



‘Rosie the Riveter’ women
share slice of ...

HISTORY

PAGES 14-15

DeCA collects food for campaign

Jessica Rouse
DEFENSE COMMISSARY AGENCY
PUBLIC AFFAIRS SPECIALIST

FORT LEE, Va. — State-side commissaries are serving as collection points for the Feds Feed Families campaign for 2019, which began June 26, and continues through Aug. 9 at participating military installations.

Participating installations help collect items most needed by food pantries and donate them to area food banks.

Commissary customers and employees participate by purchasing food and personal hygiene products for donation while shopping at the commissary, or bring items from home and drop them off at the store.

Another option commissaries have made available are prepackaged donation bags. Store workers assemble bags of various appropriate items. They're placed around stores where patrons can easily pick them up as they shop to donate at the checkout.

This year marks the 10th consecutive year commissaries have participated.

"The employees and patrons of DeCA really stepped up to the plate in 2018 by collecting more than 1.52 million pounds of donations," said Randy Eller, DeCA logistics director. "The DOD collected a little over 2 million pounds, which makes DeCA's collections approximately 75 percent of all donations."

Once collected, installation officials work with the commissary to deliver donations to local food banks.

Some of the most-needed items include:

- Canned vegetables that are in low sodium or that have no salt.

See FOOD Page 23



A pipe housing water and other utilities sits on a roller in the David Grant USAF Medical Center basement June 14 at Travis Air Force Base, California. Most of the pipes are fitted with seismic bracing and rollers to allow for shifting in the event of an earthquake.

Hospital prepared for anything

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

Grant who are all placed on one of about two dozen different disaster relief teams," Anderson said. "We have clinical support teams, decontamination teams, surgical teams, manpower teams and more. There are about 25 of these teams in the hospital."

When the hospital was built in 1988, it was designed with a specific natural disaster in mind.

"The hospital was built with added seismic bracing on all utilities to withstand an earthquake," said Gary Seaver, 60th Medical Group lead stationary engineer. "It also has 'rollers' that some of the large diameter pipes ride on to allow for movement. These added safety features would help keep the building structurally sound

in the event of a high magnitude earthquake.

Instead of one large structure, the building is in multiple connected sections.

"This past year, wildfires have risen right next to earthquakes at the top of the list of threats," Anderson said. "If a fire comes right up to the building, it can be more dangerous in some instances to move a patient, even if the facility has been damaged. Those are big decisions that the commander has to make."

Updates to fire alarm systems within DGMC make it easier to pinpoint any alert notification.

"We can look at a computer graphic of the entire hospital and see a device and its location for faster response

With fires becoming

See HOSPITAL Page 18



U.S. Air Force photo/Staff Sgt. Christopher Hubenthal
Dr. Gregory Johnson, right, Tripler Concussion Clinic medical director, has Army Spc. Andrew Karamatic, Department of Medicine combat medic, follow his finger with his eyes during a neurologic exam at Tripler Army Medical Center, Honolulu.

Brain injury center issues advice on rehab from TBI

**Defense and Veterans
Brain Injury Center**

The Defense and Veterans Brain Injury Center, the Defense Health Agency's traumatic brain injury center of excellence, recently released the "Cognitive Rehabilitation for Service Members and Veterans Following Mild to Moderate Traumatic Brain Injury Clinical Recommendations."

These recommendations build on the 2016 VA/DoD Clinical Practice Guidelines on Concussion/Mild Traumatic Brain Injury. While there has been new research on cognitive rehabilitation over the past few years, clinical practice varies widely in the MHS and throughout the VA.

Cognitive rehabilitation focuses on improving thinking and communication skills such as attention, problem solving, planning and memory. More generally, it provides strategies to target cognitive difficulties to target cognitive difficulties.

nearly 40 experts were involved. Many of these individuals had previously been involved in developing clinical guidelines in professional settings such as the National Academies of Sciences, Engineering, and Medicine.

Drawing on both published literature and their own expertise, the working group developed a consensus opinion in August 2017 that helped shape how the recommendations were developed. The new recommendations offer providers detailed guidance for treating service members and veterans with mild to moderate TBI and cognitive dysfunction as they move through each phase of recovery.

"These clinical recommendations are a unique contribution to the field of cognitive rehabilitation," said Navy Capt. Scott Pyne, DVBIC division chief. "They provide

See TBI Page 26

60th CPTS changes leaders



U.S. Air Force photo/Airman 1st Class Jonathon Carnell
Maj. Andrew Wilkins, right, assumes command of the 60th Comptroller Squadron from Col. Jeff Nelson, 60th Air Mobility Wing commander, June 28 at Travis Air Force Base, California. During the ceremony, Lt. Col. Jared Mitchell transferred command to Wilkins.

