



OSPREYS

... spread wings with Travis

PAGES 12-13

Younger officers wonder: Stay or leave?

Editor's note: The following is presented as a response to letters written to leadership at the 21st Airlift Squadron.



Commentary
by Lt. Col. Erik Fisher
21ST AIRLIFT SQUADRON

Dear Joey and Dave: Recently, you both asked me the question, "Why should I stay in the Air Force beyond my commitment?" As young field grade officers, you are right to ask this question. The undeniable truth is that you have options. Your leadership, intellect and vision open many doors in and beyond our Air Force. A ubiquitous, yet difficult decision awaits you—stay or go. While it is important for you to carefully weigh your pros and cons concerning this decision, the best way for me to adequately respond is to articulate

why I stayed. Seven years ago, I stood in your shoes eyeing multiple branches in the trail ahead and pondered which path to select. Today, I am fulfilled by my decision to remain. Please indulge me as I explain.

Nearly 21 years ago, at the age of 17, I arrived at the United States Air Force Academy. I arrived at this juncture for two reasons: play college baseball and hopefully fly airplanes. I also joined for one intangible reason: to serve. In time, service moved from ethereal to palpable and became the reason I stayed in the Air Force. Further broken down, I remained for the people, the opportunity to make change and secure progress and my own conviction that I still had more to give.

Commander's Commentary

This decision to stay was not without cost. My family and I endured hardships and missed professional and personal opportunities as we traversed this path. However, as I write these words, I ardently believe this path—the harder path—was the correct and richer path. I do not regret my decision.

I joined to slip the surly bonds, but stayed in large part for the people. Squadron command has been the richest professional experience of my life. During these last two years, I vicariously encountered much life has to offer and witnessed my fellow Airmen find both joy and heartache. The highest peaks included births, marriages, promotions, awards,

assignments and special opportunities. Conversely, the lowest valleys consisted of deaths, divorces, health scares and untimely deployments. In navigating these peaks and valleys, I developed relationships so rich they eclipsed the traditional definition of "colleague." Along the way, I developed a reverence for Airmen. Furthermore, I have been provided with countless opportunities to coach, mentor, instruct, counsel and listen while walking alongside Airmen in search of their better selves. I gained tremendous satisfaction as the team strengthened and cultivated a powerful brand – communal, committed and innovative. More than any other reason, it is the people and the ensuing sense of family that keep me here.

The opportunity to make change and secure progress is

another reason my Air Force journey continues. Throughout my career, leaders and mentors nurtured my creativity and entrepreneurship, enabling me to implement change and realize progress. Recently, I read an article in the March 2019 issue of Harvard Business Review on the topic of navigating mid-life professional malaise. The author, Kieran Setiya, asserts many employees are stymied by ameliorative pursuits, such as regular problem-solving and conflict resolution. These regular activities, akin to "queep," sustain the organization, but are usually void of existential value. Conversely, existential pursuits offer employees the richness of a lasting good. Encouraged by exceptional leaders, I frequently sought out existential opportunities during my career

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Commentary
by Lauren Fisher
21ST AIRLIFT SQUADRON

Family plays undeniable role in decisions

Editor's note: The following is presented as a response to letters written to leadership at the 21st Airlift Squadron.

Dear Joey and Dave, you recently asked my husband whether you should stay in the Air Force past your initial pilot commitment. He wrote you a heart-felt

Commentary

response reflecting upon his professional reasons for staying. I was privileged to read his response and agree completely with his rationale. However, his response left me unsettled. I was not at first able to articulate, or even fully comprehend

this unease. This hesitation, I think, is tied to my belief that his response addresses only part of the equation. If you would indulge me, I would like to attempt to address what I view as the "other side" of the proverbial coin you are now flipping.

The reasons Erik provided that formed the basis for his decision to continue – people, opportunities to

improve and the calling of service – are excellent things upon which to build a career. They exemplify what makes our Air Force great. If only it were so simple. In reality, a decision whether to stay or go is not, and should never be, an individual decision for those with any others upon whom they refer as "dependent." As

See **DECISIONS** Page 9

Be prepared for when disaster strikes

Merrie Schilter-Lowe

60TH AIR MOBILITY WING PUBLIC AFFAIRS

For the past 10 years, the United States has recorded more natural disasters than ever, costing billions of dollars, according to the Federal Emergency Management Agency.

While 60 percent of Americans say being prepared for natural and man-made disasters is very important, only 17 percent say they are prepared, according to Ready.gov.

"A disaster situation can hit any geographic area at any time," said Mark Wilson, 60th Civil Engineer Squadron installation emergency manager at Travis Air Force Base. "Earthquakes, industrial accidents, wildfires, terrorism and severe weather, all have the potential to affect Travis."

From now to May is the wet season in Northern California, which means people should be prepared not only for floods, but also mudslides and falling trees as a result of major storms.

"Flash flooding does occur here," said Wilson. "Dangers also include severe lightning, high winds, hail and tornadoes."

Several locations in Vacaville, California, have the potential for flooding, especially near Alamo and Ulatis Creeks. Flood areas in Fairfield, California, include isolated areas near Green Valley Creek, Dan Wilson Creek, Suisun Creek, Ledgewood Creek and Union Creek.

Depending on the severity of the storm, flood waters may rise above the curb and enter onto private properties, according to the Fairfield and Vacaville Departments of Public Works.

Public Works recommends that people who live near flood areas consider



Courtesy photo

The railroad transports hazardous cargo several times a month near the northern part of Travis Air Force Base, Calif. An accident along the route could potentially expose residents in the area to toxic fire or fumes. In case of a hazardous material emergency, residents should go inside and seal up their designated safe room with plastic and duct tape and wait for the danger to pass.

buying flood insurance.

April marks the beginning of wildfire season, which extends into November, said Wilson.

"Last year, major fires were at the top

of the disaster list," he said. "And the No. 1 cause of fires was careless smoking."

Cal Fire reported that 2018 was one of the deadliest in the state's history

with wildfires destroying more than 1.6 billion acres. Even Travis personnel were affected.

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Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

Air Force

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60th Air Mobility Wing commander
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Officer in charge of command information
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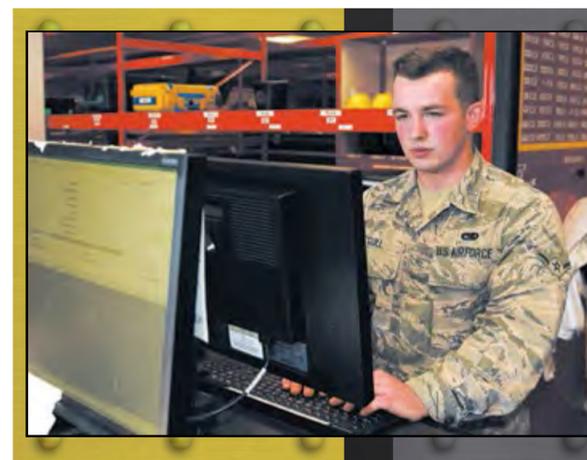
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On the cover

A U.S. Air Force CV-22 Osprey aircraft from the 20th Special Operations Squadron at Cannon Air Force Base, N.M., is refueled by a KC-10 Extender from Travis AFB, Calif.'s 6th Air Refueling Squadron.

