



49ers recognize Airmen with ...

# SALUTE

PAGES 14-15

# Believing lie as teenager almost killed me

Remember that old saying, "Perception is reality?" I believe this is a big lie.

We have never won a war due to "perception." I understand the original meaning, but somewhere in the translation, we started believing it literally instead of as a precaution against overlooking the power of perception in the human psyche.

If our technical manuals were written on information that was less than trustworthy or off of a perception, then we would be seriously hindered in the performance of our jobs. It would degrade our



Commentary by Col. Daniel Cook

621ST AIR MOBILITY ADVISORY GROUP

operations and send uncertainty through our ranks. We would make bad decisions, all because of misinformation or said another way, lies. Something less than the truth is a lie and lies can be very disruptive in organizations and life.

I'm not writing this article to talk about perceptions or mistrust in organizations, but how it affects our lives. To do this, I must become the most vulnerable I've ever been as I have never shared this story and use the word "I" more than ever before. However, if this helps one person, then it is

## Commander's Commentary

worth it. So, as a 46-year-old, commander, colonel, husband and father of four, here goes nothing.

The big lie I believed was not just a misperception, but rather, a distortion of what reality was for me growing up. My parents were divorced in a time when divorces were viewed very negatively and the unfortunate few who went through one were plagued as being a stigma to society. This happened when I was relatively young and my dad was stationed at Zweibrücken Air Base in Germany. So,

my mom, sister and I left him in Germany and moved back to the states. I didn't see him much for about three years while the divorce was being settled. We saw him about twice a year after that when he returned and joined the Air Force Reserves.

We were poor and this precluded my father or us from traveling much. Our hardships continued. I remember my mother paying for our groceries with food stamps – kind of embarrassing at the check-out.

The living arrangements were less than ideal as well. We stayed in government-subsidized housing or jumped from house to house with family. As a teenager, I remember just wanting my life to end.

You see, the big lie I bought into was the world would be better off without me. My family would be better off without me. Heck, I didn't wear the right clothes, didn't say the right things, didn't have good grades and was an extra mouth to feed. I felt like such a burden. The days were dark and I wanted out. I thought for sure God didn't like me either.

These were lies, especially the last one. While there were some bad things happening and some truth to my situation that was influencing my belief in these lies, the truth was quite the opposite. The world is better with me and the bigger truth is

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# Goals, opportunities help build stronger teams



Commentary by Chief Master Sgt. Richard Corey

621ST AIR MOBILITY ADVISORY GROUP

A couple of key things I have learned in my 28 years in the Air Force are there is no shortage of opportunities and we are usually most successful in teams than we are alone.

Start by taking the initiative when it comes to your career and ensure your leadership knows what you want to do. They cannot help open up opportunities if they do not know your career goals and intentions. After all, your chain of command, from your supervisor and first sergeant to your commander, is here for you. We want you to succeed, because you

## Chief's Commentary

matter and when you thrive, our organization will excel.

Secondly, ensure you have an open dialogue with your supervisor during your feedback sessions and discuss your goals and what motivates you. Your supervisor should be able to give you a good vector on how best to achieve your goals. If not, speak with your peers, section leaders and leaders in your chain of command to get some clarity on the best course of action you can pursue.

At the same time, you should pay attention to other leaders around. Look for someone you can relate to who is knowledgeable. Ask if they would be willing to mentor you. Again, sometimes it takes initiative on your part to get the answers you need.

Next, you should surround yourself with a network of peers and leaders who can help you succeed by getting into the right circles and teams that are working toward a common goal. Working within a team is a way for us to develop our own skills while complementing the weaknesses and

building on the strengths of others. Teams give us the ability to be more inclusive and harness a larger knowledge base from varying backgrounds and viewpoints to help propel the team forward and glean greater organizational successes.

Every once in a while, you will hear "STP," meaning the same 10 people. They are the team that drives the success of many base projects. Work to become part of the crew that is requested by name. The Air Force stresses

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# Aircrew, pararescuemen save lives

Tech. Sgt. James Hodgman

60TH AIR MOBILITY WING PUBLIC AFFAIRS

After a long day of fishing in international waters, approximately 1,300 miles southwest of San Diego, disaster struck.

Three fishermen aboard the Mazatun, a fishing boat, were injured when a 25-ton crane fell on them. Two of the men suffered life-threatening injuries.

The men, all Mexico citizens, were trying to retrieve fishing nets when the crane collapsed. The nets became entangled around the Mazatun's propellers, making it impossible for the ship to travel on its own.

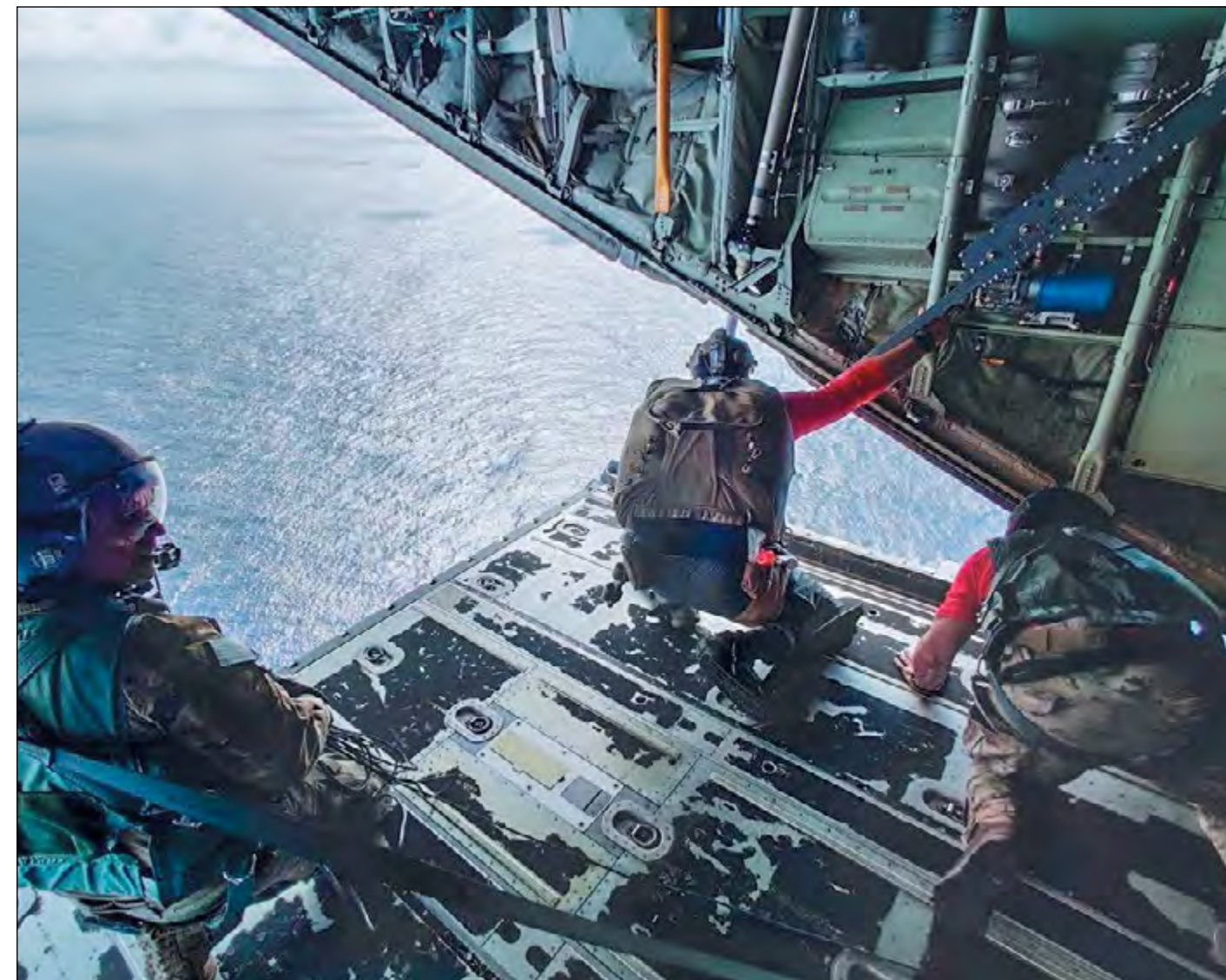
While the men were moved to the Mazatun's sister ship, the Tamara, at approximately 8 p.m. July 9, the U.S. Coast Guard's Rescue Coordination Center in Alameda, California, received a distress call.

Due to the seriousness of the injuries, the lack of professional medical care aboard the Tamara and the potential delay before reaching treatment, the Coast Guard contacted the U.S. Air Force Rescue Coordination Center to request pararescue medical assistance.

At 10:15 a.m. July 10, seven pararescuemen, a combat rescue officer and a flight doctor from the 79th and 48th Rescue Squadrons deployed from Davis-Monthan Air Force Base, Arizona. The rescue team completed an aerial refueling with a Travis AFB KC-10 Extender over the Pacific Ocean and at 4:31 p.m. July 10, they were on the Tamara treating patients.

"When the 25-ton crane collapsed, it struck one of the men in the head and landed on another man's foot," said Master Sgt. Robert Watkins, 48th RQS

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Courtesy photo

Pararescuemen from the 48th Rescue Squadron, Davis-Monthan Air Force Base, Ariz., prepare to parachute into the ocean from an HC-130J Combat King II aircraft from the 79th RQS to a Mexican fishing vessel as it sailed July 10 to Socorro Island, Mexico. The pararescuemen cared for two fishermen who were injured when a 25-ton crane fell on them. A KC-10 Extender from Travis Air Force Base refueled the HC-130J over the Pacific Ocean, enabling it to make it to the Tamara.

## Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

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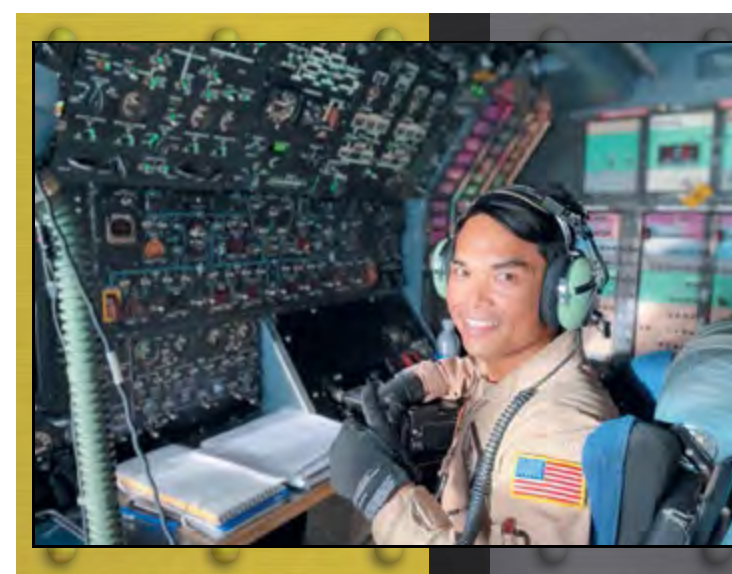
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## On the cover

A U.S. Airman from Travis Air Force Base, California, prepares to participate in the quarterback arm challenge Aug. 13 during the "Salute to Service" Boot Camp in Santa Clara, Calif.

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



Courtesy photo

# WARRIOR OF THE WEEK

<b>Name:</b> Staff Sgt. Carl Avelino.	<b>Time in service:</b> Nine years.	<b>What are your goals?</b> Obtaining a private pilot's license.
<b>Unit:</b> 22nd Airlift Squadron.	<b>Family:</b> Spouse, Jessica Avelino; four children	<b>What are your hobbies?</b> Vehicle enthusiast, Fishing, hiking, cycling, and building things.
<b>Hometown:</b> Dededo, Guam.		



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

An Airman from Travis Air Force Base competes in the 40-yard dash Aug. 13 during the Salute to Service Boot Camp in Santa Clara, Calif. The event provided Airmen with an opportunity to interact with NFL players and compete in a variety of athletic drills.

## 49ers host Airmen from Travis

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

Fifty mobility Airmen from Travis AFB were put to the test Aug. 13, during the USAA "Salute to Service" Boot Camp at the San Francisco 49ers practice facility in Santa Clara.

The Airmen competed in teams of five in a variety of drills including the 40-yard dash, three-cone shuttle, vertical jump and quarterback arm challenge.

The event, which is part of a national program designed to honor, empower and connect service members, veterans and their families, was organized by USAA in conjunction with the 49ers.

"Many service members love football and we look for

opportunities to bring them together with the sport they love," said Roger Wildermuth, USAA media relations director. "Today, we have an opportunity with the 49ers and we are really excited."

"Salute to Service Boot Camp offers service members a chance to test their skills and go through some of the drills the players go through," Wildermuth added. "It also offers an opportunity for service members and NFL players to connect, which hopefully enhances understanding on both sides."

The Airmen were assessed on each skill, similar to how NFL players are evaluated by coaches and scouts. The Airmen performed well, with one Airman running

the 40-yard dash in 4.8 seconds and another taking first place in the quarterback arm challenge by heaving a football 62 yards.

"Maybe I'll leave here with a contract," joked one Airman.

Prior to competing against one another, smiles covered the Airmen's faces as they watched a 49ers practice and met with some of the team's coaches and players.

"I'm a lifelong Niners fan, so, once I heard about this event I couldn't miss it," said Staff Sgt. Nicholas Vincent Butera, 60th Maintenance Group quality assurance inspector. "This is like a dream come true. You watch these guys as kids. I played football in high school and this is something I always wanted

to be. I'm living a different dream right now by being in the Air Force, but being able to be here is kind of like me living that dream as well."

Airman 1st Class Ethan Summers, 60th Civil Engineer Squadron water and fuel systems maintenance apprentice, shares the joy Vincent Butera described.

"I am so excited for this opportunity to see the 49ers and meet one of my favorite players, Marquise Goodwin," Summers said. "I've followed him since he played at the University of Texas."

Summers also said he appreciates serving at Travis AFB where he feels a strong bond with the communities that surround the base.

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## Energy drinks can hurt hearts

**Merrie Schilter-Lowe**

60TH AIR MOBILITY WING PUBLIC AFFAIRS

People with high blood pressure may want to limit or lose their penchant for energy drinks based on a new study published in the Journal of the American Heart Association.

The study shows energy drinks can abnormally impact the heart rhythm and raise blood pressure in people as young as 18 years of age.

"We think this is going to change people's understanding about the risks of energy drinks," said Dr. Sachin Shah, who leads pharmacy research and education at David Grant USAF Medical Center at Travis Air Force Base.

The study has received national and international media coverage from network television stations, including NPR, the BBC and CBS.

In an interview with CBS, Shah said energy drinks can raise blood pressure by about four to five points in systolic and diastolic blood pressure.

It's estimated that more than 30 percent of Americans ages 12 to 17 consume energy drinks on a regular basis. An earlier study found that nearly 45 percent of deployed military members consume at least one energy drink per day, while 14 percent report drinking three or more daily.

Shah and his co-authors wanted to determine the impact energy drinks have on the heart and blood pressure since they have been linked to an increase in emergency room visits and deaths.

The researchers recruited 34 healthy 18- to 40-year olds at a university campus for the study, which is the largest controlled study to date. Volunteers were

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## 571st MSAS boosts Panama's capabilities

**Tech. Sgt. Ezequiel Rodriguez**

571ST MOBILITY SUPPORT ADVISORY SQUADRON

Panama's Darién Gap is a 10,000-square-mile remote region of mountains, swamps and rainforests, known for attracting explorers and adventurers alike.

In July, 11 air advisors from the 571st Mobility Support Advisory Squadron descended upon the Gap as part of a mobile training team with personnel from the National Air and Naval Service, or SENAN, at Nicanor Air Base, Panama.

They assess, train, advise and assist U.S. Southern Command lines of effort of strengthening partnerships and countering threats from transnational criminal organizations.

Capability focus areas for this mission included airfield management, supply management, aircraft maintenance, fuels operations, weather and airfield radar systems.

Nicanor AB is adjacent to the Pan-American Highway, a known drug trafficking route, and the jungle border between Colombia and Panama. Standing between the smugglers and the United States is the National Border Service, also known as SENAFRONT. Similar to the U.S. border patrol, but operating in a very different environment, SENAFRONT spends much of its time in the jungles of Panama performing various counter-narcotic operations.

The MSAS team partnered with SENAN forces at a forward operating location, which also happens to be a vital resupply station for SENAFRONT. Given the criticality of the location and its rapidly changing weather conditions, it is paramount for accurate weather information to be readily available. Tech. Sgt. Darlene Byers, air advisor for the Radar, Airfield and Weather Systems, assisted SENAN personnel with the repair, maintenance and installation of their Automated Weather Observing System. She quickly identified several problems with system maintenance and storage.

"Good meteorological data around the airfield enables aircrews to make solid decisions regarding their flight paths and fuel loads," said Byers. "In turn, this translates to mission effectiveness as troop



Courtesy photo

Master Sgt. Charlie Marino-Franco, 571st Mobility Support Advisory Squadron meteorology air advisor, instructs personnel from the National Air and Naval Service at Nicanor Air Base, Panama. Capability focus areas for this mission included airfield management, supply management, aircraft maintenance, fuels operations, weather and airfield radar systems.

movements and logistical resupply sorties extend the reach of Panama's ability to confront threats and provide needed services."

As an instructor, Byers provided critical training at the height of Panama's rainy season.

"In this class, we have been learning about the different weather sensors associated with the new equipment currently being installed at Nicanor AB. This equipment will be the first-ever weather system here," she said. "The capability is critical to the safety and effectiveness of operations because of how important this location is to the counter-narcotic and border patrol mission."

As with most things, the system was not established without a few hiccups. In fact, it took several days

of troubleshooting before the system was ready for use. Byers and her class had to setup the system multiple times, which is designed to be rapidly transportable if necessary, and conducted extensive functional testing. As her class set up and tore down the system the students were able to gain a full appreciation of the individual system components, their unique function, and the best methods for assembling them.

The students appeared to be proud and enthusiastic about being a part of this learning experience and were eager to learn more about the weather system.

"A weather system for our operations in the Darien Province could help us provide accurate weather conditions, forecasts, and alerts to our troops conducting their missions

from here," said Cpl. Victor Perez, a SENAN service member and MSAS student. "Above all, this capability will help save lives and respond where we are needed."

Maj. Rodolfo Orozco, 571st MSAS mission commander, was impressed by the hard work of the air advisor team and SENAN personnel.

"Throughout the four-week training engagement, working with SENAN has enhanced their capability to maintain regional security through increased proficiency in mobility support operations," Orozco said. "We are fortunate to have had this opportunity to work alongside our Panamanian partners. The training and partnerships developed here will help us both capitalize on future opportunities and address security challenges together."



