



# LAB WEEK

... celebrates DGMTC techs

PAGES 16-17





# No place on sideline for today’s Airmen

As a young Airman, I was not promoted to staff sergeant on my initial try. I was despondent and thought the promotion system had worked against me. I scored significantly higher than my peers on the career knowledge portion of the promotion test and because of my expertise, assumed I was entitled to my next stripe. I shared my frustration with my father and he asked me one simple and pivotal question, “Did you



Commentary by Lt. Col. Patrick Kennedy  
60TH MEDICAL DIAGNOSTICS AND THERAPEUTICS SQUADRON

do everything you could do?” After an honest assessment of my effort, I felt conflicted by my lack of ownership and engagement in my Air Force career. I had navigated my career from the sidelines through passive participation, hoping others would take care of me. Similarly, I thought that if I showed up and did my job, all would be well. Some of that misperception could be blamed on the follies of youth, but really, it was my lack

### Commander’s Commentary

of focus and understanding of the Air Force mission. As a result of my honest self-assessment, this epiphany was a sentinel life-changing event. I realized right then that my career is not a spectator sport and I decided to be an active participant in the planning and execution of Air Force operations, as well as my career. That decision was the first step in realizing who and what I wanted to be – a leader. A mentor told me the best ability is availability. Being available is much

more than “showing up” and punching a timeclock. It consists of making my organization better by loovking for continuous process improvements, sharing my knowledge and experience with Airmen, being a beacon of positivity and an embodiment of the Air Force core values. I ask, does this sound like you? If not, or you are not sure, then I ask you a similar question my father asked me, “Are you doing everything you can do?” As a valued member of our profession of arms and as a member of your unit we are counting on you not only to show up, but to step up and make us and you better. Your unit, the Air

Force and our nation is counting on you. Shirley Chisholm, the first African American woman elected to the United States Congress, said, “You don’t make progress by standing on the sidelines, whimpering and complaining. You make progress by implementing ideas.” Today, our Air Force and nation face many challenges that require innovative ideas and energetic Airmen to solve them. You are among the best and the brightest; but it is for naught if you are standing on the sidelines instead of actively participating to take your organization to the next level. The sideline is no place for an Airman.

# Self-reflection essential to owning your actions



Commentary by Master Sgt. Charles D.W. Barber  
60TH MEDICAL DIAGNOSTICS AND THERAPEUTICS SQUADRON

Growing up, I didn’t have the best childhood. I grew up very poor, with alcoholic parents and I was neglected often. This had a dramatic effect on me and I took my anger and frustrations out on others, often getting in fights. I was expelled from school multiple times. Even after being adopted by a loving family, and later being removed from that environment, I still made many questionable decisions, always blaming others for my actions. I ended up joining the military at 19 because I was going to be a father and quickly realized I could no longer keep doing what I was doing.

### Enlisted Commentary

From that point on I took ownership for my actions and dedicated myself to be the best at whatever it was I was doing. This attitude allowed me to quickly progress through the ranks and I found myself as a master sergeant after 12 years in the military. My career was on a roll. When my first senior noncommissioned officer enlisted performance report closed out, it was at the intermediate rater level. I, again, found myself blaming someone else for the hit that my career took. I was angry that peers of

mine, who I worked circles around and was a better leader than, received a senior rater endorsement and I didn’t. What I failed to internalize was that I did it to myself. I hadn’t completed my required professional military education or attained my Community College of the Air Force degree, but all I could focus on was how the system was “broken” and it was everyone else’s fault but my own. I was taking care of the mission and taking care of my people, but I felt that I wasn’t being taken care of. Eventually, I realized I needed to make a change and reached out to a mentor for guidance. He was well aware of my work ethic and

the results I produced. He engaged with the squadron superintendent on the possibility of having me take over the largest flight in our squadron. I found myself in the chief’s office having a discussion, and as she looked at my records, she had one question, “Why should I give you an opportunity above people that have done what was required?” She continued to chastise me, not out of anger, but to get me to realize that I was standing in my own way, blaming the system and not taking ownership of my actions and career. She made a deal with me that

See BARBER Page 19

# Cancer registrars crucial to data collection

Merrie Schilter-Lowe  
60TH AIR MOBILITY WING PUBLIC AFFAIRS

The death rate from all cancers diagnosed in the United States has been on the decline for the past 25 years. Cancer patients also are living longer. It was estimated in 2016 that 15.5 million survived their bout with cancer and that number is expected to increase to 20.3 million by 2026, according to the National Cancer Institute. Early detection and treatment play an enormous role in both the decline in deaths and the increase in survival rates among cancer patients. But there is a third element that people may not be aware of: cancer registrars. The David Grant USAF Medical Center at Travis Air Force Base employs three registrars who collect and consolidate a complete summary of a patient’s cancer from diagnosis to death. Registrars capture the essential data used by researchers, healthcare providers and public health officials for research, to improve prevention, screening and treatment programs and to monitor trends. DGMC has been collecting cancer database since 1986, said Maria Capistrano, 60th Medical Group cancer registrar. “All the information goes into a database called (the Automated Central Tumor Registry) in Washington D.C.,” she said. ACTUR is the Department of Defense’s registry, which is managed by the Joint Pathology Center. ACTUR contains consolidated data from 1998 to the present. DOD uses the data to analyze cancer trends among beneficiaries and the total force and to train registry personnel. DOD also makes this data available for cancer research, surveillance and reporting activities.



U.S. Air Force photo/Heide Couch

Lt. Col. (Dr.) Shae Pribyl, left, cardiothoracic surgeon, Dr. Saudra Kabagamba, center, civilian resident, and William Gadea, right, chief physician assistant, perform video-assisted thoracoscopic surgery to remove the upper left lobe of a cancer patient’s lung Feb. 26 at the David Grant USAF Medical Center heart, lung and vascular center at Travis Air Force Base, Calif. Cancer registrars collect information from pathology and imaging reports to determine if a patient has a cancer that is reportable by law.

“Very few of our (cancer) patients are active duty members,” said Maj. (Dr.) Claire Hiles, 60th MDG hematologist and oncologist. “That’s mostly because the active duty population don’t tend to get cancer because they are younger. Most of our patients are in their 60s and 70s, the same as it is in the general population.” Of the more than 200 patients diagnosed with cancer in 2018 at DGMC, only 11 were active duty, according to Capistrano. By law, every state and U.S. Territory compiles cancer data, which is funneled See DATA Page 24

Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

Air Force

Col. Jeff Nelson  
60th Air Mobility Wing commander

2nd Lt. Mike Longoria  
Officer in charge of command information

Tech. Sgt. Traci Keller  
NCO in charge of command information

Daily Republic

Nick DeCicco  
Tailwind editor

Todd R. Hansen  
Copy editor

The Tailwind is published by the Daily Republic, Fairfield, California, a private firm in no way connected with the U.S. Air Force.

While most of the editorial content of the Tailwind is prepared by the 60th Air Mobility Wing Public Affairs office for its Web-based product, the content for the Tailwind is edited and prepared for print by the Daily Republic staff.

Content of the Tailwind is not necessarily the official view of, nor is it endorsed by the U.S. Government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in the publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or the Daily Republic, of the products or services advertised.

Everything advertised in the publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

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.

Those on base wishing to receive home delivery of the Tailwind can call 427-6975 today.

For information on paid advertising and on base circulation, call 425-4646. Correspondence can be sent to: Daily Republic, 1250 Texas St., Fairfield, CA 94533 or faxed to 425-5924.

Visit the Travis public web site at <http://www.travis.af.mil>. Read the Tailwind online at <http://tailwind.dailyrepublic.net> or by accessing the Travis SharePoint.

Table of contents	
Commentaries	2, 4
The Flip Side	15/18
Cover story	16-17
Worship services	20-21
Classifieds	27-29
Parting Shots	31
On the cover	
Senior Airman Jade Cairns, 60th Medical Diagnostics and Therapeutics Squadron Transfusion Services technician, checks blood samples April 4 at Travis Air Force Base, Calif.	
U.S. Air Force photo/Airman 1st Class Jonathon Carnell	

WARRIOR OF THE WEEK

Name:

Airman 1st Class Shannon D. Hartigan.

Unit:

60th Maintenance Squadron.

Hometown:

Worcester, Massachusetts.

Time in service:

One year.

Duty title:

Nondestructive inspection apprentice.

Family:

None.

What are your goals?

Attain a Community College of the Air Force degree in NDI and finish courses required for a Bachelor of

Science in psychology.

What are your hobbies?

Playing soccer, baking and cooking.

What is your greatest achievement?

Scoring 95 percent on Air Force Specialty Code Career Development Course end-of-course test.

U.S. Air Force photo



Commentary

# Harassment prevention, response policy goes into effect

Commentary by  
Tech. Sgt. Piankhy Richberg  
60TH AIR MOBILITY WING  
EQUAL OPPORTUNITY OFFICE

The Air Force believes behaviors that distract from a positive human relations climate or cause physical or psychological harm to personnel have no place in the service.

On Feb. 1, the Air Force implemented a new harassment prevention and response policy. This policy was directed by the Department of Defense with DoD Instruction 1020.03, Harassment Prevention and Response in the Armed Forces.

It is a new day in the Air Force, at least as it relates to bullying and hazing harassment toward military personnel.

As we know better, the goal is that we will do better.

Social norms in units thought to be acceptable in the past might not be today. As a military service, we are constantly striving for “excellence in all we do.” Meeting that core value not only requires us to successfully get aircraft off the ground, but also to take care of the people who make sacrifices every day to make us the greatest Air Force in the world. In accomplishing that important task, we must maintain professional work spaces that allow all personnel to reach their greatest potential. People are our greatest asset and the Air Force charges us to treat each other with dignity and respect. Being treated so is a right, not a privilege.

See RICHBERG Page 26



U.S. Air Force photo/Staff Sgt. Amber Carter

Twenty-seven Hometown Heroes were recognized March 29 at Travis Air Force Base, Calif. The event honored hometown heroes such as police officers, firefighters, nurses, teachers and ordinary citizens whose selfless work made their communities safer and enhanced quality of life.

# Air show honors local heroes

Staff Sgt. Amber Carter  
60TH AIR MOBILITY WING PUBLIC AFFAIRS

Police officers, firefighters, nurses, teachers and many ordinary citizens work tirelessly within their neighborhoods, cities and counties to make them safe and to enhance the lives of those around them.

That is why Travis Air Force Base’s “Thunder Over the Bay” Air Show honored 27 individuals, nominated by their peers, as Hometown Heroes.

Hometown Heroes are selfless individuals who act when others are in need in the local communities. Even though they didn’t seek glory or rewards for the impact they make, Travis made sure they received the recognition they deserve.

“We are thankful our country looks to the military as heroes of hope and security,” said Col. Jeff Nelson, 60th Air Mobility Wing commander. “Yet, it’s important for Team Travis not to overlook the heroes in our local community who, like us, work every day to keep us safe.”

The Hometown Heroes who were chosen were not only those individuals who risk their lives, but also those who are changing lives within their communities. This might be someone who

volunteers with organizations that better the community or the janitor who positively impacts the lives of the children in the schools they serve.

Out of the 27, one was chosen for a flight in an F-16 Fighting Falcon with the U.S. Air Force Thunderbirds. This year’s Hometown Hero flight went to Solano County Sheriff’s Office Deputy Daniel “Cully” Pratt, who was nominated by Mark Lillis, executive director of The Leaven. Pratt, a U.S. Army veteran, is an active volunteer at The Leaven, which provides tutoring and mentoring to children in at-risk neighborhoods. He also founded a non-profit service providing support to first responders.

“I was truly humbled and honored when I found out I was nominated and surprised when I was chosen,” said Pratt. “I had been on a CH-47 (Chinook) helicopter in the U.S. Army, but this was way different. It was pretty incredible and definitely a once-in-a-lifetime experience. I was extremely honored, proud and beyond excited to share this opportunity with so many of my coworkers, family and friends.”

Another opportunity included a chance to fly with the 21st Airlift Squadron during a local training mission on a C-17 Globemaster III.

Kasama Lee was one of 10 Hometown Heroes who flew with the crew. Lee is a community realtor serving families in Solano and Napa counties since 2004 and an avid community contributor, donating her time volunteering and speaking to others about leadership skills. She has financially sponsored and supported more than 19 youth and nonprofit organizations.