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



U.S. Air Force photo

WARRIOR OF THE WEEK

Name: Airman Nicholas Guill.	Hometown: Pamplin, Virginia.	Family: None.
Unit: 660th Aircraft Maintenance Squadron.	Time in service: Three years.	What are your hobbies? Weightlifting and hiking.
Duty title: Consolidated tool kit custodian.	What are your goals? Finish degree in kinesiology and earn a personal training certificate.	What is your greatest achievement? Being a mentor and role model to my youngest brother.

Offutt battles flood waters

55th Wing Public Affairs

OFFUTT AIR FORCE BASE, Neb. — Like large portions of Nebraska, Offutt Air Force Base personnel are battling flood waters which started to creep onto the installation March 15.

An increase in water levels upstream due to a record-setting snowfall this winter, in addition to a huge drop in air pressure earlier in the week, has overwhelmed the southeastern side of the base with water from the Missouri River and Papio Creek.

“Team Offutt has done an incredible job working together to battle this historic flood as best we can,” said Col. Michael Manion, 55th Wing commander. “We can’t thank our on-base mission partners enough for their support through this as well as officials from the City of Bellevue, the city of LaVista, Sarpy County, the state of Nebraska and the Omaha Public Power District.”

Base officials evacuated the base late early Friday and personnel worked around the clock to fortify facilities with more than 235,000 sandbags and 460 flood barriers to minimize damage as much as possible.

All streets south and east of the Offutt Field House are impassable with water reaching approximately 30 buildings including the headquarters facilities of the 55th Wing, 55th Security Forces Squadron, 97th Intelligence Squadron, 343rd Reconnaissance Squadron as well as the Bennie L. Davis maintenance facility among others.

“Our team worked as rapidly

See **WATERS** Page 18

Seminar pushes power of good sleeping habits

Civilian Health & Wellness Team

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — Most of us are aware that a good night’s sleep is important, enabling the repair and rejuvenation of cells throughout the body. When you’ve had a bad night’s sleep, you’re probably dragging at work the next day, have trouble concentrating, feel out of it and may have a slower reaction time to that car stopping in front of you while driving.

According to U.S. Centers for Disease Control and Prevention, more than 80 million American adults are chronically sleep-deprived, meaning they sleep less than the recommended minimum of seven hours a night. Anyone who regularly sleeps less than six hours a night has an elevated risk of depression, psychosis and stroke. Lack of sleep is also directly tied to obesity — without enough sleep, the stomach and other organs overproduce the hunger hormone ghrelin, causing us to eat more than we need. Additionally, chronic sleep deprivation can lead to a worsened appearance and disrupted mood. Sleep-deprived individuals are likely to look older, with more visible wrinkles and dark circles around the eyes. Sleep deprivation can make us more irritable and impairs our ability to both communicate effectively and cope with workplace stressors.

We often think of sleep as an adversary, a state depriving us of productivity and play. The reasons for not getting enough sleep vary, though they commonly include demanding or irregular work schedules, prioritizing our social life over our sleep needs, going to bed in noisy environments, overdoing it on electronics, consuming too much caffeine or having too many worries on our mind. If you aren’t getting enough sleep or are not falling asleep early enough, you may be overscheduling activities that can prevent you from getting the

Importance of Sleep Seminar

Did you know sleep is just as important as nutrition and exercise? Insufficient sleep is associated with diabetes, cardiovascular disease, obesity, depression, motor vehicle crashes and more. Come learn about the health benefits of sleep, tips for getting enough sleep and when to see a doctor about your sleep concerns.

Civilian Health Promotion Services will be offering educational briefings on healthy sleep during March. Below is the remaining schedule:

- 2 p.m. March 22 410 Columbus Circle, Bldg. 165, Room 133.

- Noon March 27 Bldg. 549, Hangar Avenue, contracting, C/R.

For more information, contact CHPS at CHPS Travis@foh.hhs.gov or 707-424-CHPS (2477).

quiet relaxation time you need to prepare for sleep.

Here are simple changes you can make throughout the day so you can sleep more restfully at night:

- Stick to a sleep schedule. Go to bed and wake up the same time each day. Sleeping later on weekends won’t fully make up for the lack of sleep during the week and will make it harder to wake up early on Monday morning.

- Power down from digital devices. Using smartphones and computer screens late into the night can interfere with our ability to sleep because these devices emit blue light that decreases the body’s natural production and secretion of the sleep-inducing hormone melatonin.

- Have a bedtime routine. Try to establish a nightly wind-down routine, beginning about an hour before bedtime. This can include listening to soothing music or reading.

See **SLEEP** Page 18



U.S. Air Force photo/Heide Couch

Najette Pinero, left, Airman and Family Readiness Center Community Readiness consultant, presents Jessica Moser, 2018 Key Spouse of the Year, with a bouquet of flowers during the Key Spouse Recognition event March 8 at the 60th Maintenance Group atrium at Travis Air Force Base, Calif. The Key Spouse Program is an Air Force-wide volunteer program that builds and fosters support for military families through outreach education events and providing families a link to leadership.

Ceremony recognizes key spouses

Heide Couch

60TH AIR MOBILITY WING PUBLIC AFFAIRS

More than 150 key spouses and their mentors were formally recognized and praised for their support of military families and their spouses’ Air Force squadron, during the first Key Spouse recognition ceremony March 8 at Travis Air Force Base, Calif.

Kelly Barrett, the spouse of Maj. Gen. Sam Barrett, 18th Air Force commander, Courtney Nelson, the wife of Col. Jeffrey Nelson, 60th Air Mobility Wing commander, squadron commanders, first

sergeants, friends and family all were in attendance at the event honoring these volunteers.

Key spouse volunteers are unit-appointed spouses of military members who act as a liaison between unit leadership, the member and their families. They provide support in a myriad of forms, with a special emphasis on caring for families throughout all phases of the deployment cycle and in times of transition.

Performing this service on the homefront allows the warfighter to focus on his or her mission.

The commander and first sergeant rely on the key spouse’s judgment, reliability and positive attitude to accomplish program goals.

Najette Pinero, Airman and Family Readiness Center Community Readiness consultant, holds the position of key spouse program manager and mentor at Travis. Pinero is responsible for providing potential key spouses around eight hours of specialized initial training, which includes instruction on subjects such as communication, generational diversity, social media and disaster preparedness.

Additional continuing training workshops are held bi-monthly for active key spouses. This training helps a spouse become more confident when interacting with commanders and first sergeants.

