



# TESTING

Travis tries KC-10 AF prototype

PAGES 14-15



# Depression can offer chance to reconnect

Commentary by Alison R. Coelho  
355TH MEDICAL GROUP

**D**AVIS-MONTHAN AIR FORCE BASE, Ariz. — As a psychologist, I am frequently asked by my patients about the seriousness of their condition: “What does this mean? Am I crazy to be feeling this way? Do I have mental issues?”

Medical terminology is sometimes applied to a pop culture definition that usually leaves one feeling lost and confused about what is actually happening. Mental issues, or what those in the mental health field call a psychiatric disorder, is the culmination of symptoms that when combined cause

significant distress or impairment in nearly all life domains for a longer than expected period of time.

Depression, for example, happens when a set of symptoms connect and leave us feeling disinterested in the things we usually enjoy, sluggish, sad, hopeless, helpless, irritable and even fatigued or exhausted. This often includes changes in lifestyle behaviors such as sleeping or eating too little or too much, withdrawing from friends and family, or seeking vices such as alcohol or caffeine more regularly in order to temporarily boost mood.

When it comes to clinically significant depression, these changes or coping strategies

## Commentary

can last for months or even years, and eventually get in the way of day-to-day functioning. You will not feel your best, nor perform your best.

For those who suffer from more severe or long standing depressive symptoms, there is a deep sense of sadness that often accompanies a bone-deep exhaustion that goes beyond the physical sense. For them, ordinary tasks like getting out of bed, dropping the kids off at school, food preparation, tolerating traffic, or focusing on work may require extra effort and often includes little to no

See COELHO Page 21



U.S. Air Force photo/Staff Sgt. Sergio A. Gamba

355th Medical Group Mental Health clinic personnel discuss routine tasks Nov. 27 at Davis-Monthan Air Force Base, Arizona.

# Why you shouldn't stop me from leaving service

Commentary by  
Senior Airman Tessa B. Corrick  
2ND BOMB WING PUBLIC AFFAIRS

## Chief's Commentary

**B**ARKSDALE AIR FORCE BASE, La. — When I first signed my name on the dotted line to serve my country, I had all these crazy, outlandish ideas of what I thought my Air Force experience was going to be.

Well, spoiler alert, they didn't come to fruition; or what I got was a million times better than anything I could've ever imagined.

The Air Force has not only introduced me into a career field that I

will forever love, but it has taught me so many things about myself and realistically helped shape me into the person I am today.

I feel like I have learned how to be a leader, how to look for moments and not to take them for granted. As a photographer, certain scenarios happen in front of your camera. There are also times you must dig deep to find the moments. I have found that true in my life, as well. There are certain times when things fall into

place and other times I've really had to search for the good.

Now I know the biggest question is, “why would you get out if you've had such a positive experience?”

There are a couple of answers to that question, but the biggest is that I feel like it is my time to move on. It is time for me to take these new skills and perspectives that I have obtained and live out all the other dreams I have for myself.

I feel like there is a false perception that to make time in the military worthwhile, you must serve 20 years, which is not true. I am proof of that. If you're on the fence about joining

because you don't want to commit to 20, join and see what it is all about. If you are on the fence about getting out, there are three things I want you to consider.

First, realize your goals and make a decision based on how you can achieve them. Some people have goals to have an outstanding military career, others want to use the military as a stepping-stone. I believe both are entirely respectable goals. I highly recommend serving this country to any and all who are able and ready for the experience.

See CORRICK Page 22

## Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

### Air Force

Col. Jeff Nelson  
60th Air Mobility Wing commander

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

Senior Airman Amy Younger

Airman 1st Class Cameron Otte

Nicholas Pilch  
Tailwind staff

### Daily Republic

Nick DeCicco  
Tailwind editor

Todd R. Hansen  
Copy editor

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

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

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

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

Everything advertised in the publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital sta-

tus, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

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

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

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

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

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

## Table of contents

Commentaries	2
Worship services	8-9
The Flip Side	13/16
Cover story	14-15
Classifieds	24-25
Parting Shots	27

## On the cover

**U.S. Airmen from the 60th Medical Readiness Flight transport a simulated patient on a prototype patient loading system for the KC-10 Extender Dec. 4 at Travis Air Force Base, California.**

U.S. Air Force photo/Nicholas Pilch

# Team maintains Malmstrom launch control centers

Airman 1st Class Jacob M. Thompson  
341ST MISSILE WING PUBLIC AFFAIRS

**MALMSTROM AIR FORCE BASE, Mont.** — Every day, missileers from Malmstrom Air Force Base sit below ground in a control center, ready to launch an intercontinental ballistic missile if called upon by the president. With an array of analog technology, routine maintenance is vital to sustaining lethality.

The 341st Missile Maintenance Squadron survivable systems team is responsible for performing preventative maintenance and repairs, ensuring around-the-clock readiness for missileers to accomplish their mission.

The SST was created in 2014 as an Air Force Global Strike Command Force Improvement Program initiative to focus on launch control center maintenance.

“We are responsible for performing capsule maintenance,” said Airman 1st Class Zhane Paul, 341st MMXS SST member. “Most of our work takes place in the missile (complex), specifically the launch control centers.”

Their primary tasks include operator's chairs and chair-railing maintenance, performing blast-door repairs and ensuring the Shock Isolator Air Compressor is working properly.

“It's important for us to make sure the SIAC is always working properly because it's what helps keep the floor floating and protects the missileers,” said Paul. “If the shock absorbers lose air or the floor falls a little bit, the SIAC will turn on and fill the system with air to keep the floor at the appropriate level.”

Having the capsule suspended allows it to absorb shock from a missile hitting near the site or from natural disasters, such as an earthquake.

“Because the capsule is suspended, seismic activity and nuclear blasts would be



U.S. Air Force photo/Airman 1st Class Jacob M. Thompson

Airman 1st Class Zhane Paul, 341st Missile Maintenance Squadron survivable systems team member, performs maintenance on a launch control center blast door Oct. 29 at a missile alert facility near Malmstrom Air Force Base, Montana. The SST was created in 2014 as an Air Force Global Strike Command Force improvement program initiative to focus on launch control center maintenance.

vibrated away from the capsule and would keep the missileers safe,” Paul said. “We also ‘shore’ the floor on metal pedestals to serve as a backup system if the SIAC fails.”

With many jobs in the Air Force, a set of technical orders have to be followed to accomplish a task, but in SST, many of their tasks are not read in a step-by-step process.

Where some work centers use troubleshooting as a last resort, SST starts there.

“We have (technical orders) we have to follow for our job, but since we are a fairly new office, a lot of our troubleshooting procedures aren't in our weapon system specific TOs but are in our general Air Force maintenance TOs,” Paul said. “It allows us

to think outside the box.” While all missile maintainers are capable of being able to work on missile components, SST performs more facility maintenance.

“Our (Air Force specialty code) 2M0X2

See CONTROL Page 26

## WARRIOR OF THE WEEK

U.S. Air Force photo

**Name:**  
Airman 1st Class Michael Bucholz.

**Unit:**  
860th Aircraft Maintenance Squadron.

**Duty title:**  
Aerospace propulsion journeyman.

**Hometown:**  
Racine, Wisconsin.

**Time in service:**  
Two years.

**Family:**  
None.

**What are your goals?**  
Becoming the top propulsion troop

**What are your hobbies?**  
Longboarding, traveling, studying history and working on my car.

**What is your greatest achievement?**  
Enlisting in the Air Force and becoming a propulsion troop.

**What are your goals?**  
Becoming the top propulsion troop



U.S. Air Force photo/Veronica Kemery

From left to right, Jonathan Carr, U.S. Army Corps of Engineers resident engineer; Col. Travis Leighton, Tyndall Air Force Base Program Management Office director; Maj. Peeter Pleake-Tamm, Tyndall AFB PMO Execution division chief; and Lt. Col. Chris Lazidis, 325th Fighter Wing F-35 Project Integration Office director, discuss future locations for F-35 Lightning II squadrons during a detailed planning session Dec. 4 at Tyndall AFB, Florida. By September 2023, Tyndall AFB will receive its first F-35 fighter jet.

# Agencies partner to rebuild Tyndall

Taylor Koopman

AIR FORCE INSTALLATION AND MISSION SUPPORT CENTER PUBLIC AFFAIRS

TYNDALL AIR FORCE BASE, Fla. — After Hurricane Michael hit Tyndall Air Force Base in October 2018, the Air Force and the Army forged a partnership with a single vision in mind: To build the “Installation of the Future.”

The U.S. Army Corps of Engineers has become an important ally as the Tyndall AFB Program Management Office rebuilds the base.

“The Tyndall PMO

requires amazing partners to rebuild the base,” said Brig. Gen. Patrice Melancon, Tyndall AFB Program Management Office executive director. “We are essentially building a base from scratch, which is unprecedented in recent history. One of these amazing partners is USACE, South Atlantic Division, in Atlanta, Georgia, led by Tab Brown. His dedicated team of Army Engineers work shoulder to shoulder with my team. They have been here from Day One with the cleanup and demo.”