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U.S. Air Force photo/Senior Airman Christian Conrad

Five Eyes Air Force Interoperability Council representatives tour the Heritage Center Aug. 9 at Travis Air Force Base. The group, which comprises armed forces members from Australia, Canada, New Zealand, the United Kingdom and the United States, meets annually to discuss, learn and test existing and new interoperability strategies.

**Joint-nation alliance meets, trains at Travis**

Senior Airman Christian Conrad  
60TH AIR MOBILITY WING PUBLIC AFFAIRS

Members of the Five Eyes Air Force Interoperability Council, a joint-nation alliance comprised of Australia, Canada, New Zealand, the United Kingdom and the United States, convened for an annual exchange of their respective nations' best practices Aug. 7-13 at Travis Air Force Base.

The purpose of the group, according to Royal Australian Air Force Wing Commander Brady Cummins, Australian representative on the AFIC Management Committee, is to identify and resolve current and future interoperability challenges by leveraging collective expertise.

"What that basically means is that an Australian aircraft could touch down here at Travis and immediately be serviced by the base's maintainers because of how seamless (AFIC members) work to make that so," Cummins said. "It's all about melding our processes so that when it comes to our interoperability, there's no time spent trying to decipher another country's way of doing things - we'll already know."

As the U.S.'s largest military aerial port, Travis AFB regularly conducts operations

that could be jeopardized in the event of confusion or error caused by the inconsistency of joint-nation protocol.

Whether it be delivering aid to those affected by natural disasters or strengthening strategic positions in the Pacific, lives can depend on the success of those operations, Cummins said.

"It's the strength of not just Air Mobility Command, but mobility platforms all over the world to get payloads to their intended targets and get them there fast," he continued. "Every second spent doing anything not conducive to accomplishing that goal are seconds that can make all the difference to those needing our aid."

The way AFIC helps to do that can range from standardizing palletizing procedures to overhauling safety protocol to establishing reliable flight routes.

The metric by which the success of these procedures can be measured cannot exist within ideal environments, though, said Gregory Cummings, U.S. Air Force head of delegation for AFIC.

"The best place to measure the success of our interoperability is in the worst place," Cummings said. "We can, and

See ALLIANCE Page 17



U.S. Air Force photo/Airman 1st Class Lawrence Sena

A participant holds up a finisher's medallion after running the CMSAF Binnicker 9K Memorial Run Sept. 22, 2018, at Miller Park in Fairchild Air Force Base, Washington.

**Late CMSAF's legacy lives on through memorial run**

Samantha Vanpelt  
60TH AIR MOBILITY WING PUBLIC AFFAIRS

A memorial run honoring the ninth chief master sergeant of the Air Force will be held Sept. 29 in Sacramento.

For the past four years, the

Chief Binnicker 9k Memorial Run has been held largely in Shalimar, Florida. The race honors the late James C. Binnicker, former CMSAF and President and Chief Executive Officer of the Air Force

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## MHS offers vaccination tips

**Military Health System  
Communications Office**

The arrival of August brings the beginning of a new school year for students from kindergarten through high school. As a part of the back-to-school progress, most school districts require a series of vaccinations before returning to the classroom. Keeping children up-to-date on vaccinations protects them from vaccine-preventable infections that can be spread throughout schools and day care centers.

Dr. Margaret Ryan, medical director of the Defense Health Agency Immunization Healthcare Division, stresses the importance of vaccines among military families. Changing schools within or outside the United States increases the risk of exposure to infections.

"Vaccines can prevent a wide range of infections, like measles and meningitis, as well as later consequences of infection, like cervical cancer," Ryan said. "When parents keep their children up-to-date on all recommended vaccinations, they have given them a great gift for ensuring a healthy life."



U.S. Air Force photo/Airman 1st Class Ryan C. Grossklag  
**U.S. Army Sgt. 1st Class Ayla Soitren, 5th Battalion Army Reserve Career Division counselor, collects school supplies with her daughter, Lana, at a back-to-school information fair hosted Aug. 3 by the 6th Force Support Squadron at MacDill Air Force Base, Fla.**

Ryan offers five vaccination tips for parents ready to send their children back to the classroom:

Evaluate vaccination needs well before school starts.

Making medical appointments, reviewing prior vaccine records, and waiting for the vaccines to fully process after administration can take time. Ryan suggests evaluating the vaccination needs of children in advance of the school season to make sure the vaccines can provide the best protection during the school year.

There will be spikes in

vaccination needs for students.

Expect many vaccine requirements before kindergarten – ages 4 and 5, and before middle school – ages 11 and 12. "However, it's still wise to check that all children are up-to-date (on vaccinations) before every school year," Ryan said.

All children should get the influenza, or flu, vaccine every fall.

Influenza is one of the most common respiratory infections that plague school systems every year, so parents are advised

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## Funds available to mass transit users

**Najette Pinero**

COMMUNITY READINESS CONSULTANT

All federal employees are eligible to participate in the Mass Transit Benefit Program.

Federal employees using mass transportation, including van pools, trains, buses and subways as a means of transportation to and from work are eligible to receive assistance to help offset the cost of commuting.

The program includes active duty military members, reservists, civilians and nonappropriated funds employees.

The U.S. Department of Transportation provides a monthly stipend of \$265 via a debit card. The debit card is loaded with transit benefits on the 10th day of every month and may be used to purchase monthly transportation passes.

This program helps employees save money and makes Travis Air Force Base green.

Some restrictions apply. Benefits will not exceed the actual cost of the mass transit system, i.e. if the train costs \$150 a month, users only get \$150 in benefit. If the train costs \$300 a month, users will only get \$265.

In addition, employees must use mass transit service at least 50 percent of the days they commute to work.

Another great benefit of this program includes the free Emergency Ride Home Program, where employees can be reimbursed for up to four taxi rides per year in case of an unexpected illness of the employee or a family member.

Start commuting to work today. Interested federal employees can contact Najette Pinero at 707-424-2486.

## Website can help boost savings at commissary

**Defense Commissary Agency**

FORT LEE, Va. – Like many service members, Army Command Sgt. Maj. Tomeka N. O'Neal doesn't like to waste time.

When it comes to visiting the commissary, she's online planning her shopping trip before she goes to the store.

"Logging onto Commissaries.com and checking out the latest promotions, downloading digital coupons and finding out when your store will have a sidewalk sale are all things you can do to prepare for your shopping experience," said O'Neal, the Defense Commissary Agency's senior enlisted adviser to the agency director. "A few minutes online before you go will save you plenty of dollars in the commissary."

Commissaries.com can get you more from your benefit in a number of ways:

**Get savings**

- Register your Commissary Rewards Card to open the door to thousands of digital coupons redeemable at any commissary.
- Find coupons and coupon links for hundreds of products.
- Browse the biweekly featured items and sales flyer. Authorized shoppers can login to see the biweekly featured items and sales flyer with discounted products; every two weeks it reflects products as they go on sale. The flyer also contains three dietitian-approved recipes – one for a featured produce item, meat and then a "Thinking Outside the Box" meal solution, where many of the recipe items are marked down an additional 20 percent.
- Patrons can check individual commissary schedules for Guard/Reserve on-site sales and other events, such as Sidewalk Sales and Healthy Lifestyle Festivals.

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## Free advance screening of new film set Aug. 30

Movie's writer, producer will visit Travis for Q&A

**Lorraine Harris Ortega**

ARMY & AIR FORCE EXCHANGE SERVICE  
PUBLIC AFFAIRS

DALLAS – Service members, military families and retirees can get a free sneak peek of "The Last Full Measure" at the Reel Time Theaters at Travis Air Force Base.

The movie's stellar cast includes Sebastian Stan, Samuel L. Jackson, Christopher Plummer, Diane Ladd, William Hurt, Ed Harris, Amy Madigan, Peter Fonda, Alison Sudol, John Savage and Jeremy Irvine as William H. Pitsenbarger.

Military audiences can see the movie at 6:30 p.m. Aug. 30 at the Base Theater.

Todd Robinson, the film's writer/director, and Sidney Sherman, executive producer, will introduce the movie to

the audience and participate in a Q&A session after the screening.

The film will also screen Aug. 29 at Vandenberg Air Force Base.

The Vandenberg and Travis communities will get to see the movie nearly two months before it is released in theaters to nationwide audiences, courtesy of Roadside Attractions and the Army and Air Force Exchange Service.

"This film is an extraordinary example of the sacrifices that service members make for all of us," said Air Force Chief Master Sgt. Luis Reyes, the Exchange's senior enlisted advisor. "We're happy to help provide a free screening of this great movie for military members and their families."

"The Last Full Measure," rated R for depictions of war and violence, recounts the true story of William Pitsenbarger,

a U.S. Air Force pararescueman, who continually faced danger throughout more than 250 combat missions in Vietnam.

During a rescue mission on April 11, 1966, he was offered the chance to escape on the last helicopter out of a combat zone, heavily under fire, but he stayed behind to save and defend the lives of his fellow soldiers of the U.S. Army's 1st Infantry Division, and he was killed.

Thirty-two years later, Pitsenbarger's father seeks the help of a Pentagon investigator and other surviving veterans of Operation Abilene to procure the Medal of Honor to honor Pitsenbarger posthumously.

"The Exchange is honored to work with Roadside Attractions to provide a free advanced viewing of this first-run movie for troops and their families," said Reyes. "We couldn't do it without them."