“At Travis Air Force Base we have 157 key spouses spread between the 60th AMW, 349th AMW and the 621st Contingency Response Wing,” said Pinero. “We like to say that we train our key spouses to be mini-Airman and Family Readiness Centers. This provides them the

See **KEY SPOUSE** Page 22

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With partners, Air Force secures high ground



A KC-135 Stratotanker assigned to the 340th Expeditionary Air Refueling Squadron prepares Jan. 21 to refuel an F-16 Fighting Falcon over Afghanistan.

U.S. Air Force photo/Staff Sgt. Clayton Cupit

U.S. Air Forces Central Command Public Affairs

AL UDEID AIR BASE, Qatar — U.S. Air Forces Central Command published its January Airpower Summary March 7.

The year 2019 began with airpower supporting joint coalition and partner forces fighting violent extremist groups in the U.S. Central Command area of responsibility.

In Afghanistan, the air component continued support to the NATO Resolute Support mission by developing the Afghan Air Force and applied military pressure to drive political settlement with the Taliban. In Iraq and Syria, airpower bolstered united international efforts against the Islamic State of Iraq and Syria to prevent its ability to recruit, train, equip, finance, plan, inspire and conduct violent extremist acts, regionally and globally. The remainder of the terror group's physical territory is contained to a small area in the Middle Euphrates River Valley.

In the first month of the year, the air component worked by, with, and through partner forces to deliver strategic effects across AFCENT operations. Whether delivering precision strike capabilities, battlespace awareness, or supplies to troops on the ground, Airmen and their allies and partners secured the high ground.

"We leverage the professional expertise of our Airmen to strive for ever-increasing interoperability with our joint coalition partners across the region," said Lt. Gen. Joseph Guastella, combined forces air component commander. "That is how we prevail in conflict, bolster defenses and increase deterrent credibility."

The statistics are listed on the Combined Forces Air Component Airpower Statistics page.

Operation Freedom's Sentinel in Afghanistan

During January, combined forces air component commander assigned aircraft flew 670 strike sorties and released 463 weapons in Afghanistan. Airpower remained responsive to ground-force requests across

the country in support of the Afghan National Defense and security forces despite poor weather throughout the month.

Intelligence, surveillance and reconnaissance aircraft flew 1,491 sorties providing battlespace awareness to joint coalition forces targeting terrorists.

As part of combat support operations, C-130s and C-17s flew 889 sorties transporting 13,104 personnel, 5,058 short tons of cargo and performing three airdrops. KC-135 and KC-10 tankers extended aircraft reach and loiter time with 13 million pounds of fuel delivered through 1,719 aerial refuelings.

Operation Inherent Resolve in Iraq and Syria

The air component continued supporting joint coalition ground forces' ISIS clearance operations in the Middle Euphrates Valley as part of Combined Joint Task Force – Operation Inherent Resolve. ISIS-controlled territory is reduced to less than one percent of what the terrorist group previously held. Meticulous, deliberate targeting and strike processes remain to minimize effects on civilian populations and infrastructure while pursuing the enduring defeat of ISIS. Crucial to these efforts, ISR aircraft informed current and future operations in January with 943 sorties gathering information with manned and remotely piloted aircraft.

During the month, 1,390 strike sorties released 2,005 weapons assisting partner forces liberating ISIS-held towns, destroying weapons caches and hiding places while removing ISIS terrorists from the battlefield.

Tanker aircraft extended the range and loiter time of 5,178 joint coalition aircraft receivers with 58 million pounds of fuel over 778 sorties in January.

C-130 and C-17 airlifters conducted 608 inter and intra-theater movement and resupply sorties, delivering 2,732 short tons of cargo throughout Iraq and Syria. Additionally, they transported 6,435 passengers and delivered 125,560 pounds of airdropped supplies.

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IFF: Where fighter pilots begin their careers

Airman Hannah Bean

14TH FLYING TRAINING WING PUBLIC AFFAIRS

COLUMBUS AIR FORCE BASE, Miss. — Before pilots step into fighter aircraft, they must go through Introduction to Fighter Fundamentals.

IFF is an eight-week course designed to transform newly graduated pilots selected to fly fighters into fighter wingmen. The 49th Fighter Training Squadron teaches pilots the discipline, attitude and culture of what it takes to be at the peak of combat aviation.

“It’s their first glimpse of the fighter culture,” said Maj. Michael Overstreet, 49th FTS assistant director of operations. “We are a fighter squadron. All of our instructors are fighter pilots. We have a culture that is unique and to our own.”

Before a pilot enters IFF, they must earn their wings by graduating Specialized Undergraduate Pilot Training, a 53-week course designed to teach students aircraft flight characteristics, emergency procedures, takeoff and landing procedures, aerobatics and formation flying.

To ease the transition into more complex fighter aircraft, such as the F-22 Raptor and the F-35A Lightning II, IFF builds upon training learned in SUPT



U.S. Air Force photo/Airman Hannah Bean

Maj. Michael Overstreet, left, 49th Fighter Training Squadron assistant director of operations, and Maj. Andrea Matesick, 49th Fighter Training Squadron weapons system officer, check over a T-38C Talon in preparation for a sortie March 7 on Columbus Air Force Base, Miss.

with a focus on the basic fundamentals of tactical aviation in the familiarity of the T-38C Talon.

“We try to help shallow the learning curve from pilot training to that B-course, or formal training,” said Capt. Cole Stegeman, 49th FTS chief of

They help the flight lead plan and organize the mission. They have visual lookout and sensor responsibilities and provide back-up navigation for the flight as required. Wingmen execute as briefed or when directed by the flight lead and provide mutual support throughout all phases of the mission.

Columbus AFB is one of three Air Education and Training Command bases that train students to become fighter wingmen including Randolph AFB and Sheppard AFB, Texas. Communication and connecting with the other IFF squadrons is vital to ensuring they create pilots who are consistent and high quality.

“The mission of each IFF squadron is closely aligned to produce a high-caliber wingman,” Stegeman said. “We want to make sure that our buddies that are still in those fighter airframes get a good [pilot] they can further mold into a tactical aviator specific to that major weapon system.”

IFF is the first step toward building a mindset designed for the diverse and challenging environments of fighter aviation. As pilots progress through training, they gain self-confidence and develop a respect for the career field’s heritage.

scheduling. “That’s why we use this program as a means of that indoctrination of fighter culture and what it means to be a fighter pilot.”

In addition to learning the basic fundamentals, students are taught how to become better

wingmen. As a fighter pilot, you never fly alone. The term ‘wingman’ is not just a phrase, it’s a specific term that means so much more in IFF and carries a lot of responsibility in the world of aviation. Wingmen have the supporting role in the flight.

Decisions

From Page 2

an aside, I hesitate to use that phrase as a description for military spouses, who, from what I have witnessed, are individuals who are far from “dependent” upon anyone, but I digress. This decision is laden with implications for those whose lives are tied to your own. Careful consideration of their needs, wants, dreams and aspirations must play a crucial role in your forthcoming retention decision.