USACE provides many services for the Air Force,

including humanitarian assistance and responding to natural disasters. Prior to Hurricane Michael, the USACE Engineers existed on the base to implement a small number of construction projects on a limited basis.

“Now the team is working with the Tyndall AFB PMO and the Air Force Civil Engineer Center to complete 42 military construction projects,” Melancon said.

By the end of the calendar year, the team will have completed 25 charrettes, or detailed planning sessions, to design the base

of the future. One of the PMO engineers working on the rebuild is Maj. Peeter Pleake-Tamm, execution division chief, who oversees the weekly design charrettes with USACE.

“The first wave of design charrettes is set to finish in December,” Pleake-Tamm said. “In January, we will move on to design review, and then go on to begin the second wave of charrettes in April.”

While Pleake-Tamm has worked with USACE before, he notes it has never been so extensive.

See REBUILD Page 20

# CRW Airmen approved to wear ‘CR’ tabs

Tech. Sgt. David W. Carbajal  
621ST CONTINGENCY RESPONSE WING

Members of the 621st Contingency Response Wing are now authorized to wear the distinguishing “CR” tabs on their operational camouflage pattern uniform.

After a long-standing effort, Headquarters Air Force approved the use of tabs to be worn by all contingency response Airmen, to include active duty, guard and reserve.

“This is a victory for us,” said Chief Master Sgt. Tony Jenkins, 621st Contingency Response Wing command chief. “Not only does the tab readily identify contingency response Airmen in the operational environment, it also provides identity to the uniquely skilled Airmen that are the foundation of our wing.”

The idea of this distinctive tab began in September 2017 when Chief Jenkins’ predecessor, Chief Master Sgt. David

See TABS Page 21



U.S. Air Force photo/Tech. Sgt. David W. Carbajal

Members of the 621st Contingency Response Wing are now authorized to wear the distinguishing “CR” tabs on their operational camouflage pattern uniforms. After a long-standing effort, Headquarters Air Force approved the use of tabs to be worn by all contingency response Airmen, including active duty, Guard and Reserve.

# Think commissary to fill stockings

Defense Commissary Agency

FORT LEE, Va. — On your next trip to the commissary, remember you don’t need a stocking hung by the chimney with care to get some very practical stocking stuffer items that people will actually use.

“Giving gifts, large and small, makes the holidays so much fun,” said Command Sgt. Maj. Tomeka N. O’Neal, the Defense Commissary Agency’s senior enlisted advisor to the DeCA director. “And the commissary is a perfect place to find stocking stuffers, those small gifts that bring on big smiles.”

Heading the short list of commissary stocking stuffers is the commissary gift card. It’s small, but can buy a lot of groceries. Let’s say that again: A lot of groceries! With the new value-added gift card now being

rolled out to commissaries, how much groceries you can buy depends on how much value is put on the card, from \$5 to \$300. The gift cards also come in denominations of \$25 or \$50. You can get commissary gift cards at your commissary or online at commissaries.com.

Here’s the short list of stocking stuffers:

- Oranges or Clementines – a traditional stocking stuffer, and symbolic of the impact logistical advancements have had on grocery produce, where a wide variety of fresh fruits and vegetables are available year round. So, if someone doesn’t like oranges, give them the kind of fresh fruit they like.

- Candy – from the seasonal treats such as candy canes to round favorites, your commissary has a wide variety of candy that will fit nicely in any

stocking.

- Gum, Mints – they’re portable and come in all types of flavors to suit any taste.

- Nuts – all kinds and varieties, including easy-to-carry snack sizes.

- Hand Sanitizer – because it’s the season for caring and sharing, but we all want to avoid sharing germs.

- Batteries – handy for use in those gifts that require them.

- Hot Chocolate, Tea or Coffee – look for the single portion sizes so you can easily enjoy a hot, refreshing beverage.

“The short list is just a way to get customers thinking about all the stocking stuffer gift possibilities they can find down the aisles of their commissary,” O’Neal said. “We wish them all happy holidays and are proud to provide a commissary benefit that suits so many needs.”

# RAF Croughton to try revitalization

Airman 1st Class Jennifer Zima  
501ST COMBAT SUPPORT WING  
PUBLIC AFFAIRS

ROYAL AIR FORCE CROUGHTON, United Kingdom — Royal Air Force Croughton is at the forefront of innovation, helping create the most effective defenders in the Air Force.

The 422nd Security Forces Squadron has been selected to undergo a six-month trial in a complete revitalization of their security forces squadron.

“Security forces senior leaders recognized the need to overhaul security forces squadrons,” said Senior Master Sgt. Nicholas Whitney, 422nd SFS Defense Force Sustainment Flight superintendent. “We needed to capitalize on utilization of our resources and support operational function. Basically, aligning the forces for optimal performance.”

Air Force Chief of Staff Gen. David L. Goldfein commissioned this idea under the Year of the Defender initiative in order to focus on training readiness, modernizing our force enterprise-wide and improving quality of life with an eight-hour shift. Squadron of the



U.S. Air Force photo/Airman 1st Class Jennifer Zima

Airman 1st Class Cameron Rogers, 422nd Security Forces Squadron installation entry controller, clears an M4 carbine during a recall exercise Nov. 21 at RAF Croughton, United Kingdom.

Future began at RAF Croughton Sept. 1, concentrating on providing defenders with more training opportunities, protected time off, and reorganizing the unit structure into a leaner, more efficient system.

“The biggest takeaway for me is the decentralized command relationship for the master sergeants, ... the (noncommissioned officer) tier and down,” said Capt. Alexander Parsons, 422nd SFS operations officer. “It is really empowering

those in junior-leadership levels to make decisions at the tactical level. Whereas in a traditional chain-of-command hierarchy, the decisions are elevated and made at a higher level. That is not the focus here. I want my Airmen and my NCOs to be empowered to make those decisions even at the lowest level possible. That frees up the senior leadership within the squadron to focus more on the strategic, operational and

See CROUGHTON Page 21

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

**CENTURY 21** Nancy Price-Branson  
MM REALTOR®  
Cal BRE #01426977  
CDPE, SFR, ABR, MRP, SRES

Cellular (707) 718-1989  
nprice@c21mm.com  
301 Dickson Hill Road, Fairfield, CA 94533

Each Office is independently Owned and Operated

Helping You... Help yourself

**DOCUMENT PREPARATION SERVICE**

Divorce ..... \$299-\$599  
Living Trusts..... \$499/\$599  
Incorporation / LLC ... \$399

Tammy & Rene Bojorquez  
LDA #12009 - Solano County  
Did You Know?...  
We Help with PROBATE

*By The People*  
DOCUMENT PREPARATION SERVICES

By The People is independently owned and operated. They are not lawyers, cannot represent customers, select legal forms, or give advice on rights or laws. Services are provided at customers' request and are not a substitute for advice of a lawyer. Prices do not include court costs.

**(707) 428-9871**  
1371-C Oliver Road, Fairfield

Family Eye Doctors near Travis AFB

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

We Accept  
**TRICARE / TRICARE For Life**

Who can be seen at our Eye Clinic?  
-All Military Spouses and their Dependents with Tricare Prime, All Retirees with Tricare Prime, All Retirees and their Spouses with Tricare for Life / Medicare, and All members needing Contact Lenses Prescriptions

**Dr. Larry Huey • Dr. Don Hsiao**  
Optometrists

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

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

**Solano County's Largest Full Service Truck Shop**



**NBTC**  
North Bay Truck Center

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

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

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

**(707) 427-1386**

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

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

## AF surgeon general updates Congress on medical reform

**Air Force Surgeon General Public Affairs**

WASHINGTON — Lt. Gen. Dorothy Hogg, Air Force surgeon general, testified Dec. 5 before the House Armed Services Committee's Subcommittee on Military Personnel, updating them on medical reform

in the Air Force. Hogg's testimony focused on modernizing the Air Force Medical Service to support the National Defense Strategy and emerging readiness requirements. "The Air Force Medical Service is evolving in support of

**See UPDATES Page 26**



**Ramon Santos**  
NMLS 237037 | #3094  
Branch Manager | Sr. Mfg. Advisor  
FHA • VA • Conventional

Buying or Refinancing - Call Me Together, possibilities are endless!  
**707.427.1400**

301 County Airport Road, Suite 208, Yacoville, CA 95688

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

USAA AUTO INSURANCE

# DEDICATED COVERAGE FOR THE ONES WHO NEVER QUIT

Don't stop now. Start getting the service you deserve. Members switched and saved an average of \$707\* per year on USAA Auto Insurance.



