout process. Then, the patron arrives at the commissary curbside pickup location at the appointed time and pays for his or her items. Commissary workers will load the groceries in the shopper's car.

"I'm excited for our customers to be able to do internet shopping," said Ramon Miller, store director. "Many have been asking about it for some time. Well now, our shoppers can enjoy this new service."

The new CLICK2GO at Fort Eustis is the start of an agency expansion of the online ordering/curbside service tied to the

ongoing deployment of its new business system. DeCA began its pilot program for CLICK2GO in 2013 at Fort Lee, Virginia; Offutt Air Force Base, Nebraska; and Travis AFB, California. The pilot allowed DeCA to learn from the process to improve the program. These locations will continue to fulfill internet orders until June 1 when the contract for the pilot services expires.

Fort Lee, Offutt and Travis will eventually receive the new CLICK2GO program as the agency's new business and checkout systems are installed in commissaries worldwide over the next four years. The commissary at Naval Air Station Oceana, Virginia, will be the next store to receive the online ordering/curbside pickup program at a time to be

determined. Not all stores will receive the service. A variety of factors, including sales and transactions, existing infrastructure and demographics, will determine if a commissary is suitable for CLICK2GO.

Willie Watkins, DeCA's eBusiness chief, credited the pilot locations with giving the agency the lessons learned and performance data to eventually deploy the new CLICK2GO.

"In today's busy world, convenience is key," Watkins said. "We're pleased to bring the convenience of this new CLICK2GO service to our Fort Eustis shoppers. Right now, products and prices display much like a sales flyer, but as the system becomes more robust, it will feature more information shoppers find useful such as product ingredients."

## Davis

From Page 2

This was indeed a flexibility rehearsal. While any measure of preparation is better than none at all, only comprehensive preparation of my mind, body

and spirit readied me to cross the finish line.

An unknown athlete posited that tough runs don't last – tough runners do. Whether in the context of career or running, my imperative has been to maintain a pace commensurate with longevity and/or distance.

The fable about the tortoise and the hare reflects my strategy on how I have accomplished both. The tortoise understood that the race wasn't a sprint at all, but instead a journey that required a deliberate and consistent strategy for performance. I wasn't the fastest runner nor the Airman who made rank the first time, but I haven't missed a finish line in 30 years. I guess I'm as savvy as a reptile.

Furthermore, I have certainly not achieved alone. I've trained with athletes of all levels. I've experienced longevity because of others who afforded me opportunities to develop, gave me room to fail and grow and teammates who encouraged me.

Undoubtedly, training with like-minded people has bolstered me, facing struggles and sharing excitement together. For this, I am certain that my list of those to recognize for running with me will be woefully incomplete. However, my wife, who completely gets the competition between my resolve and potential, will be the first I acknowledge this September. Like all finish lines, she's been there with me and for me.

Thus, I pray your journey to any finish line is purpose-driven, not solitary, and as an amazing experience as it has been for me running my longest race. Finish strong.

## Housing

From Page 6

comfortable to bring issues up to us so we can advocate for them."

The reviews revealed much. Of what they did, something in particular stood out – Mold.

"Unfortunately, some of the houses we looked at were beginning to develop problems with mold, mostly around old, leaky windows," said Maj. Philip Lere, 60th APS operations officer. "If this survey had been conducted during the dry season, it is unlikely we would have accurately identified the extent of the problem. Now that we know more about the issue, we can start to get after these problems more effectively."

With a leak in her garage ceiling and a light bulb that doesn't turn off, Airman 1st Class Nichole Krinberg, 60th APS air transportation apprentice, relies on Travis' housing management company, Balfour Beatty, to make the repairs.

"My own experience with Balfour Beatty has been one of prompt service," she said. "I've had a few issues that I've needed addressed on multiple occasions, but all of my concerns have always been quickly processed and looked at. Additionally, having leadership at the forefront of these issues is empowering. Seeing leadership annotate and address every concern brought to their attention affirms my belief in how they have Airmen's best

interests at heart."

Despite Krinberg's own experiences with Balfour Beatty, she acknowledges not everyone may have similar stories.