“The flight crew were professional and accommodating in every way,” said Lee. “I still can’t believe we flew over the Grand Canyon. It was truly a once-in-a-lifetime experience that I will never forget.”

The base also hosted a Friday Night Social event, where all of the Hometown Heroes were given the opportunity to meet with the air show performance crews and Travis Airmen. They were recognized individually for their selfless acts and gifted folded flags on behalf of Travis.

“Receiving the U.S. flag was such an honor,” said Lee. “To be nominated for the work you would do anyway because you are passionate about it is truly humbling. The whole experience was my favorite part. I can’t pick one event

See HEROES Page 22

# TMO braces for its busiest season

Nick DeCicco  
60TH AIR MOBILITY WING PUBLIC AFFAIRS

A trip to the 60th Aerial Port Squadron’s Traffic Management Office at Travis Air Force Base might seem like one more stop on the checklist to a service member preparing to permanently change duty stations.

But the weight of what is being entrusted to the squadron’s Airmen – the movement of household goods around the globe – is not something they take lightly.

“It’s what makes your home (a) home,” said Senior Airman Megan Cardoza, 60th APS TMO specialist. “PCSing is hard (and it’s) stressful, so when I’m able to relieve some of that stress for the member, I think that’s the best part (of the job). You want to make it as easy as possible for them.”

People are understandably passionate about their belongings, said

Staff Sgt. Jason Bradley, 60th APS TMO personal property/passenger travel supervisor.

“Anytime you have your belongings being entrusted to someone else, you want to make sure that process goes through smoothly,” he said.

The office hopes for that process to go as smoothly as possible heading into the summer, which is its busiest time of year. The hectic season runs from May through August, with the peak time being June 15 to July 15.

“There’s such a high requirement for this time of year,” Bradley said. “We want to make sure that we have ample time to ensure that they’re getting what they need.”

Cardoza said the members of TMO function like liaisons, coordinating between members and agencies that facilitate the moving process, such as the Joint Personal

See TMO Page 23

## Making moves more successful

### General tips

- Provide two date options when scheduling an appointment. Allow three weeks for firm dates.
- Personally Procured Moves, formerly known as do-it-yourself or “DITY” moves, allow service members 100 percent control of their goods. Miles are dictated per pound and not all expenses are reimbursed.
- Members and/or spouses should plan to be home on moving day.
- Inventory needs to be neat, legible and list all items.
- Make sure the service member’s Government Travel Card is active and the current address is on file.
- Complete surveys to improve service.

- Customers now have the option to view the carrier score card.

### Passenger Travel

- TMO will make all PCS arrangements for the rotator and commercial travel.
- Rotator booking is available up to three months in advance. Contact Passenger Travel as soon as possible after getting an assignment.
- Contact Passenger Travel for specifics about pets and commercial carrier restrictions.

### Claims

- Members need to inform the carrier within 75 days of lost, damaged or stolen items.
- Claims are referred to the military claims office after notification.



U.S. Air Force photo/Heide Couch

Earl Hyman, 60th Aerial Port Squadron Traffic Management Flight quality control inspector, checks over an airman’s personal property as it is prepared for shipping, April 9 at Travis Air Force Base, Calif. The Transportation Management Office is responsible for ensuring the efficient transport of service members’ household goods.

# Contest offers chance to meet NASCAR driver

## Defense Commissary Agency

FORT LEE, Va. – Coca-Cola, The United Service Organization, Defense Commissary Agency and NASCAR driver Kyle Larson are teaming up to recognize a deserving active-duty or retired

service member.

The NASCAR Salutes My Military Hero Program allows active-duty and retired service members to use social media to connect with Larson and let him know they’d like to meet him.

Larson will choose a service member

that inspires him the most from all the posts he receives. The winner and a guest will get to travel to Richmond, Virginia, to attend the Federated Auto Parts 400 on Sept. 21 and meet Larson.

For more information, visit [www.coke.com/myherocontest](http://www.coke.com/myherocontest) starting on

May 1. The contest runs from May 1 to May 31.

The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment.





# Turn to Travis

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 #643926



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

See MONTH Page 25

# April aims to improve child abuse awareness, prevention

Susan Alexander  
45TH SPACE WING VIOLENCE  
PREVENTION OFFICE

According to Pinwheels for Prevention, “Child development is largely influenced by early interactions with parents and caregivers.” However, the community also plays a role in healthy child development.

Access to quality health-care, safe and affordable housing, quality early learning, afterschool programs and enriching education, cultural and spiritual experiences help promote healthy child development and improve every child’s chances to have a healthy, happy childhood.

Research shows certain “protective factors” are crucial for parents to keep their family strong. These qualities serve as safeguards by helping parents find solutions to family and life challenges. These protective factors are:

1. Knowledge of Parenting and Child Development (Being a great parent is part natural and part learned): There is extensive research linking effective parenting to healthy child development. Children thrive when parents provide affection, respectful communication, consistent rules and expectations, and safe learning opportunities that promote independence. Successful parenting fosters positive psychological adjustment, helps children to succeed in school, encourages curiosity about the world and motivates children to achieve.

2. Nurturing and Attachment (A close bond helps parents understand, respond to, and communicate with their children): A child’s early experience of being nurtured and developing a bond with a caring adult affects all aspects

# Travis to celebrate Earth Day

Merrie Schilter-Lowe  
60TH AIR MOBILITY WING PUBLIC AFFAIRS

Earth Day is April 22, but Travis Air Force Base will celebrate all week with activities that include an equestrian demonstration, bird-watching tour and a raptor show presented by the California Raptor Center at the University of California in Davis.

“Earth Day is an annual worldwide event that has been celebrated since 1970 to highlight the importance and need for everyone to protect and conserve our natural resources,” said Penn Craig, 60th Civil Engineer Squadron natural and cultural resources manager. “The activities we have planned this year focus on some of these resources so people can see for themselves their value.”

The week kicks off with a horse painting session April 22 at 3 p.m. at the equestrian center, located in Bldg. 1846 on Cordelia Avenue. Children and their parents will use non-toxic

washable paint to decorate a live horse.

“We will be mixing art, science and the love of horses,” said Maj. Deborah Klein, Air Force Legal Operations Agency, Judge Advocate General Corps deputy regional counsel for the western region. “While decorating the horse, we will talk about where the paint goes when we wash it off the horse and our hands. We’ll also talk about how soil filtration, aquifers and drinking water are all related.”

The annual Earth Day photo contest begins April 22 and ends April 27.

“The intent is to encourage Travis personnel and families to discover or rediscover, natural habitats and exercise their artistic talents as well as document their journey,” said Jonathan Carlson, 60th CES environmental management system coordinator and the contest’s point of contact.

Contestants may submit photos in one or all three categories: flora, fauna and people

enjoying nature. Winners will be announced April 30.

“This year, each category winner will receive bragging rights and a printed package of their photos,” said Carlson. “For details on how to submit and vote on the winner, visit our Facebook page at: https://www.facebook.com/TravisEnvironmental.”

Bird watching east of the duck pond near the North Gate is set from 10 to 11 a.m. April 23.

“It’s a fairly wooded area with lots of old roads to walk on,” said Christopher Reddin, 60th CES wildlife biologist who is hosting the tour. “We could see barn owls, Swainson’s hawks, American kestrels, turkeys, pheasants or hummingbirds.”

Participants should meet on Turner Street, north of the blue running track, and bring binoculars. Reddin will have two spotting scopes that everyone can share.

See EARTH DAY Page 30

# Blood drive benefits services

Merrie Schilter-Lowe  
60TH AIR MOBILITY WING PUBLIC AFFAIRS

If one person donates to the Armed Services Blood Program, they can save the lives of up to eight ill or injured service members in combat areas.

The ASBP is hosting a blood drive at Travis Air Force Base April 22 from 9 a.m. to 4 p.m. at the fitness center. The ASBP is the official blood program for the U.S. military.

Travis typically hosts 10 blood drives a year in cooperation with the Blood Centers of the Pacific – a non-profit community-based organization – and the blood is used in the local community, said Maj. Stephen Vela, 60th Medical Group installation blood donation program officer.

“What makes this blood drive different is that 100% of the blood will be used for the armed forces, so it is hugely important that we get as many donors as possible,” he said.

Unfortunately, less than 5% of eligible blood donors actually donate, so blood drives rely mostly on the same people each time, said Victor Shermer, Armed Services Blood Bank Center for the Pacific Northwest donor recruiter.

“If we can collect more than 100 units at Travis, we will consider it a successful drive,” he said.

Blood and blood products have an expiration date, which means supplies must be continually replenished.

“Trauma patients require the most blood, but there are some surgeries where a large amount of blood loss could occur,” said Vela. “We have man-made fluids like saline and lactated ringers that add volume, but they don’t carry oxygen to the body. That’s why it’s critical to have blood.”

Blood is classified by group (A, B, AB or O) and by type, which is either positive or negative.

Only 7 percent of the U.S. population have blood type O negative; however, O negative is considered universal and can be used in emergency situations until a patient’s exact blood type is determined. People with O negative blood, however, can only receive red blood cells from someone in the same group and type. But O negative plasma can be given to anyone in any blood group or type.

People with blood type AB negative represent 1 percent of the population and those with AB positive represent 3%. Because AB negative is so rare, the red blood cells of people in this group, as well as group type O, can only be transfused to people with blood types AB positive or negative, B negative and O negative.

Blood type B negative is the second rarest type among the U.S. population, representing 2 percent. People in this group

See BLOOD DRIVE Page 30

Let My Experience, Make Your Home Buying or Selling Experience, Your Best Experience!



M&M and Associates

Cellular (707) 718-1989

nprice@c21mm.com

301 Dickson Hill Road, Fairfield, CA 94533

Each Office is independently Owned and Operated

Nancy Price-Branson  
REALTOR®  
Cal BRE #01426977  
CDPE, SFR, ABR, MRP, SRES



## Family Eye Doctors near Travis AFB

ATTENTION: ALL MILITARY SPOUSES & DEPENDENTS AND ALL RETIREES, SPOUSES & DEPENDENTS WHY WAIT WEEKS FOR AN EYE EXAM?



We Accept

TRICARE / TRICARE For Life



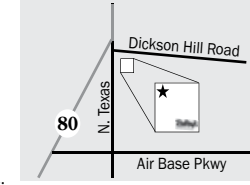
Who can be seen at our Eye Clinic?

-All Military Spouses and their Dependents with Tricare Prime, All Retirees with Tricare Prime, All Retirees and their Spouses with Tricare for Life / Medicare, and All members needing Contact Lenses Prescriptions

Dr. Larry Huey • Dr. Don Hsiao  
Optometrists

Travis Family Optometry  
301 Dickson Hill Road Ste. B  
Fairfield, CA 94533  
(707) 437-9600

Located 1 mile north of Air Base Parkway, in the Raley's Plaza on the corner of N. Texas St. & Dickson Hill Rd.



Star Tech European

HONEST, ETHICAL & PERSONAL  
AUTOMOTIVE SERVICE & REPAIR SPECIALISTS

Specializing in:

Mercedes-Benz, BMW, Porsche, Jaguar, Audi, Volkswagen, Volvo & more.

Family owned and operated.  
Owner...Don Westhaver,  
Over 45 Years Experience  
Proud Military Parents

We offer dealer quality service without the hassle or the price.  
Factory trained, we use OEM parts.