Of primary importance is the consideration of your spouse, partner, and/or significant other. For Erik and I, this decision has been a minefield. Only through careful maneuvering (and more than a few missteps) have we managed to continue moving together in the same direction. Weighing my career opportunities and aspirations as an attorney has at times felt incongruous with his military career. I do not say this for your pity, or to beat my own sacrificial drum, but because it is the reality. The hard truth is that we cannot have it all; you must choose a course and recognize that there will be benefits and sacrifices along the way.

Our kids also have borne the burden of having a parent in the military. Next fall will mark their fourth school in four years. For our oldest, it will mean he will attend three different middle

schools. This perpetual motion is not something Erik or I envisioned for our kids, as we aspired to offer them stability and consistency. Our decision to stay in the military meant that, as a family, we had to redefine “stability.” The Air Force community created a home for our family that travels with us to each new duty station. This community continues to provide a rich backdrop in which to raise our children. It is a community they love as well. While they certainly miss friends scattered around the country, they enjoy being military kids. They even enjoy much of what moving offers – experiencing new things, making new friends and developing new community.

While you sit at the crossroads of your career and try to decide which path to take, I entreat you to consider not only the argument presented by Erik, but also look deeply at the others whose lives are tied to this decision. Weigh the impact – good and bad – upon them as well. Listen and make this decision together.

Our family chose to stay. This decision impacted the kids and me in a way not felt directly by Erik, whose career and friends tend to move along with us. But the richness of that choice and the benefits it afforded our family were felt by all of us. While the act of moving has broken our hearts again and again, the decision to remain in the Air Force is

one we would make one hundred times over. We move forward without regret.

For military families, the commitment and sacrifice demanded of service grows with time. The deployments and separations stack up, the list of moves grows longer, kids become more and more aware of their transitory nature and careers are harder to maintain for a spouse or significant other. Things just get a little bit harder. Yet as is true in many areas of life, as things grow harder, they also grow richer. I would suggest that our community of friends within the Air Force, while scattered around the globe, is deeper and richer than many families experience after living in a single location for dozens of years. We love being a part of the Air Force family.

For our family, the Air Force has provided the right backdrop within which to raise our children and build our marriage. I know the same can be true for you and your families. Will it come without sacrifice? Of course not. Will there be tears and frustration? Most likely. But in the end, you will have a deeper, richer life that has truly meant something. We are all serving our country. We are all building a better future for our children and grandchildren. We would be proud to have you continue with us down this path.

Most sincerely,
Lauren Fisher



U.S. Air Force photo/Bradley Hicks

Lt. Johnathan Gutierrez, Flight Systems Combined Test Force test manager at Arnold Air Force Base, Tenn., looks on as a store model performs an offline simulation of store separation from a 10-percent model of the B-1B Lancer.

B-1B back at Arnold

Bradley Hicks

ARNOLD ENGINEERING

DEVELOPMENT COMPLEX PUBLIC AFFAIRS

ARNOLD AIR FORCE BASE, Tenn. — It had been nearly 20 years since a test involving the B-1B Lancer aircraft was conducted by Arnold Engineering Development Complex at Arnold Air Force Base.

This long absence recently came to an end, as a 10-percent model of the bomber is now being used to conduct a series of store separation tests in the 16-foot transonic wind tunnel at Arnold AFB.

The tests, which began earlier this year, were requested by an AEDC testing partner, the Air Force SEEK EAGLE Office, based out of Eglin Air Force Base, Florida. A new targeting pod design has been introduced for the aircraft, and officials in the SEEK EAGLE Office will examine the effects of the new pod on the B-1B Lancer. Tests will be conducted on five different store models at Arnold to determine whether the full-size munitions will cleanly release from the actual bomber during flight.

“AFSEO and AEDC engineers are running numerous tests in the wind tunnel to collect data that will allow them to analyze the forces, moments and aerodynamic effects on the store and be

able to determine if the trajectories from the aircraft are safe and effective for flight,” said 1st Lt. Johnathan Gutierrez, test manager in the Flight Systems Combined Test Force. “One end goal is to make sure that once a store leaves the aircraft, it moves away from the aircraft and not back towards it in aerodynamic flight.”

The targeting pod currently used on the B-1B Lancer has been in place for about 10 years.

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Present This Ad for **10% Discount** off any Repair or Service!

Benicia Grill II

KARAOKE NOW WED, THURS, FRI & SAT NIGHT!

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ANY ITEM
 on Special Menu
\$9.99 • 3-5pm

Wednesday thru Saturday
KARAOKE
 6pm-Close
 No Cover Charge

Happy Hour
 5-6pm

Buy One Breakfast or Lunch Get One FREE
 With the purchase of 2 drinks.
Up to \$8.00 value. One coupon per table. Not good with any other offers or on Senior menu items. Must present coupon. Offer expires 3/31/19.

Dinner Special Buy One Get One 50% Off
 With the purchase of 2 drinks.
50% Off entree of equal or lesser value. Not good with any other offers or on Senior menu items. Must present coupon. Offer expires 3/31/19.

Banquet Room available for any event.
 No room charge.
 Call for reservation.

**Mon & Tue 6am-3pm • Wed & Thurs 6am-9pm
 Fri & Sat 6am-10pm • Sun 6am-8pm
 (707) 428-0555 • 2390 North Texas Street, Fairfield**

Cheers
 9:30 - 1:30 Every Evening

Sunday thru Wednesday
Karaoke with Matty

Friday & Saturday
Running with Scissorz

321 MERCHANT ST. • VACAVILLE • 451-4049



Come out and support local kids with FuDDRuckers and The Leaven!

Free cheeseburger, fries, and soda.

On Sunday, March 24th, FuDDRuckers is teaming up with The Leaven for a day of great food, raffles prizes, and fun! It's going to be an amazing day for an amazing cause.

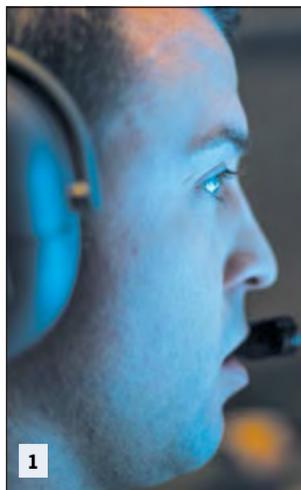
Come out for a free meal and support the Leaven's learning centers for at-risk children. 100% of donations will go directly to The Leaven!

JOIN US THIS SUNDAY!