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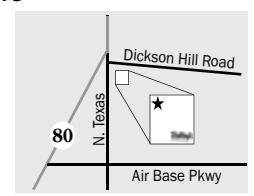
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Airmen aim for hoop



Airmen 1st Class Cody Shelton, left, and Rico Polk, 60th Civil Engineer Squadron electrical system technicians, play basketball June 24 at Travis Air Force Base, California. The Airmen engaged in an impromptu basketball game prior to a squadron group photo.

See TOUR Page 18

Practice yoga to stimulate mind, body, spirit

Dr. Bhagwan Bahroo, staff psychiatrist, demonstrates a deep-breathing posture as he leads a weekly yoga class for Psychiatry Continuity Service Program participants at Walter Reed National Military Medical Center in Bethesda, Maryland.

Department of Defense photo/Leigh Culbert



Military Health System Communications Office

Two programs that incorporate yoga at Walter Reed National Military Medical Center in Bethesda, Maryland, demonstrate the ability of the ancient practice to help heal the mind and body.

"The word 'yoga' in Sanskrit means to yoke together, and the idea is to bind together our mind, body and spirit, and not just to bind, but to create a balance among the three aspects," explained Dr. Bhagwan Bahroo, a psychiatrist in the Psychiatry Continuity Service program at Walter Reed. "Having personally realized the significance of yoga, I wish to share the many benefits with our service members."

Bahroo grew up practicing yoga in India and re-connected with it 10 years ago when asked to integrate the practice into Walter Reed's behavioral health program. Today he teaches a one-hour class for up to 12 participants

once a week using basic poses and various breathing techniques, finishing each session with Laughter Yoga, an ancient practice now seeing a resurgence worldwide, according to Bahroo. "A good yoga session not only improves muscle tone, adds strength, and improves flexibility of the joints, but also helps bring peace of mind, reduces anxiety, and improves mood," he explained, noting that laughter is contagious and lightens the heart and mind.

Given the nature of yoga, not all patients are willing participants. "You wouldn't believe the excuses I get from patients," Bahroo chuckled. Over the years, he has adapted his approach, now inviting patients to observe and then to join as they feel ready. "Eight out of 10 come to the mat eventually. If they have any type of pain, I'm able to show them how to modify poses for maximum benefit."

Bahroo described one patient who
See YOGA Page 17

Air Force officials announce tour length changes

Sarah Loicano
2ND AIR FORCE PUBLIC AFFAIRS

KEESLER AIR FORCE BASE, Miss. — Air Force officials are reducing targeted special duty and instructor tour lengths to create a more ready and resilient force.

The tour length reduction from four to three years for military training instructors, military training leaders, Air Education and Training Command technical training instructors with prefix "T", "J", or "X" and stateside professional military education instructors was announced July 1, renewing the focus on increasing operational readiness and improving Airmen resiliency.

"The Air Force is committed to returning our experienced and professional workforce to their operational career fields and reducing the unique stressors associated with these special duty tours," Maj. Gen.

Timothy Leahy, Second Air Force commander said. "The decision to reduce tour lengths is about increasing our readiness and lethality while growing today's Airmen for the force we need."

All special duty assigned Airmen serving as MTIs, MTLs, TTIs or stateside PME instructors on or after July 1, 2019, will receive a three-year assignment. Airmen already serving in one of these positions on or after July 1, 2018, through June 30 will have 30 days to either accept a three-year tour or opt to keep their original four-year tour. Airmen assigned to one of the targeted DSDs before July 1, 2018, or in an overseas tour, will finish their original assignment.

Due to the length of time required to get Air Force recruiters trained and certified, the tour length reduction does

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Airmen from the 334th Training Squadron try out the new virtual reality technology of the 334th TRS at Cody Hall June 28 on Keesler Air Force Base, Mississippi. The 334th TRS incorporated a VR classroom to teach airfield maintenance more efficiently with visual simulation.

Virtual reality training begins

Airman Seth Haddix
81ST TRAINING WING PUBLIC AFFAIRS

KEESLER AIR FORCE BASE, Miss. — The 334th Training Squadron incorporated the first virtual reality training for airfield management

students in the Air Force at Keesler Air Force Base, June 28, so they can get more of a "hands-on" learning experience.

Chief Master Sgt. Paul Portugal, Airfield Management career field manager, the

Pentagon, Arlington, Virginia, relates this new technology to the mission of Air Education and Training Command.

"Innovation and the continuum of learning has always been a priority of AETC to make our Airmen more effective and efficient," Portugal said.

Master Sgt. Joshua Stillwagon, 334th TRS instructor, believes this new technology can teach Airmen more efficiently than the previous, lecture-based class because of the hands-on experience.