Visit [USAA.COM/AUTO](https://www.usaa.com/auto)  
or call 800-531-8521

\*Paid ad. No federal endorsement of advertiser is intended. NCCS Sponsor. No federal or DOD endorsement implied. The Department of the Army does not endorse any company, sponsor or their products or services. Neither the Coast Guard nor any other part of the federal government officially endorses any company, sponsor or their products or services. Based on a nationally survey of new customers from 01/01/17 to 12/31/18 who reported their prior insurances premiums when they switched to USAA. Member's eligibility and product restrictions apply and are subject to change. Property and casualty insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garmen Property and Casualty Insurance Company, located in San Antonio, TX. USAA's initial ARO and USAA SA's (if applicable) are available only to persons eligible for USAA group membership. Each company is solely responsible for its own products. © 2019 USAA. 254-901-9191



# DISCOVER 2020

**LAND ROVER WINNER**  
EVERY EVENING  
DECEMBER 27 - 31

**CASH DRAWING WINNERS**  
EVERY SATURDAY & SUNDAY

**CACHE CREEK**  
CASINO RESORT  
[cachecreek.com](https://www.cachecreek.com)

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

# DIRECTORY OF Local worship services

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

## CHURCH OF JESUS CHRIST

THE CHURCH OF JESUS CHRIST of LATTER DAY SAINTS  
Fairfield Stake Center  
2700 Camrose Ave.  
Sacrament Services Sunday  
0900 and 1200  
Base Sacrament Services  
DGMC Chapel  
(1st Floor North entrance)  
Sunday 1600-1630  
Inquires: Call LDS Military Relations Missionaries  
707-535-6979

## ASSEMBLY OF GOD

**First Assembly Of God of Fairfield**  
Lead Pastor: C. Eric Lura  
• 9:15 AM SUNDAY SCHOOL  
• 10:30 AM \* MORNING WORSHIP  
• KID'z CHURCH Grades K-5th  
• 10:00 AM WEDNESDAY SENIOR PRAYER  
• 7:00 PM WEDNESDAY NIGHT Adult Bible Study  
Girl's Club  
Royal Rangers  
Revolution Youth  
\*Nursery Care Provided  
**707-425-3612**  
2207 UNION AVE., FAIRFIELD  
www.tagff.org  
email: info@tagff.org

## BAPTIST

**MOUNT CALVARY BAPTIST CHURCH**  
Dr. Claybon Lea, Jr. - Senior Pastor  
Fairfield Campus  
1755 Enterprise Drive, Bldg. 3  
Fairfield, CA 94533  
Sunday Worship Services  
7:00am & 9:30am.  
Bible Study  
Tuesdays @ 7:00pm (Youth Sanctuary)  
Suisun Campus  
601 Whispering Bay Lane,  
Suisun City, CA 94585  
Sunday Worship Services, 11:00am  
Bible Study  
Tuesdays @ 12:00noon  
707-425-1849  
www.mcbcfs.org for more information

## BAPTIST

**Orchard Baptist Church**  
itsallaboutfamilies.org  
301 N. Orchard Ave., Vacaville  
707.448.5848  
SUNDAY  
Classes for all ages..... 10:00 am  
Worship ..... 11:00 am  
CORE Bible Studies 12:30 & 5:00 pm  
(2nd & 4th Sunday)  
WEDNESDAY  
Adult Studies.....2:00 pm  
AWANA for Kids .....6:15 pm  
Adult & Youth Studies.....6:30 pm

## CHURCH OF CHRIST

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.churchofchristlosano.com

## EPISCOPAL

**Grace Episcopal Church**  
1405 Kentucky Street  
Fairfield, CA 94533  
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 see  
www.gracechurchfairfield.org  
or contact the office at 425-4481  
Welcome home to an Open, Caring,  
Christian Community

## BAPTIST

**Worship With Us... St. Paul Baptist Church**  
1405 Kentucky Street  
Fairfield, CA 94533  
Rev. Dr. Terry Long, Pastor  
Wyatt Duncan  
Sunday Services:  
8am and 11am  
Nursery available during  
11am service  
Sunday School for all ages  
at 9:30am  
Awana on  
Wednesdays at 6pm  
1127 Davis Street, Vacaville  
707-448-6209  
www.fbcvv.com

## BAPTIST

**First Baptist Church of Vacaville**  
The All Together Different Church  
Senior Pastor  
Wyatt Duncan  
Sunday Services:  
8am and 11am  
Nursery available during  
11am service  
Sunday School for all ages  
at 9:30am  
Awana on  
Wednesdays at 6pm  
1127 Davis Street, Vacaville  
707-448-6209  
www.fbcvv.com

## BAPTIST

Come and worship with us  
**ELMIRA BAPTIST CHURCH**  
Independent Baptist Church - KJV  
Scott Dean - Pastor  
6111 California Pacific Rd.  
Vacaville, CA 95687  
Sunday School 9:45-10:45 a.m.  
Sunday Morning Worship 11 a.m.  
Sunday Evening Worship 5 p.m.  
Wednesday Prayer Meeting and Bible Study 7 p.m.  
(Nursery is provided in all services)  
Website: www.elmirafamily.com  
Email: elmirabaptistchurch77@gmail.com  
Phone: (707) 430-3529

## CHURCH OF CHRIST

CHURCH of CHRIST Meets at Rockville Cemetery Stone Chapel  
4221 Suisun Valley Rd, Fairfield  
9:00 a.m. Sunday Morning Bible Study  
9:50 a.m. Sunday Morning Worship  
5:30 p.m. Sunday Evening Worship  
7:00 p.m. Wednesday Evening Bible Study  
We welcome and encourage you to come and hear the good news of the gospel of Christ, and to learn about eternal salvation for all mankind that is offered through Jesus.  
"And there is salvation in no one else; for there is no other name under heaven that has been given among men by which we must be saved." Acts 4:12  
Bring a heart and mind willing to hear God's Word and to do His great will...  
For more information or directions, please visit our website at www.rockvillecof.com

## 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 - Jumuah 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\*\*\*

# 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 Eitner  
Bethany Lutheran Preschool  
451-6678  
mypreschool@gobethany.com  
www.gobethany.com  
Bethany Lutheran School  
1011 Ulatis Drive  
Vacaville, CA 95687  
451-6683 ph • 359-2230 Fax  
myschool@gobethany.com  
www.gobethany.com

## NAZARENE

**SonRise Community Fellowship**  
10am Sunday  
310 Parker Street  
Vacaville, CA 95688  
sonrise-vv.org  
nazarene.org  
CHURCH - NAZARENE

## TRINITY LUTHERAN CHURCH

Tired of gimmicks and games? Want a Bible-believing traditional church? Need a loving church family?  
You are invited to:  
**TRINITY LUTHERAN CHURCH - LCMS**  
Traditional Worship: 10 AM  
Children's Church during 10 AM Service  
Adult Bible Study: 8:45 AM  
2075 Dover Ave., Fairfield  
(2 blocks south of Airbase Pkwy.)  
(707) 425-2944  
www.tlcp.org  
Rev. Dr. Dan Molyneux, Pastor

## NON-DENOMINATIONAL

**Church of Christ**  
1500 Alamo Drive  
Vacaville, CA 95687  
(707) 448-8838  
www.vacavillechurchofchristalamodrive.com  
Sunday Morning  
Bible Classes ..... 9:30 am  
Assembly Worship ..... 10:45 am  
Evening Assembly Worship .5:00 pm  
Wednesday Evening  
Bible Classes ..... 7:00 pm  
Classes also by appointment  
Elders:  
Mark McCallister (707) 446-7477  
Ed Sanderson Sr. (707) 446-0536

## NON-DENOMINATIONAL

**Crossroads Christian Church**  
A Passion to...  
Worship God • Love People • Share Christ  
A Non-Denominational Bible Teaching Church  
Sunday Worship Services  
8:15am • 9:45am • 11:15am  
We offer:  
• Nursery • Children's Classes  
• Youth Ministries  
• AWANA Program  
• Men's & Women's Bible Studies  
• Prime Timers (Seniors Ministry)  
• In Home Mid-Week Bible Studies  
• Celebrate Recovery  
Bruce Gallaher, Lead Pastor  
707-446-9838  
www.cccv.me  
190 Butcher Road, Vacaville, CA 95687  
(off of Alamo, Just South of I-80)

## 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

## NON-DENOMINATIONAL

**THE FATHER'S HOUSE**  
The Father's House  
4800 Horse Creek Drive  
Vacaville, CA 95688  
(707) 455-7790  
www.tfh.org  
Service Times  
Saturday: 6pm  
Sunday: 9am & 11am

## FAITH Community Church

Bible Based Expository Preaching  
Sunday Worship Services  
9 AM, 10:45 AM & 6 PM  
Pastor Jon Kile  
192 Bella Vista Road, Vacaville  
707-451-2026  
Nursery & Children's Classes Provided  
Adult & Youth Sunday School -  
9 AM & 10:45 AM  
Check our website for more information  
on other ministries offered  
www.vacavillefaith.org