March 24th 11am-7pm

 FuDDRuckers
1740 Travis Blvd
Fairfield, CA 94533

Travis AFB extends capabilities of Ospreys



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

1) Senior Airman Mason Wells, 6th Air Refueling Squadron KC-10 Extender boom operator, refuels a CV-22 Osprey from the 20th Special Operations Squadron during an aerial refueling training mission March 11 in the air over New Mexico
2) A KC-10 assigned to the 6th ARS reaches its aerial refueling hose and drogue basket toward an Osprey.
3) Two air commandos assigned to the 20th Special Operations Squadron look over the edge of the ramp of an Osprey during low-level water training March 7. **4) A KC-10 flies outside the front of a CV-22 Osprey.**

Staff Sgt. Luke Kitterman
 27TH SPECIAL OPERATIONS WING
 PUBLIC AFFAIRS

CANNON AIR FORCE BASE, N.M. — CV-22 Osprey aircraft, assigned to the 20th Special Operations Squadron, performed Tactical Air-Refueling missions with a KC-10 Extender aircraft March 7-11 over the Southwest region of the U.S.

The KC-10 crew, assigned to the 6th Air Refueling Squadron, travelled from Travis Air Force Base, California, to rendezvous with the Osprey aircraft at an altitude of approximately 10,000 ft. where they conducted multiple TAR missions.

“We are very familiar with our own Air Force Special Operations Command counterparts and have a habitual relationship of getting fuel from them,” said Lt. Col. Charles Mauzé, 20th SOS commander. “So when we have a chance to train with Air Mobility Command aircraft like the KC-10, we jump at the opportunity because that type of asset provides a whole new set of capabilities for us.”

The increase in capabilities is directly related to the KC-10’s capacity to hold a large amount of fuel. Between the six different fuel tanks designed into the frame, the aircraft can hold more than 350,000 pounds of

fuel – more than seven times the holding capacity of the MC-130J Commando II aircraft, the familiar AFSOC counterpart Mauzé spoke of.

However, the process of giving and receiving fuel is not universal throughout the different airframes which explains the crucial role this training provides between the two major commands.

“The refueling happens at a considerably lower speed and lower altitude compared to other receivers,” said Senior Airman Mason Wells, 6th ARS boom operator. “As a result, the propellers from the CV-22 tend to create an air buffer between themselves and the aft portion of our aircraft, which makes it feel like they are pushing us out of a level flight path and moving us around. To say the least, it is a very different feeling.”

That different feeling is not only felt by the tanker and boom operator but by the Osprey pilots as well.

“Air refueling differs from aircraft to aircraft which is why it’s important to conduct this training so our pilots familiarize themselves with the different procedures associated with the KC-10,” Mauzé said. “Factors such as the air flow behind the tanker feeling different and the change in altitude are dynamics

our pilots need to experience and be aware of. Basically, when we have to perform it down range for a real mission, we want our pilots to think, ‘I’ve done this before, I know how it feels.’”

According to Mauzé, that’s ultimately what the purpose of this training comes down to: To have proficient air refueling in a deployed location so that the capabilities of the CV-22 aircraft can be performed longer and more frequently knowing they have the security of a gas station flying overhead.

Those abilities were on display as the 20th SOS also performed Combat Search and Rescue training, low-level water training, rescue winch hoist training and operating the ramp-mounted weapon system – a .50-caliber GAU-21.

All that was possible in a day’s workload with the fuel provided by the tanker. Its vital role is known by its members who take pride in providing a unique asset to the Air Force’s priorities and lethality.

“Our training only further demonstrates the importance and the necessity of the KC-10, proving yet again that our capabilities as an aircraft to deliver fuel, cargo, and personnel simultaneously are unmatched by any other asset in the Air Force inventory,” Wells said.



U.S. Air Force photo/Staff Sgt. Luke Kitterman



U.S. Air Force photo/Staff Sgt. Luke Kitterman



U.S. Air Force photo/Staff Sgt. Luke Kitterman

Swap Ads

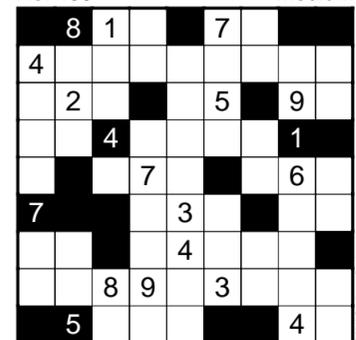
For rent

3/2 home, very clean, 3 mins. to Travis. Living room, dining room, family room, fire place, dish-washer, 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

STR8TS

No. 430 Medium



Previous solution - Easy

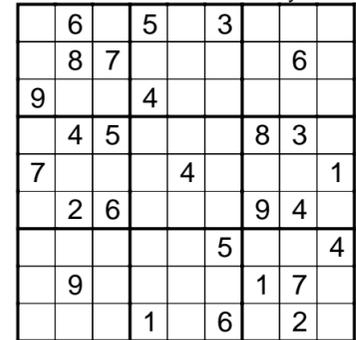


How to beat STR8TS – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into **compartments**. These need to be filled in with numbers that complete a 'straight'. A **straight** is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

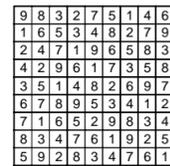
You can find more help, tips and hints at www.str8ts.com

SUDOKU

No. 430 Very Hard



Previous solution - Tough



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

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

If you like STR8ts, Sudoku and other puzzles, check out our books, iPhone/iPad Apps and much more on our store at www.str8ts.com

The solutions will be published here in the next issue.

Retiree Corner

AAFES recognizes Vietnam vets with lapel pins

DALLAS — For the second year in a row, the Army & Air Force Exchange Service will honor Vietnam veterans for their service and sacrifice March 29, National Vietnam War Veterans Day.

Everyone who served on active duty in the U.S. Armed Forces at any time

from Nov. 1, 1955 to May 15, 1975, regardless of location, will receive a Vietnam Veteran Lapel Pin at their local Exchange during ceremonies planned throughout the day March 29. This lapel pin, which has become a lasting memento of the nation's thanks, is provided in partnership with The United States of America Vietnam War Commemoration.

— **Army & Air Force Exchange**

Chapel programs

Recurring events

Catholic

Twin Peaks Chapel

- Roman Catholic Mass: 9 a.m. and noon Sunday.
- Children's Church: 10:15 a.m. Sunday.
- Sacrament of Reconciliation/Confession: 4:30 to 5:30 p.m. Wednesday or upon appointment.
- Infant Baptism Prep Class: Two classes. Registration required. 6 to 7 p.m., quarterly.
- Youth Choir: 1 p.m. Sunday.
- Children's Choir: 2 p.m. Sunday.
- Adult Choir: 4 p.m. Sunday.
- Women's Bible Study: 10 a.m. (at First Street Chapel).

- Catholic Women of the Chapel: 6 p.m. first Monday of every month, Annex.
- Rite of Christian Initiation of Adults: 6 to 7:30 p.m. Wednesday, Annex.
- RE Classes: 10:15 to 11:30 a.m. Sunday, RE Wing.