First Time Customers:  
Bring ad in for visual 26 pt inspection  
23 Union Way • Vacaville, CA • 707-455-8870 • star-tech-european.com



# Easter Sunday Worship

April 21, 2019



## Enjoy Holy Week at Rockville Presbyterian Fellowship

**Palm Sunday,**

April 14th at 9:30 am

With Children's Palm Processional

Sunday School for children during Adult Worship Service

**Christian Seder Meal**

April 17th at 6:00 pm

Celebrate Passover

**Combined Maundy Thursday/Good Friday Service**

April 19th at 7:00 pm

Celebrate the Last Super, The Judgement & the Cross

**Easter Sunday, April 21st at 9:30 am**

Bell Choir and Brass Quartet

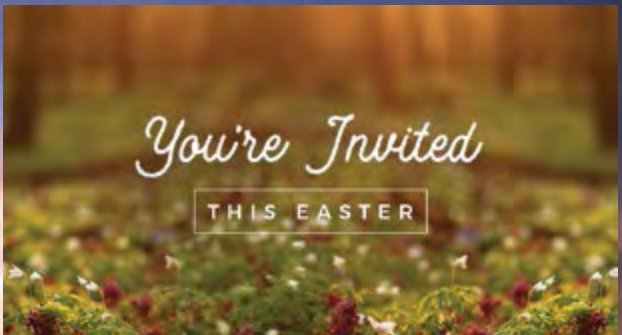
Easter Egg hunt to follow the Service

Sunday School for children during Adult Worship Service

Childcare provided for all services

4177A Suisun Valley Road, Fairfield, CA 94534

[www.rockvillepresbyterian.org](http://www.rockvillepresbyterian.org)



**Orchard Baptist Church**

301 N Orchard Ave ~ Vacaville  
[www.itsallaboutfamilies.org](http://www.itsallaboutfamilies.org) 448-5848

9:30 AM Free Breakfast  
10:00 AM Free Egg Hunt & Photo Booth  
10:15 AM Pre-Service - Evidence of the Resurrection  
11:00 AM Easter Worship Service

FBC FAIRFIELD

# EASTER

**WEEKEND**

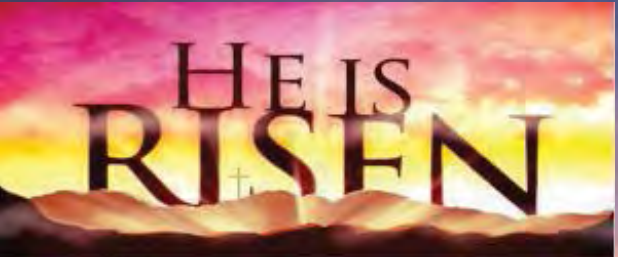
Friday, 4/19  
**GOOD FRIDAY SERVICE @ 6 PM**

Saturday, 4/20  
**FREE FAMILY EGG HUNT**  
(kids through grade 6)  
10 AM - BBQ, CRAFTS, PRIZES,  
CANDY & FUN!

Sunday, 4/21  
**EASTER SUNDAY MORNING**  
10:30 WORSHIP - 9:00 BIBLE GROUPS

1108 WASHINGTON ST. (Next to Armijo  
High School) (707) 422-2500

FBC-FAIRFIELD.ORG



*Celebrating Our Savior during  
Holy Week*

*Join us at Bethany Lutheran Church*

*Palm Sunday: April 14<sup>th</sup> at 10am*

*Maundy Thursday: April 18<sup>th</sup> at Noon or 7pm*

*Good Friday: April 19<sup>th</sup> at Noon or 7pm*

***Easter Services April 21<sup>st</sup>***

*Sunrise Service: 7am - With an Easter Breakfast  
following the service*

***Resurrection Celebration: 10am***

Bethany Lutheran Church  
621 S. Orchard Ave.  
Vacaville, Ca 95688  
(707) 451-6675



Grace Episcopal Church

**Holy Week Services**

Sunday, April 14	Palm Sunday Services 8am & 10am
Thursday, April 18	Maundy Thursday service 7pm
Friday, April 19	Good Friday service 12 Noon
Friday, April 19	Stations of the Cross 7pm
Saturday, April 20	Easter Vigil Service 7pm

**Easter Services**

Sunday, April 21	Easter Services 8am & 10am
	Easter Egg Hunt after 10am service

1405 Kentucky Street, Fairfield • [gracechurchfairfield.org](http://gracechurchfairfield.org) • 707.425.4481

**HOLY WEEK** COMMUNITY UNITED  
METHODIST CHURCH

1875 Fairfield Avenue at Kensington Drive, Fairfield, CA  
707-426-2944 • [www.cumcfairfieldca.org](http://www.cumcfairfieldca.org)

**Please Join Us...**

**April 14th**  
Palm/Passion Sunday Service  
at 10:30 am

**April 19th**  
Good Friday Service at Noon

**April 20th**  
CUMC's Annual Easter Egg Hunt  
at 11:00 am, followed by a  
Potluck Luncheon!

**Easter Sunday, April 21st**  
Sunrise Service at 6:30 am  
Worship Service at 10:30 am  
with Special Music by our  
Chancel Choir

**EVERYONE IS WELCOME  
HERE AT CUMC!**





**PARKSIDE**  
BAR & LOUNGE  
DAVIS, CA.

**RAGING THURSDAYS**  
COLLEGE NIGHT!  
GOOD TIMES!

**CAMPFIRE FRIDAYS**  
ENJOY A CASUAL NIGHT  
OF GAMES AND MUSIC

**REWIND SATURDAYS**  
CLASSIC HITS FROM  
80'S, 90'S & 2000'S

**MILITARY WELCOME**  
No Cover Charge  
with ID\*

\*some restrictions apply

FOLLOW US ON IG / FB @PARKSIDEDAVIS

**PARKSIDEDAVIS.COM**

330 G STREET DAVIS CA 530-792-1202

★ — SELF STORAGE — ★

**MILITARY SPECIAL**

**50% OFF 4 MONTHS\***

- ★ TEMPERATURE CONTROLLED
- ★ SURVEILLANCE & SECURITY
- ★ PERSONAL MAILBOXES
- ★ FREE ONLINE BILL PAY

**SELF STORAGE OF VACAVILLE**

201 Leisure Town Road, Vacaville  
selfstorageofvacaville.com

**CALL US TODAY!**  
707.368.4933

\*On select units. Subject to change. Other restrictions or fees may apply.

Visit Travis at **FACEBOOK**.com/TravisAirForceBase



U.S. Air Force graphic

This spring season, Civilian Health Promotion Services will promote its “Ready, Set, Summer” physical activity challenge. The RSS challenge is an onsite CHPS program-wide initiative designed to promote physical activity for the workforce.

## Challenge aims to boost activity

### Air Force Materiel Command Health & Wellness Team

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – This spring season, Civilian Health Promotion Services will promote its “Ready, Set, Summer” physical activity challenge.

The RSS challenge is an on-site CHPS program-wide initiative designed to promote physical activity for the workforce. Regular physical activity is one of the most important actions that people of all ages can take to improve their health.

Being physically active can help people feel better, function better, sleep better and reduce the risk of a large number of chronic diseases.

Participants who enroll in the RSS challenge will receive a free set of Stack 52 flexibility exercise cards at the official check-in with CHPS. The Stack 52 flexibility cards have links to online demonstration videos of each exercise.

### How to participate in RSS:

1. Enroll online at AFMC-wellness.com from April 1-30 (Federal Civilians need to have an up-to-date Health Risk Assessment to participate).

2. Print your RSS

confirmation email and complete an initial check-in with CHPS between April 15-30 to finalize enrollment and receive your free Stack 52 flexibility exercise cards.

3. Perform physical activity and log your minutes on the AFMCwellness.com activity log from April 22 to June 7.

4. Attend the CHPS education class, “Injury Prevention,” between April 22 and June 7.

5. Attend a final check-out with CHPS between June 10 and 19 to receive your completion award.

6. To be eligible for the completion award, each participant will need to:

- Attend both enrollment check-in and completion check-out with CHPS.

- Complete and log at least 600 total minutes (10 hours) of physical activity.

- Attend “Injury Prevention” class from CHPS staff.

Participants who complete the RSS challenge requirements will receive a free Gaiam pinpoint massager from CHPS. Contact your physician before beginning any physical activity program to be sure it is safe.

For more information, visit AFMCwellness.com or contact your local CHPS team.

**\$320,000**

**BREAK the BANK**

‘til April 21

**\$16,000 Cash Drawing**

**every Saturday & Sunday**

**at 6pm & 9pm**

**CACHE CREEK**  
CASINO RESORT  
cachecreek.com

Cache Creek Casino Resort is committed to responsible gaming. For help call 800-GAMBLER. Must be 21 to gamble.



# Invisible wounds also require healing

**Invisible Wounds Initiative**

JOINT BASE SAN ANTONIO, Texas — The news story shows a drone operation. The screen lights ups with a flash, followed by the crumbling of a building.

To the viewer at home, it is a smooth, seamless operation far away.

But Capt. Joseph Siler would tell you it took a team of highly trained and dedicated intelligence professionals to carry out the critical mission witnessed on television.

However, with each successful mission comes a lasting impact. In Siler's case, that impact came in the form of an invisible wound.

"The challenge with my role was that the mission was never-ending. It was a 24/7/365 job and we always had to be on alert," he said.

Siler commissioned in 2010. He attended the Intelligence Officer Initial Skills course, where he met his now-wife, Katherine. He spent the first three years of his career supporting dynamic intelligence, surveillance and reconnaissance missions. In 2014, he deployed to Afghanistan, where he continued collecting, analyzing and disseminating intelligence.

Upon his return from deployment in October 2014, Siler and Katherine married. After spending several years working over 12-hour shifts (or "abnormally long shifts") in a fast-paced, highly stressful position, Siler and his wife decided it was time to take a step away from operations. This decision prompted his transition to a more consistent 8-to-5 work environment at the Air University at Maxwell Air Force Base, Alabama.

It was not until his life slowed down that Siler started feeling as though his world was caving in. In August 2015, he began experiencing a loss of balance, nausea and frequent panic attacks.

"I thought I've already made it through the hard stuff. Why am I having so many issues now?" he said.

He rapidly lost 20 pounds and struggled to keep food down. His only relief from the nausea and panic attacks came when he was finally able to get a few hours of sleep.

After the first panic attack, the couple knew he needed to see someone and went to an urgent care



Capt. Joseph Siler and his wife, Katherine, struggled with the often-debilitating symptoms of post-traumatic stress disorder. He spent the first three years of his career supporting dynamic intelligence, surveillance and reconnaissance missions. In 2014, he deployed to Afghanistan, where he continued collecting, analyzing and disseminating intelligence.

More information

Are you or someone you know suffering from an invisible wound? Visit the Invisible Wounds Initiative website or the Air Force Wounded Warrior Program for more information. Ultimately, Airmen taking care of Airmen is what this is all about. Finding strength in yourselves and others, to go the extra distance, seek help, and come back stronger. The Air Force is committed to ensuring you have the resources to do so. Visit <https://www.woundedwarrior.af.mil> for more information.

facility off-base where doctors prescribed him medication to alleviate the attacks. After 72 hours of taking the medication and still unable to get relief, he decided that he needed to go to the mental health clinic on base. There, the team arranged for Siler to be admitted to a psychiatric ward in the town outside the base for the night.

"I told them I felt like I was losing my bearings and unable to function, that the anxiety was getting really bad," Siler said. "I didn't know what my options were but felt like I was running out of them."

health facility. It was there he was diagnosed with post-traumatic stress disorder, received counseling services and met with a psychiatrist every day. During those two weeks, they walked him through his medications, helped him work through his experiences and taught him how to embrace his PTSD.

"I learned that PTSD is not normally diagnosed in the first six months of being back from deployment. It usually develops once the body slows down. For the first time, I got clarity of what was going on and why certain things were happening," he said.

He was nervous about returning to work following his recovery but found that his leadership and fellow Airmen were understanding and supportive as he transitioned back into work life.

For Siler, the biggest takeaway was understanding the tools he had

**See INVISIBLE Page 22**

# Depot liaison engineers speed up repairs

**Tech. Sgt. Jocelyn A. Ford**  
380TH AIR EXPEDITIONARY WING  
PUBLIC AFFAIRS

AL DHAFRA AIR BASE, United Arab Emirates — The 380th Expeditionary Maintenance Group hosts one of only five Depot Liaison Engineer positions within the Air Force Central Command area of responsibility.

"I have a pretty boring job if there are no aircraft broken — which is fine, we accept that," said 1st Lt. M. Rebecca Kretzer, AFCENT DLE and sustainment engineer.

The DLE turns aircraft maintenance-speak into engineer-speak. When a plane breaks beyond what is covered in the technical orders for repair, the maintenance unit reaches out to the DLE. That is when things get busy for whomever is in that position.

"I have 24/7 comms with the engineers back stateside," Kretzer said. "I am here to help speed up the process to get our jets back to the fight as fast as possible."

She reaches back to program engineers who work specifically with whatever aircraft is having the issue. Those engineers design a fix and authorize the unit down range to execute the repair.

"The benefit to having me here is, I have personal relationships with a lot of the engineers. I know them from back home," she said. "I have conversations with them beyond what a maintainer would be able to so I can get answers faster."

