



TAILWIND



GENERAL

... tapped as new Air Force Chief of Staff

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Former sergeant reflects on emotional crisis

Rebecca Ward
AIR FORCE RESILIENCE

PENTAGON — In late 2018, Master Sgt. Stephanie Baker's world was turned upside down. Up until that point, she felt as if she was "living the dream."

She was recently retired from being an active duty Airman. She was married to another retired Airman, had two amazing kids and had begun a new chapter with the Air National Guard in Alabama. The transition to civilian life, though, had been emotionally and financially difficult for her and her husband.

Shortly after returning home from a family vacation, Baker's husband asked for a divorce — a move Baker says she didn't see coming.

"We had our ups and downs in 15 years and we've always lived through it. That was just the tipping point and we just couldn't work through it," Baker said. "So it was extremely devastating for myself and my children."

So devastating, in fact, Baker spent the next several months on an emotional roller coaster.

"It got really, really bad. I could feel myself sinking into a depression. I didn't want to get up in the morning. I didn't want to eat. In fact, most of the time I had to remind myself to eat," she said.

"I wasn't sleeping. I was stressed out all the time. I was having anxiety attacks, and I could feel myself almost

spiraling out of control and not feeling like I had any way to stop it."

Baker said while she was hurting on the inside, she never let it show on the outside. She continued working and taking care of her children despite struggling to take care of herself.

"I hid it very well," Baker said. "To everybody else, it was business as usual. My family knew I was isolating myself but they didn't know the extent of how bad I was."

She was now a single mom with two school-aged children. Baker's estranged husband was also giving mixed signals about wanting to get back together, only adding to her emotional and mental stress.

"We were trying to make things work," she said. "Can we fix this? Can we not? And it was just extremely difficult."

The situation was all the more complicated by her former husband's relationship with another woman whom he met shortly after their separation. So one afternoon, after arguing on the phone with her ex-husband, Baker said she made the split decision to get her 9 mm gun out and pull the trigger.

She said, "That day, I just couldn't take anymore. I'd had enough. I was in so much pain and hurt, I wanted it to stop."

Only a few weeks earlier, Baker had attended a memorial service for a family friend, a fellow Airmen, who had died by suicide. In her anguish, he



U.S. Air Force photo

came to mind.

"The aftermath of him leaving his family behind was very hard to watch. I guess I thought about that and I thought about my kids," Baker said.

So in that brief moment of reflection, with her hand still on the gun, Baker realized she needed help.

"There was no rationality to what I was doing. It was spur of the moment. It was quick. I was having severe anxiety. I was bawling my eyes out. I felt like I couldn't breathe. I felt like I was going to pass out. It was very real because I was almost coming to terms with the fact that this was going to make it better."

Baker admits it sounds crazy, but the person she reached out to was her ex-husband. Still clutching the gun, she made a phone call that lasted just long enough to tell him she needed help. He came immediately.

After wresting the gun away from her, Baker's ex-husband stayed for several hours. She says they just sat and talked. It

wasn't until the next day that she called the Veterans Crisis Line. Because she was now a civilian working for the military, they referred her to the installation's medical center at the same Army base where she worked. They then notified her chain of command at the Air National Guard.

Baker said, "The very next day, my flight chief and my sergeant and one of my very best friends, a co-worker, drove all the way up from Birmingham to come see me — to see if I was OK, to see how I was doing."

Baker was then admitted to a local hospital for residential treatment where, for the next 10 days, she was evaluated by doctors, attended group sessions and met individuals who shared similar stories. She also saw a member of her guard unit every day. Everyone from her co-workers to her commander came to see how she was doing. Looking back, Baker says this was the help she needed. At the time though, she was so consumed

by negative thoughts, she felt like she had no control over her mind.

Maj. Jordan Simonson, Air Force Suicide Prevention Program Manager, said in the darkness of depression and despair, we sometimes forget about all the people we can turn to.

"We forget," he said, "that there are people who care about us."

Baker said she is mentally stronger now, and knows she's headed in the right direction.

"I still have my days, but on those days I can reflect on where I was and where I am now, and know that I can make it. And I remember that I always have resources and someone I can talk to," she said.

She still attends regular counseling sessions and now takes the time to do a lot of self-care.

"When I look back at the situation," Baker said, "I kind of look back on things that we're trained for. All these red flags and these indicators that we're told we should see. And I didn't see those."

She said she knew internally something was going on, but she brushed it off and never talked to anyone about it.

"I feel like that was my mistake," Baker said. "I should have talked about it. But at the same time, it's hard to talk about something like that. For me, being a strong and kind of independent

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A view into the past



U.S. Air Force photo/Airman 1st Class Cameron Otte

U.S. Air Force Lt. Col. Chad Harris, right, 60th Air Mobility Wing heritage center curator, shows Col. Jeffrey Nelson, 60th Air Mobility Wing commander, a CG-4 Hadrian Glider cockpit during Leadership Rounds Feb. 28 at Travis Air Force Base, California. The Leadership Rounds program provides 60th AMW leadership an opportunity to interact with members of Team Travis and get a detailed view of each mission performed on base.

Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

Air Force

Col. Jeffrey Nelson 60th Air Mobility Wing commander	Senior Airman Amy Younger
Capt. Erica Feehan Chief of command information	Airman 1st Class Cameron Otte
Tech. Sgt. Traci Keller NCO in charge of command information	Nicholas Pilch Tailwind staff

Daily Republic

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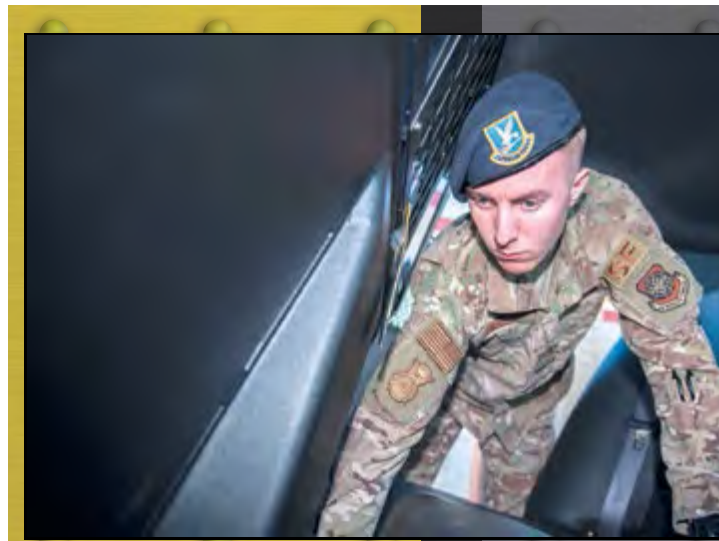
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On the cover

Gen. CQ Brown Jr., Pacific Air Forces commander, prepares for a cargo air drop mission on a C-17 Globemaster III on Oct. 19, 2018, during his visit to the 15th Wing, Joint Base Pearl Harbor-Hickam, Hawaii.

U.S. Air Force photo/Tech. Sgt. Heather Redman

WARRIOR OF THE WEEK



U.S. Air Force photo/Airman 1st Class Cameron Otte

Name: Senior Airman Anthony Meinert.	Time in service: Three years.	What are your hobbies? Baseball and hockey.
Unit: 60th Security Forces Squadron.	Family: Mom, dad, older brother.	What is your greatest achievement? I denied a hostile individual at the main gate and worked with two U.S. Marshalls to subdue an irate individual. I got control of the scene without injuries or hindrance to the mission.
Duty title: Installation entry controller.	What are your goals? To finish my Community College of the Air Force degree in criminal justice.	
Hometown: Bend, Oregon.		

Brown picked as next leader

Charles Pope

SECRETARY OF THE AIR FORCE
PUBLIC AFFAIRS

ARLINGTON, Va. — Gen. Charles Q. (CQ) Brown, Jr., the commander of Pacific Air Forces, a decorated pilot who has held key commands and served as a military advisor at the highest levels, has been nominated to serve as the Air Force's 22nd Chief of Staff, Secretary of Defense Mark T. Esper announced March 2.

If confirmed by the Senate, Brown would assume one of the two highest positions in the Air Force from Gen. David L. Goldfein, who is retiring June 30 after four years as Chief of Staff. Brown would be the first African-American to serve as a service chief.

"I am truly honored and humbled by the nomination to serve as the Air Force's 22nd Chief of Staff," he said. "If confirmed, Sharene and I look forward to building upon the legacy of Gen. Dave and Dawn Goldfein and the many airpower giants before who have served our Air Force and our nation with such dedication."

Brown, known across the Force as "CQ," will take command of an Air Force in transition, one moving from a decades-long priority on combating and containing terrorism to a new era of Great Power Competition. As part of that new focus, the Air Force and entire U.S. military must be trained, ready and properly equipped to confront, deter and if necessary, defeat, challenges from Russia and China. It also comes at a time of heightened challenges from North Korea and other geopolitical shifts across Asia.

Experts dish out tips for health

Military Health System
Communications Office

Last month, the Military Health System showed how Total Force Fitness keeps the hearts of the armed forces healthy and ready to defend the nation.

The MHS sat down with Karen Hawkins, a dietician with Military Community and Family Policy, and Patricia Deuster, Ph.D., director of the Consortium for Health and Military Performance at the Uniformed Services University of the Health Sciences, to offer the dish on heart health and provide a few helpful hints to improve yours:

Introduce some color to your diet

Phytochemicals naturally occurring chemicals in plants provide fruits and vegetables with color, smell, and flavor. Different colors provide different nutrients, so eat a range of colors for maximum benefit.

Deuster Dish: "Aim to fill half your plate with colorful vegetables and enjoy fruit for dessert and as part of your snack. Pick one new fruit or vegetable each week to try – this is a great way to introduce your family to new fresh and healthy foods."

Cook more at home

Families who cook at home have control over the ingredients, portions, and cooking process. Also, meals at home can be cheaper than dining out. Home cooking is associated with higher-quality diets, better weight management, and improved health.

Deuster Dish: "This is a great way to spend time with family and friends. Many military installations offer cooking classes and programs, so learn new recipes and try them at home with the family."



U.S. Air Force illustration/Airman 1st Class Jennifer Gonzales

Naturally occurring phytochemicals in plants provide color, aroma and flavor to fruits and vegetables. Different colors provide different nutrients, so eating a range of fruits and vegetables is essential.

Talk to a registered dietitian or nutritionist

It's a challenge for health care providers to tell warfighters and their families what the best diet is for heart health because individual preferences and differences in metabolism will determine what diet will last long term.

Hawkins Hint: "Following a plant-based diet, Mediterranean diet, or dietary approaches to stop high blood pressure or 'DASH' diet can help with preventing heart disease and reduce risk of heart complications. Talk to a registered dietitian or nutritionist to find out which plan works best for you."

Eat foods rich in Omega-3

Omega-3 fats help reduce blood pressure, abnormal heart rhythms, and the risk of stroke and heart failure. The human body does not produce omega-3 fats on its own, so eating foods with that type of fat can help improve heart health.

Deuster Dish: "Although foods like fish, flax, and chia seeds are the best source of omega-3s, some people take dietary supplements which, if chosen

correctly, could be helpful."

Check the ingredients in dietary supplements

Some dietary supplements contain stimulants that can have adverse effects on the heart, like rapid heart rate and abnormal rhythms that can contribute to heart attack and stroke.

Deuster Dish: "Check your dietary supplements for stimulants or other ingredients that might 'over activate' your heart."

Get a pet and take it on walks

According to the Centers for Disease Control and Prevention, regular walking or playing with pets can decrease blood pressure, cholesterol levels, and triglyceride levels, all which affect the heart. Pets can also help manage loneliness and depression. They provide companionship and opportunities to socialize with others during play activities like dog walks.