Courtesy image  
**The poster for the upcoming film "The Last Full Measure."**

## Phoenix Raven rises to challenge

**Senior Airman Daniel Garcia**

375TH AIR MOBILITY WING PUBLIC AFFAIRS

SCOTT AIR FORCE BASE, Ill. – As part of a school project, a young man put a message about who he wanted to be one day in a bottle for his older self; a promise to one day become a police officer and help the world any way he could.

His path would eventually lead Senior Airman Vincent Kidd to become the 2,573rd graduate of one of the Air Force's toughest programs.

Growing up in Prince Georges County, Maryland, Kidd said he has always known he wanted to be in law enforcement.

"Ever since I was young, I really liked the idea of helping people," said Kidd. "When I was about 6 or 7, a driver hit my mom on the highway, and we went into a ditch. I remember the first responder was a cop that saw the accident. He came down to help us out of the car and waited with us until an ambulance arrived. That gave me a lot of respect for police officers."

Instead of waiting for his requisite 21st birthday to try out for his local police academy,



Courtesy photo

**Senior Airman Vincent Kidd, 375th Security Forces Squadron confinement manager, reads a list of fallen security forces members during a memorial service May 8 in Belleville, Ill. During Police Week, the 375th SFS hosted the memorial to honor fallen military and local policemen.**

20-year-old Kidd decided the military would be a great way to lead him toward his goal.

"I didn't want to sit around and waste time or end up with the wrong crowd doing things that wouldn't further my future," said Kidd. "I thought joining the military would be the best way to gather experience while also serve my country and help others."

When he walked into his recruiter's office, a map covered in pushpins caught his eye instantly. After inquiring about the map and pins, the recruiter revealed the pins represented each of the locations he had been to as a Phoenix Raven.

The concept of the Phoenix Raven program is a Security Forces training that is designed

See **RAVEN Page 11**

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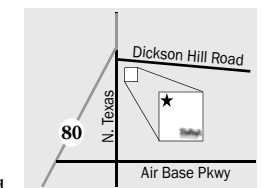
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# DoD agency keeps file swaps safe

C. Todd Lopez  
DEFENSE NEWS

FORT GEORGE G. MEADE, Md. — The Defense Information Systems Agency has taken over an online resource that allows Defense Department personnel to swap files too large to be sent by email.

Now in the wheelhouse of DISA, the file transfer capability has been rebranded DoD SAFE, or secure access file exchange. The DoD SAFE capability is part of DISA's Defense Collaboration Services suite of applications.

The file transfer capability was initially established about 18 years ago by the Army Aviation and Missile Research, Development and Engineering Center, or AMRDEC. SAFE initially stood for "safe access file exchange." It allowed users to transfer files as large as 2 gigabytes to other users.

"We specifically kept the name SAFE because we wanted people to associate it with the AMRDEC product and this was the follow-on to AMRDEC SAFE," said Mark Youmans, DISA enterprise-wide services development division chief. He said taking on the responsibility for SAFE made sense in the context of what the service does.

File transfers were "never AMRDEC's core function," Youmans said, adding that such work is the core function for DISA Enterprise Services. "So, the DoD (chief information officer) directed DISA to deploy SAFE earlier this calendar year."

Other changes to SAFE include an increase in the allowable file size to 8 gigabytes, the ability for users to continue to access files on the SAFE site for up to seven days, the ability to download a file multiple times and the ability to transfer up to 25 files at a time.

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Senior Airman Vincent Kidd, 375th Security Forces Squadron confinement manager, encourages Airmen during a physical training test Aug. 7 at Scott Air Force Base, Ill. Kidd said he credits his dedication to fitness to helping him graduate from the Air Mobility Command's Phoenix Raven program.

## Raven

From Page 9

to train Airmen to perform in two to four man teams, to deploy as aircrew members to detect, deter and counter threats to Air Mobility Command aircraft transiting areas where security is unknown or additional security is needed.

"I was shocked," said Kidd. He told me all about the program and training. I remember feeling excited, but conflicted, because I wanted to join the Air Force as a police officer. I told him how I was feeling and he laughed. He told me the only way to reach the Phoenix Raven program is through security forces. I knew then I had a new goal and I was going to reach it."

After arriving at the 375th SFS here in 2016, Kidd's excitement grew as the days counted down for his departure for the program.

"Before I left, I remember I was never 'nervous', just always anxious," Kidd said. "I was just ready to start the challenge that so many people told me was next to impossible."

The training, conducted by the 421st Ground Combat Readiness Squadron at the U.S. Air Force Expeditionary Center at

Joint Base McGuire-Dix-Lakehurst, N.J., took Kidd through an exhaustive three-week, 12-hour days, of physical and mental challenges covering a variety of subjects including cross-cultural awareness, legal considerations, airfield survey techniques, unarmed self-defense techniques (armament systems and procedures baton tactics) and even explosive ordnance disposal.

"It was everything I thought it would be and more," said Kidd. "During the course I realized something important, it was absolutely difficult, but not at all impossible. It taught me that if I wanted something, I was going to have to work hard for it. I've always looked forward to moments like that - seeing it as an opportunity instead of an obstacle. 'Difficult' was an understatement. However, not once did I think to myself, 'I can't do this.' I loved every moment of the course and appreciated everything it taught me."

Part of being a Phoenix Raven means getting to see what the Air Force does around the globe. Getting to see over 20 countries as part of this mission is what Kidd said widened his perspective.

"It's been very easy to see the big picture," said Kidd.

"Whether it's a mission delivering humanitarian aid, protecting resources to set up a forward operating base, guarding distinguished visitors, our missions go everywhere. It's been amazing to learn about the influences we have around the world."

At Scott, Kidd oversees the confinement section at the 375th SFS. His duties include attending courts-martial, in-processing inmates, taking them to appointments and ensuring their sentenced time is impartial. He is also one of his units Physical Training leaders, ensuring every member maintains the Air Force fitness standards.

While his duties keep him busy during the day, being one of the select few to call themselves a Phoenix Raven is what keeps him coming back to the office every morning.

"I've really come to appreciate the sense of accomplishment, pride, and esteem the program offers members," said Kidd. "The course is not for everyone and that's for good reason. We are sometimes tasked to do difficult things in less than desirable locations, and that's what we train for. To have graduated as the 2573rd member since the programs start in 1997; is a true honor and privilege."

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## Vaccinations

From Page 8

to vaccinate against the flu as soon as the vaccine is available that fall. "Even if schools don't require flu vaccines," Ryan said, "the vaccine is very important to keep children protected from this very common infection."

School vaccine requirements may differ between states or change over time.

Different school districts may have different regulations regarding vaccines, or policies may change from year to year. These facts require an ongoing dialogue between families and health care providers. "Having regular

conversations with health care providers can help families keep their children well protected," Ryan said.

Maintain clear and complete copies of children's vaccine records.

"While we expect medical clinics and schools to maintain good records, this can be challenging when families move and when vaccines are administered at different locations," Ryan said. Maintaining complete records in the home will prevent unnecessary repeat vaccinations when families move from place to place.

When looking into vaccination for children, conflicting information that can circulate throughout the internet. Ryan encourages parents to

check credible sources like the Centers for Disease Control and Prevention for the most up-to-date and complete vaccine information. The Military Health System also provides a wealth of information on common childhood vaccines, vaccination programs, and vaccination resources not just for children, but for overall family health as well.

If these resources don't provide the needed information, Ryan suggests another great source: the health care provider. "Be assured that health care providers and the people who make vaccine recommendations want the same thing that all parents want – to keep their children healthy," Ryan said.

## Savings

From Page 8

### Get shopping

• Commissary shoppers can find their store based on location and can even select their default store with its address and hours appearing at the top of the home page. This offers customers a quick glance to see if their store is open and to get quick directions.

• Special Order forms are available online to get case quantities of items carried by your local store or items that may only be found in larger stores.

• Commissary gift cards are a great way to provide the gift of groceries to your military family and friends conveniently and quickly. Order them online in \$25 and \$50 denominations.

• Recipes can now be searched on the page by dish type, main ingredient or category, such as a "Holiday" recipe, "20-Minute Meal" or "Dietitian-Approved" to make finding that essential part of your meal quick and easy. Make your grocery list by choosing recipes for the week online and then check to see if the ingredients are on sale.

### Get healthy

• Lots of healthy living resources and videos are available on the website to help you maintain healthy and safe meal planning.

• Thinking Outside the Box recipes use items that are on sale to offer quick meal solutions for a busy lifestyle that are healthy and economical.

• Get the low-down on the commissaries' Nutrition Guide Program. The NGP is a point-of-sale, shelf-tagging system that helps customers easily identify commissary brands and grocery products with nutrition attributes of low sodium, low fat, whole grain, no added sugar and a great source of fiber.

### Get connected

• Links to the Defense Commissary Agency's social media sites are integrated into the homepage. Follow DeCA on Facebook, Twitter, Pinterest and Instagram; check out our videos on our YouTube channel.

• Subscribe to the Commissary Connection, the official DeCA blog, where our Consumer Advocate posts about your commissary and its connection to the military community. Featured content may range from human interest stories and shopping tips to videos, notifications about Commissary programs, events and more. Sign up for email alerts to make sure you don't miss a thing.