"This system gives instructors the capability to not just tell Airmen, but instantly show them a concept," Stillwagon said.

The simulation includes the setting of an airfield and allows students to practice their job as if they were operational.

"The VR technology gives our students a visual representation of airfield hazards that can be unsafe," Portugal said. "They don't need to imagine it, they can visualize cranes, trees or other things that can affect flight safety."

Portugal

believes

this

See VR Page 17

U.S. Air Force photo/Airman Seth Haddix

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President visits troops in North Korea trip

Tech. Sgt. Rachelle Blake
51ST FIGHTERWING PUBLIC AFFAIRS

OSAN AIR BASE, South Korea — For the first time in history, the President of the United States, Donald J. Trump, stepped onto North Korean soil, meeting with Chairman Kim Jong-un as part of a two-day visit to the Korean peninsula, June 29-30.

Reliving the historic moment, Trump addressed troops charged with maintaining stability in the region from all services under U.S. Forces Korea at Osan Air Base.

"We had a great meeting," Trump said. "We are in this together and want to get this thing solved. It has been going on a long time."

Hundreds of service members and their families gathered to hear the president's message.

"To all the service members from U.S. Forces Korea, today I am here to tell you that 330 million American hearts beat with gratitude for your selfless service," he said. "We are also joined by many amazing military spouses and families. They keep you going and you wouldn't be the same without them."

"It is wonderful to get a



U.S. Air Force photo/Staff Sgt. James L. Miller

President Donald J. Trump addresses service members during his June 30 visit to Osan Air Base, South Korea. U.S. forces across the peninsula are charged with the mission of deterring aggression, defending the Republic of Korea and maintaining stability in Northeast Asia.

chance to see the fighting men and women of America," Pompeo said. "Thank you for what you do to serve America each and every day."

Ivanka echoed his sentiment.

"God bless America and God bless each and every one of you for being out here, for no one is tougher and no one is braver."

Slife takes command of Special Operations

Staff Sgt. Lynette M. Rolen
AIR FORCE SPECIAL OPERATIONS COMMAND PUBLIC AFFAIRS

HURLBURT FIELD, Fla. — At a ceremony at Hurlburt Field, Florida, June 28, Lt. Gen. Jim Slife took command of Air Force Special Operations Command.

Air Force Chief of Staff Gen. David L. Goldfein, presided over the ceremony where Slife took over for Lt. Gen. Brad Webb, who will go on to serve as the commander of Air Education and Training Command in the coming weeks.

"When it came time to pick

someone for AFSOC's continuing legacy, Slife was the obvious choice," Goldfein said. "He brings with him the expertise to take this command to new heights. As the United States Special Operations Command vice commander, he ensured our special operations forces had the resources they needed to get the mission done."

Also present at the ceremony was U.S. Army Gen. Richard D. Clarke, commander of USSOCOM. Clarke spoke about Slife's leadership abilities.

"He is the perfect man at the perfect time for this critical

See COMMAND Page 17

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everything you do and your sacrifices and your service," she said. "We are very grateful to you and your loved ones who serve our nation out of uniform."

Trump also shared his enthusiasm for the Department of Defense budget increase allowing for production of new aircraft, ships and tanks, but recognized military members as the ultimate asset.

"Together the men and women of America's armed forces are the most extraordinary warriors ever to walk the face of the earth," he said. "You stand ready to vanquish any danger and deliver the full might of American justice whenever and wherever duty calls ... You are prepared to deter, defeat and defend against any threat."

Trump closed with a moment of gratitude.

"Let me thank every warrior in the audience who serves a righteous mission," he said. "You are fantastic. I salute you. Our nation will never forget the sacrifices of every American service member here today and those stationed throughout the world ... No one is tougher and no one is braver."

AFRL puts new technologies into space aboard world's most powerful launch vehicle

Bryan Ripple
88TH AIR BASE WING PUBLIC AFFAIRS

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — The Air Force Research Laboratory successfully put new technologies into space, June 25, as part of the Department of Defense Space Test Program mission, managed by the Air Force Space and Missile Systems Center, Los Angeles Air Force Base, California.

A SpaceX Falcon Heavy rocket, the most powerful launch vehicle in the world, blasted off from Launch Pad 39A at Kennedy Space Center, Florida at 2:30 a.m. EDT. It was the Falcon Heavy's first night flight and just its third launch overall. It was also the first Falcon Heavy to fly using reused boosters.

The rocket carried 24 experimental satellites into space, including the Green Propellant Infusion Mission spacecraft, which enables the first ever on-orbit demonstration of the AFRL-developed Advanced Spacecraft Energetic Non-toxic Propellant.