Learn more about the benefits of dog walking on the heart and other domains of Total Force Fitness at Health.mil.

Do a 'chill drill'

Mental stress can be seen physically through symptoms like increased blood pressure, and perhaps indirectly through unhealthy behaviors like smoking, excess drinking, and poor food choices.

Hawkins Hint: "Take up meditation or deep breathing to help deal with stress. Military OneSource also offers 'chill drills' to help develop meditation habits and breathing exercises."

Become financially fit

Financial stress can mess up more than the checkbook. It can damage heart health by adding stress on the heart.

Financial fitness also touches more than one domain of Total Force Fitness, affecting both the body and mind.

Hawkins Hint: "Financial counseling, or just evaluating how you stand with financial fitness, can help to reduce the stress associated with financial woes and lead to less strain on the heart. You can find more resources on how to evaluate your financial fitness on MilitaryOneSource."

World Hearing Day shines light on issue of loss

Department of Defense
Hearing Center of Excellence
PUBLIC AFFAIRS OFFICE

SAN ANTONIO — The World Health Organization estimates 466 million people have disabling hearing loss. By 2050, that figure will almost double, affecting one in 10 people.

To raise awareness about hearing loss and why hearing health care is important, the World Health Organization designated March 3 as World Hearing Day.

For service members, noise-induced hearing loss from exposure to hazardous noise on and off-duty is the most common type of hearing injury. According to the Department of Veterans Affairs, noise-induced hearing loss and tinnitus (ringing, buzzing and other sound in the ears) continue to be one of the most prevalent service-connected disabilities experienced by veterans.

However, that trend is shifting. Each of the military services administers a hearing conservation program, and coupled with the Department of Defense Hearing Center of Excellence, Comprehensive Hearing Health Program, are helping to reduce noise-induced hearing loss among active-duty service members, according to Dr. Theresa Schulz, the center's prevention branch chief.

"For service members and civilians enrolled in hearing conservation programs, hearing health is improving in the Department of Defense. Evidence of this is seen in an overall decrease in hearing impairment for all DoD components," said Schulz. "Service members with hearing impairment decreased from 21 percent in 2012 to 15 percent in 2018. The percent of civilians with hearing impairment decreased from 51 percent in 2012 to 40

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Kids invited to 'Frozen 2' tea party

Lorraine Harris-Ortega
ARMY & AIR FORCE EXCHANGE
SERVICE PUBLIC AFFAIRS

The Army & Air Force Exchange Service invites princes and princesses from far and wide to a Disney Princess Tea Party celebrating "Frozen 2" from 10 a.m. to 2 p.m. March 7.

The tea party will take place at the Travis Army and Air Force Exchange. Tea and cookies will be served and temporary tattoos will be available for

royal guests. Royal guests will have a ball with an assortment of Hasbro "Frozen 2" and Disney princess toys to play with during the party.

"The Travis Army and Air Force Exchange is always pleased to host royalty," said Phonda Bishop, Travis Exchange general manager. "This is the perfect opportunity for children to play dress up with their friends and try out the latest and greatest princess toys."



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Patriot Express to begin flights to, from Guam

Master Sgt. Richard P. Ebensberger
36TH WING PUBLIC AFFAIRS

ANDERSEN AIR FORCE BASE, Guam — The Patriot Express will start flying passengers between Andersen Air Force Base, Guam, and the Seattle-Tacoma International Airport March 7.

The PE, also known as the "Rotator" or "Cat B flight", is a Department of Defense contracted commercial charter flight which provides international support to travelers on official duty and their families. The PE also provides Space-Available travel opportunities for

eligible members. Flights between Andersen and Seattle will take place twice a month during a six-month proof-of-principle scheduled to begin in March. The route will include a servicing stop in Hawaii, but passengers and cargo are not expected to offload during transit at that location.

"The Patriot Express will provide a much-needed service to the military families on Guam," said Mrs. Cindi Boswell, spouse to the 36th Wing commander. "Relying on commercial airfare during a PCS to Guam can be extremely expensive, especially if the family is going to be moving with pets." This

commercial charter flight is expected to help defray both government costs associated with PCS travel and personal costs of transporting pets.

Military members and their dependents in PCS or TDY status will make travel reservations through their installation transportation office.

Families in PCS status are authorized to transport their pets (cats and dogs only) on the PE for a nominal fee but are limited to two pets per family. Additionally, pet capacity will be limited based on the carrier's cargo configuration. Pet reservations are made through the passenger's

See GUAM Page 22

Blue Notes

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First female AFMES director picked

Staff Sgt. Nicole Leidholm
ARMED FORCES MEDICAL EXAMINER SYSTEM

DOVER AIR FORCE BASE, Del. — U.S. Air Force Lt. Col. Alice Briones, Armed Forces Medical Examiner System deputy director, has been named director of AFMES, effective Feb. 21, making Briones the first female director.

U.S. Army Lt. Gen. Ronald Place, Defense Health Agency director, selected Briones after she served as deputy director of AFMES since April 2017.

“Dr. Briones brings a tremendous level of experience and capabilities to AFMES,” said U.S. Army Lt. Gen. Ronald Place, Defense Health Agency director. “She has done an outstanding job serving as the deputy director and I look forward to her continued leadership in the role as director. AFMES does so much to positively impact our nation.”

As director of AFMES, Briones leads an organization of approximately 300 military, civilian and contractor personnel who provide comprehensive services in forensic pathology, forensic toxicology, DNA technology and identification and mortality surveillance for the Department of Defense. “It’s an honor to be



U.S. Air Force photo

Lt. Col. Alice Briones, Armed Forces Medical Examiner System deputy director, has been named director of AFMES, effective Feb. 21, making Briones the first female director.

selected as the new director of AFMES,” said Briones. “There’s no greater place to work, than beside the men and women of AFMES.”