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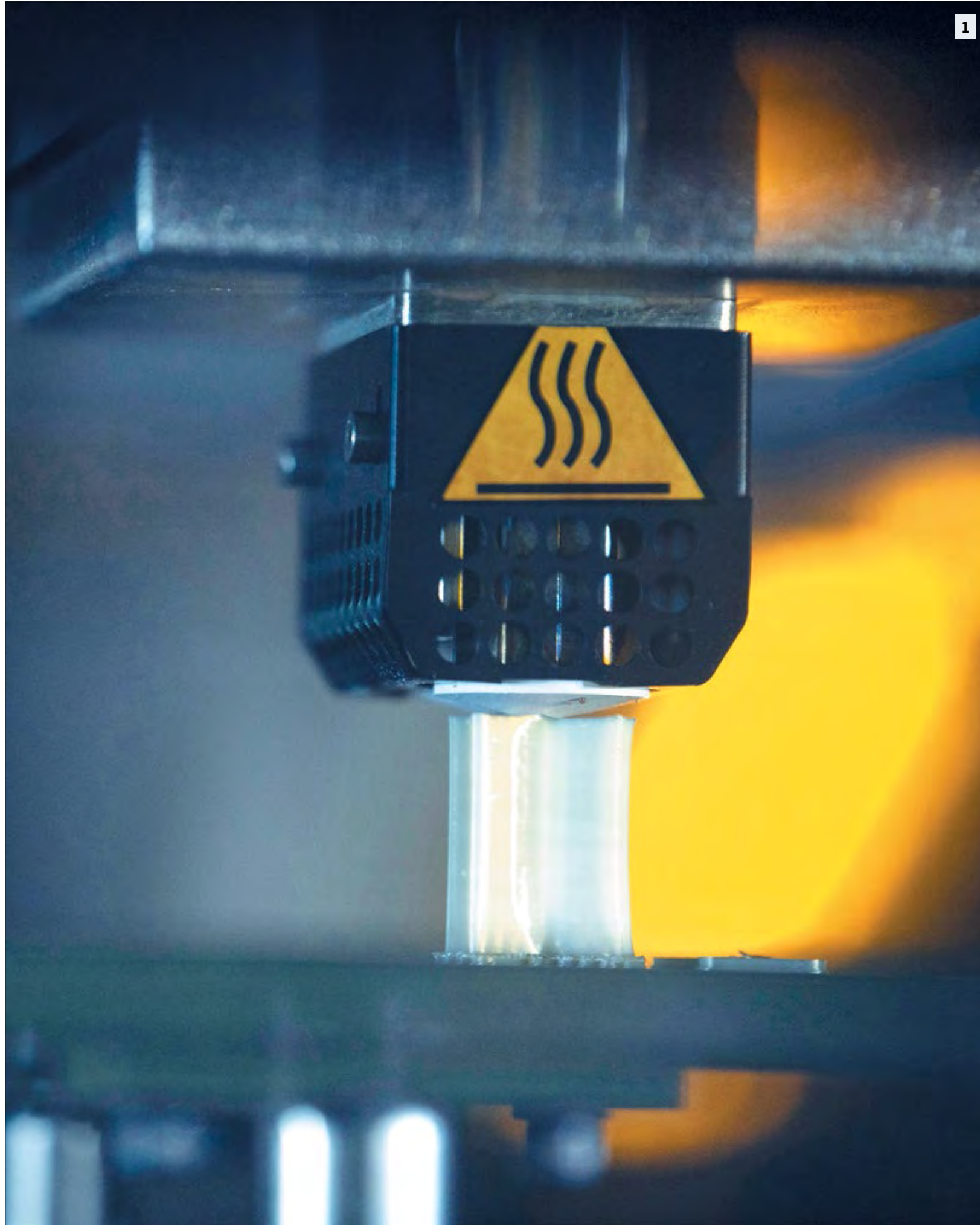
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# 3-D PRINTING

## Travis innovates, creates first aircraft parts via breakthrough

Story and photos by Louis Briscese  
60TH AIR MOBILITY WING PUBLIC AFFAIRS

The 60th Maintenance Squadron is the first field unit in the U.S. Air Force to be certified with an industrial-sized, 3-D printer that is authorized to produce nonstructural aircraft parts.

The Stratasys F900 3-D printer is capable of printing plastic parts up to 36 x 24 x 36 inches, uses a material called Ultem 9085 that is more flexible, dense and stronger than typical plastic.

The printer, which is certified by the Federal Aviation Administration and the Air Force Advanced Technology and Training Center, offers new opportunities to create needed parts while saving time and money.

"It brings us a capability that we've never had before," said Master Sgt. John Higgs, 60th MXS aircraft metals technology section chief. "There's so many possibilities available to us right now. We're just scratching the surface."

Technicians are able to download blueprints from an online database that the University of Dayton Research Institute has approved.

"The Joint Engineering Data Management Information Control System is where we go to download already approved blueprints," Higgs said. "Now, the University of Dayton Research Institute is working with the engineers to get those parts they developed into JEDMICS."

The first approved project was printed on the Stratasys F900 Aug. 12 and will replace latrine covers on the C-5M Super Galaxy. Typically, parts that don't keep the aircraft from performing their mission don't have as high a priority for replacement.

"The latrine covers we just printed usually take about a year from the time they've been ordered to the time they've been delivered," Higgs said. "We printed two of the covers in 73 hours."

Getting the printer operational was no easy task. It took eight months

from the day the item was delivered to going fully operational.

"There were facility requirements that had to be met, and then installation and certification processes to complete," Higgs said. "After, we needed to decide who could operate the printer, then have a UDRI instructor certify them."

Three members from the 60th MXS were chosen to be the first technicians trained in the Air Force for the initial certification. One of them, Tech. Sgt. Rogelio Lopez, 60th MXS assistant aircraft metals technology section chief, has been with the project since its inception.

"UDRI has not trained or certified anyone else at the field level except the three of us here at Travis AFB," Lopez said. "Now that we're signed off on our training records to do so, we're the only ones who can operate, maintain and print on the Stratasys F900."

Now with parts in production, all the hard work is paying off, and there's a new sense of urgency within the organization.

"It's exciting because the Air Force is implementing new technology at the field level," Lopez said. "The Air Force continues to encourage Airmen to be innovative by finding new ways to streamline processes and save resources."

And since Travis AFB is the only field unit that is operational at this time, requests from outside the organization are already coming in.

"We already have a list from the Air Force level to help them print and to backfill some supplies," Higgs said. "This will ensure other bases can replace items sooner than expected with our help."

Ultimately, the maintenance shop wants to use the printer for more than just aircraft parts.

"We have the capability to print parts on a production scale for a lot more customers," Higgs said. "The overall goal is to generate products for every organization to support whatever needs they may have."



1) An aircraft part prints on the Stratasys F900 3-D printer Aug. 15 at Travis Air Force Base. Travis is the first field-unit location in the Air Force to have the Stratasys F900 3-D industrial printer certified by the Federal Aviation Administration and Air Force Advanced Technology and Training Center for use on aircraft replacement parts. 2) Tech. Sgt. Rogelio Lopez, 60th Maintenance Squadron assistant aircraft metals technology section chief, loads Ultem 9085 material into a canister for use in the 3-D printer Aug. 15 at Travis. 3) Senior Airman Noah Marconette, 60th Maintenance Squadron aircraft metals apprentice loads a job on the 3-D printer Aug. 15 at Travis.





## Swap Ads

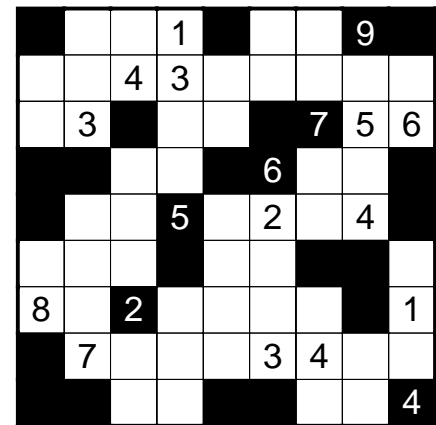
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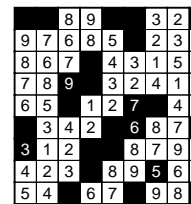
## Puzzles

### STR8TS

No. 452 Medium



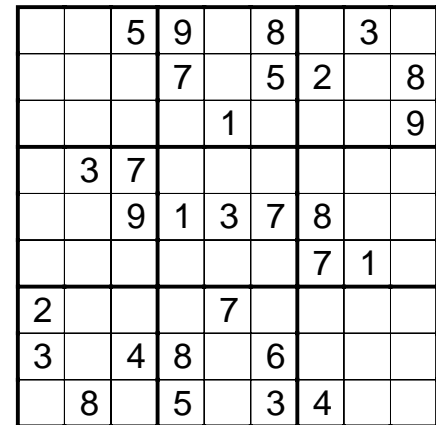
Previous solution - Tough



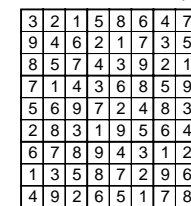
How to beat **Str8ts** – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into **compartments**. These need to be filled in with numbers that complete a 'straight'. A **straight** is a set of numbers with no gaps but can be in any order, 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. 452 Medium



Previous solution - Easy



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)

The solutions will be published here in the next issue.

## Retiree Corner

Vehicle scams leaving buyers feeling overheated

DALLAS — According to a recent Better Business Bureau study, service members are more susceptible to fraud than average consumers.

In fact, scammers using the name “Exchange Inc.” have been attempting to fool Soldiers and Airmen into

thinking they are working with the Army & Air Force Exchange Service to broker the sale of used cars, trucks, motorcycles, boats and boat engines.