Space demonstration of this new propellant, ASCENT, formerly known as AF-M315E, marks a major milestone in a national effort to develop new energetic propellants to replace hydrazine, the current established chemical propellant of choice for nearly all satellite propulsion. Not only is ASCENT 50% higher performing than hydrazine, it is also a vastly safer alternative, allowing for streamlined ground operations relative to legacy propellants. While hydrazine is flammable, toxic and requires the use of Self Contained Atmospheric Protective Ensemble suits for handling operations, ASCENT propellant requires minimal personal protective equipment such as a lab coat and a splash



NASA photo/Joe Kowsky

A SpaceX Falcon Heavy rocket carrying 24 satellites as part of the Department of Defense's Space Test Program-2 mission launches June 25 from Launch Complex 39A at NASA's Kennedy Space Center, Florida. The satellites include two AFRL technology and science payloads.

guard for the face.

"The demonstration of a revolutionary green propellant for spacecraft propulsion is critical as we move toward space operations being the new normal," said Dr. Shawn Phillips, chief of AFRL's Rocket Propulsion Division at Edwards Air Force Base, California.

Also part of the STP-2 mission was AFRL's Demonstration and Science Experiments (DSX) spacecraft. The first of its kind globally, the DSX flight experiment will conduct new research to advance DoD's understanding of the processes governing the Van Allen

radiation belts and the effect they have on spacecraft components. DSX's elliptical path in medium Earth orbit will increase understanding of this orbital regime, and advance understanding of the interplay between waves and particles that underlie radiation belt dynamics, enabling better specification, forecasting and mitigation. This will ultimately enhance the nation's capability to field resilient space systems, AFRL officials said.

DSX's mission is different from most other Air Force flight experiments as it is a purely scientific mission. The spacecraft is equipped with a unique suite of technologies such as space weather sensors and graphite antenna booms used to conduct experiments with very-low frequency radio waves. DSX has two sets of immense deployable booms due to the large antenna requirements of these experiments. One set extends 80 meters tip-to-tip and the other extends 16 meters tip-to-tip, making the DSX spacecraft one of the largest deployable structures in orbit.

The DSX program is led

by the AFRL Space Vehicles Directorate at Kirtland AFB, New Mexico, with key team members from the Air Force Space and Missile Systems Center. DSX will conduct on-orbit experiments for at least a year.

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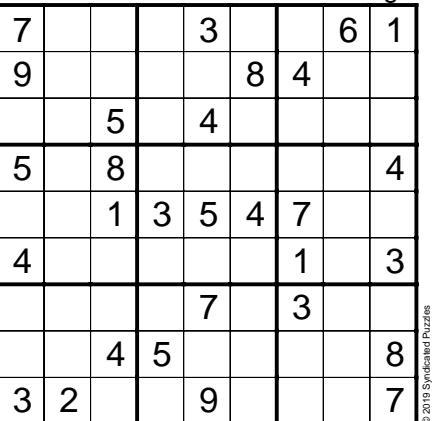
Previous solution - Medium
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You can find more help, tips and hints at www.str8ts.com

SUDOKU

No. 445

Tough



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The solutions will be published here in the next issue.

Retiree Corner

AAFES recruiting vets to fill downrange positions

DALLAS — The Army & Air Force Exchange Service is recruiting veterans to bring a taste of home to warfighters downrange.

The 123-year-old Department of Defense retailer is seeking veterans to deploy to fill various positions wherever the Exchange

operates within Southwest Asia and Eastern Europe.

The Exchange operates

41 direct-run stores on 32 installations in eight Middle East countries, including Iraq, Afghanistan, Kuwait, Qatar, Jordan, Saudi Arabia and Egypt, as well as on installations in Europe, such as Bosnia, Kosovo, Romania, Poland and Bulgaria.

— AAFES News Service

Chapel programs

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.

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 travoscompbatptsd@gmail.com.

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.

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.

Fairfield Farmers Market and

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

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

Travis Air Force Base Heritage Center. Open 10 a.m. to 5 p.m. Tuesday through Saturday, Building 80, 461 Burgen Blvd., Travis Air Force Base. For more information, call 707-423-7227.

DGMC Chapel. Latter-day Saints Service: 4 to 4:30 p.m. Sunday at DGMC Medical Center Chapel.

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.

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.

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.

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

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

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

Musics and dance. www.mareislandmuseum.org.

Mare Island Museum. Open 10 a.m. to 2 p.m. weekdays, 10 a.m. to 4 p.m. Saturdays, 1100 Railroad Ave., Vallejo. 557-4646.

Solano Community Symphony. Open auditions by appointment; both amateurs and professionals are invited to apply. Mary Eichbauer, orchestra manager. 747-1946, gg-mee@ix.netcom.com, www.solanosymphony.org.