Briones enlisted in the U.S. Army as a Combat Medic in 1990, and completed basic training at Fort Jackson, South Carolina. She attended the University of Maine, earning a Bachelor of Arts in Clinical Laboratory Medicine in 1994, and earned certification as a Medical Technologist. In 1995, she was commissioned in the United States Air Force as a biomedical sciences corps laboratory officer.

She has served in many

roles throughout her career, such as assistant chief of lab operations and squadron section commander at Luke AFB, Arizona, and chief of lab operations at Hanscom AFB, Massachusetts.

“It has been an arduous road with numerous sacrifices and challenges from both my family and myself to get to where I am today,” said Briones. “I hope to be an inspiration to all the women in the military, science and medical fields as well as working mothers.”

Briones received the Health Profession Scholarship

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U.S. Air Force photo/R. Nial Bradshaw

A maintainer with the 421st Fighter Squadron prepares an F-35A Lightning II for launch during exercise Red Flag 20-1 Feb. 5 at Nellis Air Force Base, Nevada.

Maintenance essential with F-35A

Micah Garbarino
388TH FIGHTER WING PUBLIC AFFAIRS

HILL AIR FORCE BASE, Utah — As capable as the F-35A Lightning II has proven itself to be on the battlefield — seeking out and evading or killing high-end threats — it can be just as capable in reliability and quick combat “turns” when maintainers leverage the synergy designed into the maintenance systems.

When you listen to Col. Michael Miles, 388th Maintenance Group commander, the future is bright for the F-35A and it rests in the trust and training of current and future maintainers, as well as “synergy-centered maintenance.”

For three years he’s been running maintenance operations for the Air Force’s first combat capable F-35A Lightning II wing through the successes (initial operational capability, successful combat deployments and the largest fifth generation aircraft elephant walk ever) and through the challenges (supply, canopies, fuel line and coating issues).

“The average Airmen, officer or enlisted, probably doesn’t know that we have more F-35s

in the Air Force today than any other fighter except the F-16 (Fighting Falcon),” Miles said. “They’ll blink, and their next assignment will be at an F-35 base, if they’re not there already. We really need to educate them on the capabilities and the synergy this maintenance system provides. It’s like nothing else in the Air Force inventory.”

While there have been notable program-wide challenges with F-35A sustainment and the Autonomic Logistics Information System, improvements have been made with continuous system updates and more are in the works, Miles said. It’s not the individual programs, but the concept — synergy-centered maintenance — is the core of what makes fifth-generation sustainment unique, he said.

“To me, the most valuable part of the maintenance system is the prognostics health management capabilities,” Miles said. “The ability to look at what the jet is reporting on its health and make maintenance decisions early, before something breaks, is a huge leap in maintenance management from previous aircraft.”

Miles describes the PHM system like a patient going to a

doctor for a regular exam. The patient may have high-blood pressure that bears monitoring. The doctor wants the patient to come back in a few days for a check-up. Medication may be required, but the initial reaction isn’t to put the patient on bed rest.

“First off, with PHM, you know exactly what the issue is. You don’t have to decipher fault isolation lists and manually dig through technical data like many fourth-generation platforms. The information is right there in the system,” Miles said. “You can track these issues and learn that not every issue is something that would cause you to ground a jet. That takes hands-on field experience — living it and learning it.”

If the issue is something that bears more than monitoring, then the system can provide the recommended fix in the associated electronic joint technical data, create a work order and even request the proper parts be sent to the unit.

Meanwhile, while each squadron is tracking the health of its fleet, engineers at the F-35 program level are constantly looking at the most commonly

See **F-35A** Page 18

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Order from Special Breakfast Menu. Not good with any other offers. Must present coupon. Offer expires 3/31/20.

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Ron DuPratt USED CARS in Vacaville

Spring SALE

Only minutes to Vacaville for Super Spring Savings!

<p>2006 MITSUBISHI ECLIPSE GT</p>  <p>STK# 22794 VIN# 008472</p> <p>\$8,839</p>	<p>2012 JEEP LIBERTY SPORT</p>  <p>STK# 22696 VIN# 119315</p> <p>\$10,795</p>
<p>2014 GMC TERRAIN SLE-1</p>  <p>STK# 22694 VIN# 377424</p> <p>\$11,654</p>	<p>2018 NISSAN SENTRA SV</p>  <p>STK# 22653 VIN# 633739</p> <p>\$13,823</p>
<p>2014 CHEVROLET CAMARO 2LS</p>  <p>STK# 22815 VIN# 234118</p> <p>\$13,998</p>	<p>2012 RAM 1500 OUTDOORSMAN</p>  <p>STK# 22793 VIN# 149247</p> <p>\$16,991</p>
<p>2016 DODGE CHALLENGER SXT</p>  <p>STK# 22806 VIN# 344968</p> <p>\$17,413</p>	<p>2018 JEEP CHEROKEE LATITUDE PLUS</p>  <p>STK# 22687 VIN# 573203</p> <p>\$17,976</p>

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Innovation keeps Air Force legend in fight

Airman 1st Class Andrew Kobialka

366TH FIGHTER WING PUBLIC AFFAIRS

MOUNTAIN HOME AIR FORCE BASE, Idaho — This is the story of F-15E Strike Eagle tail number 87-173, where it comes from and how innovation keeps it ready to bring the fight to the enemy.

Many jets become legends

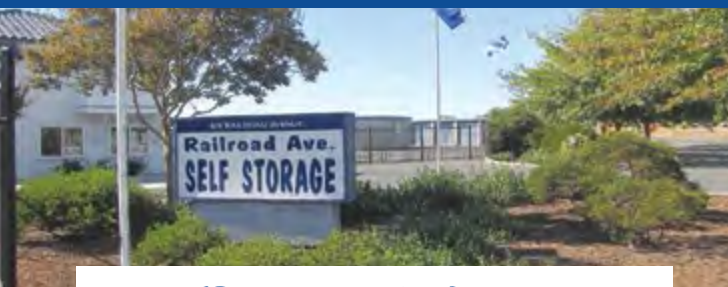
for their heroic feats in battle, but they are unable to tell their stories as they experienced them. Legends never tell their own stories.