Without someone holding DLE positions, the jets would be down a lot longer.

**See REPAIRS Page 19**

# Charleston aids in Caribbean

**Staff Sgt. Della Creech**  
315TH AIRLIFT WING PUBLIC AFFAIRS

BASSETERRE, St. Kitts and Nevis — A C-17 Globemaster III joint aircrew from the 315th and 437th Airlift wing's from Joint Base Charleston, South Carolina, delivered about 10,000 pounds of humanitarian aid April 6 to St. Kitts-Nevis.

These condensed missions provide active-duty Airmen and reservists alike the opportunity to accomplish required training, as well as the opportunity to give back through the humanitarian mission.

"This is a win-win," said Senior Master Sgt. Ken Hundemer, a 317th Airlift Squadron loadmaster from JB Charleston. Hundemer works as the Denton Program manager in Charleston, South Carolina, in his civilian life as well.

The aid was coordinated through the Denton Program, enacted in 1985,

**See CARIBBEAN Page 22**



A C-17 Globemaster III from Joint Base Charleston, S.C., delivers humanitarian aid April 6 to St. Kitts and Nevis. The 315th and 437th Airlift wings' joint mission successfully delivered 70,000 meals to St. Kitts and Nevis.

Benicia Grill II

KARAOKE  
NOW WED,  
THURS  
FRI & SAT  
NIGHT!

Monday - Friday  
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 4/30/19.

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 Se-  
nior menu items. Must present coupon.  
Offer expires 4/30/19.

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

Thursday  
Original  
Rock Bands

Friday  
Steve Franklin  
Band

Saturday  
Band at Hand

321 MERCHANT ST. • VACAVILLE • 451-4049



# Airmen, Soldiers work to save lives in Afghanistan

**Capt. Anna-Marie Wyant**  
455TH AIR EXPEDITIONARY WING  
[PUBLIC AFFAIRS](#)

KANDAHAR AIRFIELD, Afghanistan — Rescue Airmen from the 64th Expeditionary Rescue Squadron and Army UH-60 Blackhawk helicopter crews from Charlie Company, 1st Battalion, 171st General Support Aviation have developed a strong partnership over the last several months to enable an essential military mission: personnel recovery. The Airmen and Soldiers work and train together regularly at Kandahar Airfield to ensure they are always ready to save lives when the time comes.

The Soldiers and Airmen work side-by-side to execute the personnel recovery mission in Southwestern Afghanistan, standing ready to rescue, recover and return joint and coalition

forces in times of danger or extreme duress.

“Our partnership with the Army is vital to the success of our mission,” said Capt. John Conner, 64th ERQS combat rescue officer and team commander. “These relationships we develop with our Army aircrews creates the foundational framework that everything else builds upon. It instills confidence and competence in each other’s capabilities through repetitious training, which ultimately develops trust.”

Conner said that trust is essential to smooth operations, as they often face uncertain circumstances, split-second decisions and life-or-death consequences. He said their positive joint partnership is a result of shared respect for each other and dedication to the mission.

“They have the tenacity and

**See AFGHANISTAN Page 19**

## Virtual hiring boosts talent

**Angelina Casarez**  
AIR FORCE’S PERSONNEL CENTER  
[PUBLIC AFFAIRS](#)

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — The Air Force Civilian Service’s Talent Acquisition Division at the Air Force’s Personnel Center hosted an online virtual hiring event April 10 supporting Air Force Materiel Command’s recruiting efforts.

Although virtual hiring events aren’t new for the AFPC Talent Acquisition team, the platform for this event is new to the Air Force and the scale of the candidate pool is the largest to date.

“Our team worked with the Office of Personnel Management to use their established platform, and we had the flexibility to provide input specific to Air Force requirements,” said Lakisha Robertson, AFPC talent acquisition consultant.

The innovative platform is designed to look and feel as if someone is walking into an actual office for an interview.

More than 1,700 pre-screened candidates were invited to participate in the event using a unique link that allowed them to engage with recruiters and selecting officials.

When candidates logged in, they were greeted by an AFCS consultant and an AFMC human resource specialist who asked them about the career field or position that interested them, and then “walked” them to one of the virtual booths to chat with a career field subject matter expert. The SME then recommended candidates for a phone interview with a selecting official. Selecting officials contacted candidates outside of the virtual platform to interview for noncompetitive and direct-hire authority positions across AFMC.



U.S. Air Force photo/Senior Airman Mya M. Crosby

**Two F-35A Lightning IIs assigned to the 4th Expeditionary Fighter Squadron fly overhead prior to landing April 15 at Al Dhafra Air Base, United Arab Emirates. The F-35A Lightning II is deployed to the U.S. Air Forces Central Command area of responsibility for the first time in U.S. Air Force history.**

# F-35A arrives for its first Middle East deployment

**Maj. Holly Brauer**  
U.S. AIR FORCES CENTRAL  
[COMMAND PUBLIC AFFAIRS](#)

AL DHAFRA AIR BASE, United Arab Emirates — The Air Force’s fifth generation multi-role aircraft arrived for its first deployment to the Middle East April 15. The F-35A Lightning IIs are from active duty 388th and reserve 419th Fighter Wings at Hill Air Force Base, Utah.

As the first deployment to the U.S. Air Forces Central Command area of responsibility, crews are prepared and trained for the AF-CENT mission. The F-35A, the conventional takeoff and landing variant of the Joint Strike Fighter, provides greater operational capability by combining advanced

stealth capabilities with the latest weapons technology.

“We are adding a cutting edge weapons system to our arsenal that significantly enhances the capability of the coalition,” said Lt. Gen. Joseph T. Guastella, U.S. Air Forces Central Command commander. “The sensor fusion and survivability this aircraft provides to the joint force will enhance security and stability across the theater and deter aggressors.”

The F-35A is designed with the entire battlespace in mind, and is intended to fuse, integrate and share data with other battlefield assets. It has one of the most powerful and comprehensive integrated sensor packages. It improves lethality, survivability and

adaptability against emerging threats in order to maintain air superiority.

“The F-35A provides our nation air dominance in any threat,” said Air Force Chief of Staff Gen. David L. Goldfein. “When it comes to having a ‘quarterback’ for the coalition joint force, the inter-operable F-35A is clearly the aircraft for the leadership role,” he stated.

The F-35A previously deployed to RAF Lakenheath in April 2017, as well as the U.S. Pacific Command area of responsibility in the fall of 2017.

“We look forward to demonstrating the full range of the F-35A’s capabilities while it increases the interoperability of our forces throughout the region,” Guastella said.



# DGMC celebrates Medical Laboratory Professionals Week



1) Senior Airman Jacob Lee, left, and Senior Airman Jade Cairns, 60th Medical Diagnostics and Therapeutics Squadron Transfusion Services technicians, pose April 4 at Travis Air Force Base, Calif. David Grant USAF Medical Center operates the Air Force's largest clinical laboratory, supporting 465 health care providers and 325,000 patients per year. 2) Airmen assigned to the 60th MDTs laboratory work routine operations April 4 at Travis. 3) Staff Sgt. Eric Crandell, 60th MDTs laboratory technician, reviews data on a monitor April 4 at Travis. Technicians perform 1.2 million tests annually in chemistry, special chemistry, hematology, coagulation, immunology, microbiology, point-of-care testing, histology, cytology and transfusion services.



Story and photos by  
**Airman 1st Class Jonathon Carnell**  
60TH AIR MOBILITY WING PUBLIC AFFAIRS

A typical day at David Grant USAF Medical Center consists of more than 1,500 outpatient visits and 60 emergency department visits. While the hallways and medical areas are filled with patients, there are also Airmen working behind the scenes in the Clinical and Pathology Laboratory. Every year, the laboratory celebrates Medical Laboratory Professionals Week. This year the celebration is April 21-27 which will include guided tours of the lab. The lab tours take place from 8 to 9 a.m. April 23 and 26. The tours are open for all who would like to learn more about the labs.

"The week was organized to show support and gratitude for the important work performed by laboratory professionals and celebrate the positive impact of this work in overall patient care," said Staff Sgt. Eric Crandell, 60th Medical and Diagnostics Therapeutic Squadron lab technician.

Over the past four years, the labs have averaged more than a million tests to assist doctors in patient care.

"We're excited to celebrate each other and recognize what we contribute," said Capt. Seng Patton, 60th MDTs Transfusion Services chief. "It is all a team effort and we all rely on each other. Everything our Airmen do every single day is important."

DGMC operates the Air Force's largest clinical laboratory, supporting 465 health care providers and 325,000 patients per year. Technicians perform 1.2 million tests annually in chemistry, special chemistry, hematology, coagulation, immunology, microbiology, point-of-care testing, histology, cytology and transfusion services.

"Our patients are what give us purpose," said Crandell. "The opportunity to deliver a high standard of healthcare, to serve the warfighter, their families and the veterans who have served before us is our reward."

The lab is separated in different sections but work as one team, assisting doctors in 70 percent of their diagnosis.

The core lab runs clinical chemistry, hematology, immunology and coagulation testing to aid in clinical diagnoses. The microbiology lab provides microorganism (bacteria) identification to aid in antibiotic treatment for infections. Transfusion services provides the safest life-saving blood products to patients, and the histopathology lab provides diagnosis of disease in tissue.

"The laboratory truly acts as one, rather than considering each section as a separate individual lab," said Crandell. "They're more like subsections with the same mission. The entire lab shares the vision, 'To lead the way in laboratory innovation, readiness, service and training.'"

By focusing on the same vision, labs techs provide effective patient-centered care.

"There is a high amount of accuracy and precision that goes into each result we produce," said Capt. Crystal Davis, 60th MDTs chief. "To do that, we have many quality measures and quality controls that enable our mission's success."

It is crucial that Airmen pay attention to detail as a patient's life could be in their hands.

"Whether I'm in Afghanistan or here at DGMC, no matter the workload, I find it truly fulfilling to serve the patients who can use my help," said Crandell. "The workload is different overseas, but our team somehow always finds the energy to carry on and help all patients who need our assistance."

It is amazing to lead Airmen who serve with such selflessness, said Davis.

"Medical Lab Airmen work unpredictable medical cases and serve many hours," she said. "An Airman never knows what might come through for testing. It could be a patient having a heart attack or a mother having a difficult labor, you never know what to expect. Our mission is never planned but our Airmen are here to support those providers."

About 85 percent of the technicians are active-duty members with an average of three years of lab experience compared to their civilian lab counterparts with 14 years.

"It doesn't matter who I'm helping, it is an internal thing," Crandell said. "I've always wanted to make the world better and it doesn't matter who I'm assisting but what matters to me is that I've done my best."

Travis' lab techs put their heart into the mission, said Crandell.

"Not only are we celebrating the fact that we are laboratory technicians at David Grant USAF Medical Center, we're a different breed of lab techs as well," he said. "We have a motto at DGMC 'Airmen First, Medics Always.' We hold true to that motto as we support the needs of the Air Force downrange in Afghanistan, Al Udeid, Kuwait or whatever location we're at."

To learn more about the laboratory's mission and the tours contact Senior Airman Delilah Doss, 60th MDTs at 707-423-7758.



4) Tammy Higley, 60th Medical Diagnostics and Therapeutics Squadron Core Laboratory technician, looks at blood cells through a magnifying lens April 4 at Travis Air Force Base, Calif. The core lab at David Grant USAF Medical Center manages clinical chemistry, hematology, immunology and coagulation testing to aid in clinical diagnoses. 5) Senior Airman Jade Cairns, 60th MDTs Transfusion Services technician, checks blood samples April 4 at Travis. 6) Staff Sgt. Eric Crandell, 60th MDTs laboratory technician, reviews data on a monitor April 4 at Travis. 7) Crandell processes a blood sample April 4 at Travis.