First Street Chapel

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

DGMC Chapel

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

The Church of Jesus Christ of Latter-day Saints

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

DGMC Chapel

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

Protestant

First Street Chapel

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

Twin Peaks Chapel

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

DGMC Chapel

- Protestant Traditional Service: 10 to 11 a.m. Sunday.
- **Airmen's Ministry Center**
 - The Peak is open from 5:30 p.m. to 9 p.m. Monday through Friday at Bldg. 1348. Home-cooked meal from 6:30 p.m. to 7:30 p.m. Tuesdays followed by Bible study.

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

Recurring

Air Force Office of Special Investigations.

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

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

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

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

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

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

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

Civilian Health Promotion Services. Will perform free wellness screenings from 7:30 to 9:30 a.m. every Monday for all DoD federal civilians. Screenings include cholesterol, glucose, blood pressure and body composition analysis. For more information, visit www.AFMCCwellness.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 Quirate and Jessica Soto at 501-231-7756 or email travscombatpptsd@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://pftform.state.gov> and/or <https://travel.state.gov>. For more information, call 707-424-5324.

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

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

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

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

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

MPF self-renewal program. Did you know that dependents can now renew their ID cards online? To participate in this program, visit <http://bit.ly/2mRlgl2>. This program is limited only for renewing dependents' IDs. For all other services, visit MPF during duty hours or call 707-424-8483.

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

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

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

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

Solano/Napa Habitat for Humanity. This organization welcomes volunteers and supporters from all backgrounds. There are recurring events Tuesday through Saturday. For more information, email Staff Sgt. Mathew Clayton at 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 Center.

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

- Kimberley Ramos, 60th Civil Engineer Squadron.



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

Today

- 6:30 p.m. "Happy Death Day 2U" (PG-13)
- 9 p.m. "What Men Want" (R)

Saturday

- 6:30 p.m. "Alita: Battle Angel" (PG-13)
- 9 p.m. "The Prodigy" (R)

Sunday

- 2 p.m. "The Lego Movie 2: The Second Part" (PG)

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

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

Local events

Events

Obtanium Works 7th Anniversary. Wrap party, 5 to 9 p.m. March 23, Temple Arts Loft, 707 Marin St., Vallejo. www.obtaniumworks.net.

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

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

Vallejo Farmers Market. 9 a.m. to 2 p.m. Saturdays, year-round, Georgia and Marin streets. www.pcfma.com.

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

Music and dance

City Sports Bar and Grill. Music begins at 9 p.m.: Aqua Nett, March 23; Strange Brew, March 29; Level Set Band, March 30; 7155 Browns Valley Parkway, Vacaville. 455-7827, www.starsrecreation.com.

Empress Theatre. Ryder Green, 8 p.m. March 23; Kevin Frazier, 7:30 p.m. March 27; Mirth & Music: A Benefit for Loma Vista Farm, 7:30 p.m. April 1; 330 Virginia St., Vallejo. 552-2400, www.empretheatre.org.

First Street Cafe. Parts & Labor, 7 p.m. March 22; Jack Pollard, 2 p.m. March 24; American Songbook, 7 p.m. March 30; Bryan Girard, 2 p.m. March 31; 440 First St., Benicia. 745-1400, www.firststreetcafe.com.

The Rellik. Wake the Neighbors, 8:30 p.m. March 22; The Cut Loose, 9 p.m. March 23; 5 O'Clock Somewhere, 9 p.m. March 29; Dr. Tequila, 8:30 p.m. March 31; 726 First St., Benicia. <http://therelliktavern.com>.

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. May 10, Downtown Theatre, 1035 Texas St., Fairfield. www.solanowinds.org.

Theatre DeVille. Don Gato, 8 p.m. March 22; Hey Jude/Rhythm Method 4, 8 p.m. March 23; Caravanserai, 8 p.m. March 30; 308 Main St., Vacaville. www.theatredeville.com.

Vacaville Performing Arts Theatre. Shake it Booty Band, 2 p.m. March 30; The Back Pages: Tribute to Rock & Roll, 4 p.m. March 31; Billy Ocean, 8 p.m. April 4; 1010 Ulatis Drive. 469-4013, www.vpat.net.

Vallejo Jazz Society. Jeff Massanari and Kenny Washington, 5 p.m. March 24, Empress Theatre, 330 Virginia St., Vallejo. 552-2400, www.vallejojazzsociety.net.

Vallejo Symphony. "Profound," 8 p.m. March 30, 3 p.m. March 31, Empress Theatre, 330 Virginia St., Vallejo. www.vallejosymphony.org.

Verismo Opera. "Aida," 3 p.m. March 24, March 31, Bay Terrace Theatre, 51 Daniels Ave., Vallejo. www.verismoopera.org.

Places to go

BackRoad Vines. Open 1 to 5 p.m. Monday through Thursday, Saturday and Sunday, 4 to 8 p.m. Friday, 221 Julian Lane, Fairfield. www.backroadvines.com.

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

Airmen complete FTAC



U.S. Air Force photo

Congratulations to the latest Airmen to complete the First Term Airman Center course. Alphabetically: Airman 1st Class Jonathan Alexander, 60th Aerial Port Squadron; Airman 1st Class Francisco Ayala, 60th Civil Engineer Squadron; Airman 1st Class Jameela Bridges, 60th Maintenance Squadron; Airman 1st Class Kierra Brooks, 60th Surgical Operations Squadron; Airman 1st Class Jesse Ellingworth, 60th Aircraft Maintenance Squadron; Airman 1st Class Adam Emmons, 60th Operations Support Squadron; Airman 1st Class Cristian Estorga, 60th OSS; Airman 1st Class Jordan Hamlin, 60th OSS; Airman 1st Class Jacob Heine, 60th AMXS; Airman Devin Hernandez, 60th Inpatient Squadron; Airman 1st Class Garrett Hessem, 60th AMXS; Airman Toci Hoosier, 60th MXS; Airman 1st Class Jesse Johnson, 60th AMXS; Airman 1st Class Jasmine Junkins, 60th OSS; Airman 1st Class Antonio Lampley-Plakas, 60th APS; Airman 1st Class Shadisha McAdoo, 60th SGCS; Airman Jodiann Noyan, 60th IPTS; Airman 1st Class Samuel Pankey, 60th AMXS; Airman 1st Class Matthew Perry, 60th Medical Support Squadron; Airman Myrtho Pierre, 60th MXS; Airman Daniel Satchkov, 860th AMXS; Airman Basic Sarah Schoener, 60th Force Support Squadron; Airman 1st Class Ariel St. Romain, 60th Logistics Readiness Squadron; Airman Basic Gavin Stelling, 60th APS; Airman 1st Class Anthony Thiemann, 660th AMXS; and Airman Elyse Wooton, 60th AMXS.

Wonder

From Page 2

by disrupting the status quo, building coalitions and solving enduring problems. Without these opportunities to direct energy beyond the queep, my Air Force career would have been bland and undesirable. The agency to effect change encourages and sustains me as I continue on this path.