“If only fighter jets could talk, the stories they could tell,” said Brig. Gen. Mark Slocum, 332nd Air Expeditionary Wing commander and fighter pilot.

See INNOVATION Page 15

Railroad Ave. SELF STORAGE

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- Military Discount



(707) 425-7300

www.railroadstorage.com



1

Spring

Colors bloom at Travis AFB as seasons change

U.S. Air Force photos by Heide Couch



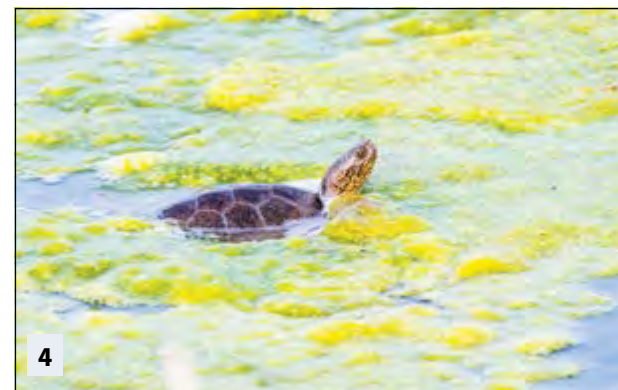
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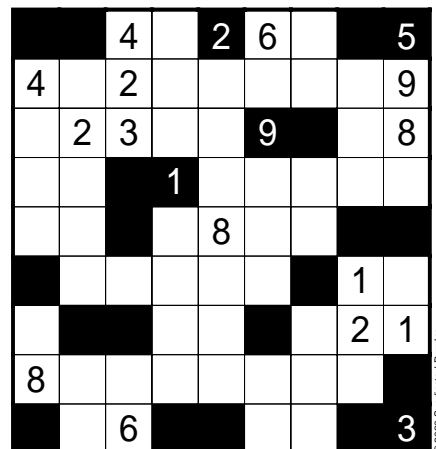
5

1) A honey bee collects pollen from a blooming western redbud tree Feb. 15 at Travis Air Force Base, California. The western redbud is native on dry slopes, usually next to a spring or seasonal creek. 2) A great horned owl hides deep within the branches of a tree Dec. 11, 2019, at Travis. In Northern California, great horned owls begin to pair up in October and the nesting may start between December and February. 3) A mourning dove perches on a barbed wire fence Feb. 15 at Travis. It is one of the most abundant and widespread of all North American birds. 4) A western pond turtle swims through algae Feb. 15 at Travis. 5) A juvenile red-tailed hawk is on the hunt Feb. 15 at Travis. 6) A small insect shelters within the bloom of a California poppy Feb. 15 at Travis.

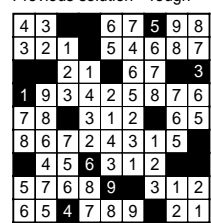
Puzzles

STR8TS

No. 480 Medium



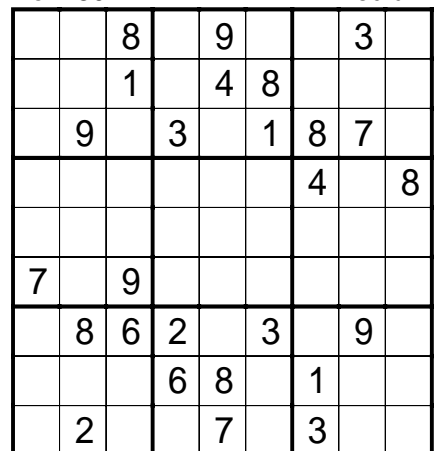
Previous solution - Tough



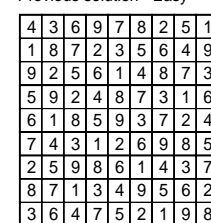
How to beat Str8ts – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into **compartments**. These need to be filled in with numbers that complete a 'straight'. A **straight** is a set of numbers with no gaps but can be in any order, 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. 480 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

If you like Str8ts, Sudoku and other puzzles, check out our books, iPhone/iPad Apps and much more on our store at www.str8ts.com

The solutions will be published here in the next issue.

News Notes

Vietnam War Veterans Day. A table with literature and small tokens available while supplies last to honor Vietnam veterans. 10 a.m. March 27 in the front lobby of the Travis Commissary.

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 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 to 8 p.m. every second and third Tuesday of the month at First Street Chapel Annex, vice 8 to 9 a.m. first Saturday of the month.

• Moms Group. Jesus Cares ministry, EFMP children's ministry, 4:30 to 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. Tuesday.

DGMC Chapel

- Protestant Traditional Service: 10 to 11 a.m. Sunday.

Airmen's Ministry Center

- The Peak is open from 5:30 to 9 p.m. Monday through Friday at Bldg. 1348. Home-cooked meal from 6:30 to 7:30 p.m. Tuesdays followed by Bible study.



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

Recurring

Air Force Office of Special Investigations.

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

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

Air Force Sergeants Association

"Walter E. Scott" Chapter 1320. General membership meetings are at 3 p.m. on the third Thursday of every month at Wingman's in the Delta Breeze Club. AFSA continues to fight and keep you informed on legislation that impacts your pay, school and healthcare. We also host membership and family appreciation events. Find us on Facebook at AFSA Chapter 1320, Travis AFB, CA. For more information, contact Tech. Sgt. Matthew Cinciripini or Tech. Sgt. Mark Henry.