## Swap Ads

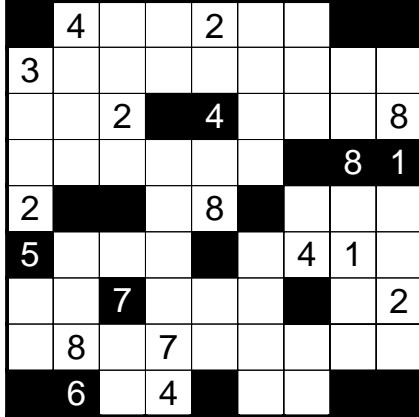
### For rent

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. 434 Medium



You can find more help, tips and hints at [www.str8ts.com](http://www.str8ts.com)

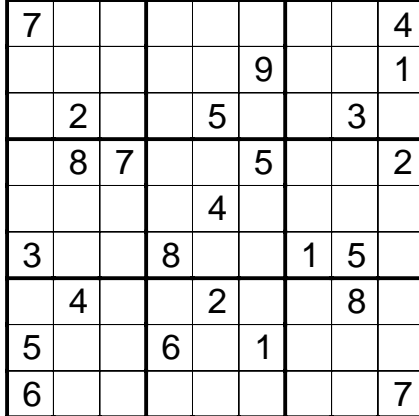
Previous solution - Easy



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.

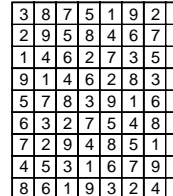
### SUDOKU

No. 434 Very Hard



The solutions will be published here in the next issue.

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](http://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](http://www.str8ts.com)

## Retiree Corner

Air Force retiree wins big in Exchange sweepstakes

DALLAS — Retired Air Force Master Sgt. Le-roy Porter, of San Antonio, couldn't believe it when he got the news that his \$3,900 Exchange Credit Program bill would be paid in full.

Porter is among five grand-prize winners of the

fifth annual "MILITARY STAR Your Holiday Bill Is On Us" sweepstakes worth nearly \$40,000 in prizes.

The grand-prize winners had their MILITARY STAR card balances paid in full. Winners with balances below the minimum prize of \$2,500 were given state-ment credits in the amount of the difference.

— Air Force News Service

## 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.AFMCwellness.com](http://www.AFMCwellness.com) or contact CHPS at 707-424-CHPS or CHPSTravis@foh.hhs.gov.

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

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

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

**Family Advocacy Parent/Child play groups.** Toddlers to the Max play group for children ages 1 to 3 meets from 9:30 to

11 a.m. Wednesdays at the First Street Chapel Annex. The Rattles to Raspberries play group for infants 8 weeks to 1 year meets 9:30 to 11 a.m. Thursdays at the First Street Chapel Annex. For more information, call 707-423-5168.

**Family and Friends Combat Stress Peer Support Group.** Meets from noon to 1 p.m. the first Tuesday of every month at the Balfour Beatty Community Center and from 1 to 2 p.m. the third Thursday of each month at The Peak. For more information, contact Amber Quirate and Jessica Soto at 501-231-7756 or email [travspocombatptsds@gmail.com](mailto:travspocombatptsds@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://jhns.release.dma.mil/public> and fill out the information.

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

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

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

**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 [mathew.clayton@us.af.mil](mailto:mathew.clayton@us.af.mil).

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

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



## News Notes

**Military Appreciation Month Sidewalk Sale.** 8:30 a.m. to 7 p.m. May 2-5 at the Travis Commissary. Savings up to 50 percent off of regular retail price on a variety of products. The sale will take place indoors in the warehouse of the Travis Commissary.

## Local events

### 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](http://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](http://www.parks.ca.gov).

**Children's Wonderland.** Open 11 a.m. to 5 p.m. daily, closed Tuesday; 360 Glenn St., Vallejo. 980-0004.

**Galvan Family Cellars.** Open noon to 5 p.m. Saturday and Sunday, 499 Edison Court, Suite B, Fairfield. [www.galvanwine.com](http://www.galvanwine.com).

**GV Cellars.** Wine tasting. 11 a.m. to 5 p.m. daily, 1635 Mason Road, Fairfield. 864-2089.

**Il Fiorello Olive Oil Co.** Tasting and tours, 1 to 5 p.m. daily, 2625 Mankas Corner Road, Fairfield. 864-1529, [www.ifiorello.com](http://www.ifiorello.com).

**Imagine That!** Open 10 a.m. to 5 p.m. Monday, Wednesday, Friday, Saturday, 11 a.m. to 5 p.m. Sunday, 848-B Alamo Drive, Vacaville. 474-5317, [www.imaginethevacaville.org](http://www.imaginethevacaville.org).

**Jelly Belly.** Photos with the Easter bunny through April 20, Brunch with the Easter bunny, 10 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.

**Loma Vista Farm.** Open 9 a.m. to 2:30 p.m. weekdays, 150 Rainier Ave., Vallejo. <http://www.lomavistafarm.org>.

**Mangels Vineyards.** Open noon to 5 p.m. Friday through Sunday, 4529 Suisun Valley Road, Fairfield. 410-5392.

**Seven Artisans Winery.** Music begins at 2 p.m. Saturdays; tasting room open 1 to 5 p.m. Thursday, 1 to 7 p.m. Friday, 1 to 5 p.m. Sunday, 4341 Abernathy Road, Fairfield. 771-0911, [www.sevenartisanswinery.com](http://www.sevenartisanswinery.com).

**Six Flags Discovery Kingdom.** Open daily Friday through April 28; 1001 Fairgrounds Drive, Vallejo. [www.sixflags.com/discoverykingdom](http://www.sixflags.com/discoverykingdom).

**Stars Recreation Center.** Bowling, QZar

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

#### Today

- 6:30 p.m. "Dumbo" (PG)
- 9 p.m. "Us" (R)

#### Saturday

- 6:30 p.m. "Wonder Park" (PG)
- 9 p.m. "Dragged Across Concrete" (R)

#### Sunday

- 2 p.m. "How to Train Your Dragon: The Hidden World" (PG)

# THE FLIP SIDE

## 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 Cyrus Allery, 60th Maintenance Squadron; Airman 1st Class Steven Baier, 60th Aerial Port Squadron; Airman 1st Class Brett Biermann, 60th APS; Airman 1st Class Dejah Brown, 60th APS; Airman 1st Class Austin Carrion, 60th Operations Support Squadron; Airman 1st Class Camille Chaffin, 60th Medical Support Squadron; Airman Basic Ronnie Dawson, 60th APS; Airman 1st Class Jessica Garris, 60th Comptroller Squadron; Airman 1st Class Ashley Green, 60th Medical Operations Squadron; Airman 1st Class Dylan Harper, 22nd Airlift Squadron; Airman 1st Class Damon Heaton, 60th Aircraft Maintenance Squadron; Airman 1st Class Tanner Holoubek, 60th APS; Airman 1st Class Douglas Jackson, 860th AMXS; Airman 1st Class Avery Mercado, 60th APS; Airman 1st Class Jacob Moore, U.S. Air Force Band of the Golden West; Airman 1st Class Kaitlyn Ondik, 22nd AS; Airman 1st Class Clarissa Osborn, Band of the Golden West; Airman Basic Breana Ozenne, 60th Force Support Squadron; Airman 1st Class Jacob Randles, 660th AMXS; Airman 1st Class Angelo Serania, 660th AMXS; Airman 1st Class Jacob Smith, 821st Contingency Response Squadron; Airman 1st Class Ethan Summers, 60th Civil Engineer Squadron; Airman 1st Class Ashley Vargas, 60th FSS; and Airman 1st Class Jaden Watson, 660th AMXS.



## Afghanistan

From Page 14

desire to make a difference in the mission they support.” Conner said. “Ultimately, our partnership reinstalls the pride I have in our military because regardless of what branch you represent, everyone works hard to make a difference for the mission and the people.”

While these Airmen typically work and train with HH-60 Pave Hawk helicopters, specifically outfitted for rescue, Conner said the Army’s Blackhawks bring some unique capabilities to support the pararescue mission, including the ability to travel farther and at higher altitudes, plus additional space for more personnel.

The trust and respect is mutual, and the relationship is symbiotic, said Chief Warrant Officer 2 Brian Coleman, pilot-in-command and an air mission commander for the 1-171st GSAB personnel recovery detachment. Part of the team-building process was learning the expertise each side brings to the mission.

“We constantly engage in each other’s specialties to grasp the full concept of being a team,” Coleman said. “The Air Force takes every opportunity to learn our capabilities of our aircraft and operating procedures. We go through combat maneuvering, gunnery and rescue hoist training frequently to find areas in which we both can improve and find a common ground between our two branches.”

This partnership not only embodies the joint force concept, but also the total force: the Airmen are active duty, while the Soldiers are primarily Army National Guardsmen. Coleman, who has worked with the Air Force for medical evacuation during



U.S. Air Force photo/Capt. Anna-Marie Wyant

**Capt. John Conner, an Air Force combat rescue officer from the 64th Expeditionary Rescue Squadron, flies with an Army National Guard UH-60 Blackhawk helicopter crew over Kandahar, Afghanistan, during joint training April 5. The rescue Airmen and Soldiers work and train together regularly to be prepared to save lives across the region.**

three previous deployments, said this experience has been one of the best for him.

“This current deployment with the pararescue squadron has been phenomenal,” Coleman said. “I have never seen a more well-rounded group on a deployment than the Air Force personnel I get to work with.”

The terrain and climate in Afghanistan pose some challenges, but the helicopter crews continually train to adapt. Although the job can be stressful, demanding and dangerous, Coleman said he enjoys the camaraderie and loves being part of the personnel

recovery mission.

“I love having the opportunity to come to work, get into our helicopter and fly with Soldiers and Airmen who want to be in that aircraft just as much as I do,” Coleman said. “I like to think that when we all want the same thing it can help strengthen the bond we have built together as a joint team for those who follow after we are long gone.”

Pararescuemen are the only Department of Defense combat forces specifically organized, trained, equipped and postured to conduct full spectrum personnel recovery

including conventional and unconventional combat rescue operations. These highly trained and versatile personnel recovery specialists are capable of executing the most perilous, demanding and extreme rescue missions across the globe.

The 64th ERQS is part of the 455th Air Expeditionary Wing headquartered at Bagram Airfield. The wing’s mission is to defend Afghanistan’s two busiest airfields, support joint partners and deliver decisive airpower throughout the region in support of Operation Freedom’s Sentinel and the NATO Resolute Support mission.

## Repairs

From Page 13

Though the primary reason for having a sustainment engineer in the area of responsibility is to serve as a DLE, they do hold another purpose. If there is battle damage to an aircraft in the AOR, they forward deploy. Once forward deployed, the DLE then creates from scratch, doing math by hand, to create the structural repairs.

“When you look at a

technical order it says you need a patch ‘this size and with this many rivets.’ We actually go through and hand calculate everything. How many rivets you will need, how many rows.” Kretzer said.

The engineers attend a two-week training course to learn about the nine-step process of Air Battle Damage Repair, along with approximately 300 hours of training to be qualified.

“We learn how to make pulleys, we learn how to do hydraulic fixes, patch work, shoot rivets, that kind of stuff,” Kretzer

said. “Then we do an assessor course which is aircraft specific. We learn how to actually assess the damage and create the repairs.”

Having the expertise and reach back the DLE position holds, maintainers can proceed with repairs in as little as 15 minutes after putting in a request.

“The fastest turn I’ve had is about 15 minutes.” Kretzer said. “Usually we can have them within 24 hours, depending on if it has to go through multiple engineers.”

## Barber

From Page 2

if I did what I needed to do, she would give me a shot.

I did what I needed to do and quickly found myself running a large flight and ended up filling the squadron superintendent role for 300 members. A few years later, when a fellow master sergeant was selected for promotion to senior master sergeant and I wasn’t, I realized I could not fall back into my old

habits of blaming the system. I kept taking care of the mission, as well as my people and I was eventually selected for promotion.

In order to be successful in both the Air Force and life, it is imperative you take ownership of your actions. Self-reflection is a hard thing to do and it is easy to place the fault of your failures on someone or something else. If you own your actions, the things you can accomplish are limitless and you will soon be able to realize your full potential.

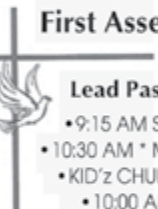


DIRECTORY OF

local worship services

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

ASSEMBLY OF GOD



**First Assembly Of God of Fairfield**  
**Lead Pastor: C. Eric Lura**

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

\*Nursery Care Provided

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

BAPTIST



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

2500 N Texas Street, Suite H  
Fairfield, CA 94533  
**Rev. Dr. Terry Long, Pastor**  
**Sunday**  
Sunday School: 10:00 a.m.  
Morning Worship Service: 11:00 a.m.  
Children's Church: 11:30 a.m.  
**Tuesday**  
Prayer Meeting: 6:30-7:00 p.m.  
Bible Study: 7:00-8:00 p.m.  
**Web Site:** www.stpaulfairfield.com  
**Email:** stpaulbcfairfield@comcast.net  
**Church Phone:** 707-422-2003

BAPTIST



**TRINITY baptist church**

*Southern Baptist Convention*  
401 W. Monte Vista Ave., Vacaville  
707-448-5430  
www.tbccvacaville.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*



**MOUNT CALVARY BAPTIST CHURCH**

Dr. Claybon Lea, Jr. - Senior Pastor

**Fairfield Campus**  
1735 Enterprise Drive, Bldg. 3  
Fairfield, CA 94533

Sunday Worship Services  
7:00am & 9:30am.