Shoppers who believe that they may have been taken advantage of can file a complaint through the Internet Crime Complaint Center at [www.ic3.gov](http://www.ic3.gov).

— **Air Force News Service**

## News Notes

**Sidewalk Sale.** 9 a.m. to 5 p.m. Sept. 5-8 at the Travis Commissary. Come enjoy savings up to 50 percent off regular retail price, on a variety of products. The sale will take place inside the warehouse of the commissary.

**Retiree Appreciation Day.** 8 a.m. to 2 p.m. Oct. 26 at the David Grant USAF Medical Center auditorium. The event supports and recognizes more than 65,000 local retirees and family members by providing a venue to connect them with the services they require and to also see what the Air Force has been up to since they retired from active duty.

## 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, 6-8 p.m. every second and third Tuesday of the month at

## In the next week ...

fri

**Downtown Theatre.** Crystal Middle School fundraiser with Maureen Langan and Josh Sneed, 7 p.m. Aug. 23; 1035 Texas St., Fairfield, www.downtowntheatre.com.

**First Street Cafe.** First Street Funnies, 8 p.m. Aug. 23; 440 First St., Benicia. 745-1400, [www.firststreetcafe.com](http://www.firststreetcafe.com).

sat

**Festival de la Isla.** Celebrating Puerto Rico and its people. 10 a.m. to 7 p.m. Aug. 24, Pena Abode, 1 Pena Adobe Road, Vacaville. [www.FestivaldeIsla.com](http://www.FestivaldeIsla.com).

**Creekwalk Concerts.** ConFunkShun, 7 p.m. Aug. 24; Creekwalk, Vacaville. [www.creekwalkevents.com](http://www.creekwalkevents.com).

**Downtown Theatre.** Daryl Lynn & The Klique presents “A Tribute to Marvin Gaye,” 8 p.m. Aug. 24; 1035 Texas St., Fairfield. [www.downtowntheatre.com](http://www.downtowntheatre.com).

First Street Chapel Annex, vice 8-9 a.m. first Saturday of the month.

- Moms group. Jesus Cares ministry, EFMP children’s ministry, 4:30-6:30 p.m., every third Saturday of the month at First Street Chapel Annex.

##### Twin Peaks Chapel

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

##### 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

sun

**Sunday Jazz on the Waterfront.** Music begins at 3 p.m.: 4 Sax Only, Aug. 25; Waterfront Plaza, Main and Solano streets. Free admission. [www.suisun.com](http://www.suisun.com).

mon

**Prescription update.** Starting Aug. 26 all off-base prescriptions will be processed at the Base Exchange Pharmacy.

### Dental clinic screenings.

The dental clinic at Travis AFB is offering pediatric screenings for active duty and retired military family members ages 12 and under to determine if they qualify for regular visits. Based on availability, children will receive an examination, x-rays, cleanings, fillings and preventive services the day of the screening. For more information or to schedule an appointment, call 707-799-7008 or come during walk-in hours from 7 a.m. to 3 p.m. Aug. 26 and Aug. 29 and from 7 a.m. to 10:30 a.m. Aug. 28.

### 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 CHPS/Travis@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 [travspocombatpsts@gmail.com](mailto:travspocombatpsts@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://pfmtform.state.gov> and/or <https://travel.state.gov>. For more information, call 707-424-5324.

**Hometown News Releases.** To submit

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

**Today**

- 6:30 p.m. “Yesterday” (PG-13)
- 9 p.m. “Once Upon a Time in Hollywood” (R)

**Saturday**

- “Star Wars Movie Marathon”
- Noon “Star Wars: The Force Awakens” (PG-13, free screening)
- 2:45 p.m. “Star Wars: The Last Jedi” (PG-13, free screening)

**Additional screenings**

- 6:30 p.m. “The Lion King” (PG)

**Sunday**

- 2 p.m. “The Angry Birds Movie 2” (PG)

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/2mR1gl2>. This program is limited only for renewing dependents’ IDs. For all other services, visit MPF during duty hours or call 707-424-8483.

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

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

**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.

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

- John Butler, Special Tactics Training Squadron.
- Neftaly Clark, 1st Special Operations Force Support Squadron.
- Rabiye Hamilton, Travis AFB Commissary.
- Mark Holmes, 10th Contracting Squadron.
- Dina Patterson-Steward, 60th Aerial Port Squadron.
- Jason Perkins, Grand Forks AFB.
- Gina Silva, Air Force Academy headquarters.
- Maria Thammassen, 60th Force Support Squadron.
- Dennis Weaver, Air Force Manpower Agency.

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.

**Tuskegee Airman Lee A. Archer Chapter.** Meets at 3 p.m. the third Saturday of the month at the Airman and Family Readiness Center.

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

# THE FLIP SIDE

## Local events

### Events

**Ag & Art Film Festival.** Sept. 13-15, various Vacaville locations. [www.agandartfilmfestival.com](http://www.agandartfilmfestival.com).

**Benicia Farmers Market.** 4 to 8 p.m. Thursday through August, 4 to 7 p.m. in September and October, First Street between B and D streets. [www.beniciamainstreet.org](http://www.beniciamainstreet.org).

**Fairfield Farmers Market and Thursday on the Green.** 3 p.m. Thursday, through Oct. 4, Jefferson and Texas streets. [www.fairfieldmainstreet.com](http://www.fairfieldmainstreet.com).

**Film Club.** “Loving Vincent,” 7:30 p.m. Aug. 29, Empress Theatre, 330 Virginia St., Vallejo. [www.empresstheatre.org](http://www.empresstheatre.org).

**Greek Festival.** 11 a.m. to 7 p.m. Sept. 22, noon to 6 p.m. Sept. 22, Sts. Constantine and Helen Greek Orthodox Church, 1224 Alabama St., Vallejo. [www.stscach.com](http://www.stscach.com).

**Luna Fest.** 6 p.m. Sept. 5, Downtown Theatre, 1035 Texas St., Fairfield [www.lunafest.org](http://www.lunafest.org).

**Movies in the Park.** Begins at dusk (about 8:45 p.m.). “Dumbo,” Aug. 24; Heritage Park, 1111 Village Drive, Suisun City. Free admission. [www.suisun.com](http://www.suisun.com).

**Party on the Patio.** Music begins at 5:30 p.m.: Rockville, Aug. 29; Soul’d Out, Sept. 5; Cast Iron Grill & Bar, 700 Main St., Suisun City. [www.facebook.com/castrongrillandbar](http://www.facebook.com/castrongrillandbar).

**“Sounds of Suspense.”** Radio broadcast, noon fourth Friday of each month, Vacaville Public Library-Town Square, 1 Town Square Place. Free. [www.solanolibary.com](http://www.solanolibary.com).

**Third Thursday Night Market.** 5 to 8:30 p.m. through September, Andrews Park, Vacaville.

Free admission. [www.downtownvacaville.com](http://www.downtownvacaville.com).

**Vacaville Farmers Market.** 8 a.m. to noon Saturday, through October, Creekwalk Plaza at Andrews Park. [www.vacavillefarmersmarket.com](http://www.vacavillefarmersmarket.com).

**Vallejo Art Walk.** 5 to 10 p.m. second Friday of each month, downtown Vallejo. Free admission. [www.vallejoartwalk.com](http://www.vallejoartwalk.com).

**Vallejo Farmers Market.** 9 a.m. to 2 p.m. Saturdays, year-round, Georgia and Marin streets. [www.pcfma.com](http://www.pcfma.com).

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

### Music and dance

**City Sports Bar and Grill.** Music begins at 9 p.m.: Ghost Town Rebellion, Aug. 23; Reggae Rock Showcase, Aug. 24; Melting Pot, Aug. 30-31; 7155 Browns Valley Parkway, Vacaville. 455-7827, [www.starsrecreation.com](http://www.starsrecreation.com).

**Empress Theatre: San Francisco International Piano Festival, 8 p.m.** Aug. 23; 3 Five Ten Music, 8 p.m. Aug. 24; Wayne De La Cruz Organ Trio, 7:30 p.m. Aug. 28; Top Shelf Classics, 8 p.m. Aug. 30; Duane Patton, My World Concert, 8 p.m. Aug. 31; 330 Virginia St., Vallejo. 552-2400, [www.empresstheatre.org](http://www.empresstheatre.org).

**First Street Cafe.** Americana Songbook, 7 p.m. Aug. 24; Carmen Gonzalo, 2 p.m. Aug. 25; The Hopeful Romantics, 7 p.m. Aug. 30; Rocco-Rhythmx, 7 p.m. Aug. 31; 440 First St., Benicia. 745-1400, [www.firststreetcafe.com](http://www.firststreetcafe.com).

**Lucca Bar & Grill.** Don Bassey, 6:30 p.m. Aug. 23; Megan & The Heartbeats, 1 p.m. Aug. 24; Eamonn Flynn, 6:30 p.m. Aug. 24; Misner & Smith, 3 p.m. Aug. 25; Barrio Manouche 6:30 p.m. Aug. 29; 436 First St., Benicia. [www.luccabar.com](http://www.luccabar.com).

## Alliance

From Page 6

often do, simulate our processes under perfect conditions, but the most valuable data-gathering comes from simulating our processes during times when everything is going wrong.”

For Cummings, that means using exercises as a way to put as much stress as possible on AFIC ideas as a way to test not only their feasibility, but their longevity.

“Plans have a tendency to fall apart upon engagement with the enemy, so it’s up to us to build plans that can weather those moments of panic and uncertainty,” he said.