## LIBERTY CHURCH

Saturdays  
6:00 pm  
Sundays  
8:00, 9:30, 11:30 am,  
2:00 pm (en Español)  
2641 N. Texas St.  
Fairfield, CA  
(707)425-9673  
New Sulsun Location!  
Thursdays at 6:30 pm  
Joseph Nelson Center  
611 Village Dr., Suisun City, CA  
LibertyFairfield.com

## UNITED METHODIST

"The People of The United Methodist Church"  
**COMMUNITY UNITED METHODIST CHURCH**  
1875 Fairfield Avenue, Fairfield  
Phone: 707- 426-2944  
Email: info@cumcfairfieldca.org  
Website: cumcfairfieldca.org  
Pastor Anne Choy  
Worship Service 10:30 a.m.  
Sunday School for Children during the Worship Service  
Communion - 1st Sunday of each month  
Children, Adult and Bell Choirs  
Young Adult Ministries  
Adult Bible and Book Study Classes  
United Methodist Women  
United Methodist Men

## VACAVILLE BIBLE CHURCH

"To know Him, and to make Him known"  
490 Brown Street  
Vacaville, CA 95688  
707-446-8684  
Sunday Services:  
Sunday School 9:45am  
Morning Worship 11am  
Evening Worship 5pm  
Thursday Service:  
Prayer Meeting 7pm  
Bible Studies throughout the week  
Pastor Ben Smith  
www.vacavillebiblechurch.com  
office@vacavillebiblechurch.com

## Parkway COMMUNITY CHURCH

We exist as a church to love, live, and declare the supremacy of Jesus Christ in all things, to all people. Christ dependent, Spirit Dependent, Word Saturated, Love Driven.  
Sunday Worship Services  
9am and 11am, 10am only in the summer  
• Men's and Women's Bible Studies  
• In Home Small Group's  
• Awana  
• Kids Choir  
• Jr High and High School Ministries  
• Sunday morning children's Sunday school  
• Nursery and Preschool Sunday morning classes  
• Neighborhood Tutoring Center  
• Much to be part of  
www.eparkway.com  
2397 Heath Drive Fairfield, CA  
707-425-7675  
Member of Gospel Coalition  
www.thegospelcoalition.org

## unity of the Valley Spiritual Center

Celebrating our oneness, honoring our diversity  
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 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®

*Dentistry with a Gentle Touch . . .*  
**Sunni G. Yoon, D.D.S.**  
**Implant and Cosmetic Dentistry**

Dr. Yoon is experienced in all aspects of implant and cosmetic dentistry. She and her staff provide a wide range of services including preventative care, cosmetic dentistry, bonding, endodontics, oral surgery, implantology, and crowns which can be fabricated by computer and completed in one visit. Dr. Yoon offers oral conscious sedation dentistry for your relaxation and comfort. We can help you to have a beautiful smile using Lumineers - smile makeover design without removing any sensitive tooth structure. No anesthetics. No discomfort.

1245 Travis Blvd., Suite C/D, Fairfield  
 (707) 422-7003


*Convenient office hours are available by appointment.  
 We always welcome new patients.*

**Areas of Expertise:** Preventative care, cosmetic dentistry, bonding, Lumineers, endodontics, oral surgery, mini-implants, implantology and conscious sedation.

**Dental School:** Columbia University School of Dental & Oral Surgery D.D.S., John F. Kennedy Medical Center (Residency), University of Southern California.

**Affiliations:** California Dental Association, American Dental Association, Napa/Solano Dental Society, Member of DOCS (Doctors of Conscious Sedation), Academy of General Dentistry, The American Academy of Implant Dentistry, International Congress of Oral Implantologists.

www.gentletouchdentistry.biz syoondds@gmail.com



★ — SELF STORAGE — ★  
**MILITARY SPECIAL**  
**50% OFF 4 MONTHS\***

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

**SELF STORAGE OF VACAVILLE**

201 Leisure Town Road, Vacaville  
 selfstorageofvacaville.com

CALL US TODAY!  
 707.368.4933

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

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



U.S. Air Force photo/Susan A. Romano  
**Air Force Vice Chief of Staff Gen. Stephen W. Wilson, left, listens to Col. Chad J. Hartman, foreground right, Air Force Technical Applications Center commander, during a Dec. 4 visit to Patrick Air Force Base, Florida.**

## VCSAF looks at future operations

**Susan A. Romano**  
 AIR FORCE TECHNICAL APPLICATIONS  
 CENTER PUBLIC AFFAIRS

PATRICK AIR FORCE BASE, Fla. — Air Force Vice Chief of Staff Gen. Stephen W. Wilson paid a visit to the Air Force Technical Applications Center at Patrick Air Force Base, Dec. 4, to meet with nuclear scientists and engineers about their roles in global nuclear deterrence and nonproliferation.

Wilson was accompanied by Lt. Gen. Richard Clark, Air Force deputy chief of staff for strategic deterrence and nuclear integration, and escorted by Col. Brande H. Walton, 45th Space Wing vice commander.

The visit gave the leaders an opportunity to discuss future operations and algorithmic warfare - the method by which battles are fought using artificial intelligence and machine learning as a weapon system - with members of the Defense Department's sole nuclear treaty monitoring center and the United States' technical surveillance center of excellence.

During an in-depth classified mission briefing, the

generals sat down to hear from AFTAC experts who discussed their advanced modeling capability and how environmental modeling and simulation plays a critical role in how the center provides direct technical, analytical and evaluative scientific data to national decision makers.

The briefers discussed how they are taking steps to master the digital environment through what AFTAC calls its "Algorithm Factory."

"AFTAC is making every effort to modernize and improve our capabilities," said Col. Chad Hartman, AFTAC commander. "Whether it's through strategic integration, development ops or cloud architecture, we are setting the pace and leading the way. To accomplish that, we let machines do what machines do best so we can free up our Airmen to do what they do best - innovate, think critically and effectively, and address our nation's wicked problems."

Wilson said he was impressed with what he heard and saw from the center's top scientists.

See **FUTURE** Page 19

## Guard member receives Airman's Medal

**Staff Sgt. Brigette Waltermire**  
 137TH SPECIAL OPERATIONS WING

OKLAHOMA CITY — Master Sgt. Bryan Whittle, assigned to the 205th Engineering and Installation Squadron, was awarded the Airman's Medal, the Air Force's highest noncombat award, in a ceremony Dec. 8.

Whittle's actions in stopping an active shooter at Louie's Grill and Bar in Oklahoma City on May 24, 2018, were read aloud by a member of Whittle's squadron as all service members present at the ceremony stood at attention.

Whittle was driving out of town near Oklahoma City for a weekend fishing trip with his wife. He was at a spotlight near Louie's and noticed a chaotic scene outside the lakeside bar. He thought someone might have drowned, so he turned into the parking lot to offer the first-aid kit he kept in his truck.

When they turned into the parking lot, they discovered an active shooter who had already hurt three people. Whittle quickly adapted, getting his pistol from his wife. She threw him the weapon, and he told her "I love you," and approached the gunman to prevent him from hurting more people.

Whittle tried to persuade the shooter to surrender, but received fire in response. Whittle returned fire until the gunman fell to the ground, then he and an off-duty security guard neutralized the gunman until police arrived.

Most of the people on the base turned out to support Whittle as he received his medal.

See **MEDAL** Page 20

## AETC rolls out Wi-Fi across command

**Air Education and Training Command Public Affairs**

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — In an effort to expand learning opportunities for Airmen and enable training and education from any device, Air Education and Training Command has begun a project to install commercial wireless internet across the command called the AETC Learning Wi-Fi Service.

Implementation of the initial phase is in progress with the first activation of commercial Wi-Fi service delivered at Keesler Air Force Base, Mississippi, in January 2019.

"This MAJCOM-wide, commercial wireless internet service was identified as an emerging requirement to support and improve delivery of training and education within AETC," said Col. Jeffrey Sorrell, Headquarters AETC deputy director for communications and chief information officer. "We want to put control of learning in the hands of students, trainees and instructors when and where they train."

In line with the current AETC strategic plan, the primary goal of LWS is to offer Airmen in learning environments flexible access to education and



U.S. Air Force photo/Airman 1st Class Pedro Tenorio  
**Airmen 1st Class Christine Smith and Kaylie Cunningham, 364th Training Squadron electrical and environmental apprentice course students, remove and install an oxygen regulator June 14 on an F-15 Eagle at Sheppard Air Force Base, Texas. In an effort to expand learning opportunities for Airmen and enable training and education from any device, Air Education and Training Command has begun the Learning Wi-Fi Service project to install commercial wireless internet across the command's installations.**

training resources such as electronic flight bags, mobile training devices, augmented and virtual reality systems and the emerging Air Force Learning Services Ecosystem. LWS offers nearly unrestricted access

to internet resources and allows schoolhouses to more effectively use tools and devices they already own.