The belief I still have more to give to this calling sustains me. In a February 2019 letter to commanders and command chiefs, Air Force Chief of Staff Gen. David Goldfein wrote "Protecting our homeland and our families is nothing short of a sacred duty . . . and it has never been more important than it is today." Today, challenges are prevalent, as our military contends with a talent retention challenge and our nation seeks to prevail in great-power competition with Russia and China. Should our nation call upon us to field our team, we must be prepared to bring our best – a team composed of all-stars. During my career, I felt nudged and pulled to remain on the team. Today, the feeling that I still have more to give keeps me on our team.

As I reflect on my career, I believe I chose the right path by staying. The people, the opportunity to create meaningful change and the belief that I still have more to give kept me here. As you consider your decision, I urge you to reflect on your commitments and continually search for who you are and who you want to be. If you stay, each of you will continue to have the opportunity to lead. You surely will enrich the lives of others who, in turn, shall enrich your own.

As I close this letter, I am convinced our Airmen deserve leaders like you, our problems need intellects like yours and our future demands vision that each of you possess. Make the best decision you can in accordance with your convictions in all areas of life: faith, family and profession. If you feel so led, I urge you to take the leap of faith and stay for the next chapter.

Regards,
Fish



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for quick closing and hometown service
from auto to home loans.

Keep Travis with you when you PCS.

Visit us online or in a branch for loan products that meet your busy lifestyle. With our online applications it's easy to get what you need and our Online Banking means you can take us wherever the military sends you.



traviscu.org (707) 449-4000 or (800) 877-8328

Federally Insured by NCUA. Everyone who lives, works, worships or attends school in our 12-county area is eligible to join. Certain membership eligibility requirements may apply. Equal Housing Opportunity. NMLS #643206



Visit Travis' **FACEBOOK** page for up-to-date information. facebook.com/TravisAirForceBase

DIRECTORY OF Local worship services

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

CHURCH OF JESUS CHRIST

THE CHURCH OF JESUS CHRIST of LATTER DAY SAINTS

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

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

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

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 WEDNESDAY SENIOR PRAYER
• 7:00 PM WEDNESDAY NIGHT Adult Bible Study
Girl's Club
Royal Rangers
Revolution Youth
*Nursery Care Provided

707-425-3612
2207 UNION AVE., FAIRFIELD
www.tagff.org
email: info@tagff.org

BAPTIST



Southern Baptist Convention

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

Sunday:
Worship Service & Bible Study.....9:00 am
Worship Service & Bible Study.....10:30 am
Evening Worship & Prayer.....5:00 pm

Wednesday:
Dinner (Sept-May).....4:45 pm
AWANA (Sept-May).....6:00 pm
Youth.....6:00 pm
Choir.....6:30 am
Bible Study...10:00 am, 1:30 pm, 3:30 pm & 6:30 pm
A home for Military families since 1960

BAPTIST



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

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

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

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Sunday Morning Worship10 AM
Sunday Evening Worship6 PM
Wed. Evening Bible Study7 PM
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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
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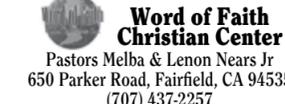


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Sleep

From Page 5

- Make your bedroom dark. Light is the single most important environmental factor affecting your ability to sleep. Consider blackout shades or curtains that block out all sunlight and outdoor electronic lights.
- Keep room temperature cool. If your room is warm, this may interrupt your sleep quality.
- Seek silence. Sleeping in noisy environments prevents us from falling asleep and staying in a state of deep, restorative slumber. Earplugs or white-noise machines can filter out noise distractions during sleep time.
- Sleep partners can be snooze stealers. A partner

that snores loudly or moves around frequently can keep you awake. Sleeping in separate beds may be the solution. Children and/or pets on your bed can also be disruptive to restful sleep.

- Don't lie in bed awake. If you find yourself still awake after staying in bed for more than 20 minutes or if you are starting to feel anxious or worried, get up and do some relaxing activity until you feel sleepy. The anxiety of not being able to sleep can make it harder to fall asleep.
- Limit caffeine consumption. Caffeine is a stimulant, and its effects can take as long as eight hours to wear off fully. Most sleep experts recommend ending your caffeine consumption by 3 p.m.
- Avoid large meals and beverages late at night. A large meal may cause

indigestion that can interfere with sleep. Drinking too many fluids at night can cause frequent trips to the bathroom.

- Don't take naps after 3 p.m. When you nap too close to your bedtime you're taking away the sleep drive that was building all day, making it harder to fall asleep at night.
- Be physically active. Physical activity can improve the quality and quantity of sleep by reducing stress and anxiety and increasing total sleep time and quality of sleep.

For more information, visit AFMCwellness.com, or contact your local CHPS team. Comprehensive information on sleep health can be found on the National Institutes of Health website at www.nih.gov.



U.S. Air Force photo/Tech. Sgt. Rachelle Blake

Flood waters spill onto the runway and surrounding areas March 17 at Offutt Air Force Base, Neb. An increase in water levels of surrounding rivers and waterways caused by record-setting snowfall over the winter in addition to a large drop in air pressure caused widespread flooding across the state of Nebraska.

Waters

From Page 4

as possible to improve water defenses around critical infrastructure," Manion said.

In addition, portions of the flightline are covered with water and multiple aircraft have been evacuated to other locations.

The STRATCOM Gate is

also closed at this time due to water crossing the road. In response, the 55th SFS is utilizing the Meyer Gate for cargo and construction traffic and is expected to open the Bellevue Gate full time on March 18.

"We're requesting everyone's patience as we work through this together," Manion said. "Our defenders are working hard to keep everyone safe, so please obey all traffic control point personnel."

Prepared

From Page 3

On Aug. 10, 2018, a fire at Nelson and Cherry Glen roads along Interstate 80 in Vacaville burned more than 2,000 acres and forced the temporary evacuation of base personnel living in parts of Fairfield and Vacaville.

"If you live in this region, always be prepared to evacuate in case of wildfires," said Wilson.

Another big concern is earthquakes, said Wilson.

"Travis is located on an earthquake fault which, until 1985, was the source of minor rumblings measuring up to magnitude 0.3," he said. "Between now and 2043, there is a 62 percent chance that a magnitude 6.7 or greater earthquake will occur along one of the Bay Area's seven main fault lines."

In 1989, more than 1,000 people from Travis who were attending the World Series in the Bay Area were stranded for three days and had to live in their vehicles following a M6.9 Loma Prieta earthquake that

crumbled buildings, streets and bridges.

"There were hotel rooms available but they didn't have cash," said Wilson. "Always keep cash in the home and in the car."

No matter the type of disaster situation, there are some basic survival steps people should take to be ready, said Wilson.