As the possibility of engaging with near-peer adversaries becomes increasingly relevant, so too does the work of AFIC and the importance of airtight interoperable strategies.

“The relationships we’re building among our sister services and nation partners are crucial factors in our national defense strategy,” Cummings said. “When we talk about winning in those near-peer engagements, we’re talking about the superiority and the success of our joint operations.

Asked whether interoperability accounts for the most important aspect of national



U.S. Air Force photo/Senior Airman Christian Conrad

**Five Eyes Air Force Interoperability Council representatives tour the Heritage Center Aug. 9 at Travis Air Force Base. The group, which comprises armed forces members from Australia, Canada, New Zealand, the United Kingdom and the United States, meets annually to discuss, learn and test existing and new interoperability strategies.**

defense, Cummings had a single caveat.

“We can come up with new processes and new

strategies until our brains fry, but without the hard work and dedication of service members, here and

abroad, to execute them, we have nothing,” he said. “Without Airmen, we don’t have squat.”

## Run

From Page 7

Enlisted Village from 2000 to 2015.

This year, for the first time in its history, the run is being held in California.

The Air Force Sergeant Association chapters from Travis AFB and Beale AFB are hosting the event. Registration is open, and runners can sign up on the website at <https://bit.ly/2zhln7S>. All proceeds will go to the Air Force Enlisted Village. Runners who register by Sept. 1 will receive an official event t-shirt and coin. Donations can also be placed through the website.

The Air Force Enlisted Village, originally known as the Air Force Enlisted Widows Home Foundation, was started by a group of active-duty and retired Air Force noncommissioned officers, with assistance from former Air Force Chief of Staff Gen. John D. Ryan and his wife.

Though the name has changed, the mission has stayed the same: to provide a home for surviving spouses of U.S. military heroes. Under Binnicker, the AFEV constructed the Hawthorn House, a 64-unit assisted living and memory support residence in Shalimar. He also expanded the AFEV campus by 96 apartments, a collection now referred to as Village 5.

The campus now boasts 352 apartments and nearly 500 residents.

Binnicker is also responsible for what is known across the Air Force Enlisted Village as “The Mom Rule.” The rule is comprised of three points:

- Would I do this to my mother?
- Would I do this for my mother?
- Would my mother approve?

“That’s our mission,” Binnicker said, regarding the rule, when he became President and CEO of the AFEV. “We take care of someone’s mom. If we can answer those questions correctly, then we would never be accused of

mistreating someone’s mom.”

The stories found on the Air Force Enlisted Village’s website attest to Binnicker’s words.

“Living here is a godsend,” stated one AFEV resident. “I am surrounded by angels.”

Another resident, Mrs. Hansen, said, “Living here is the absolute blessing of my life. Everyone here takes such good care of me!”

“Our mission is serious,” Binnicker once said. “We provide a home.”

The proceeds from the Sacramento run and the concurrent one on the east coast will help the Air Force Enlisted Village keep its doors open for years to come.

## Drinks

From Page 4

randomly assigned to drink 32 ounces of one of two commercially sold caffeinated energy drinks or a placebo.

The energy drinks contained 320 to 340 milligrams of caffeine as well as taurine (an amino acid), glucuronolactone (found in plants and connective tissue) and B-vitamins. One of the drinks also included carnitine, guarana and panax ginseng. The placebo contained only carbonated water, lime juice and cherry flavoring.

Volunteers consumed the drinks in a 60-minute period, but not more than 16 ounces in 30 minutes, on three separate study days with a six-day wash out period in between.

Researchers used an electrocardiogram to chart the electrical activity in participants’ hearts every 30 minutes over a four-hour period. They also measured their blood pressure.

They were specifically interested in changes in the QT interval – a measurement of the time it takes the lower chambers in the heart to prepare to generate the next beat. If this time interval is either too short or too long, it can cause the heart to beat abnormally. The resulting arrhythmia can be life-threatening.

Test results showed that the QT interval was higher at about four hours for people who consumed the energy drinks than for those who drank the placebo. Also, both the top and bottom numbers in blood pressure measurement rose.

Shah published a similar study in 2017 involving 18 active-duty members in the same age groups who were randomly given either an energy drink or a beverage with 320 milligrams of caffeine, which equals about four cups of coffee.

The results showed that drinking 32 ounces of a commercially available energy drink increased the heart’s electrical activity more than drinking the caffeinated beverage.

“In the first study, we didn’t use a true placebo in the sense that it had caffeine in it,” Shah said.

Although the researchers acknowledge that drinking 32 ounces of an energy drink may not be realistic, some brands come in 24-ounce cans making it possible for consumers to drink larger quantities.

“Aside from the fact that we are confirming findings from the previous study, we did a head-to-head trial where we looked at two different products,” Shah said. “We were able to show that it’s a class effect, not just one particular product.

Further study is needed to determine if it’s one ingredient or a combination of ingredients in energy drinks that impact the heart and blood pressure, Shah said. The long-term effects of energy drinks are still unknown.

# Life

From Page 3

pararescue team leader. “We prepped ourselves before arriving at the Tamara to treat potential head trauma, as well as a possible traumatic brain injury for the first patient. We were also concerned about the second patient’s foot as it was likely crushed.”

Watkins said his team developed an initial patient assessment and treatment plan while they flew to the Tamara and coordinated with multiple agencies to get more information. Once the rescue team was on the Tamara, they assessed each patient and began treating them making adjustments along the way.

“Once we got on scene, we found the man who was struck in the head had a serious laceration to his head and was in a lot

## Meet the crew

The following Airmen served on the KC-10 crew:

- Maj. Jennifer Carter, 60th OSS FTU KC-10 instructor pilot and aircraft commander
- Capt. David Burleson, 9th Air Refueling Squadron, KC-10 pilot and aircraft commander upgrade student
- 2nd Lt. Adam Smith,

60th OSS KC-10 pilot and initial qualification student

- Tech. Sgt. Nathan Rogers, 6th ARS KC-10 flight engineer
- Master Sgt. Jamie Morton, 418th FLTS boom operator
- Tech. Sgt. Matthew Giles, 418th FLTS boom operator

of pain,” Watkins said. “He also was experiencing a tingling sensation in his hands so we feared a possible spinal injury. He also had hydraulic burns all over his body.”

“The man who was hit in the foot, his foot was crushed and he had multiple broken bones,” Watkins continued. “We were also concerned about internal injuries he could have.”

The rescue team worked to stabilize the men and prepared

to provide extended medical care while the Tamara made a 700-mile journey to the nearest land: Socorro Island, a Mexican possession 370 miles off Mexico’s western coast.

“We had to swap out dressings, ensure we had enough medication on hand and give that medication in the proper doses, so we developed a patient care plan for each patient so we could stabilize them and treat them for the entire trip to Socorro, which took 58 hours,” Watkins said.

Along the way to Socorro Island, the rescue team coordinated a resupply of medical equipment, medication and blood. The supplies were airdropped to the Tamara at 2:43 a.m. July 11.

Maj. Jennifer Carter, 60th Operations Support Squadron KC-10 Flying Training Unit instructor pilot, was the aircraft commander for the refueling flight that enabled the rescue team to get to the Tamara. She shared what the rescue mission meant to her.

“This mission is why I do what I do,” she said. “The flight was one of my students’ first in the KC-10 and he got to be a part of the most meaningful mission we do. I’m so grateful we were able to help. It was the quintessential demonstration of ‘No Bounds.’”

Carter said her crew was completing pre-flight checks on their KC-10, expecting to fly a training sortie, when they got the call to support the rescue effort.

“We were initially told people were overboard at sea,” she said. “Our entire team quickly worked to ensure we had enough fuel to provide the C-130 with more than 40,000 pounds of fuel, if necessary. The maintenance team was on top of everything and ensured we had everything we needed to leave on time. We also coordinated



U.S. Air Force photo/Airman 1st Class Kristine Legate

**Pararescuemen from the 48th Rescue Squadron, Davis-Monthan Air Force Base, Ariz., along with injured fishermen, are transported July 14 from the Tamara, a fishing vessel, to Socorro Island, Mexico. The pararescuemen cared for fishermen, who were injured when a 25-ton crane fell on them. A KC-10 Extender from Travis Air Force Base refueled the HC-130J over the Pacific Ocean, enabling it to make it to the Tamara.**

several things along the way, including diplomatic clearances in case we needed to enter Mexican air space.”

Carter’s crew refueled the C-130 over the Pacific Ocean, ensuring the aircraft had enough fuel to get to the Tamara and fly back to Davis Monthan AFB.

“Looking back, it was amazing to be a part of this mission, but the pararescuemen who jumped out of the C-130 and cared for those men are heroes,” Carter said. “They saved those men’s lives.”

The mission also impacted Master Sgt. Willie Morton, 418th Flight Test Squadron boom operator, who was one of two boom operators on the KC-10.

“I saw a direct reflection of how important my job is,” Morton said. “To be able to perform aerial refueling in support of a mission to save lives was amazing. When we were notified of the mission, we didn’t know who was in trouble, we just knew someone needed our help.”

“We have compassion for human life, it doesn’t matter what country you’re from,” Morton continued. “We are proud to be part of saving lives and we would do it again tomorrow.”

The KC-10 offloaded 30,000 pounds of fuel to the C-130, enabling it to complete the rescue mission. While Morton said he’s proud of supporting the rescue, the praise for the success of the mission should go to the rescue team.