Penitentiary Adobe/Mowers Goheen Museum. Western Day, July 6; open 11 a.m. to 2 p.m. first Saturday, 1 Penitentiary Adobe Road, Vacaville. Free. 447-0518, www.penadobe.org.

Rio Vista Museum. Open 1:30 to 4:30 p.m. July 6-7, 16 N. Front St., Rio Vista. Free, but donations welcome. 374-5169, www.riovistamuseum.com.

Arata Fine Art Gallery. Phillip Venable and Judy Neal, through July 14; open 11 a.m. to 5 p.m. Thursday through Saturday, 1 to 5 p.m. Sunday, 637 First St., Benicia. www.aratafineartgallery.com.

The Little Art Shop. Open 11 a.m. to 5 p.m. daily, 129 First St., Suites D & E, Benicia. 771-6667.

Marilyn Citron O'Rourke Gallery. Open 10 a.m. to 9 p.m. Monday through Thursday, noon to 6 p.m. Friday through Sunday, 150 E. L St., Benicia. www.beniciabibliary.org.

Vacaville Art League Gallery. Juried Art Show, July 20 through Aug. 31; open noon to 4 p.m. Tuesday through Saturday, 718 E. Monte Vista Ave. Free. 448-8712, www.vacavilleartgallery.org.

Bonita Plein Air Gallery. MaryLou Correia, through Aug. 4; open 11 a.m. to 5 p.m.

Lawler House Art Gallery. "Jumping Obstacles," through July 21; open noon to 4 p.m. Friday through Sunday, 718 Main St., Suisun City. www.lawlerhousegallery.org.

Arts Benicia. "Insight," July 27 through Aug. 25; open noon to 5 p.m. Wednesday through Sunday during exhibitions, 991 Taylor St., Suite 114, Benicia. Free. 747-0130, www.artsbenicia.org.

Vallejo Naval and Historical Museum. Open noon to 4 p.m. Tuesday through Friday, 10

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

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 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.

Empress Theatre. A Night of Duos, 8 p.m. July 6; Kevin Frazier, 7:30 p.m. July 10; World music, 8 p.m. July 12; Eric EQ, 8 p.m. July 13; 330 Virginia St., Vallejo. 552-2400, www.empresstheatre.org.

First Street Cafe. Open mic, 7 p.m. July 5; Bryan Girard, 2 p.m. July 6; Parts & Labor, 7 p.m. July 12; Jennifer Lee, 2 p.m. July 14; 440 First St., Benicia. 745-1400, www.firststreetcafe.com.

Legends at Paradise Valley. Music begins at 6 p.m.: Family Dance Party, July 5; Time Bandits, July 12; Creekwalk, Vacaville. www.creekwalkevents.com.

Fairfield Farmers Market and

Local events

Events

Benicia Farmers Market

4 to 8 p.m. Thursdays through August, 4 to 7 p.m. September and October, First Street between B and D streets. www.beniciainmainstreet.org.

Fairfield Farmers Market and

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

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

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Bonita Plein Air Gallery. MaryLou Correia, through Aug. 4; open 11 a.m. to 5 p.m.

availability of paid leave to receive transferred annual leave directly from other employees. For more information, call 707-424-1720.

Creekwalk Concerts. Music begins at 6:30 p.m.: Family Dance Party, July 5; Time Bandits, July 12; Creekwalk, Vacaville. www.creekwalkevents.com.

Empress Theatre. A Night of Duos, 8 p.m. July 6; Kevin Frazier, 7:30 p.m. July 10; World music, 8 p.m. July 12; Eric EQ, 8 p.m. July 13; 330 Virginia St., Vallejo. 552-2400, www.empresstheatre.org.

JULY 5, 2019



U.S. Air Force photo/Staff Sgt. Marleah Cabano

Air Force Chief of Staff Gen. David L. Goldfein, left, presents Air Force Special Operations Command's guidon to U.S. Air Force Lt. Gen. Jim Slife, new commander of AFSOC, during a Change of Command ceremony June 28 at Hurlburt Field, Florida.

Command

From Page 11

position," Clarke said. "He set an example for all of us to follow. Your dedication to our nation and its great warriors has left a profound impact on all of us. You are going to continue to keep AFSOC on its global scale and foster the culture of there is a way – we find it."

Slife's Air Force career spans 30 years. Many of those years were in AFSOC.

He served as an MH-53J instructor pilot, 20th Special Operations Squadron director of operations, 27th Special Operations Group commander, and the 1st Special Operations Wing commander.

Before Slife assumed command, Webb offered comments about his own time in AFSOC.

"I am extremely proud of all of the competence and character I have seen over these past three years," Webb said. "Our

VR

From Page 8

training will not only help the future of airfield management training, but improve the overall training of Airmen.