"I can only speak for myself, but I've had the most success calling and e-mailing Balfour Beatty," she said. "After this housing review, though, I feel more comfortable coming to my leadership in the case those methods ever fail, and I definitely would encourage the discouraged to do the same."

Amid all the lessons learned in the dialogue created by the housing reviews, Krinberg's comments echo the one Lere hopes every Airman will keep with them in the future: speak up.

"Everyone on base has a right to live in a safe environment," said Lere. "These housing surveys raised many relevant concerns and I want to make sure our base residents know that our leadership teams are there to make sure the needs of the members are met, including a safe place to live."

The results of the housing review will be addressed on a house-to-house basis. The data will also be sent up to the office of the Secretary of the Air Force where it will be put into a report, possibly pushing Congress to enact a tenant bill of rights allowing military families the power to withhold rent or break leases to escape unsafe conditions.

For all Travis AFB housing concerns and requests, please notify the housing office at 707-424-1474.

## E-8

From Page 7

- Nichole E. Reynolds, in-bound from San Antonio.
- Reynaldo Rios, 60th Maintenance Squadron.
- Robert S. Sigmon, 60th AMXS.
- Alan L. Smith, in-bound from Kadena.
- James A. Stalnaker, 60th MXS.
- Kevin P. Wasiewski, 60th Civil Engineer Squadron.
- Marjorie A. Webster, 60th Air Mobility Wing.
- William P. White, 60th CES.

## M18

From Page 15

of personal defense and feels great in the hand. It reinforces the muscle memory instilled through consistent shooting," said Master Sgt. Casey Ouellette, 341st Military Working

Dog Flight Chief JB San Antonio-Lackland. "It's more accurate and, with a great set of night sights and with their high profile, follow-up shots have become easier than ever before."

So far, more than 2,000 M18s have been delivered to various installations.

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# Pressure

From Page 4

cause of death in the United States, according to the Centers for Disease Control and Prevention, or CDC.

Blood pressure is expressed as two numbers referring to millimeters of mercury, or mmHg. The first number, or systolic, is the measure of the pressure of the blood against artery walls when the heart is beating. The second, or diastolic, indicates the pressure against artery walls between beats, when the heart is at rest.

Blood pressure measurements are two numbers. The first number measures the pressure in your blood vessels when your heart beats; the second number measures the pressure in your vessels when your heart rests. According

to the CDC, a blood pressure reading is considered normal when the first number is less than 120 and the second number is less than 80 mmHg. People are considered at risk for hypertension when their blood pressure falls in the range of 120-139/80-89 mmHg. High blood pressure is 140 or higher/90 or higher mmHg.

Hypertension may be hereditary, White said. According to the AHA, more than 40 percent of African-Americans in the United States have hypertension, which may develop earlier in life and become more severe.

Health care experts say high blood pressure can also be caused by unhealthy lifestyle habits, including smoking, lack of exercise, and a diet heavy in saturated fats and salt. About 25 percent of Americans ages 25 to 45 have hypertension, according to

the AHA. The prevalence increases to 45 percent of people 45 to 65 years old, and 80 percent of Americans older than 65.

"It's primarily an age-related disorder," White said.

However, a study of approximately 3,800 young U.S. service members wounded in the Iraq and Afghanistan wars found that severe injuries and chronic post-traumatic stress disorder were risk factors for hypertension.

Air Force Lt. Col. Ian Stewart, a physician at Travis Air Force Base in California, was senior author of the study, which was published in the AHA journal Hypertension in March 2018. The average age of the service members when they were wounded was 26, Stewart said.

"We've done previous work demonstrating that the

severity of combat injury is associated with hypertension," Stewart said. "But we found that both injury severity and PTSD increased the risk of hypertension independently from one another," he said. "These findings suggest that caring for veterans requires a holistic approach that encompasses physical as well as mental health."

TRICARE covers blood pressure screenings for adults to check for cardiovascular disease at least every two years. Also, getting blood pressure checked is a routine part of every visit to a medical clinic. However, there's often not enough time to follow suggested protocol for the most accurate reading, White said. That includes the patient sitting calmly for five minutes before a blood pressure check, and checking the blood

pressure three times. The recorded blood pressure should be an average of the three readings, White said. Further, a diagnosis of hypertension shouldn't be made until at least two office visits where high blood pressure is recorded using this method.