"The LWS will also lay the foundation to move from limited, existing resources to

education and training services in cloud computing environments," Sorrell said. "In this way, the service will posture the command to innovate,

See **WI-FI** Page 20

**Benicia Grill II**

**KARAOKE NOW WED, THURS, FRI & SAT NIGHT!**

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

Wednesday thru Saturday  
**KARAOKE**  
 6pm - Close  
 No Cover Charge

Happy Hour  
 5-6pm

**Buy One Breakfast or Lunch Get One FREE**  
Of equal or lesser value. With the purchase of 2 drinks. Up to \$7.00 value. One coupon per table. Not good with any other offers or on Senior menu items. Must present coupon. Offer expires 12/31/19.

**3-Item Breakfast Special \$6.99**  
 Mon-Fri 6am-9am  
Ordered from Special Breakfast Menu. Not good with any other offers. Must present coupon. Offer expires 12/31/19.

**Kids Eat FREE**  
 Wed-Sat 4pm-8pm  
Age 11 and under. 2 children per adult entree ordered. 1 child menu item per child. Not good with any other offers. Must present coupon. Offer expires 12/31/19.

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

**Cheers**  
 9:30 - 1:30 Every Evening

Sunday thru Wednesday  
**Karaoke with Matty**  
 Dec. 13 & 14  
**Band at Hand**  
 Dec. 20 & 21  
**Running with Scissorz**  
 Dec. 27  
**Clusterphunk**  
 Dec. 28  
**Groovy Judy**  
 Dec. 31  
**Steve Franklin Band**  
 Happy New Year!

**321 MERCHANT ST. • VACAVILLE • 451-4049**

# Schriever hosts STEM day event

**Airman Amanda Lovelace**  
50TH SPACE WING PUBLIC AFFAIRS

SCHRIEVER AIR FORCE BASE, Colo. — More than 60 middle school students from James Irwin Charter Academy, Colorado Springs, attended a STEM, or science, technology, engineering and mathematics, event hosted by the 50th Space Wing Nov. 14 at the Schriever Air Force Base fitness center.

“It’s really exciting to get to share what we do here,” said Jan Devitt, 50th SW community support coordinator. “Not a lot of people know about it.”

The event included six different booths showcasing basic orbital mechanics, Newton’s laws, Kepler’s laws, virtual reality, radio frequencies and how it can be used to control satellites and send communications and more.

Col. Jack Fischer, 50th SW vice commander, briefed the students about STEM and shared some of his experiences as an astronaut.

“(Kids) are our future,” he said. “If we don’t inspire them to get into STEM and tackle

those hard problems, we’re going to lose. STEM subjects are usually tough in school, so we have to show them how cool it can be, what amazing things they can accomplish if they focus on that. And we’re uniquely suited to show them that because we do so many awesome things.”

Airmen from the 50th Operations Support Squadron, 21st Medical Squadron, 2nd Space Operations Squadron, 50th Space Communications Squadron and 50th Security Forces Squadron all came together to show off some of the STEM aspects used here to accomplish the mission.

“It’s amazing what our folks do every day, and it’s because they got into STEM,” Fischer said. “We’re trying to light that spark of inspiration early in (kids’) lives so they can contribute and take the baton when we retire.”

All of the booths featured ways children could interact with different objects and technology, enabling them to get a tactile, hands-on understanding of some of the basic concepts used every day here.



Courtesy photo

The 30th Civil Engineer Squadron fire department was awarded the “Best Fire Department in the Air Force,” and the “Best Fire Department in the Department of Defense” for 2018.

## Rescue program brought to light

**Senior Airman Clayton Wear**  
30TH SPACE WING PUBLIC AFFAIRS

VANDENBERG AIR FORCE BASE, Calif. — All that stands between Fire Station 5 and 2,553 nautical miles of Pacific Ocean before reaching Hawaii is Ocean Ave. and the AMTRAC railway. In the face of this great expanse, and with 43 miles of coastline belonging to the base, the need for an atypical set of training has continually evolved since its inception.

The 30th Civil Engineer Squadron Fire Department innovated new ways for first responders to serve their populace along the coastline and in the water. According to Alani Coleman, 30th CES firefighter and water rescue personnel, at any time, Vandenberg AFB beaches can have anywhere from 150 to 200 people. With 14 years experience at the 30th CES, Coleman has earned his share of learning opportunities that, along with others, have created a better program.

“I was part of the water rescue program early in my career as a Hotshot,” Coleman said. “Soon after transitioning over to the floor (Fire Station 5), we

got reports of a small ‘dingy’, an aluminum boat, overturned from the surf with three people on board ... and one was missing. Around 9 or 10 at night, the call came through so we quickly loaded up our (aquatic rescue vehicles). In pitch black, we drove down to the boat house, and lowered the ARVs into the water. There were some lights down there, but it was still pretty dark.”

Unaware of the effect the poor lighting would have, Coleman stepped onto his ARV with Nate Ogan, 30th CES firefighter and water rescue program lead. Wearing black wetsuits and riding two subtly-colored Jet Skis, they started their grid-pattern search. Starting from the last point of origin they rode 20 meters parallel to the shore before cutting back, creating a zigzag pattern in complete darkness.

“We were hoping for a spotlight the whole time ... we were very aware of the fleeting ‘golden hour,’” Coleman said. “Golden hour is a period of time following a traumatic injury where there is the highest likelihood that medical treatment will prevent death. As time passed, our response changed,

as far as emergency first aid. Anything after two hours is likely a body recovery. If they were in the water, the survivability was extremely low.”

For the next 48 hours, Coleman and Ogan used everything within their control to ‘Serve-Save-Survive’, which is the Vandenberg Fire Department motto. Sometimes though, situations are at the whim of forces more powerful than just darkness.

“There were lightning and thunderstorms, so they called everybody back in,” Coleman said. “They said ‘you know there is going to be lightning in the area, and the Coast Guard is going to be able to search in a helicopter a lot better than we are.’ We were all so fatigued at that point since we had hit the 48-hour mark trying to search for this person. We tried to do everything we could, but it just wasn’t working in the weather. Unfortunately, the family caught word and was waiting down there. That is the worst feeling ever. At that point you just want to give them closure so it was really hard to pull back, but we did.”

While the Coast Guard took

See RESCUE Page 18

**STARS RECREATION CENTER**

**CITY SPORTS BAR & GRILL**

**Fri., Dec. 13, Helios**  
**Sat., Dec. 14, DJ Aaron**

**UFC 245**

THREE TITLE FIGHTS

**USMAN vs COVINGTON**

HOLLOWAY vs VOLKANOVSKI

NUNES vs DE RANDAMIE 2

**DEC 14 SAT**

**LIVE Pay Per View Saturday, December 14**

**LOCATED IN STARS RECREATION CENTER**  
**155 Browns Valley Pkwy. • 455-STAR**

# Travis tests KC-10 aeromedical evac prototype



U.S. Air Force photos/Nicholas Pilch  
1) U.S. Airmen from the 60th Medical Readiness Flight install a prototype patient loading system for the KC-10 Extender Dec. 4 at Travis Air Force Base, California. Airmen built and tested the system to meet Air Force standards and upgrade from the current system. 2) Airmen transport a simulated patient on a prototype patient loading system Dec. 4 at Travis. 3) Airmen build a prototype patient loading system Dec. 4 at Travis. 4) Staff Sgt. Shae Nagamine, 60th Medical Readiness Flight medical technician, takes a break from building a prototype patient loading system Dec. 4 at Travis. 5) Airmen from the 60th Medical Readiness Flight build a prototype patient loader for the KC-10 Dec. 4 at Travis. 6) Col. Jeff Nelson, left, 60th Air Mobility Wing commander, and Col. David Hammerschmidt, 60th Maintenance Group commander, watch Airmen install the prototype Dec. 4 at Travis.







# Vandenberg Airman takes silver in 2019 games

**Staff Sgt. Jahmal Lawson, 30th Security Forces Squadron mobility equipment custodian, displays the silver medal he won at the 2019 Military World Games, Nov. 27 at Vandenberg Air Force Base, Calif.**

U.S. Air Force photo/Airman 1st Class Aubree Milks



**Airman 1st Class Aubree Milks**  
30TH SPACE WING PUBLIC AFFAIRS

VANDENBERG AIR FORCE, Calif. — Nearly 10,000 participants from across the globe were in attendance for the Military World Games this year.

With 27 competition categories, everyone came with their own expertise to represent their branch and their country in an effort to take home the gold.

Two Airmen from Vandenberg Air Force Base participated in the 2019 Military World Games, officially known

as the 7th CISM, Council International du Sport Militaire, in Wuhan, China.

One of the service members representing the United States in the basketball category was Staff Sgt. Jahmal Lawson, 30th Security Forces Squadron mobility equipment custodian. Lawson has been playing competitively for years, and during his service in the Air Force, has participated in three armed forces tournaments and now two Military World Games competitions.