"The technological jump that we are making in how we create a more efficient and effective Airman is the biggest

Airmen in AFSOC exemplify the Air Force core values. I just want to say thank you to everyone here for all you have done."

AFSOC's mission is to present combat-ready forces to conduct and support global special operations missions. The command consists of highly trained, rapidly deployable Airmen, conducting global special operations missions ranging from precision application of firepower, to infiltration, exfiltration, resupply and refueling of special operations forces' operational elements.

Slife inherits a command with approximately 20,800 air commandos worldwide. He is now the 12th AFSOC commander.

"These Airmen here today – we'll talk about them as legends," Slife said. "We have Airmen wearing Air Force Crosses and Silver Stars. These are outstanding Airmen. I will serve them with the humble dedication they deserve."

part of this," Portugal said.

Col. Leo Lawson Jr., previous 81st Training Group commander, was impressed with the quality of the VR experience.

"The VR training simulations blew me away," Lawson said. "Not only was it able to deliver the training our Airmen need to understand the concept of the job, but it did so with great quality."

Yoga

From Page 7

began adamantly opposed to joining his yoga class, and reluctantly joined after wary observation. "Upon finishing his 5-week program he said, 'I wish I had known about yoga earlier in my life.' This is why I teach yoga and why I'd love to bring it to a wider population in our hospital if I could."

"More yoga" is what I've been hearing, so now we offer yoga as part of the structured intensive-outpatient and outpatient programs," she said. "We have added three optional classes each week, all of which are always well-attended."

Hospital

From Page 4

from hospital engineers and the fire department when the alarm is activated," Seaver said. "The old system would only report what zone the activation was in, which made it very time-consuming to find the exact location for all parties responding to the alarm."

DGMC is part of the National Disaster Medical System, a joint program between four federal agencies: Department of Defense, Veterans Affairs, Homeland Security and Health and Human Services.

"We are a federal coordinating center," Anderson said. "We are one of the three that are owned by the Air Force. The other two include Wright-Patterson AFB, Ohio, and Keesler AFB, Mississippi. We can work with medical centers in the area to either move some of our patients out to other hospitals in the event of natural disaster or even a terrorist attack or, possibly, take patients into our facility if space is available."

Working with the community to build effective disaster preparedness plans ensures the hospital is ready for anything.

"Coordinating with hospitals, county and state



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

A U.S. Airman cuts simulated chemical detection tape June 27 at Travis Air Force Base, California. The tape was used during a hazardous material exercise at David Grant USAF Medical Center.

authorities to make sure that we are able to cover any kind of event is important," Anderson said. "We have had some near misses, especially with some of the fires that have come dangerously close to the base this

past year."

Providing a full spectrum of care to a prime service area of more than 130,000 TRI-CARE eligible patients and 500,000 Department of Veterans Affairs Northern California Health Care System patients, DGMC has planned to

assist the local communities to the best of their ability if ever activated.

"There is a clause that allows the wing commander to act under certain situations to save life, to prevent or mitigate significant suffering or mitigate significant property damage," Anderson said. "If the wing commander at any time thinks that bringing people on base would prevent significant suffering or damage, we could open up the hospital to the local community for a limited amount of time, which is about 48 hours, without further approval from higher headquarters Air Force."

This would give the federal agencies, such as the Federal Emergency Management Agency, enough time to step in and take over the care of patients.

"Sharing notes with the community is significant in that when something happens, you may only have minutes to act," Anderson said. "To have already pre-coordinated a plan, to know exactly who to call, is a huge benefit so you aren't flailing. Through county meetings, through joint exercises, through phone calls, we have made contact with everyone we would need to contact in an emergency and have practiced how we would handle any type of disaster."

Tour

From Page 6

not currently impact recruiting assignments. Building and maintaining community outreach efforts are critical to Air Force recruiting success, making 48-months the ideal recruiter tour length according to Air Force leadership.

Restoring readiness is one of the Air Force's top priorities. The tour length change addresses readiness by responding to career field managers' concerns over retention, loss of operational expertise and assignment-related burnout. The unanimous feedback from a January 2019 survey of career field managers supports a move to a shorter, more manageable tour length for MTIs, MTLs, technical and PME instructors.

"This change is about ensuring we are creating additional opportunities for professional development, establishing a more resilient force and returning trained Airmen, with newly acquired professional and leadership training, back to their specific operational specialty," said Chief Master Sgt. JoAnne Bass, Second Air Force command chief. "Reducing special duty tour lengths optimizes Airmen's experience and performance both during their career-broadening experience and their operational career field reintegration."

Input from across five Air Force training wings was factored into the decision to reduce tour lengths. A 2019 survey of MTLs and MTIs indicated that while Airmen reported positive experiences with their career broadening positions, assignment fatigue began to sharply increase around the three-year mark. Survey participants cited a challenging work-life balance including shift work, professional demands and responsibilities outside typical duty hours and the time away from their operational career fields as the primary stressors.