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

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

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

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

Civilian Health Promotion Services. Will perform free wellness screenings from 7:30 to 9:30 a.m. every Monday for all DoD federal civilians. Screenings include cholesterol, glucose, blood pressure and body composition analysis. For more information, visit www.AFMWellness.com or contact CHPS at 707-424-CHPS or CHPSTravis@

foh.hhs.gov.

Combat Arms Firing Range. Bldg. 1370, located 200 yards northeast of perimeter road in the northeast corner of Travis is off limits to all personnel. Trespassing is not only illegal, but extremely dangerous due to live weapons firing. Anyone requiring entry into the area or needing further information should contact the base Combat Arms Section at 707-424-2122 or visit at 700 Vandenberg Drive, Bldg. 1219, Travis AFB, CA 94535.

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 Quire at 501-231-7756 or email travscombatpsd@gmail.com.

Government no-fee passports. All submissions of applications for government no-fee passports must now include: 1) A photocopy of Military Identification Card front and back; 2) Passport photo taken in the past six months; 3) Supporting document(s), proof of U.S. citizenship certified copy with state or county seal, if it involved a name change submit a court order or marriage certificate. Passport application cannot be handwritten and printed back to back and must be completed online with 2D barcode at website <https://pftform.state.gov> and/or <https://travel.state.gov>. For more information, call 707-424-5324.

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

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

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

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

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/2mR1g2>. 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.

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 Maj. Jo Nash at

707-812-3863, josephine.nash@cawgcap.org or visit during a UTA.

Travis Air Force Base Heritage Center. Open 10 a.m. to 5 p.m. Tuesday through Saturday, Bldg. 80, 461 Burgan Blvd., Travis Air Force Base. Escorts required for general public, call center to arrange. Free. 707-424-5598, www.travisheritagecenter.org.

Travis Legal Office. Power of attorney and notaries are walk-ins from 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:

- Rebecca Austria, 60th Maintenance Group.
- John Butler, Special Tactics Training Squadron.
- Jaquelyn Cabanlit, Travis AFB Commissary
- Neftaly Clark, 1st Special Operations Force Support Squadron.
- Bradley Griffith, 60th Maintenance Squadron.
- Rabiye Hamilton, Travis AFB Commissary.
- Patrick Hodge USTRANSCOM, Scott AFB.
- Mark Holmes, 10th Contracting Squadron.
- Dina Patterson-Steward, 60th Aerial Port Squadron.
- Jason Perkins, Grand Forks AFB.
- Gina Silva, Air Force Academy headquarters.
- Jean Sommer, Travis AFB Commissary
- Maria Thammasen, 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

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

- Today**
- 6:30 p.m. "Onward" (PG, first run)
- Saturday**
- 6:30 p.m. "Onward" (PG, first run)
- Sunday**
- 2 p.m. "Onward" (PG, first run)

For more information on the Reel Time program, visit <https://www.aafes.com/exchangestores/Movie-Guide/showtimes-Travis-AFB>.

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

Local events

Events

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

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

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

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

Art exhibits

Arata Fine Art Gallery. Dennis Sheil, March 5 through April 12; open 11 a.m. to 5 p.m. Thursday through Saturday, 1 to 5 p.m. Sunday, 637 First St., Benicia. <https://aratafineartgallery.com>.

Arts Benicia. "Next Generation," March 7 through April 12; open noon to 5 p.m. Wednesday through Sunday during exhibitions, 991 Taylor St., Suite 114, Benicia. Free.

Airmen complete FTAC



U.S. Air Force photo

Congratulations to the latest Airmen to complete the First Term Airman Center course. Alphabetically: Airman 1st Class Laura Adolf, 60th Inpatient Squadron; Airman 1st Class Joshua Alcansare, 60th Aerial Port Squadron; Airman 1st Class Adedeji Aluko, 821st Contingency Response Squadron; Airman 1st Class Robinson Bassat, 60th Security Forces Squadron; Airman 1st Class Emma Bennett, 60th SFS; Airman 1st Class Kason Campbell, 60th SFS; Airman April Carreon, 60th SFS; Airman William Compton, 60th Aircraft Maintenance Squadron; Airman 1st Class Kimberly Dichoso, 60th APS; Airman 1st Class Trey Easter, 22nd Airlift Squadron; Airman 1st Class Ryan Foster, 660th AMXS; Airman 1st Class Anthony Gambatese, 860th AMXS; Airman 1st Class Joshua Gibson, 860th AMXS; Airman Ryan Giroux, 60th Civil Engineer Squadron; Airman 1st Class Fernando Gonzalez, 60th SFS; Airman 1st Class Kollin Grigsby, 60th AMXS; Airman 1st Class Marquita Hall, 60th Surgical Operations Squadron; Airman Andrew Helgren, 60th Maintenance Squadron; Airman 1st Class Miles Hill, 22nd AS; Airman San Miguel Irela, 60th FSS; Airman 1st Class Isaiah Jauregui, 22nd AS; Airman 1st Class Roderick Jefferson, 60th APS; Airman Emma Jones, 60th SFS; Airman 1st Class Brianna Massey, 60th Medical Diagnostics and Therapeutics Squadron; Airman Basic Michael Menosky, 660th AMXS; Airman 1st Class Cameron Oglesby, 60th APS; Airman 1st Class Dylan O'Keefe, 860th AMXS; Airman 1st Class Dylan Poblete, 60th APS; Airman 1st Class Ruddy Ramos, 60th SFS; Airman 1st Class Jacob Sepanic, 660th AMXS; Airman 1st Class Kaitlyn Trapp, 60th SFS; Airman Garrett Violenla, 60th MXS; Airman 1st Class Ronnie Willis, 60th MXS; and Airman 1st Class Cody Wyllins, 60th APS.

Retiree Corner

March sales promotions offer extra discounts

As winter gives way to spring, commissary customers will see significant savings with March sales promotions linked to Frozen Food Month, National Nutrition Month, St. Patrick's Day, NFL ProCamps, the college basketball playoffs and more.

