

Travis displays airpower over the ...

PACIFIC



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PAGES 16-17

Asking questions can build better Airmen

On a recent road trip, I had the opportunity to listen to the audio book, "Good Leaders Ask Great Questions," by John Maxwell. Listening to the examples outlined in the book inspired me to reflect on the questions I ask as a leader and commander.



Commentary by Lt. Col. Jeff Krulick
321ST AIR MOBILITY OPERATIONS SQUADRON

priorities both now and in the future. Technical training, deployments, Professional Military Education and starting a family all compete for our time and affect our priorities. Asking your Airmen to routinely reflect on what is important to them can enhance their self-awareness while helping leaders to better know their people.

Exploring questions can be approached from a number of perspectives. For the Airmen I have the privilege of supervising and leading, a question that I ask is, "What is important to you now? What about in five years?"

The demands of being an Airman are significant and it is important to understand one's

your supervisor or commander can help both you and them. Generally speaking, supervisors and commanders have a greater scope of responsibility, with more demands on their

Commander's Commentary

time. Asking them specifically about how you can help and what duties, projects, tasks are the most important to them goes a long way to being a good follower and will help prepare you for the next level of leadership.

Asking questions of yourself is a great way to check your own focus. One example is, "What am I doing today to bring value to my organization?" When I take the time to ask this question of myself, I am able to manage my time in order to better serve my fellow Airmen and maintain focus on the mission.

From the mission perspective, as a member of one of the two diverse squadrons that make up the Travis Air Force Base, California, contingent of the bi-coastal 621st Air Mobility Advisory Group, the importance of questions is especially relevant. The 571st Mobility Support Advisory Squadron and the 321st Air Mobility Operations Squadron are comprised of Airmen from over 40 distinct career fields that represent a significant cross-section of the Air Force. The two squadrons' distinctive missions of air advising and theater command and control both require highly trained Airmen who are always thinking about questions in order to execute their complex missions that have operational and strategic

level impacts.

Questions are a crucial part of planning processes for the 571st MSAS as it trains and advises partner nations on the employment of airpower, and the 321st AMOS, as it assures command and control capability is available to direct airpower for joint and coalition forces across the globe.

As Airmen it is in our nature to be mission focused, to always be moving forward, to be innovative in solving problems and to find the "right" answers. Yet, by focusing first on the questions rather than the answers, we will better serve our Airmen and the mission. Ask direct questions, listen more and you may uncover an idea or solution that may have passed right on by.



Commentary by Chief Master Sgt. Derrick Harrison
621ST AIR MOBILITY ADVISORY GROUP

Challenges teach art of work, life balance

As we progress through the enlisted and officer ranks, we start to gain additional tasks, duties and personnel concerns.

Your career is no longer just about you, but includes the Airmen you lead on a daily basis. Sometimes we get so consumed with making sure the mission and the people are taken care of, we forget to take care of ourselves.

I have been to numerous conferences and leadership off-sites that are designed to help establish a sustainable work-life balance, but all

Chief's Commentary

that seems to happen is I get behind on work.

As a superintendent, we tell the Airmen we lead to go home and spend time with their families or take a knee. The funny thing about that is we as leaders do not follow our own advice. We sometimes show up early in the morning and leave after most have gone home.

We often eat lunch in our office

or forget to eat lunch at all. Let's not talk about breaking away during a duty day for physical training because that would be a monumental feat. Throughout my career, I sat, watched and learned from leaders that turned the lights on in the morning, shut them off at night and occasionally, worked a few hours on weekends. When I say occasionally, I mean every weekend. My fellow Airmen and I imitated those actions because we wanted to be just like those leaders. We did not have any children at the time and my

wife worked, too, so we were good, right? The grind continued through various deployments, 9/11 and several bumps in rank.

Fast forward to 2012. I am now a senior master sergeant and my wife is pregnant with our first child. This was going to be a piece of cake. My wife was going to have the baby, I would do my 10 days of paternity leave, complete with a few "baby talk sessions" and I was back to the grind. It is funny how

See HARRISON Page 25

Symbols We Stow: Family inspires sergeant

2nd Lt. Jessica Ward
60TH AIR MOBILITY WING PUBLIC AFFAIRS

Editor's note: This is the second in a series about items Airmen have brought with them during deployments that are special to them.

Tech. Sgt. Ryan Padgett, 821st Contingency Response Squadron C-5M Super Galaxy loadmaster and ramp coordinator, leans forward in his chair and takes a deep breath.

He recounts the exact moment he decided his leather jacket, an item that has traveled the world with him, would one day belong to his daughter. The jacket is an item that is given to flyers as soon as the Air Force deems them mission capable.

"It's one of the defining objects for us as flyers," said Padgett, "As soon as I retire, I want to take my most visible symbol of my identity in the military and let Annabelle know that my identity as her dad is more valuable to me than even the best or most exciting mission I ever flew."

Family is at the top of his list of priorities and at the forefront of his mind, even while out flying missions for the U.S. Air Force. That is why he always keeps a photo of his wife, dog tags with a laser engraved photo of his daughter and the leather jacket with him on every mission he flies.