Additionally, a review of other military branches found that in-service instructors and drill sergeants served three-year tours and Army training special duty assignments are currently restricted to two years, with a highly selective third-year option.



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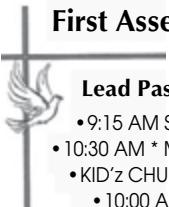
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LUTHERAN	NON-DENOMINATIONAL	NON-DENOMINATIONAL	NON-DENOMINATIONAL	UNITED METHODIST
BETHANY LUTHERAN MINISTRIES 621 South Orchard Ave. Vacaville, CA 95688 (707) 451-6675 mychurch@gobethany.com	Church of Christ 1500 Alamo Drive Vacaville, CA 95687 (707) 448-8838 Holy Eucharist Rite I 9:15 a.m. Pastor's Forum 10:00 a.m. Holy Eucharist Rite II 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	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	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 Services: Prayer Meeting 7pm Bible Studies throughout the week Pastor Ben Smith www.vacavillebiblechurch.com office@vacavillebiblechurch.com	"The People of The United Methodist Church™" COMMUNITY UNITED METHODIST CHURCH 1875 Fairfield Avenue, Fairfield Phone: 707-426-2944 Email: cumcfairfieldca.org Pastor Anne Choy 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.
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.ccvc.me Rev. Dr. Dan Molyneux, Pastor	Word of Faith Christian Center Pastors Melba & Lenon Nears Jr 650 Parker Road, Fairfield, CA 94535 (707) 437-2257 www.wocfcfairfield.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/wocfcfairfield FOR LIVE AUDIO CALL (641) 715-3640 access code=673239#	Vacaville Church of Christ 401 Fir St., Vacaville, CA 95688 (707) 448-5085 Minister: Ryan Brewer Sunday Morning Bible Study 9:30 AM Sunday Morning Worship 10:30 AM Sunday Evening Worship 6:00 PM Wed. Evening Bible Study 7:00 PM www.vacavillecofc.com If you would like to take a free Bible correspondence course contact: Know Your Bible Program 401 Fir Street • Vacaville, CA 95688 (707) 448-5085	unity of the Valley Spiritual Center Celebrating our oneness, honoring our diversity 350 N. Orchard Ave., Vacaville – 447-0521 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®	

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From Page 2

we must not allow failure in our mission. Our job as leaders is to understand the risks, know what is and is not acceptable and be ready to clear the path to allow for learning and innovation. All of which should ultimately

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JULY 5, 2019

Food

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- # Food

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 - Canned fruits in light syrup or their own juices.
 - Canned proteins such as tuna, salmon, chicken, peanut butter and beans.
 - Soups, i.e., beef stew, chili, chicken, turkey or rice.
 - Condiments such as tomato-based sauces, light soy sauce, ketchup, mustard, salad dressing or oils.
 - Individually packed snacks, trail mix, dried fruit, granola and cereal bars.
 - Multigrain cereals.
 - One-hundred percent juices of all sizes, including juice boxes.
 - Brown and white rice, oatmeal, bulgar, quinoa, couscous, pasta, and macaroni and cheese.
 - Paper products and household items such as paper towels, napkins and cleaning supplies.
 - Hygiene items such as diapers, deodorants, feminine products, toilet paper, soap, toothpaste and shampoo.