Maintain a disaster kit with a three-day supply of food, water (1 gallon per person per day), medications, first aid kit and any other necessities, such as cell phone car chargers, a battery-operated radio, flashlights and extra batteries. Pet owners also should make sure their animals have a three-day supply of food and water.

In case of wildfire, prepare an evacuation bag that includes clothing and other necessities as well as important documents. Also, identify a primary and secondary location to meet in case family members get separated and make sure friends and other family members know your plans.

If outside during an earthquake, stay away from buildings, walls, trees and power lines. If inside, get under a sturdy desk or table, even if

it moves. Drivers should pull over to the side of the road and avoid bridges and overpasses. Remain inside the vehicle.

Secure kitchen cabinet doors to prevent glass, canned goods, bleach and other household chemicals from falling out. Secure large cabinets and shelves to the wall, especially in sleeping areas. Know how to shut off the natural gas meter and keep a wrench for this purpose in a sealed bag near the valve.

"If you're on the coast and feel an earthquake or hear sirens, head inland," said Wilson. "The entire coast and Bay Area are vulnerable to tsunami waves."

Wilson also suggests signing up for public safety emails or text message by texting your ZIP code to: 888777.

"Also, tune into KCBS 106.9 FM, KFBK 1530 AM or KUIC 95.3 FM for emergency messages," he said.

For more disaster preparedness ideas, visit www.BeReady.af.mil; www.Prepare.org; www.Earthquake.usgs.gov; www.CalFire.gov; or www.Redcross.org. For information on flood insurance, visit www.floodsmart.gov.

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Key Spouse

From Page 4

resources they need to resolve family issues at the lowest level.

“In this position, they reach out to the spouses and families of the assigned members and establish peer support networks. They promote individual, family and unit readiness and resiliency through their role.”

Col. David Hammerschmidt, 60th Maintenance Group commander, officiated at the event and expressed his appreciation for the key spouses.

“Our Annual Key Spouse Appreciation event honors and celebrates our key spouses who have invested countless hours in support of our entire Travis Team, Airmen, civilian, families and, of course each other,” said Hammerschmidt. “Your willingness to dedicate your time and energy in support of our service members and their families has supported our mission and benefited our community in depth and breadth that is impossible to describe. You give so much of yourselves and ask so little in return.”

“We often hear a lot of the random acts of kindness that our key spouses deliver,” he continued. “I would submit that these acts of kindness are far from being random; these acts are sincere, they’re heartfelt and largely because many of you have walked in the shoes of our young Airmen and our young families. And you know how hard it is to be a military spouse.”

Jessica Moser, has been the key spouse for the 660th Aircraft Maintenance Squadron, for over two years. Moser was named as the 60th AMW Key Spouse of the Year for 2018.

“Being selected as the 60 AMW Key Spouse of the Year is a huge honor,” said Moser. “I see this as a team award for the 660th AMXS. I am only one person and none of my accomplishments were made possible by working alone.”

“The Key Spouse Recognition Luncheon was a remarkable event,” she said. “The AFRC team brought leadership and key spouses together and took care of every detail making the event so special for all of us. To hear from active-duty members what the key spouse program means to them was uplifting and reassuring that our work doesn’t go unnoticed and that we are making a difference in our community.”

Moser reflected on becoming a key spouse volunteer.

“I became a key spouse because at one point, all I knew about the military is that it took my husband away on frequent and lengthy temporary duty assignments,” said Moser. “I was clueless. Our first permanent change of station was challenging. No one should feel alone and isolated when we are all on this journey together. After 10 years of marriage, I have come to understand the importance of feeling connected with the squadron because, at the end of the day, we are one big family and families take care of each other.”

Moser shared one of the many experiences that left a



U.S. Air Force photo/Heide Couch

Col. David Hammerschmidt, 60th Aircraft Maintenance Group commander, delivers the opening remarks March 8 during the Key Spouse Recognition event at the 60th MXG atrium at Travis Air Force Base, Calif.

lasting impact.

“Last year, I was informed by the 660 AMXS mobility office that an Airman’s mother flew from the east coast to welcome her son as he was returning from a deployment,” she said. “I reached out to her and helped make sure she was present to welcome her son home from his first deployment. She later sent me a heartfelt message stating how important it was for her that the squadron has key spouses that ease the stress of military families and she was going to do her part and volunteer for a military organization in her home state. The key spouse program affected someone on such an emotional level and, in turn, she is now paying it forward.”

Senior Master Sgt. Juan

Toro, 660th AMXS first sergeant, explained the relationship between key spouse volunteers and first sergeants.

“The areas the program has helped me as a first sergeant is communication with our spouses,” said Toro. “While we do a great job of keeping our Airmen in the loop on things, there are many times when those messages don’t make it home. I reach out to our key spouses to get the word out.”

“We work together with our key spouses to plan and execute various morale events throughout the year,” Toro continued. “The one area they are invaluable is when they mentor our new spouses. We have sponsor programs in place but they are geared towards the military member. Our spouses mentoring is geared directly to our spouses. It helps reassure a new spouse that everything will be okay and that they also have a support network to lean on. Lastly, our current key spouse program plays a significant role in our deployment process. We ensure that each spouse with a deployed loved one is teamed up with a key spouse to ensure they have another option to reach out to in case of a situation.”

Toro expanded on a recent encounter.

“I have a member who was deployed and was about one month away from returning.”

“His wife was here in the local area, but was a little over eight months pregnant. She started to have some complications and was taken to the hospital. Myself and the commander were engaged during

this situation, but could tell she did not feel comfortable sharing her status with us. I reached out to our key spouse and she immediately went to the hospital and hung out with her for a while and the spouse felt comfortable with her and shared more details with her.”

Toro had some advice for individuals interested in taking on the role of a key spouse volunteer.

“Be ready for anything,” said Toro. “It can be a little demanding at first, but the positive impact you have on the unit families is invaluable.”

Moser had a final thought on her service as a key spouse volunteer.

“Change is constant, especially in the military; yet if we become resourceful and resilient, we can conquer change and adapt,” said Moser. “We can learn from the negative, hold on to the positive and succeed. Get to know the dynamics of your squadron and see what works for that particular squadron. We must take care of each other.”

“I am very lucky to be part of such a special group of dedicated and resilient key spouses,” she said. “I am blessed to be a witness of what tangible support and resources to our military families look like. We can accomplish great things if we work together.”

If a spouse is interested in becoming a key spouse, they can talk to their spouse’s supervisor or first sergeant or contact the Airman and Family Readiness Center at (707) 424-2486.



Mobility aircraft soar through ... THE FOG

U.S. Air Force photos by Heide Couch

- 1) KC-10 Extender aircraft sits on a parking ramp on a foggy morning during Jan. 30 at Travis Air Force Base, Calif.
- 2) A KC-10 practices “touch and go” procedures, Feb. 28 at Travis.
- 3) A C-17 Globemaster III assigned to McChord Air Force Base, Wash., flies past the control tower Dec. 7, 2018, at Travis.



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