"March is a busy time for commissaries, and that's good news for customers who want to save more on frozen food, snacks and whatever menu you're

planning for your college basketball tournament watch parties," said Army Command Sgt. Maj. Tomeka N. O'Neal, the Defense Commissary Agency's senior enlisted advisor to the DeCA director.

"Besides the everyday savings, our customers gain from the ancillary benefits available through our industry partners in the way of giveaways and promotional events."

Go to the DeCA website to read the entire news release online.

— Defense Commissary Agency

Innovation

From Page 10

The U.S. Air Force has held the title of world air superiority for many years, but its lethality was taken to the next level about 30 years ago in 1987.

The Strike Eagle is designed for air-to-air and air-to-ground combat. Spanning 64 feet long, 43 feet wide and weighing in at 81,000 pounds when fully loaded, its physical prowess only hints at the capabilities of this jet. It's mounted with an array of missiles, bombs, a 20-mm multi-barrel gun and all the futuristic technology most people probably wouldn't even begin to imagine. Top it off with a flashy paint job and standing there would be the legend assigned to the 389th Fighter Squadron at Mountain Home Air Force Base, Idaho.

Although jet 173 has flown many missions over its years in service, its most historic moment happened the night of Nov. 12, 2001, during Operation Enduring Freedom.

Jet 173 was the lead jet in the longest combat sortie flown by U.S. fighter aircraft to this day, which was later deemed "The Kabul-Ki Dance."

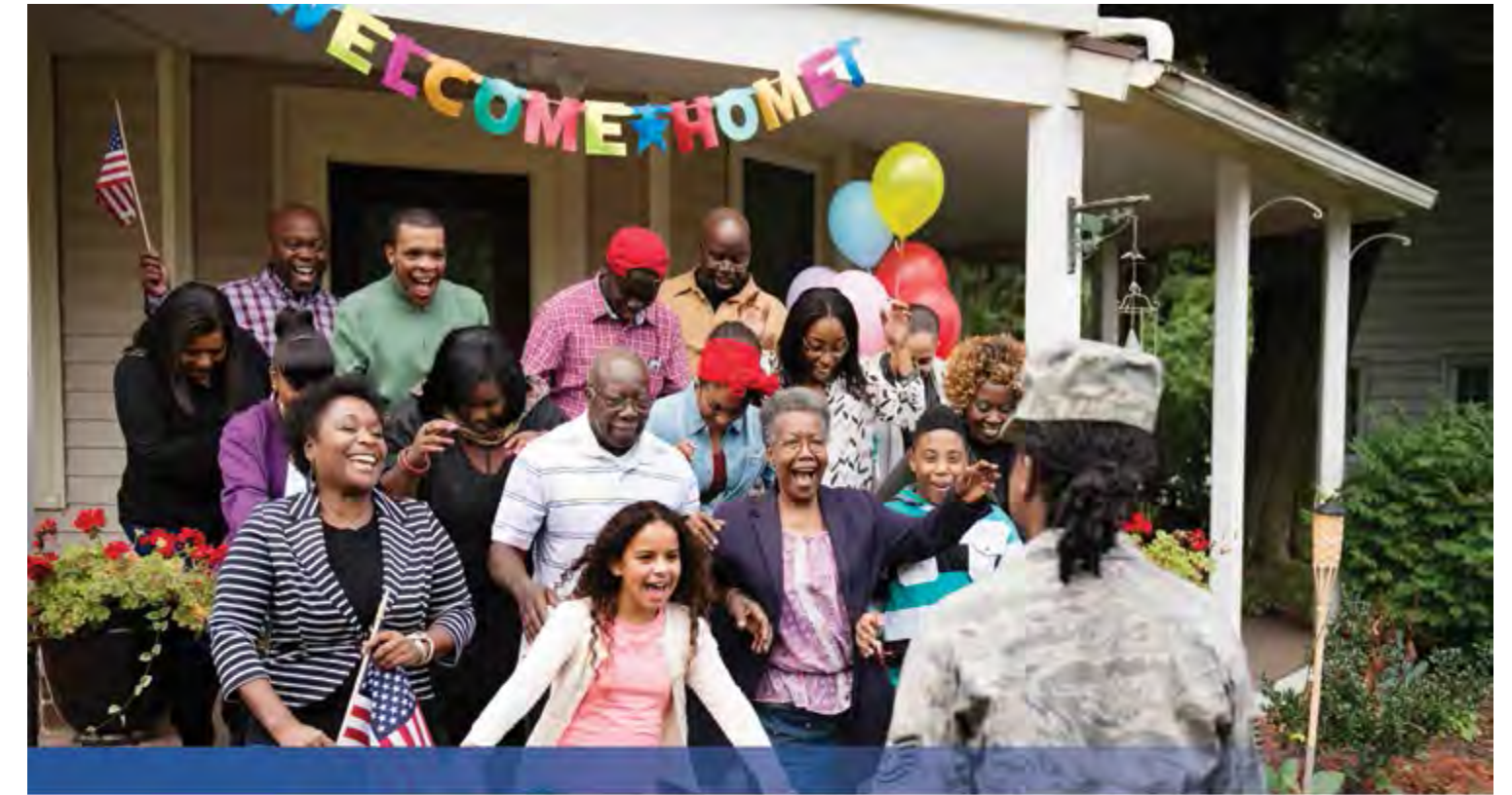
Slocum was the pilot of jet 173, who was a captain at the time and a member of the 391st Fighter Squadron.

The mission was simple: destroy the residences of al-Qaeda targets with 500-pound bombs. And that, they did.

But as chance would have it, it quickly turned into an opportunistic back-and-forth flight pattern. Simply put, every time Slocum completed a mission and began to head back to base, he was given orders to turn around and take out another target.

This went on for over 15 hours. There were 10 in-air refuelings and they evaded anti-aircraft gunfire and ground-to-air missiles throughout the mission.