Medications to control hypertension have risks for kidney and liver damage and may affect deployability, White said. So for patients 45 or younger, he first prescribes six months of lifestyle changes including increasing exercise, eliminating smoking, and eating a heart-healthy diet.

"A lot of hypertension is linked to people simply not taking care of themselves," White said. "There's so much people can do to prevent its development."

# Tuskegee

From Page 4

World War II in the Stalag VII-A prisoner-of-war camp before being released when Allied forces prevailed.

During the Korean War, Golden's P-51D Mustang night fighter was shot down Oct. 17, 1951. His fighter took a direct hit from anti-aircraft fire, burst into flames and crashed. He was initially listed as missing in action, but his status was changed on March 31, 1954, to killed in action, body not recovered.

Beecham-Hood remembers the 1951 day when Soldiers came to the house in Richmond, California, to say Golden was missing.

"I was outside, playing, like we did in those days," she said. "These three Soldiers came. My mother was really upset and crying. I didn't know the

magnitude of what was going on at the time, but I remember these Soldiers coming to the house and later on that day, I found out that my dad had been shot down."

Beyond his service, Beecham-Hood said her parents were "staunch advocates for the rights of people" in the 20th century fight for civil rights. When she was 4, her mother fought to integrate the swimming pool on a base that was segregated. Her father was active as well.

"Dad was picked up by [military police] because he was so outspoken in life about things going on on the base," she said. "It was something about the black soldiers being hassled on the Army base. He was picked up as a leader of trying to get things the right way."

Now, Beecham-Hood works to carry Golden's memory forward. She's traveled to Washington, D.C., to attend POW/

MIA events, bringing her grandchildren. In 2015, she was invited to the Sacramento Valley National Cemetery in Dixon, California, for the installation of a plaque commemorating Golden's memory.

"I don't want [him] ever to be forgotten in the Golden family," she said. "He was a man who believed in his country. He was a man who thought that there should be changes in the world, but what he was doing was helping to make that change in the world. He died doing what he wanted to do and he was proud of his station in life because that's exactly what he wanted to do. For an uneducated black man back in the '40s growing up, it wasn't easy, but he never gave up hope that the world would change."

"My dad, to me, was a hero." Ian Thompson contributed to this report.

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# X-STEM

From Page 3

surrounding area including Silicon Valley, and working to make the barrier between civilian and military thinking less obstructive.

"If we're going to be the world's greatest Air Force, we need to keep information exchange between us and the civilian world as open and collaborative as possible," said Col. Jeffrey

Nelson, 60th Air Mobility Wing commander. "That means creating strong, lasting partnerships with our civilian counterparts who work on the cutting edge of technologies and processes that can be applied not only to our own mission of rapidly projecting American power anytime, anywhere, but to the U.S. Air Force's larger mission of flying, fighting and winning in air, space and cyberspace."

Despite the Air Force's push toward innovation in a

professional and actionable context, the event itself was seen by Travis leadership as a means to cultivate the students' passions, and what better way to do so than with a little air power.