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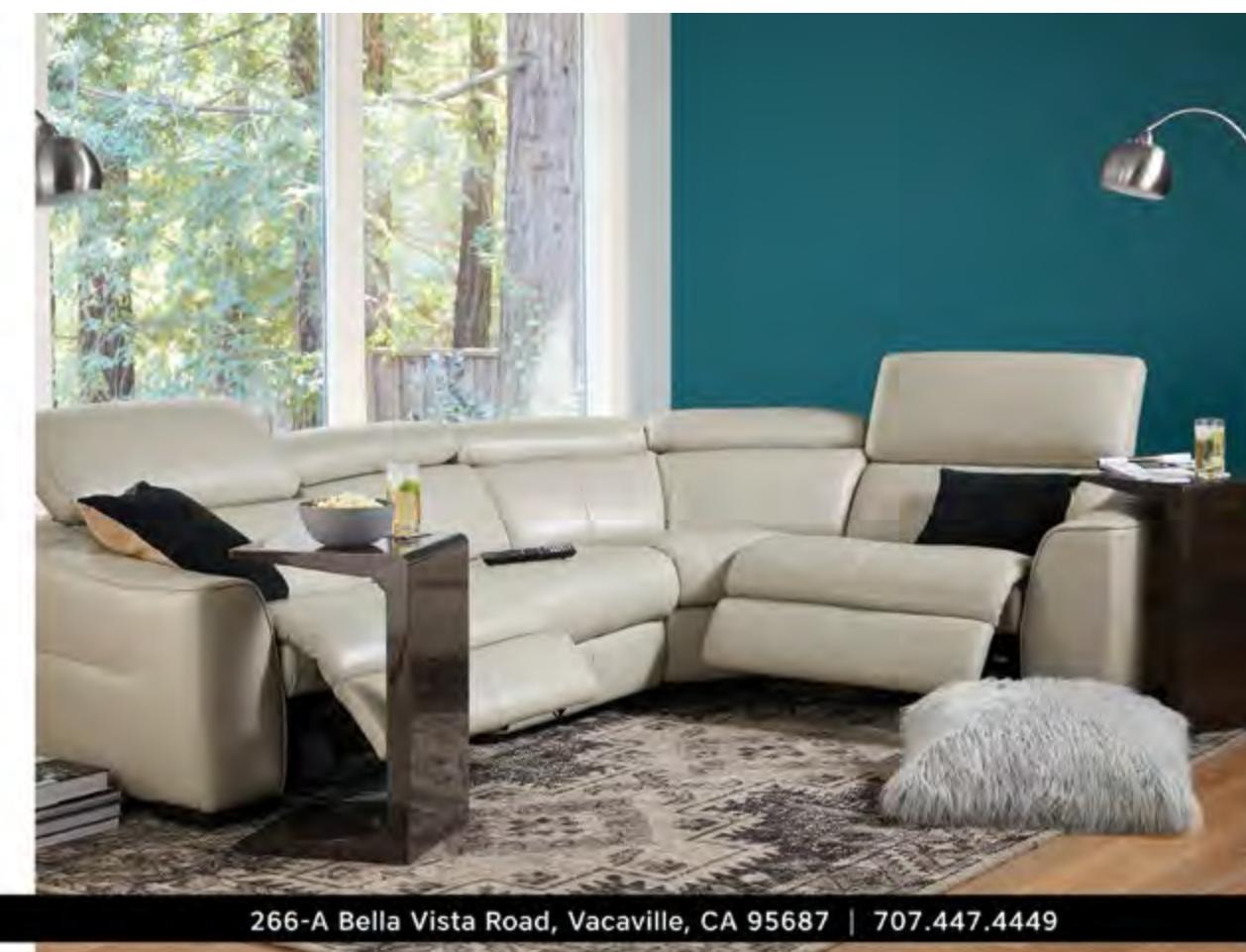
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TBI

From Page 5

an integrated source for clinicians: detailed, evidence-informed clinical guidance and links to an array of DoD/VA cognitive rehabilitation resources and tools that support state-of-the-science clinical care."

Approximately 82% of brain injury cases are considered mild TBIs, otherwise known as concussions. Among those who experience chronic effects from TBIs, cognitive impairment is the most persistent and disabling because it can directly affect return to duty or employment and can have a broad impact on quality of life.

To address these challenges, the new recommendations outline unique considerations, including modifications, specific interventions, strategies, and best practices when providing treatment to this target population.

When developing the recommendations, the working group sought to address the needs of the end-user clinicians by incorporating their feedback and perspectives. As explained by working group member Dr. Wayne Gordon, Chief of Rehabilitation and Neuropsychology Service at Mount Sinai Hospital in New York City, cognitive rehabilitation should not be a "canned intervention" but rather "providers need to be flexible in their approach," given the nuanced nature of how a TBI patient presents.

The recommendations allow providers to tailor their approach to the recovery needs of service members and veterans, which are often different from those of the general population.

The recommendations are available to download and print via dvbic.dcoe.mil. To further support the clinical recommendations, an interactive web tool has been published on the DVBiC website.

The tool outlines clinical content and provides links to resources for cognitive rehabilitation providers, such as occupational therapists, speech-language pathologists, neuropsychologists and other rehabilitation providers.



- 1) Tech. Sgt. Blakeley Murdock, 60th Operations Support Squadron Formal Training Unit KC-10 Extender flight engineer instructor, observes a flight engineer student before a training flight, June 26 at Travis Air Force Base, California. Travis Airmen conduct training missions to stay current and be prepared for future mobility operations.
- 2) Chief Master Sgt. Deborah McGuane, 336th Air Refueling Squadron KC-135 Stratotanker boom operator, conducts aerial refueling training with a KC-10 from Travis June 26 over California.
- 3) Capt. Andrea Gilkeson, 79th ARS KC-10 pilot, flies a KC-10 while conducting aerial refueling training with a KC-135 from the 912th ARS from March Air Reserve Base, California.

Travis stays current for mission through ... TRAINING

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2

3

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