“The first time I competed in the Military World Games, I was 26 years old,” Lawson said.

“I had no idea that I would be competing again, but with the encouragement from my leadership and the amazing support from my team and my flight, I was able to do it once more and represent this base and our country.”

Lawson and his team held their own throughout the bracket, and after playing a total of six games, the U.S. team left China with a silver medal and their heads held high.

Another Vandenberg AFB Airman, Lt. Col. Ian Holt, 614th Air Operation Center

See GAMES Page 18

**PAZDEL CHIROPRACTIC, INC.**

## Headache?

258 Sunset Ave., Ste. I, Suisun City  
429-4861

www.PazdelChiropractic.com Se Habla Español

*Star Tech European*

HONEST, ETHICAL & PERSONAL  
AUTOMOTIVE SERVICE & REPAIR SPECIALISTS

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

Family owned and operated. We offer dealer quality service without the hassle or the price.  
Owner...Don Westhaver, Over 45 Years Experience, Proud Military Parents. Factory trained, we use OEM parts.

First Time Customers: Bring ad in for visual 26 pt inspection

23 Union Way • Vacaville, CA • 707-455-8870 • star-tech-european.com

# You Served. You Save.

**CAL ROOFING SYSTEMS**

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

www.calroofingsystems.com

**DIXON LANDSCAPE MATERIALS**

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

www.dixonlandscapematerials.com

**NORTH BAY TRUCK CENTER**

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

www.northbaytruckcenter.com

**MITCHELL'S**  
HAULING, CLEANING, ORGANIZING,  
PACKING, & HOUSE CLEANING

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

**SELF STORAGE OF VACAVILLE**

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

SelfStorageOfVacaville.com

**USS HORNET MUSEUM**

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

www.uss-hornet.org

*Save with Military Discounts from these fine businesses!*

# Surgeons open new medical facility

**Inkyeong Yun**

BRIAN D. ALLGOOD ARMY COMMUNITY HOSPITAL UNIT PUBLIC AFFAIRS REPRESENTATIVE

U.S. ARMY GARRISON HUMPHREYS, PYEONG-TAEK, SOUTH KOREA — Three Army general surgeons joined two from the Navy and one from the Air Force to perform surgeries on the opening day of Brian D. Allgood Army Community Hospital and Ambulatory Care Center on Nov. 15.

They experienced the cutting-edge surgical systems in the state-of-the-art facility which has bigger, more spacious operating rooms. This event showcased the solid network and collaboration that has been cultivated amongst the tri-service general surgeons on the Korean Peninsula to enhance the readiness of the U.S. Military in the Pacific region.

The tri-service medical providers gathered in one of the operating rooms (OR) early in the morning for a huddle. General surgery had the honor of performing the first surgery in the new OR. The three Army general surgeons assigned each of the surgeons from the other services to assist with their surgeries throughout the day.

LCDR Dan Sanford and LCDR Paul Lewis, Navy general surgeons assigned to 3rd



U.S. Army photo/Inkyeong Yun

**This tri-service operating room event demonstrated the camaraderie and strong relationship that has been built amongst the surgical staff from three military services. Surgeons expressed how impressed they were with the big OR space which helps maneuvering during procedures more safe and efficient.**

Medical Battalion, Okinawa, Japan, shared their impressions on the new facility after the huddle. Sanford expressed how impressed he was with the big OR space which helps maneuvering during procedures more safe and efficient. Lewis and Sanford praised

the cutting-edge system with built-in cameras that allows for monitoring of the OR.

“This new facility looks wonderful and everything is state-of-the-art, big space to work in the operating room. I am looking forward to participating in the first day at the

new facility” said Sanford. “I heard this new facility will have the Da Vinci Robotic Surgical system and I think it is wonderful to have such high-tech capability overseas. This is the only facility in the Pacific that will have this capability.”

## Games

From Page 17

commercial integration cell chief, participated in the Military World Games’ cycling competition.

Holt began cycling in 2001 when he was a cadet at the U.S. Air Force Academy in Colorado. As a determined competitor, Holt dedicates countless hours a week to train. He has participated in seven military cycling world championships, two of which were at the Military World Games.

“It’s amazing to see the different countries, their athletes and all the different disciplines,” Holt said. “It’s pleasing to see countries gather and compete with one another in that (manner), building friendship through sports.”

The goal of the Military World Games is to contribute to building a peaceful and better world through an event that is based on the CISM and Olympic spirit: without political, religious, racial consideration nor discrimination. The first games took place to celebrate the 50th anniversary of the end of World War II, symbolizing peace across all nations.

“For a brief moment all of these countries are just comrades trying to achieve the same goal,” Lawson said.

## Rescue

From Page 12

over the search, Coleman and Ogan went back to service their gear with the expectation of a call if anything was to be found, but they never received that call. As evening approached and the tides dropped, the victim was located, wrapped in kelp just below the surface of where they had searched. After reflecting on the rescue with visible empathy, Ogan explained how they had followed procedures.

“Every rescue presents its own challenges,” Ogan said. “We are constantly having to innovate better ways of doing things. A lot of the methods are tried and true; they’ve been around forever. Ninety percent of the world uses the same

standards that we uphold through (United State Life Saving Association). We maintain a certain level of fitness just to participate, and if you can swim, that is your best defense against drowning or an emergency.”

As with every after-action report, Coleman and Ogan found great strengths of theirs and also room to innovate new initiatives from the rescue attempt. Coleman’s confidence in his posture said it all, communication with other helping agencies is one of their greatest strengths.

“We actually had mutual aid with Santa Barbara County,” Coleman said. “They have a really good water rescue program and when they came, we all meshed. It was awesome because we try to model ourselves off of our surrounding areas. We try to mimic their (standard operating procedures) so when we do work with them, we are speaking the same language.”

## Future

From Page 10

“AFTAC has some really smart people here who have come up with solutions to some very hard problems,” Wilson said. “You think differently. You’re driven. You develop novel ways to get after the tough challenges we face, and I am really impressed with your innovative spirit. AFTAC is on the cutting edge of all things nuclear and my words of wisdom to you are simple: push it up!”

At the conclusion of the briefing, the

general recognized two members of the AFTAC team as outstanding performers and coined each of them for their work: Master Sgt. Ryan Doss and Tech. Sgt. Alissa Garnett.

Wilson also held a “State of the Force” town hall meeting for all base personnel and took questions from Airmen. Much of his briefing focused on China.

“We have never faced an adversary like China,” Wilson said. “We must continue to deter and compete against this near-peer adversary, whether that be economically, academically or militarily.”

An Airman asked the general for an update on “The Air Force We Need” initiative, and the vice chief spoke about how the Air Force is executing the initiative. “One of the ways we’re addressing our challenges,” he said, “is (improving) how we recruit, retain and encourage our single most important weapon system, our people.”

Wilson continued, “When Congressional leaders ask me what we need as a force, I never hesitate with my response. I tell them we need more people – bright, innovative young minds willing to carry us well into the 21st century.

We’ll always need more ‘stuff’ – aircraft, equipment, materiel, etc. – but it’s the people who are our number one priority.”

As he closed out the town hall, Wilson said, “What you’re doing here is incredibly important and I want you to know that your dedication is recognized and appreciated by (Secretary of the Air Force Barbara Barrett) and (Air Force Chief of Staff Gen. David Goldfein). You’re all doing a fantastic job for our Air Force and our nation, so go out there knowing that we’ve got your back.”

**Thornton & Sons**  
Jewelers of Innovation  
*Solano County's Favorite Jeweler since 1972*

**HEARTS ON FIRE**  
THE WORLD'S MOST PERFECTLY CUT DIAMOND™

HEARTSONFIRE.COM

1661 E. Monte Vista Ave., Suite A  
Vacaville • 707-446-2370  
www.thornton-sons.com

**SCANDINAVIAN DESIGNS FURNITURE**

VISIT OUR VACAVILLE STORE AND ASK ABOUT OUR **15% MILITARY DISCOUNT\***

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

STORE HOURS  
MONDAY - SATURDAY: 10AM - 6PM  
SUNDAY: 11AM - 6PM

www.scandinaviandesigns.com

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

### Solutions

#### Str8ts

Previous solution - Medium

8	3	4	2		5	6	7	
6	7	5		1	3	4	2	
7	8			2	4	5	3	6
	6	3	5	4	2		8	7
2	5	1	4	3		8	9	
1	4	2	3	9	8	7	6	5
3	2			6	7	1	5	4
	9	8	7	5	6	3	4	
		9	8	7		2	1	3

#### Sudoku

Previous solution - Medium

9	1	3	8	7	6	2	5	4
5	4	6	3	9	2	1	8	7
7	2	8	1	5	4	6	9	3
8	9	2	7	6	1	3	4	5
1	6	5	4	8	3	7	2	9
3	7	4	5	2	9	8	1	6
6	5	9	2	1	7	4	3	8
2	3	7	9	4	8	5	6	1
4	8	1	6	3	5	9	7	2

## Medal

From Page 11

“Because of the weight of the award, just being nominated meant a lot for me,” Whittle said. “Having the local base family recognize me in that manner meant enough, whether I got it or not.”