In the end, the Kabul-Ki Dance resulted in the elimination of several high-priority targets, al-Qaeda residences and the disruption of terrorist movements by bombing a mountainside to create an avalanche that blocked enemy roads.



Your Credit Union — Travis Credit Union

We've taken care of Service Members and their families for nearly 70 years by offering **lower rates** on Auto and Home Loans, along with local, knowledgeable help. Right on base.

We're also online, so you can easily manage your money and apply for loans and credit. And if you PCS, we're still with you: on your smartphone or computer, or at more than 30,000 ATMs in the Credit Union CO-OP Network.



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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 #613926.

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.1agf.org
email: info@1agf.org

BAPTIST

MOUNT CALVARY BAPTIST CHURCH
Dr. Claybon Lea, Jr. - Senior Pastor
Fairfield Campus
1735 Enterprise Drive, Bldg. 3
Fairfield, CA 94533
Sunday Worship Services 7:00am & 9:30am.
Bible Study
Tuesdays @ 7:00pm (Youth Sanctuary)
Suisun Campus
601 Whispering Bay Lane,
Suisun City, CA 94585
Sunday Worship Services, 11:00am
Bible Study
Tuesdays @ 12:00noon
707-425-1849
www.mcbsf.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
Worship11:00 am
CORE Bible Studies 12:30 & 5:00 pm (2nd & 4th Sunday)
WEDNESDAY
Adult Studies.....2:00 pm
AWANA for Kids6:15 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 Worship10 AM
Sunday Evening Worship6 PM
Wed. Evening Bible Study7 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
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F-35A

From Page 9

reported issues, delivering solutions and adjusting the supply chain where needed. This is the synergy that is the key to continued progress in F-35A maintenance, and maintainers will learn to trust the system as the program continues to mature, Miles said.

That trust will continue to improve performance. Currently, the 388th Fighter Wing is generating a mission capable rate of more than 80%, which means that they can generate enough F-35A sorties to support the operational demands of the wing.

Because the 388th FW is meeting that "operational threshold," the F-35 program as a whole could, in theory, shift logistics focus to other units who may not be meeting that threshold or who are just standing up.

The concept is referred to as performance-based logistics and is another part of synergy-centered maintenance. It means

that instead of one unit being fully mission capable and another unit being a fraction of that, sustainment and supply chain can be adjusted to both meet operational demands, Miles said.

"That's how performance-based logistics works, and it only works if everyone buys in. We need to curb the legacy tendency to strive for 100%. That stresses maintenance repair capability and stretches out the supply chain chasing after the unattainable. That is a legacy model," Miles said. "Adjusting expectations to allow everyone across the force reach their operational threshold is giving a little to gain a lot. It's the synergy we're talking about, and we need to be comfortable with that."

People are also a large part of the mission-capability equation said Miles. As new maintainers, and maintainers transitioning from legacy platforms, learn the most efficient ways to leverage the synergy designed into the F-35 maintenance concept, the platform's reliability should only increase across the program, he said.

Director

From Page 8

Program from the Air Force and attended the Lake Erie College of Osteopathic Medicine, Erie, Pennsylvania, and graduated with a Doctor of Osteopathic Medicine in 2005. She then completed her residency in Clinical and Anatomic Pathology at the University of Rochester Strong Memorial Hospital, Rochester, New York, from 2005 to 2009, and completed a Forensic Pathology Fellowship with the Office of the Medical Examiner, Albuquerque, New Mexico from 2009 to 2010.

Briones joined AFMES as

deputy medical examiner in Rockville, Maryland in 2010, and Dover AFB, Delaware, and was appointed director of the DoD DNA Registry in 2014, coordinating services in both the Armed Forces Repository of Specimen Storage for Identification of Remains and the Armed Forces DNA Identification Laboratory.

Briones succeeds directorship from U.S. Army Col. Louis Finelli, who had been the AFMES director since June 2016.

"I look forward to leading this great organization into the future and exceeding the standard in forensic sciences for our greatest stakeholders – the families," said Briones.



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Hearing

From Page 5

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Guam

From Page 6

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“Flying back to the states from Guam can be very expensive,” Boswell said. “For

our junior Airmen, the cost can sometimes be too high to make a trip home for holidays or special events, but with the rotator coming through on a consistent basis, we hope that the increased Space-A travel opportunity will open that door for our Airmen and their families to make it home more easily.”

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Crisis

From Page 2

person, I felt weak talking about stuff like that.”

The thought of appearing weak was a huge mental roadblock that she just couldn't overcome until it was almost too late. Simonson says staying connected with friends and family is key to tackling such mental obstacles.

“It's important to recognize the signs of distress in yourself as well as others,” Simonson said. “Stay in contact with trusted friends and family members. Also remember there are confidential options for talking to someone about what's going on such as the Military Crisis Line or your local Chaplain. Keep their numbers handy. You might even post them next to a picture of your family or some visual reminder of what makes you happy.”

Baker learned that bottling negative feelings up inside only makes it worse. Now she is on a mission to urge others to talk it out.

“Whether it's a family

member, or friend, or close co-worker, find somebody who will listen. Because really that's all it takes,” Baker said. “I felt alone in my thoughts. I felt like this is only happening to me and I know that's not true. It happens to people all the time.”

Baker has returned to her civilian job with support from her supervisor and co-workers, and continues to pursue opportunities with the Air National Guard, setting her sights on becoming a first sergeant. In the meantime, she's lending an ear to anyone who needs to talk.

“It helps. It's part of the healing process to be able to talk about it,” Baker said. “Within my unit, if people are struggling, I tell them you can come talk to me. I don't judge and I will sit there and listen and just be an ear if that's what you need.”

Some of those help resources are just a phone call away. The Military and Veterans Crisis Line, (800) 273-8255; Military OneSource, (800) 342-9647; and the Civilian Employee Assistance Program (866) 580-9078. You may also contact your installation's mental health clinic or Chaplain for help.

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