Bible Study  
Tuesdays @ 7:00pm (Youth Sanctuary)

**Suisun Campus**  
601 Whispering Bay Lane,  
Suisun City, CA 94585

Sunday Worship Services, 11:00am

Bible Study  
Tuesdays @ 12:00noon

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

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



**First Baptist Church of Vacaville**

*The All Together Different Church*

**Senior Pastor Wyatt Duncan**  
Sunday Services:  
8am and 11am


Nursery available during  
8am and 11am service

Sunday School for all ages  
at 9:30am

Awana on  
Wednesdays at 6pm

**1127 Davis Street, Vacaville**  
**707-448-6209**  
**www.fbcvv.com**

CHURCH OF CHRIST



**CHURCH of CHRIST**  
*Meets at Rockville Cemetery Stone Chapel*  
4221 Suisun Valley Rd, Fairfield  
**9:00 a.m. Sunday Morning Bible Study**  
**9:50 a.m. Sunday Morning Worship**  
**5:30 p.m. Sunday Evening Worship**  
**7:00 p.m. Wednesday Evening Bible Study**

We welcome and encourage you to come and hear the good news of the gospel of Christ, and to learn about eternal salvation for all mankind that is offered through Jesus.

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

Bring a heart and mind willing to hear God's Word and to do His great will...

For more information or directions, please visit our website at [www.rockvillecofc.com](http://www.rockvillecofc.com)



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

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

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

**CHURCH OF CHRIST - SOLANO**  
1201 Marshall Road, Vacaville, CA 95687  
707-451-9301 • [www.churchofchristssolano.com](http://www.churchofchristssolano.com)

EPISCOPAL



**Grace Episcopal Church**  
1st & Kentucky Streets, Fairfield  
(just off W. Texas St.)  
425-4481

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

Childcare Provided for all Services  
For additional information, contact the office at 425-4481

*Welcome home to an Open, Caring, Christian Community*

LUTHERAN



**BETHANY LUTHERAN MINISTRIES**  
621 South Orchard Ave.  
Vacaville, CA 95688  
(707) 451-6675

[mychurch@gobethany.com](mailto:mychurch@gobethany.com)

**Worship Services:**  
**Sunday:** 10:00am with Bible Studies and Sunday School for all ages at 9:00am  
**Fellowship:** 11:15am  
Communion on the 1st and 3rd Sundays of the month @ 621 S. Orchard Ave., VV

**Pastor Dann Etnner**  
**Bethany Lutheran Preschool**  
451-6678  
[mypreschool@gobethany.com](mailto:mypreschool@gobethany.com)  
[www.gobethany.com](http://www.gobethany.com)

**Bethany Lutheran School**  
1011 Ulatis Drive  
Vacaville, CA 95687  
451-6683 ph • 359-2230 Fax  
[myschool@gobethany.com](mailto:myschool@gobethany.com)  
[www.gobethany.com](http://www.gobethany.com)

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

DIRECTORY OF

local worship services

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

LUTHERAN



**TRINITY LUTHERAN CHURCH**  
  
Tired of gimmicks and games? Want a Bible-believing traditional church? Need a loving church family?

You are invited to:

**TRINITY LUTHERAN CHURCH - LCMS**

Traditional Worship: 10 AM  
*Children's Church during 10 AM Service*  
Adult Bible Study: 8:45 AM  
2075 Dover Ave., Fairfield  
(2 blocks south of Airbase Pkwy.)  
(707) 425-2944  
[www.tlcps.org](http://www.tlcps.org)  
Rev. Dr. Dan Molyneux, Pastor

NON-DENOMINATIONAL




**Church of Christ**  
1500 Alamo Drive  
Vacaville, CA 95687  
(707) 448-8838  
[www.vacavillechurchofchrist.alamodrive.com](http://www.vacavillechurchofchrist.alamodrive.com)

Sunday Morning  
Bible Classes.....9:30 am  
Assembly Worship.....10:45 am  
Evening Assembly Worship :5:00 pm  
Wednesday Evening  
Bible Classes.....7:00 pm

Classes also by appointment  
Elders:  
Mark McCallister (707) 446-7477  
Ed Sanderson Sr. (707) 446-0536

NON-DENOMINATIONAL




**Crossroads CHRISTIAN CHURCH**  
A Passion to...  
Worship God • Love People • Share Christ  
**A Non-Denominational Bible Teaching Church**

**Sunday Worship Services**  
8:15am • 9:45am • 11:15am

*We offer:*  
• Nursery • Children's Classes  
• Youth Ministries  
• AWANA Program  
• Men's & Women's Bible Studies  
• Prime Timers (Seniors Ministry)  
• In Home Mid-Week Bible Studies  
• Celebrate Recovery

**Bruce Gallaher, Lead Pastor**  
**707-446-9838**  
**www.cccv.me**  
190 Butcher Road, Vacaville, CA 95687  
(off of Alamo, Just South of I-80)



**FAITH Community Church**  
*To God be the Glory*

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

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

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

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

NON-DENOMINATIONAL



**Word of Faith Christian Center**  
Pastors Melba & Lenon Nears Jr  
650 Parker Road, Fairfield, CA 94535  
(707) 437-2257  
[www.wofccfairfield.com](http://www.wofccfairfield.com)

We are a culturally diverse ministry with a mandate to: Win the lost, Teach Disciples of Christ, Equip, Release and Mentor Men and Women for greater ministry.

**SUNDAYS**  
Pre Service Prayer - 10:30AM  
Praise & Worship  
Ministry in the Word  
Children's Ministry  
**THURSDAYS**  
Prayer - 6:00PM  
Family time in the Word - 7:00PM  
Kingdom Men - Men's Ministry  
TNT - Women's Ministry  
New Beginnings Youth Ministry  
Children's Ministry  
**LIVE STREAMING**  
[@www.facebook.com/wofccfairfield](https://www.facebook.com/wofccfairfield)  
**FOR LIVE AUDIO CALL**  
(641) 715-3640  
access code=673239#



**VACAVILLE BIBLE CHURCH**


**"To know Him, and to make Him known"**  
490 Brown Street  
Vacaville, CA 95688  
707-446-8684

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

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

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

NON-DENOMINATIONAL



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

Minister: Ryan Brewer

Sunday Morning Bible Study  
9:30 AM

Sunday Morning Worship  
10:30 AM

Sunday Evening Worship  
6:00 PM

Wed. Evening Bible Study  
7:00 PM  
[www.vacavillecofc.com](http://www.vacavillecofc.com)

If you would like to take a free Bible correspondence course contact:  
Know Your Bible Program  
401 Fir Street • Vacaville, CA 95688  
(707) 448-5085



**THE FATHER'S HOUSE**

The Father's House  
4800 Horse Creek Drive  
Vacaville, CA 95688  
(707) 455-7790  
[www.tfhh.org](http://www.tfhh.org)

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

UNITED METHODIST



"The People of The United Methodist Church™"


**COMMUNITY UNITED METHODIST CHURCH**

1875 Fairfield Avenue, Fairfield  
**Phone: 707- 426-2944**  
**Email:** [info@cumcfairfieldca.org](mailto:info@cumcfairfieldca.org)  
**Website:** [cumcfairfieldca.org](http://cumcfairfieldca.org)

**Pastor Ron Swisher**  
Worship Service 10:30 A.M.  
Sunday School for Children during the Worship Service

Communion is held the 1st Sunday of every month

Adult and Bell Choirs  
Adult Bible and Book Studies  
United Methodist Women  
Sunday Morning Bible Studies at 9:00 A.M.



**unity of the Valley Spiritual Center**  
*Celebrating our oneness, honoring our diversity*

**350 N. Orchard Ave, Vacaville – 447-0521**  
[unityvv@pacbell.net](mailto:unityvv@pacbell.net)  
[www.unityvacaville.org](http://www.unityvacaville.org)

**Sunday Morning**  
8:00 am Coffee with God  
10:00 am Contemporary Celebration with Youth Education

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

**Come Home to Unity**  
**It's Like Blue Jeans for the Soul**  
*Affiliated with publisher of Daily Word®*



Heroes

From Page 4

over the other because I was interacting with different service members for different events.”

Lastly, Hometown Heroes were provided a space to tell

their story to some of the air show attendees inside their own tent, which was lined with their storyboards, allowing the community to learn about these unsung heroes.

“The Hometown Hero Program this year was so different from 2017 because we

really emphasized how important Hometown Heroes are,” said Staff Sgt. Emily Mulligan, 6th Air Refueling Squadron squadron aviation resource management NCO in charge and assistant Thunderbird liaison for the 2019 Air Show. “We really made it the basis of our

air show and really incorporated our local community.”

Travis relies on community support to rapidly project American power ... anytime, anywhere. It’s the people in the community – the unsung heroes, the ones who do the right thing when nobody is watching, the

ones who change lives, the ones who make a positive impact no matter how big or small – who inspire Airmen to serve.

For more information about the Hometown Heroes who were selected this year, visit <https://www.travis.af.mil/TravisAirShow/>.

# SAVE THE DATE



## RESURRECTION SUNDAY

Sunday, April 21, 2019

### GOOD FRIDAY

*7 Last Words*

FRIDAY, APRIL 19, 2019  
12 NOON - 3:00PM  
Fairfield Campus  
1735 Enterprise Dr., Bldg. 3

### Don Rise Service

5:30AM – South Parking Lot  
Fairfield Campus

### Sunday Services

7:00AM & 9:30AM – Fairfield Campus  
1735 Enterprise Dr., Bldg. 3

11:00AM – Suisun Campus  
601 Whispering Bay Ln

*Special Message - Dr. Claybon Lea, Jr., Senior Pastor*

For more information, visit our church's website: [www.mcbsfcs.org](http://www.mcbsfcs.org)

## NEW HOMES FROM THE LOW \$500,000'S





**Sales Office**  
**745 Main St**  
**Winters, CA**



**530-771-6797**  
**crownecommunities.com**

DRE License # 0190070

Invisible

From Page 12

at his disposal to help him overcome his PTSD.

“Medicine is just one quick-fix tool, but medicine alone does not help you change the behavior that contributes to stress,” Siler said.

In addition to medicine, he identified a network of people who could support him, such as his wife and extended family. He rediscovered his love of exercise and found practicing music to be an effective outlet for stress reduction.

“Using all of the tools that were available to control and limit my anxiety, I was able to come off all medications about a year and a half later, after exhibiting healthy behaviors,” he said.

Siler believes the Air Force’s perspective on mental health

needs reframing so that people know its OK to seek help.

“A lot of people think that if you go to mental health, that is the end of your career,” Siler said. “I am living proof that that is not the case. Going to get help allowed me to gain an understanding of what I experienced, get the help I needed and come back stronger. Now when I experience the same kind of stress, I am better equipped to handle it.”

He advises his fellow Airmen who are experiencing symptoms of an invisible wound to “go in, get help, get on the road to recovery and get back to the fight.”

Now, as a leader in the 492nd Special Operations Support Squadron, Siler has become an advocate for what he believes are healthy techniques for dealing with stress, noting that he is back in the fight as a stronger officer and more resilient Airman than he was before.

Caribbean

From Page 13

that provides nongovernmental agencies, international organizations and private voluntary donors the opportunity use military aircrafts when there is space available to transport humanitarian aid.

According to the Denton application, it is estimated 13,000 St. Kittitian households are classified as poor, with approximately 25 percent of the population generating less than \$53 of weekly income.

“Seeing the smiles on the people’s faces when they receive the meals make it all worthwhile,” said Chris Findlay, aid partner and Source Global Purchasing and Logistics CEO and president in Mount Pleasant, S.C., who was on hand to help accept the delivery.