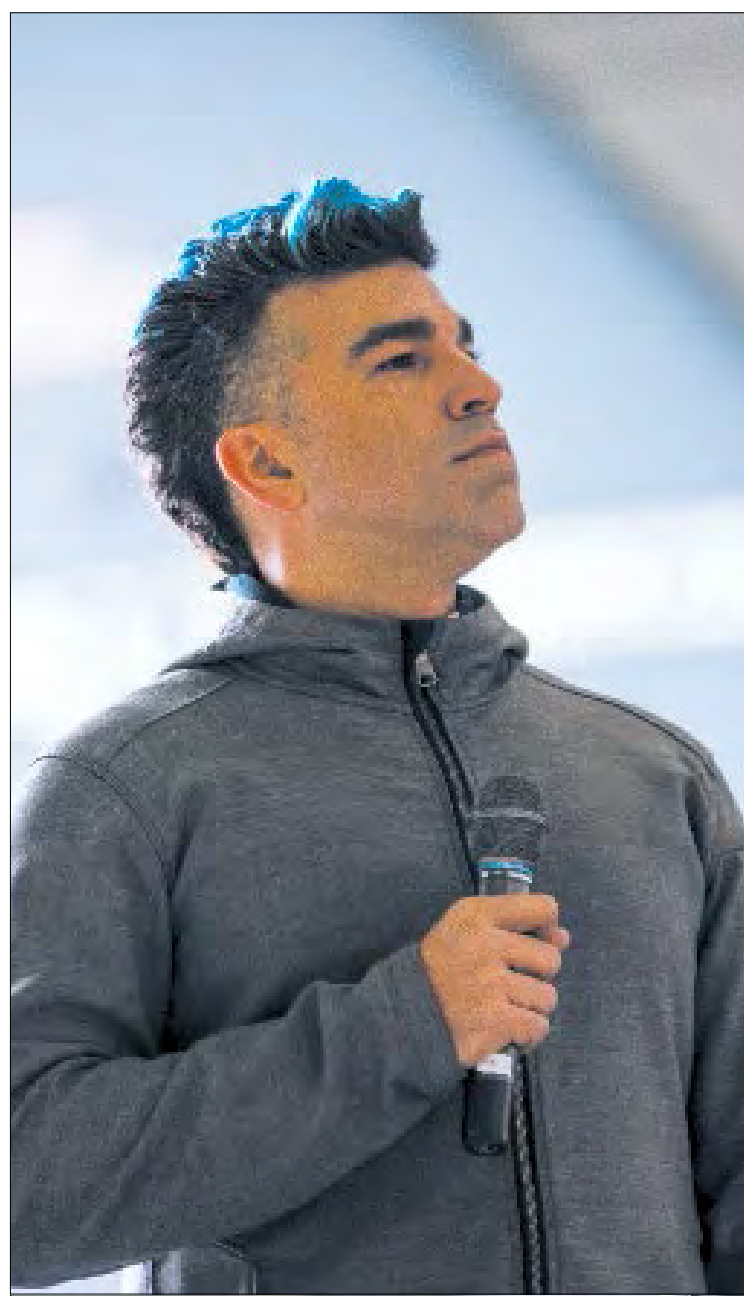
"If you think about it, everything that goes into the creation, operation and maintenance of an aircraft relates to STEM in some way," said Nelson. "Whether that's applying engineering to maintaining the jet engines, science to understanding the ways weather can affect flying operations, technology to understanding how the navigation systems work or mathematics to knowing how the C-17's almost 90-ton payload capacity can impact how much fuel it'll need to make it to its destination. An aircraft is a microcosm of thousands of different STEM disciplines. Plus, at the end of the day, they're just awesome."

"Awesome," "exciting," "compelling." There are many words to describe the day's events, but none more important, perhaps, than those of one of the students who attended them.

"It was really neat to hear a variety of different speakers talk about subjects we really don't get to hear much about," said Andrew Briscese, a Crystal Middle School eighth-grader. "I'm glad that I got the opportunity to come to Travis for this event; the whole day was fun and informative."

Briscese's words reflected the view of one of the event's guest speakers, a certain blue-mohawked NASA engineer:

"I had the opportunity to speak to 600-plus middle school kids today," wrote Ferdowski in a tweet. "And as usual, my optimism for the future is renewed."



U.S. Air Force photo/Master Sgt. Joey Swafford

Bobak Ferdowski, a NASA engineer, presents a video to more than 700 eighth-grade students from 14 Northern California middle schools during a Science, Technology, Engineering, Art and Math event Feb. 27 at Travis Air Force Base, Calif.

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1) Airman 1st Class Autum Boomershine and Christopher Muriset, 60th Civil Engineer Squadron firefighters, work together to extinguish a fire of a simulated crash during a major accident response exercise Feb. 28 at Travis Air Force Base, Calif. The MARE was used to evaluate how different base agencies respond to emergency situations.

# Accident response exercise sets skills ...

# ABLAZE

U.S. Air Force photos by Heide Couch



2) Airman 1st Class Autum Boomershine, 60th Civil Engineer Squadron firefighter, sprays water on a simulated crash site during a major accident response exercise Feb. 28 at Travis Air Force Base, Calif. 3) Airmen assigned to the 60th Medical Group begin the recovery phase during the exercise. 4) Airmen assigned to the 60th MDG search a debris field during the recovery phase at the simulated crash site.





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