The Airman’s Medal is awarded to any member of the armed forces of the U.S., or of a friendly nation who, while serving in any capacity with the Air Force after the date of the award’s authorization, has “distinguished himself or herself by a heroic act, usually at the voluntary risk of his or her life but not involving actual combat.”

That service before self value is what can make the difference for action in a situation like the one Whittle faced. Those who serve understand how important it is to recognize heroism while not on duty.

“The past 19 years, I’ve been in the military, so it doesn’t just turn off,” Whittle said. “I was surprised there was an award that honored your actions when you weren’t in a wartime environment or affiliated with an active duty environment.”

The day after the shooting, he received messages of support from many high-ranking command staff members in the Air Force.

“I didn’t even know the proper way to respond to those texts with proper customs and courtesies, but you know, I had more outreach from the military than any other kind of organization,” he said. “So yeah, it was overwhelming, but



U.S. Air National Guard photo/Staff Sgt. Jordan Martin

**Master Sgt. Bryan Whittle, center, 205th Engineering and Installation Squadron, poses with Maj. Gen. Michael C. Thompson, left, Oklahoma Air National Guard adjutant general, and his wife, Shannon Whittle, right, and a child after receiving the Airman's Medal Dec. 8 at Will Rogers Air National Guard Base in Oklahoma City.**

that’s why being nominated for the award means so much to me – more than actually getting the award. For the higher Air Force command to have appreciation for guardsmen or reservists or anyone not on active duty, it’s nice to know that they recognize that.”

Whittle does not feel exceptionally heroic. Being singled out from his peers for acts of heroism was never something he expected.

“We’re all the same cut here, not just in my unit, but across base,” Whittle said. “You know, you’re kind of a product of your environment, and my environment is the Guardsmen out here 90% of the time. You’re looking at me for a hero. ... Well guess what, there’s a thousand more

every weekend that pull up, you know? So it’s just not me. There’s a ton of us.”

He is more than familiar with the environment at an air national guard base. For all 19 years of his military service, Whittle has been at Will Rogers ANGB with the 205th EIS and also works with many people from his squadron at his civilian job.

“We met before he joined the military, and I was enlisted,” said Senior Master Sgt. Micah Willhight, 205th EIS engineering noncommissioned officer in charge. “We worked at the same civilian job, and he joined my squadron in the same career field. We still work together at the Guard and now as civilians for the same division at the

Federal Aviation Administration. All of us at the 205th EIS are proud to see him receiving an award for being the person we already know that he is.”

And while Whittle appreciates the comfort, support and recognition offered by his military family, he also very much wants to share this award with the member of his family who was by his side throughout the ordeal.

“For my wife to be in that situation and handle it like she did, I want to make this about us and not about me,” Whittle said. “I get recognized for what I did, but she had complete trust and faith in me. I don’t think I could see my spouse take off and do that, and I feel like that’s braver than anything I did.”

currently transitioning to and utilizing EFBs to perform flight-management tasks during pilot training.”

The LWS does have limitations, Sims said. Intended to provide learner access to education and training materials, it’s not approved to provide services for morale, welfare and recreation facilities or non-learner or other trainee focused mission requirements, such as hospital waiting rooms or security alarm support activities.

Sims said LWS is a readily accessible service similar to that found in hotels and airports and will allow transmission of non-sensitive information.

“It’s not designed to protect sensitive data such as personally identifiable information, protected health information or info designated as for official use only or controlled unclassified information, but it does support the transmission of sensitive data when it’s encrypted,” he said.

## Rebuild

From Page 4

“USACE brings to the table a very robust portfolio of capabilities,” he said. “Their flexibility and willingness to completely engage with us and having them here to support us in completing such a huge amount of MILCON (military construction) projects has been paramount to the rebuild.”

Working with the PMO team on this historic project has been exciting for Chuck Ford, USACE project manager forward.

“Maj. Pleake-Tamm has been especially instrumental in providing the information we need when we need it, coordinating with the appropriate people to get the master plan done, and in finding the correct base agencies for us to work with,” Ford said. “It takes a team effort. Everyone knows their roles and responsibilities, and because of that we are able to work efficiently to deliver a cutting-edge final product on schedule.”

The rebuild of Tyndall AFB is a massive project in both size and scope. In fiscal year 2019, the base awarded nearly 10 times more operations, maintenance and military construction funding than in a normal year.

“Both the current mission of generating airpower for the Air Force, as well as the new mission of Tyndall (AFB) evolving to be the ‘Installation of the Future,’ exist simultaneously,” Melancon said. “The PMO team is working diligently to produce a base that is resilient, adaptable and technologically advanced.”

The Tyndall AFB USACE Team is currently comprised of 10 team members and is projected to grow to 50 when construction begins.

“USACE leads a major part of the design and construction of our plan to ensure it becomes a reality,” she said. “The PMO is successful because of the USACE team. We are building an ‘Installation of the Future’ that will be here for the next 100 years, and we are leading the way for other bases to follow.”

For more information on the progress the Program Management Office at Tyndall AFB is making on the rebuild at the base, visit <https://www.afimsc.af.mil/TyndallPMO/>.



U.S. Air Force photo/Airman 1st Class Jennifer Zima

**Staff Sgt. Nichole Sehle, 422nd Security Forces Squadron noncommissioned officer in charge of standardization and evaluations, locates required equipment during a recall exercise Nov. 21 at RAF Croughton, United Kingdom. Quarterly recall exercises are a form of readiness for defenders to always be prepared to respond at a moment's notice.**

## Croughton

From Page 5

longer-term objectives.”

For 18 years, Air Force security forces squadrons followed the U.S. Army doctrine of separating the squadron into sections, S1 through S5: Commander Support Staff (S1), Intelligence Flight (S2), Operations and Training Flight (S3), Logistics and Resources Flight (S4), and Installation Security, Plans and Programs (S5). The new test program has removed these classifications and restructured the squadron to be more effective with streamline communication transitioning to a three-system operations flight, a sustainment flight and command support staff.

With the implementation of Squadron of the Future, the biggest quality-of-life improvement is that off-duty time is secured.

## Tabs

From Page 4

Abell, was leading the wing’s enlistment force.

“We’ve felt the need for this for

“We started this back in September and we have not once brought anyone in from protected time off,” Whitney said. “When the flight is on their protected time off, no one in the unit is allowed to bring someone in unless the commander approves it. It is equivalent to crew rest.”

Defenders at RAF Croughton also increased their monthly training days from four to six. Likewise, trainers work alongside defenders to assist in training needs.

“Previously when we had to go to training, people generally drag their feet,” said Tech. Sgt. Corey Southard, 422nd SFS noncommissioned officer in charge of training. “Now you have a trainer embedded amongst your flight. People are more receptive to it. They have someone with them who’s their trainer. It’s twofold – the quicker they train you, the quicker you get out or go off to bigger and better things.”

The Squadron of the Future

some time,” said Chief Master Sgt. Bryan Whitley, 821st Contingency Response Group superintendent. “When we’re out in the field, our sister services and other agencies have a difficult time differentiating us from other Airmen. This solves that

concept is being tested at 14 different security forces squadrons across the Air Force, at least one in each major command. Monthly conference calls with senior leaders bring Airmen together to talk about the progress and give feedback.

“Our senior leaders at the headquarters level are really taking care of the defenders out on the ground,” Whitney said. “In 18 years, this is a whole new change, but it’s a change for the right reasons. It is making us a more lethal career field by giving us more time to do training. That’s a lot of time not only to take care of our annual training plan requirements, but it also allows us to focus on the things that may be specific to RAF Croughton. It’s making us more lethal defenders, because you never know when the next threat’s going to come.”

RAF Croughton is the only test base in U.S. Air Forces in Europe – Air Forces Africa.

problem. And this will give our Airmen a sense of pride to wear a tab that shows that they have achieved a skill-set that many don’t have.”

CRW Airmen can acquire these patches from their designated squadron representatives.

## Coelho

From Page 2

subjective experience of joy or purpose.

Depression can be spurred by a range of factors such as a change in life circumstances, a change in lifestyle behaviors, loss of a loved one, loss of a job or even loss of hope. While grief is a natural and normal part of the human experience, prolonged and sometimes complicated grief can develop into a depressive episode that can require more focused and proactive measures.

So what’s the antidote to depression?

The antidote often begins with talking to people. I cannot tell you how many patients I’ve had over the years tell me, “I told a friend or family member I had depression, and they responded, ‘me too.’”