These food packets will provide 70,000 safe and nutrition

enriched meals to 5,952 men, women and children of St. Kitts and Nevis, as stated by the community-based organizations of ATime4US Foundation, Inc., Mickey’s HOPE, and the Ministry of Social Services and Community Development.

In addition to providing aid to those in need, the mission provided the opportunity for a joint aircrew to obtain required mission training.

“This is an excellent opportunity to enhance the Air Force’s training mission, as well as meeting the humanitarian aspect,” Hundemer said.

Capt. Amanda Harman, a 14th AS C-17 pilot from JB Charleston, received cross-ocean training, which is mandatory for pilots to accomplish at least twice a year. Cross-ocean training is normally conducted on a longer timeline of five to 10 days, but this mission allowed Harman the opportunity to accomplish it in two days.

TMO

From Page 5

Property Shipping Office in Colorado Springs, Colorado.

Moving service members start with customer intake at TMO’s front counter in Bldg. 381. Those about to PCS learn about their authorizations as well as weight entitlements, which scale upward by rank. A greater allotment also is given if a member has dependents.

Destination plays a factor, too. For members moving overseas, TMO tries to time the departure of their goods with their flight on the Patriot Express, aka “the rotator,” a collection of commercial airlines that provide flights for service members. Overseas assignments are booked through the Passenger Terminal office, which is in the same location as the household goods counter in Bldg. 381.

Because goods travel overseas by boat, Cardoza encourages members to come to TMO as early as possible once orders are in hand.

“You really have to be mindful of the timeframe because a lot of members will want it right away, so we have to say, ‘It will get there as soon as it can, but this is the timeframe window,’” she said.

Traveling to a new duty location falls under the purview

of TMO. Cardoza said most members departing Travis and heading to another location stateside drive themselves, but flights, if necessary, are coordinated through the commercial contractor Cruise Ventures Inc., more often referred to as CI Travel.

Moving pets also involves considering a variety of circumstances depending on the animal, the destination and even the breed. TMO can provide further information on a case by case basis, said Cardoza.

Once the forms are filled out, TMO members create the shipment in the government’s systems. Service members return later for a briefing and to sign the forms indicating when pickup and move are likely to occur. Cardoza stressed that the date on the form is subject to a particular moving company’s availability, something handled through JPPSO.

Additionally, members can also self-counsel through Move.mil. However, Cardoza says a phone call to TMO is still necessary.

“Even though they do that, we still have to officially submit everything for them,” she said.

TMO also hosts a monthly “Plan My Move” briefing at 10 a.m. on the second Wednesday of each month. The location alternates between odd-numbered months at the TMO office



U.S. Air Force photo/Heide Couch

**1st Lt. John Walters, left, 340th Flying Training Squadron, receives advice from Airman 1st Class Bernard Alamoro, 60th Aerial Port Squadron, on filling out paper work April 8 while at the Transportation Management Office at Travis Air Force Base, Calif. The office is responsible for ensuring the efficient transport of service members’ household goods.**

in Bldg. 381 and even-numbered months at the Airman and Family Readiness Center.

Cardoza encourages members to come in as soon as possible once they have their orders.

“We have to have orders,”


she said. “Unfortunately, we can’t start the process (without them). We can definitely offer information and what to expect with the move.”

For more information about TMO, call 707-424-4180 from

8 a.m. to 3:30 p.m. Monday through Friday, email [personal.property-02@us.af.mil](mailto:personal.property-02@us.af.mil) or visit Bldg. 381, first floor, wing C. For more information about Passenger Travel, call 707-424-3744.

## PAZDEL CHIROPRACTIC, INC.

# Slipped Disc?



258 Sunset Ave., Ste. 1, Suisun City • 429-4861

[www.PazdelChiropractic.com](http://www.PazdelChiropractic.com) Se Habla Español

## MY MILITARY LAWYER

IF YOU NEED HELP OR LEGAL ADVICE WITH...

 Non Deployable Status

 Inspector General Complaints

 Administrative Separation/Boards

 UCMJ Article 138 Complaints

 Article 15 (Non-Judicial Punishment)

 Health Care Provider Credential Boards

 Targets of Military Investigations

 All Military Legal Matters

 Sexual Harassment Investigations

 Congressional Inquiries

CALL US TODAY AT (916) 693-6575  
OR Email [mymilitarylawyer@runbox.com](mailto:mymilitarylawyer@runbox.com)

## Solano County's Largest Full Service Truck Shop

# NBTC

### NORTH BAY TRUCK CENTER



We service all makes and models of RV motorhome, 5th Wheel and Trailer Chassis, brakes, lights, engine, HVAC, transmission, steering, axles, bearings, suspension, tires etc. We also repair and service all trucks from a pick up truck to a Class 8 Big Rig.

Our team of Technician's have over 150 years combined repair and diagnostic experience. We treat your vehicle like it is ours. There is no job too big or small, we invite them all.

Give us a call to schedule an appointment or just stop by we always have coffee brewed and popcorn popped. We look forward to meeting you and providing you with excellent customer service.

## (707) 427-1386

Mon.-Fri., 7:30AM-5:30PM  
Sat., 7:30AM-4:00PM  
1245 Illinois St., Fairfield, CA

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



# WOODLAND CELTIC GAMES & FESTIVAL • 2019

APRIL 27 & 28

WOODLAND

YOLO COUNTY  
FAIRGROUNDS



woodlandcelticgames.org

Follow @TravisAFB on **INSTAGRAM** to see Travis make the mission happen

## Data

From Page 3

to the National Program of Cancer Registries. The Center for Disease Control and Prevention uses this information to determine the number of people who get cancer each year, to track cancer death rates, prevalence and survival rates by state and county, sex, age, race and ethnicity.

"The CDC also uses the information to evaluate the success rates at hospitals as well as individual physicians in terms of cures and how long the patient lives," said Lt. Col. (Dr.) Joseph McDermott, 60th MDG staff pathologist and deputy medical director at Travis.

Since not all military treatment facilities have cancer registrars, nine other bases report their data to Travis, including Beale, Los Angeles and Vandenberg AFBs in California; F.E. Warren AFB, Wyoming; Fairchild and McChord AFBs in Washington; and Peterson AFB, Colorado.

Cancer data collection begins when a patient is diagnosed or receives treatment.

"We get data from pathology and imaging reports to determine if a patient has a cancer that is reportable by law," said Capistrano.

There are more than 100 types of cancer, according to the National Cancer Institute. However, only some are reportable by law, including brain, breast, colorectal, lung, prostate and bladder cancer.

"Once the patient is diagnosed, we send them a letter telling them we have put them in our registry," said Capistrano.

Eventually, the patient's file will include demographics, the diagnosis and the course of treatment. This information is entered into the registry.

"No private information is reported to the CDC, just aggregated data," said McDermott. "Tumor patients are followed for the rest of their lives to see if the cancer comes back and how the patients are doing."

If the patient is referred to a specialist, the registrars contact the patient's oncologist for information. If they do not hear from a patient within 12 to 18 months, the registrars send another letter asking the patient if they are



U.S. Air Force photo/Heide Couch

**Medical staff at David Grant USAF Medical Center perform thoracoscopic surgery to remove the upper left lobe in a lung cancer patient Feb. 26 at the heart, lung and vascular center at Travis Air Base, Calif.**

continuing with treatment, said Capistrano.

Registrars also coordinate tumor board meetings, she said.

DGMC has three tumor boards – one for cardiothoracic cancers, another for general cancers and a third for breast cancer, which is the most common cancer diagnosed in the United States.

"Cancer patients are way too complex for one person to treat so a team of providers – including surgeons, radiologists, medical oncologists, radiation oncologists, pathologists, nurses and other healthcare providers – meet to determine the best course of treatment and how they will coordinate care for the patient," said McDermott. "Each person looks at the patient from their angle and specialty."

Depending on various factors, treatment options may include surgery, radiation, immunotherapy, chemotherapy, hormone therapy, targeted therapy or local therapy.

Registrars record meeting minutes, including information about the stage and location of the cancer and the recommendations from each specialist. These records are vital if the patient is referred to another provider.

Each year, more than 1.5 million people are diagnosed with cancer, which is the No. 2 killer in the nation, behind heart disease, according to the CDC. However, cancer treatment is improving, cancer patients are living longer and healthcare costs are decreasing, thanks in part to cancer registrars capturing precise data.

"The information helps (the CDC) figure out what causes cancer, if there are places that need special help and what treatments work," said McDermott.

## Month

From Page 6

of behavior and development. When parents and children have strong, warm feelings from one another, children develop trust that their parents will provide what they need to thrive, including love, acceptance, positive guidance and protection.

3. Parental Resilience (Being strong and flexible): Parents who can cope with the stress of everyday life, as well as an occasional crisis, have resilience; they have the flexibility and inner strength necessary to bounce back when things are not going well. Multiple stressors such as poor health, marital conflict, domestic or community violence, unemployment, poverty and homelessness may reduce

a parent's capacity to cope effectively with the typical day-to-day stress of raising children.

4. Social Connections (Parents need friends): Parents with a social network of emotionally supportive friends, family members and neighbors often find that it is easier to care for their children and themselves. Most parents need people they can call on at times when they need a sympathetic listener, advice or concrete support. Research has shown that parents who are isolated, with few social connections, are at higher risk for abusive and neglectful behavior.

5. Concrete Support in Times of Need (We all need help sometimes): Partnering with parents to identify and access resources in the community may help prevent the stress that sometimes leads to child maltreatment. Providing concrete support may also help prevent the

unintended neglect that sometimes occurs when parents are unable to provide for their children's basic needs.

6. Social and Emotional Competence of Children (Healthy child development): Children's emerging ability to interact positively with others, self-regulate their behavior, and effectively communicate their feelings has a positive impact on their relationships with their family, other adults, and peers. Parents and caregivers grow more responsive to their children's needs over time – and are less likely to feel stressed or frustrated – as children learn to verbalize what they need and how parental actions make them feel, rather than "acting out" difficult feelings.

The following link outlines ways that parents can participate during April, National

Child Abuse Prevention Month: <https://bit.ly/2Vh0fLx>

For support and/or resources, please reach out to the Travis Air Force Base

Family Advocacy office at 707-423-5168.

◆◆◆  
60th Air Mobility Wing Public Affairs contributed to this report.

**Wholesale Prices on Gold and Silver Jewelry**

Bring In Your Old Gold Jewelry & Coins For Cash

**NO BULL! NO GIMMICKS!**  
SUPPORT YOUR LOCAL GOLD/SILVER SHOP. WE PAY MULTIPLE TIMES MORE THAN ROAD SHOWS, HOME SHOW, ETC. LET US PROVE IT!

Contemporary, Vintage & Estate Jewelry items from \$19 to \$5,000

**Voted Best Trusted Gold Buyers for 8 Years!**

**GOLD & SILVER**

Open Tues. - Sat. 10-6pm

767 E. Monte Vista Ave, Vacaville, CA • 707.447.4700  
Lic#48061021  
[www.SolanoCoin.com](http://www.SolanoCoin.com)

**DR. JEFFREY BROOKS**  
Board Certified and Fellowship Trained Vascular Surgeon

**VARICOSE VEINS? LEG ULCERS? LEG PAIN? LEG SWELLING? LEG CRAMPS? LEG HEAVINESS? BURNING SENSATION? SKIN COLOR CHANGES? RESTLESS LEGS?**

**FREE CONSULTATION! WE CAN HELP! CALL TODAY! (707) 392-2500**

- Major Insurance, MediCal, Medicare, Covered CA and Care Credit Accepted
- Se Habla Español

**OUR OFFICES:**  
3260 Beard Road, Suite 5, Napa, CA 94558  
1460 N Camino Alto, Suite 101, Vallejo, CA 94589  
1261 Travis Blvd., Suite 150, Fairfield, CA 94533

1360 Burton Drive, Suite 160, Vacaville, CA 95687  
2469 Rio Linda Blvd, Suite A, Sacramento, CA 95815

**www.TreatYourLegs.com**

Ask About Our **MILITARY DISCOUNT**

**Four Seasons SELF STORAGE**  
Located off Hwy 12 @ Walters Road

**SIZES TO FIT EVERY NEED!**  
Household • Commercial • Warehousing • Boat & RV

- On Site Management
- Security Cameras
- Individually Alarmed Units
- Private Gate Codes
- Well Lit Wide Hallways
- Drive-Up Units Available

**COUPON**  
**50% OFF 1st MONTH**  
ON MOST SIZES. NOT VALID WITH ANY OTHER OFFER. EXPIRES 4/30/19.

1600 Petersen Road • Suisun  
**(707) 439-0605**  
[www.4sssonline.com](http://www.4sssonline.com)



Richberg

From Page 4

The DoD defines bullying as a form of harassment that includes “acts of aggression by service members or DoD civilian employees, with a nexus to military service, with the intent of harming a service member either physically or psychologically, without a proper military or other governmental purpose.”