“The pararescue guys are incredible, what they do can be the difference of whether

someone comes home or not, and they deserve all the credit,” he said. “We gave them some fuel, but they saved the day.”

The Tamara arrived at Socorro Island July 13 at 6:21 p.m., and the fishermen were transferred to a Mexican navy medical facility. The men stayed on the island for observation overnight and were flown to Mazatlan, Mexico, the following morning for further treatment.

“Being able to help people is a good feeling,” Watkins said. “We train for those moments every day and being able to have our training pay off and be able to have the impact we did, that’s pretty incredible.”

Watkins also said the rescue was only possible because of everyone doing their part.

“From the maintenance guys who got the aircraft spun up, to the aircrew who got us out there, coordinating with the Coast Guard, State Department, Travis AFB, the Mexican government; there were many moving pieces with this mission and it was an extremely complicated rescue. It took everyone to make it happen,” he said.

The company that operates the Mazatun shares Watkins’ sentiment and sent a thank you note via email with a message for all involved in the rescue effort.

“There are not enough words to give you thanks for your support to our crew,” the note read. “Now we see how big your heart is. Please give all your partners a big hug and our sincere thanks for all your support efforts.”

# 49ers

From Page 2

“Being a part of and involved with the community is important to me because when I was growing up, I helped out where I could,” he said. “Whether that was helping the homeless, supporting breast cancer awareness or helping in another capacity. I feel like that’s what we do in the Air Force really well, we are one community and we do everything in our power to help.”

Airmen at Travis AFB have supported wildfire relief efforts in Napa and Sonoma counties, hurricane relief efforts in Puerto Rico and Texas, and helped deliver food to Mozambique after the devastation of Cyclone Idai.

Summers smiled as he watched the 49ers practice and seemed to reflect for a moment at the teamwork he was seeing and how it correlated with his own journey.

“I grew up helping people and to be a part of the mobility mission brings me great joy,” he said. “We care about our brothers and sisters in arms and the communities that we live and serve in.”

49ers offensive lineman Ben Garland, who is also a captain in the Colorado Air National Guard, spent a few moments interacting with each Airman. He shared stories about his Air Force and NFL journey, enjoyed a few laughs with the Airmen and thanked them for their service.

In February, the U.S. Air Force Academy graduate and 2010 undrafted free agent who started his football career with the Denver Broncos, said the NFL and the military have some similarities.

“With the military, you take



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

**San Francisco 49ers offensive lineman Mike McGlinchey signs autographs Aug. 13 for Airmen from Travis Air Force Base during the Salute to Service Boot Camp event in Santa Clara, Calif. The event provided Airmen with an opportunity to interact with NFL players and compete in a variety of athletic drills.**

a diverse group of people from every background, every race, every color and you put them together to become the best in the world,” Garland said. “That’s essentially what we do in football. We have to come together as a unit, just like the military, to try to be the best in the world. I love those correlations, it’s all about community, the brotherhood and that bond.”

While many military members may admire NFL players, Garland said, the admiration is mutual.

“Many military members may see NFL players as their heroes, but many of us view military (service members) as our heroes,” he said.

“There is not anyone I respect more than military members,” said 49ers tight end George Kittle. “They do what they do, so I can do what I do.”

Before driving back to Travis AFB, Summers had one message for USAA and the 49ers.

“On behalf of myself and the Airmen who were with me today, we are so thankful for this opportunity,” he said. “It was great to hang out with the 49ers.”

# Corey

From Page 2

team building, teamwork and fostering collaborative relationships both in Air Force Instruction 1-2, Commander’s Responsibilities and in AFI 36-2618, The Enlisted Force Structure.

Remember, the structure of the Air Force sometimes lends itself to compartmentalization. Each one of us is assigned to an Air Force specialty when we enter the Air Force. We focus on that specialty to become technically proficient and experts in specific tasks to support and project air power in defense of our nation.

But while building your team, it is important to interact with individuals from

varying specialties to be able to best harness the collective knowledge of a group of people and take the organization to the next level.

Fortunately, for all of us, they call it “Team Travis” for a reason. There are many opportunities to meet people with similar goals and interests to network and build teams. Starting out as a first-term Airman, there are dorm councils and Airmen Committed to Excellence for the noncommissioned officers. There is the Team Travis 5/6 and, for senior NCOs, the Team Travis Top 3.

For the officers there is the Company Grade Officer’s Council. For all ranks, the Air Force Sergeants is available along with Airmen Against Drunk Driving, as well as several heritage

organizations. If these are not enough of an opportunity to find and build teams, there is Travis Club-Hub which links a myriad of special interests and offerings. The volunteer opportunities are endless.

You need to set your goals and ensure you communicate them to your leadership so they can help guide and support you to achieve them. Get out on base and utilize all of the opportunities Team Travis has to offer and build a strong team with Airmen who have similar interests and goals. Then pursue those goals collectively.

Together, as a team, you can achieve more, so look around you and bring a few other Airmen with you.

Never forget that your goals and you do as well.

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www.tbvacaville.com  
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Evening Worship & Prayer.....5:00 pm

Wednesday:  
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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

## 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

## ISLAM

Islamic Center of  
Fairfield  
1945 Kidder Ave., Fairfield, CA. 94533

"THERE IS NO DEITY WORTHY OF WORSHIP EXCEPT ALLAH (GOD)"  
Imam: Faridbeg Mirza  
(707) 688-3999  
Friday - Jumua Service  
English Lecture: 1:00PM  
Khutbah: 1:30PM

\*Daily Prayer Schedule  
Fajr-Dhuhr-Asr-Maghrib-Isha  
\*Actual prayer times are listed in Website-Download Section.  
http://www.fairfieldmasjid.com  
Email: Fairfieldmasjid@gmail.com

Islamic School  
Mon-Tue-Wed-Thurs: 4:00-5:30PM  
\*\*\*ALL ARE WELCOME\*\*\*

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.churchofchristosolano.com

# DIRECTORY OF Local worship services

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

## LUTHERAN



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

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 Ettner  
Bethany Lutheran Preschool  
451-6678  
mypreschool@gobethany.com  
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Bethany Lutheran School  
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Vacaville, CA 95687  
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myschool@gobethany.com  
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• AWANA Program  
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• 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)

## NON-DENOMINATIONAL



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Sunday Morning Bible Study  
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

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

## UNITED METHODIST

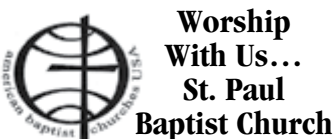


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Morning Worship Service: 11:00 a.m.  
Children's Church: 11:30 a.m.

Tuesday  
Prayer Meeting: 6:30-7:00 p.m.  
Bible Study: 7:00-8:00 p.m.  
Web Site: www.stpaulfairfield.com  
Email: stpaulcfairfield@comcast.net  
Church Phone: 707-422-2003



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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.mchcfs.org for more information



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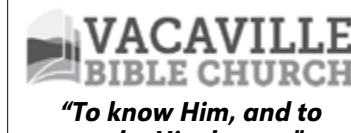
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On Our  
Worship  
Directory,  
Contact  
Daily Republic  
Classifieds  
at  
(707) 427-6973



"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



The Father's House  
4800 Horse Creek Drive  
Vacaville, CA 95688  
(707) 455-7790

www.tfh.org  
Service Times  
Saturday: 6pm  
Sunday: 9am & 11am



350 N. Orchard Ave,  
Vacaville - 447-0521  
unityvv@pacbell.net  
www.unityvacaville.org

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

From Page 2

the world is better with you.

Today, we are haunted with a staggering number of suicides. Airmen are choosing to take their lives at an alarming rate. In 2019, nearly 80 Airmen have committed suicide and we are, unfortunately, on pace to exceed 150 suicides this year. No matter where you are in life, no matter what you've done and no matter how dark it looks today, there is hope in knowing you matter. Everything you do, everything you say matters. You are making a difference in the world and in our Air Force. We need you. This world needs you. You matter. Before reaching a point of no return, I realized I believed a lie and ever since have tried to make each day better.

The old saying "your attitude determines your altitude and not your aptitude" comes to mind. Attitudes come from our beliefs and our hope for a brighter day. I look back 33

years to the day when I put the butcher knife down. I am so thankful for the life I have lived and for all I've been through because it has shaped me. Getting up when this world knocks us down is the only mission – one day at a time.

Don't get me wrong. I haven't cured cancer or set any Olympic records, but with every Airman I've been able to help, the missions I've been able to complete and the children I've helped raise, I am thankful I started believing the truth.

In my own way, I have made a difference in the world and the truth is you can do much more than me. I believe you will and I believe in you.

So, are you going to make a bad decision off of misinformation? Are you going to believe a big lie? Or are you going to believe the truth and continue in your own way to make this world a better place?

I hope you choose the truth and because you are the only you this world will ever see. You have a purpose. You matter – this is the truth.

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1) U.S. Air Force Chief of Staff Gen. David L. Goldfein talks with Airmen during his Aug. 13 visit to Travis Air Force Base.

**GENERAL**  
... visits Travis en route to Indo-Pacific tour

U.S. Air Force photos/Louis Briscese

2) U.S. Air Force Chief of Staff Gen. David L. Goldfein, left, greets Courtney Nelson, right, spouse of Col. Jeffrey Nelson, center, 60th Air Mobility Wing commander, during Goldfein's Aug. 13 visit to Travis Air Force Base.  
3) Goldfein signs a guest book during his visit to Travis. Goldfein stopped at Travis AFB to refuel before beginning his Indo-Pacific tour.



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