In our society, our perception of mental health conditions, like depression, have become almost like mental leprosy; “If you got it, don’t touch me. I might get it too.” Yet, depression and clinically significant depression are experienced by nearly 17.3 million people in the U.S. alone, according to the National Institute of Mental Health.

The Center for Disease Control also states that 1 out of 6 adults will experience depression in their lifetime. The World Health Organization’s statistics on depression show that at any given time about 300 million people are experiencing depression worldwide.

Let’s put these numbers into perspective. The current U.S. population is approximately 327.2 million. That is a staggering number of people who may be experiencing the same issue as you. For those willing to initiate a conversation about their own suffering, this condition is shared by many.

For those suffering, many will recover naturally, much like recovering from a brief illness like the flu. When those symptoms become complicated or worsen, people typically seek out their doctors for more specialized treatment.

People often find improvement in their symptoms when they utilize helpful methods, such as going for a run, playing with a pet, a brief cry or relaxing. Other times, the symptoms may be more severe and you need to see a professional who will likely recommend psychotherapy and/or medication, and then you recover and get better.

Yes, that’s right, most people recover. Depression is treatable, even when it feels debilitating. While it can feel isolating, depression is an opportunity for connection with friends, family, coworkers and perhaps even your medical team.

Additionally, if you are a veteran or concerned about a veteran, call 1-800-273-8255 (TALK) to connect with the Veterans Crisis Line and reach a caring, qualified responder. You may also text 838255 or visit <https://suicidepreventionlifeline.org> or <https://www.veteranscrisisline.net> to chat. In the event of an emergency, call 911.



# Turn to Travis

for great rates and easy applications  
for Auto and Home Loans

Our hometown service and dedication to helping members earned us the 2018 Air Force Credit Union Service Award! Visit us at any branch or online—we fit your busy lifestyle. And when you PCS (Permanent Change of Station), take us along, with Online Banking and our Mobile App.



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

Federally insured by NCUA. Everyone who lives, works, worships or attends school in our 12-county area is eligible to join. Certain membership eligibility requirements may apply. Equal Housing Opportunity. NMLS #643926.

## Corrick

From Page 2

My second piece of advice is, once you make your decision, plan it out as much as you possibly can. When you leave the military, that means instantly losing a paycheck, health care and potentially a place to stay. You need to know what you want to do, why you want to do it and more importantly, how you are going to do it. That has been the most stressful part of this transition, but there are a ton of resources available to you. You have to be willing to look for them.

My third and final piece of advice is this: Do not let anyone change your mind. That doesn't mean you shouldn't listen to advice from people you trust, but always come to the decision that is right for you. I have had so many people come to me and try to give me reasons to stay. I sat and listened to every single one of their pitches. I could instantly tell the people who genuinely cared about me and those who felt the need to try and retain me because they thought it was their "duty."

Those conversations not only helped solidify the fact others cared about me within the Air Force, but they also allowed me to find the holes in my plan. Each one left me with a question that I wanted to help myself find the answer to. So, when these people come to you, trust me they will, listen to what they have to say and apply it to your situation. They may have valid points, or they may bring up points you hadn't yet thought about.

When you find out your Airman is separating, please do not discourage them. The choice to separate is harder than you think. Instead, I challenge you to not only talk to them but listen. Showing them that you care and support them is a priceless gift that could change their mind or help them solidify their decision. Retention is important, yes, but so is creating a culture where Airmen are free to make decisions based on their personal, educational and professional needs.

**winkfield REALTY**  
Serving Home Buyers & Sellers throughout Solano County

**LaTonya Winkfield**  
BROKER/OWNER DRE# 01402379  
707.590.8754 tonya.winkfield@gmail.com

**Shaunte Jacob**  
REALTOR® DRE# 01937007  
678.485.2703 shauntejacob@gmail.com  
www.winkfieldrealty.com

**Railroad Ave. SELF STORAGE**  
515 Railroad Ave, Suisun City, CA 94585



**Railroad Ave. SELF STORAGE**  
**50% OFF**  
1st Month's Rent

Must Present Coupon • Not Valid With Any Other Offer • Expires 12/31/2019

- RV & Boat Storage
- Security Cameras
- Drive Up Units in ALL Sizes
- Military Discount



**(707) 425-7300**  
www.railroadstorage.com



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

We are so pleased to announce our merge with Solano Plastic Surgery and Brian K. Klink, M.D.

INTRODUCING

## NAPA SOLANO PLASTIC SURGERY AND NAPA SOLANO MEDISPA

NAPA SOLANO PLASTIC SURGERY  
WILLIAM J. MCCLURE, M.D.  
BRIAN K. KLINK, M.D.  
Napa Solano MediSpa

Serving Napa Valley for **35 years** & Napa and Solano Counties' top choice for Plastic and Reconstructive surgery for over **25 years**.

**Consultations Available** for the newest cosmetic procedures and medical skin care.

**Trusted Expertise**  
**Personal Care**  
**Exceptional Results**

www.napasolanoplasticsurgery.com

**Call today for your consultation**



1175 Trancas Street, Napa • (707) 258-6053  
181 Andrieux Street #204, Sonoma • (707) 996-2071  
1001 Nut Tree Road, Ste. 130, Vacaville • (707) 448-3436



**Scott Orthodontics**  
*"We Go The Extra SMILE"*

**Best of 2016**  
 Voted Best Orthodontist

- Orthodontics for Children & Adults
- Cosmetic (Clear) Braces
- Invisalign
- Early Intervention Treatment
- Financing Options Available
- Military Discounts

**Bryan C. Scott, D.M.D.**  
 Specialist in Orthodontics & Staff

[www.scott-ortho.com](http://www.scott-ortho.com)  
 2611 Nut Tree Road, Vacaville, (707) 451-2292  
 1411 Oliver Road, Fairfield, (707) 428-3200

### Control

From Page 3

has a few different offices you can be a part of," Paul said. "Other offices work directly with the missiles, whereas SST works primarily on the facilities, such as the (launch control centers)."

Although their job doesn't

directly work with missile components, SST is vital to ensuring the continued success of AFGSC's mission of providing long-range precision strike capabilities.

"Ensuring nuclear hardness is our job," Paul said. "We make sure the capsule and missileers can survive in a crisis and continue to accomplish our mission."

**PRMI** Primary Residential Mortgage, Inc.

Where the Primary focus is you. For your Purchases, Refinance & OTC construction.

Contact us for a wide variety of flexible loan options. Your goals, your dreams, your future—we'll help you get there.

**Michael Jenkins**  
 Loan Officer  
 NMLS #: 337350  
 Cell: (707) 208-9208  
 Office: (415) 870-2752

PRMI NMLS 3094. PRMI is an Equal Housing Lender. This is not a commitment to lend. Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act 4130403. 1101 5th Ave, Ste 330 | San Rafael, CA 94901.

### Updates

From Page 6

national defense objectives," Hogg said. "Air Force medicals continue to answer the call across a broad spectrum of operational, humanitarian, and disaster response missions."

Hogg also spoke about progress with implementing a variety of other military health reforms, highlighting the stand-up of the Air Force Medical Readiness Agency, the launch of the Air Force Medical Reform Model and the transition of authority, direction and control of military treatment facilities to the Defense Health Agency.

"Our charge is crystal clear," Hogg said. "I am confident these reforms will maximize our ability to meet combatant commanders' requirements."

Ask About Our **MILITARY DISCOUNT**

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

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

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

**Happy Holidays**

**COUPON**  
**50% OFF**  
**1st MONTH**

ON MOST SIZES. NOT VALID WITH ANY OTHER OFFER. EXPIRES 12/31/19.

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

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

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



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

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

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

1360 Burton Drive, Suite 160, Vacaville, CA 95687  
 5120 Manzanita Ave. #105, Carmichael, CA 95608

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



# GOLDFEIN

... speaks with leaders during stop at Travis

U.S. Air Force photos by Senior Airman Christian Conrad



1) From left to right, Chief Master Sgt. Patrick Tiaffay, 312th Airlift Squadron flight engineer, Col. Scott McLaughlin, 349th Air Mobility Wing commander, Chief Master Sgt. Derek Crowder, 60th AMW command chief, and Col. Jeff Nelson, 60th AMW commander, salute a passenger aircraft carrying Air Force Chief of Staff Gen. David L. Goldfein Dec. 4 at Travis Air Force Base, California. Goldfein made a brief stop at the base to refuel and met with base leadership. 2) Nelson greets Goldfein Dec. 4 at Travis. 3) Goldfein talks with Nelson Dec. 4 inside the distinguished visitor's lounge at Travis.

Looking to load up? Try the **SWAP ADS**. Drop off ads in Bldg. 51. Ads appear for one week. Submission does not guarantee publication.

# MILITARY DAYS



**\$20 Bonus  
Play**

Every Wednesday

With Military I.D. – Active or retired

**CACHE CREEK**  
CASINO RESORT  
cachecreek.com

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