Additionally, hazing is defined as a form of harassment that includes

“conduct through which service members or DoD employees cause, without a proper military or other governmental purpose, but with a nexus to military service, physically or psychologically injures or creates a risk of physical or psychological injury to service members for the purpose of: initiation into, admission into, affiliation with, change in status or position within or a condition for continued membership in any military or DoD civilian organization.”

As leaders, co-workers and wingmen, we must ask ourselves if the

treatment we extend to our subordinates or colleagues violates this new policy and if so, we must bring our conduct in compliance.

Military personnel who believe they have been subjected to bullying or hazing harassment have the right to file a complaint with their chain of command or the servicing Equal Opportunity office. In most instances, you will obtain a more swift resolution using your chain of command. However, in the event you believe you are not able to obtain resolution in that capacity, you can contact your

local EO office for assistance.

Civilian personnel who believe they have been subjected to bullying or hazing harassment also have the right to address those concerns through the chain of command, the negotiated or administrative grievance procedure (whichever is applicable); or the local Inspector General’s office.

For more information on bullying or hazing harassment, contact the Travis Air Force Base EO office at 707-424-1701 or via email at 60amw.eo@us.af.mil.

We Can Make Your

# Bling Sing

Before After

Rhodium Flashing revitalizes your dull, worn jewelry, bringing it back to what it looked like when you first purchased it!

**Rhodium Flashing**

**50% OFF**

Ladies Ring ~ \$25 (Reg. \$50)  
Gents Ring ~ \$32<sup>50</sup> (Reg. \$65)

Must present coupon. Valid through April 30, 2019.

**Thornton & Sons**

Jewelers of Imagination

Celebrating 46 years in Business

1661 E. Monte Vista Ave., Suite A  
Vacaville • 707-446-2370

[www.thornton-sons.com](http://www.thornton-sons.com)

*Solano County's Favorite Jeweler since 1972*

**SCANDINAVIAN DESIGNS**

FURNITURE

VISIT OUR VACAVILLE STORE AND ASK ABOUT OUR

**15% MILITARY DISCOUNT\***

\*APPLIES TO REGULAR PRICED PURCHASE ONLY. TERMS APPLY. VISIT STORE FOR DETAILS.

STORE HOURS

MONDAY – SATURDAY: 10AM – 6PM

SUNDAY: 11AM – 6PM

[www.scandinaviandesigns.com](http://www.scandinaviandesigns.com)

266-A Bella Vista Road, Vacaville, CA 95687 | 707.447.4449

# TAILWIND Classified 427-6936

Picture it  
**YOURS**

You'll love what you find in today's Classifieds.

**Tailwind CLASSIFIEDS**

In Print & Online

[www.dailyrepublic.com](http://www.dailyrepublic.com)

**0315 FAIRFIELD HOMES FOR RENT**

**FOR RENT**

5 bd. 3ba., w/ HVAC, Lg. back yard in Rolling Hills. \$3300 mo., first & last mo. deposit. N/D Please Call 707-208-5397.

**0501 HELP WANTED**

**IMMEDIATE OPENINGS Cable Installers**

No experience necessary. **WE WILL TRAIN.**

**\$2500 bonus, no exp. req'd. \$5000 bonus exp'd. Installers**

Must have clean DL. Call 707-317-3467 to apply

**0501 HELP WANTED**

**JANITOR HIRING NOW! Fairfield**

Working for AMS, Inc. cleaning grocery stores, 2am-8am. Commercial scrubbers & propane buffers exp. req'd. Must have reliable transportation.

Text Kimberly, (775) 315-1680

**0816 BMW**

2003 530i. All pwr., blk. lthr. Low miles. 123k, clean. \$5,900 obo DLR #42203. (707)280-6816 Quinterosautosales.com

**0827 HONDA**

2016 Civic LX all pwr., still in dealership warr. 26k mi., clean, A/T, \$15,900 obo DLR #42203. (707)280-6816 Quinterosautosales.com

**0841 NISSAN**

06' Altima 2.5S A/T, all pwr., lthr., new tires, oil, etc. 175k \$3,900 obo DLR #42203. (707)280-6816 Quinterosautosales.com

**0851 TOYOTA**

2013 Prius C1 hybrid. A/T, all pwr., mfrt., keyless. Low 134k. \$7,900 obo DLR #42203. (707)280-6816 Quinterosautosales.com

**0603 AREA 3**

Fri., & Sat. 8-? Furn., appls., tools, clothes, hshld./kit. & misc. 323 Gardena Cir.

**0606 AREA 6**

ESTATE SALE! Thur. & Fri., April 18th & 19th 9 a.m. to 3 p.m. or until sold out 578 Americana Way Fairfield

**0639 LAWN & GARDEN**

2008 Snapper Lawn Tractor. 18.5 hp., LT 200 series. Double grass catcher bags & trailer. 38" mower deck. \$975. 707-803-6652 or 707-290-6095

**0603 AREA 3**

Fri., & Sat. 8-? Furn., appls., tools, clothes, hshld./kit. & misc. 323 Gardena Cir.

**0606 AREA 6**

ESTATE SALE! Thur. & Fri., April 18th & 19th 9 a.m. to 3 p.m. or until sold out 578 Americana Way Fairfield

**JOIN OUR TEAM!**

**MARK YOUR CALENDAR**

When: April 25, 2019, 2 - 5 p.m.

Where: 4605 Business Center Drive, Fairfield, CA 94534

**Book early to secure your place.**

Register online at:

<https://phc-hiringevent.eventbrite.com/>

*Helping our members, and the communities we serve, be healthy*

**Partnership Healthplan of California**

**HIRING EVENT**

Full-time positions available in Fairfield for:

- Claims Examiner I & II
- Claims Customer Service Rep I & II
- Claims Clerk
- Claims Customer Service Supervisor
- Configuration Specialist
- Configuration Analysts

Excellent Benefits • Competitive Wages • On-Site Gym

Hey . . .

I just shopped for a car without having to get out of bed!

Now I am off to work.

It's easy and available

**24/7**

[www.dailyrepublic.com](http://www.dailyrepublic.com)







# You Served. You Save.

## CAL ROOFING SYSTEMS



Vacaville, CA 95688  
(707) 447-3132  
Lic. #560708

[www.calroofingsystems.com](http://www.calroofingsystems.com)

## NORTH BAY TRUCK CENTER



1245 Illinois St  
Fairfield, Ca 94533  
(707) 427-1386

[www.northbaytruckcenter.com](http://www.northbaytruckcenter.com)

## SELF STORAGE OF VACAVILLE



Military Discounts  
Climate Controlled  
201 Leisure Town Road  
Vacaville, CA 94702  
(707) 368-4933

[SelfStorageOfVacaville.com](http://SelfStorageOfVacaville.com)

## Spring Medical Clinic Vacaville



1671 E. Monte Vista  
Suite #213  
Vacaville  
(707) 999-4602

[www.healthyweightlossvacaville.com](http://www.healthyweightlossvacaville.com)

## DIXON LANDSCAPE MATERIALS



150 E. H St.  
Dixon, CA 95620  
(707) 678-8200

[www.dixonlandscapematerials.com](http://www.dixonlandscapematerials.com)

## MITCHELL'S

HAULING, CLEANING, ORGANIZING,  
PACKING, & HOUSE CLEANING



Suisun City,  
CA 94585  
(707) 386-1312  
Lic. #22444  
Insured

## USS HORNET MUSEUM



707 W. Hornet Ave.  
Pier 3, Alameda Point  
Alameda, CA 94501  
(510) 521-8448

[www.uss-hornet.org](http://www.uss-hornet.org)

## OUTSPOKIN



BICYCLES | PARTS | SERVICE

710 Parker Road, Fairfield, CA 94503  
[OutspokinSports.com](http://OutspokinSports.com)

## Blood drive

From Page 7

can only receive red blood cells from others with B negative and O negative blood.

Since 34 percent of the population are O positive and 38 percent are A positive, this is the most requested blood in the nation. However, anyone with base access can donate during the blood drive, said Vela.

Potential donors should eat and be well hydrated before their arrival. They also need to have felt well for at least three days before donating blood and bring photo identification. Donors also need a list of all foreign travel since 1980 and a list of medications and immunizations during the previous eight weeks.

The Department of Defense has been collecting blood since 1957. The ASBP holds monthly blood drives, but only at federal agencies, military installations

and universities with a Reserve Officer Training Cadet detachment, said Shermer.

ASBP has 22 blood centers in the United States and two overseas – one at Landstuhl, Germany, and one at Okinawa, Japan. ASBP works closely with civilian agencies and local hospitals during national emergencies and crisis situations as well as humanitarian missions. However, civilian organizations cannot donate blood to the ASBP.

This will be the first time the ASBP has visited Travis since 2014 and all the blood collected will be used down-range.

“We meet those requirements first,” said Shermer. “The rest of the blood will go to military and (Veteran’s Administration) medical centers and hospitals in need, where it can be used for active duty members, retirees, veterans and family members. We say, ‘We draw from our own to save our own.’”

## Earth Day

From Page 7

Everyone with base access is invited to a raptor show at the Community Center in base housing from 10 to 11:30 a.m.

“We will be bringing Sullivan the Golden Eagle as well as a Swainson’s hawk and a great horned owl,” said Julie Cotton, California Raptor Center volunteer and outreach coordinator. “The presentation will cover raptor basics, with an overview of the features that make a bird raptorial, a summary of general raptor biology and a broad survey of the diversity of raptors.”

The presentation also will cover the reasons raptors are a crucial part of the ecosystem, the threats they face and what people can do to help protect them.

“It is important to show these birds to really connect with people and ensure that the California Raptor Center’s message resonates,” said Cotton. “Some of the most valuable, memorable and enduring lessons about wildlife and conservation come from encountering the real thing. It is one thing to read about owls ... and

another thing to meet the gaze of an owl that is standing on its handler’s glove only feet away. People remember such moments.”

Although spectators will not be able to touch the live birds, they can take part in some hands-on activities.

“We bring a discovery table of touchable specimens including feathers, wings, bones, taxidermy, pictures and puzzles intended exploration and learning,” said Cotton.

Wrapping up the week’s activities is a horse show April 27 at the equestrian center from 3 to 4:30 p.m.

Sam Noble of American Canyon, California, will demonstrate his horsemanship by showing spectators how to communicate with a horse and move it using body language and the animal’s natural instincts.

“Sam is an expert at how to make working with a horse look like a perfect dance,” said Klein. “When Sam isn’t out roping and riding, he’s a local police officer and certified mounted police officer.”

For information on any of the events, contact Craig at 707-424-8354 or email [penn.craig@us.af.mil](mailto:penn.craig@us.af.mil).

1) Heidi Campini tours the 621st Contingency Response Squadron as part of the Honorary Commander's Bootcamp April 12 at Travis Air Force Base, Calif. The Honorary Commander's Bootcamp is designed to educate the participants in the wing's mission and teach basic military concepts such as customs and courtesies.

2) Scott Farmer, Air Mobility Command civic leader, tours the 621st CRS during the bootcamp.

3) Cynthia Garcia, newly inducted honorary commander, gets a first-hand look at the 621st CRS as part of the bootcamp.



# HONORARY

## ... commanders get closer look at Travis

U.S. Air Force photo by Airman 1st Class Amy Younger



*Save with Military Discounts from these fine businesses!*

Visit Travis at [FACEBOOK.com/TravisAirForceBase](https://www.facebook.com/TravisAirForceBase)





# MILITARY DAYS

**\$20 BONUS PLAY**  
– Every Wednesday –  
With active or retired Military I.D.

CACHE  CREEK  
CASINO RESORT  
[cachecreek.com](http://cachecreek.com)

Cache Creek Casino Resort is committed to responsible gaming. For help call 800-GAMBLER. Must be 21 to gamble.