"Those items help remind me of the things in life I have that will transcend my career,

Symbols We Stow

and as a result of that, they're also my anchors," said Padgett.

His items are a strong symbol of resiliency and he encourages everyone to have a way of keeping them grounded in their careers.

"Ryan adores our daughter, and when he is gone it is so hard being away from her," said Krishna Padgett, Ryan's wife, "The dog tags were just a way to keep her with him when he's gone."

Having an identity outside of the military is important, said Padgett.

One day his career will be over, but regular life will continue. Keeping something with him as a reminder of what his identity is, a husband and a father before anything else, helps him accomplish this.

Padgett specifically recalls the importance of having the photo of his wife, on a mission to eastern Europe in 2008.

"Some things went very wrong with the takeoff and it almost killed 13 of us," said Padgett.

After successfully recovering from the takeoff and later returning back to his hotel, it was the photo of his wife that kept him calm and ready to do the job again.

"After I retire, it won't be the military that will take care of me on my worst days or share

See SYMBOLS Page 23



Tech. Sgt. Ryan Padgett, 570th Global Mobility Squadron unit training manager, displays the keepsakes that travel along with him on his worldwide missions, July 18.

Tailwind

Travis AFB, Calif.
60th Air Mobility Wing

Air Force
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60th Air Mobility Wing commander

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Chief of command information

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On the cover

A KC-10 Extender from Travis Air Force Base, Calif., prepares to land July 12 at Wake Island. A combined crew from the 6th and 9th Air Refueling Squadrons at Travis supported Exercise Talisman Saber 2017 by executing Exercise Ultimate Reach.

U.S. Air Force photo/2nd Lt. Sarah Johnson



U.S. Air Force photo/Louis Friscese

WARRIOR OF THE WEEK

Name: Senior Airman Pat Moore.	Hometown: Valdosta, Georgia.	and get a master's degree. Become a head football coach.
Unit: 6th Air Refueling Squadron.	Time in service: Four years.	What are your hobbies? Hiking and fishing.
Duty title: KC-10 Extender flight engineer.	Family: Spouse, Courtney; two sons.	What is your greatest achievement? Recovering a stabilizer-inoperative aircraft after departing Alaska.
	What are your goals? Finish a degree in physical therapy	

KC-46 boom ops tested at Travis



U.S. Air Force courtesy photo

A team of flight test engineers and operators from the 418th Flight Test Squadron, Detachment 1, Seattle, Wash., work with flight engineers June 27 at Travis Air Force Base, Calif., to test KC-46A Pegasus boom operations. Once complete, the KC-46A will replace fleets of KC-10 Extenders at Travis AFB and Joint Base McGuire Dix Lakehurst, N.J. The KC-46A will provide improved capability, including boom and drogue refueling on the same sortie, worldwide navigation and communication, airlift capability on the entire main deck floor, receiver air refueling, improved force protection and survivability and multi-point air refueling capability.

MTI named publication's Airman of the Year

Ashley Palacios

37TH TRAINING WING PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas — A 326th Training Squadron military training instructor facilitator has been selected as the Military Times 2017 Airman of the Year for her exceptional service over the course of a 15-year Air Force career.

Tech. Sgt. Megan Harper, who became an MTI in March 2013 and Airmen's Week facilitator in August 2016, received her honor July 12, 2017, at a

ceremony in Washington, D.C.

"She does so much for our unit," said Maj. Christopher Sweeney, the 326th TRS assistant director of operations. "Everything she does, she gives it her all. On her breaks from instructing, she comes down to her desk and continues working on her additional duties."

As a facilitator, Harper's job is to facilitate classes during Airmen's Week, a transitional character development period between basic military training and a

technical school when Airmen have the opportunity to apply and internalize the Airman's Creed and core values taught during BMT.

She is the NCO mentor to new Airmen, Sweeney said. Her job is to motivate the Airmen and help them internalize the reasons behind their service.

In addition to her regular job as an interim instructor supervisor, Harper has two additional duties within the unit. She is also a backup instructor, a role typically filled by a

master sergeant.

Originally Harper's leadership submitted an award package for the 37th Training Wing NCO of the Year, but she wasn't selected. Sweeney felt so passionately Harper deserved recognition for all she does, he approached some of Harper's former supervisors and other wingmen around base and they all agreed to send in a nomination package to the Military Times on Harper's behalf. In total, at least eight different packages

See MTI Page 25

Commentary

Cherish every moment

It's 4 a.m. and a car parks outside the family home. Inside, a proud father of two takes one last look at his daughter and son before hugging his wife and walking out the door.

As the car drives off, he stares out the window, hoping his wife and children will be all right for the next six months.

This scene was my reality in September 2015, when I left for my most recent deployment, a day before my son's third birthday.

My children are everything to me. They're my world. I live for them and work hard to provide for them. I want my children to have the best in life, like all parents do. As a military father, though, my children have to deal with unique challenges most kids don't.

Since my daughter was born on Jan. 10, 2008, she's moved four times, gone to three different schools and eight different childcare providers. My son, who was diagnosed with autism three months into my deployment, has moved twice and had five different child care providers.

Add the uncertainty of temporary duty assignments, deployments, the occasional weekend shift and late nights in the office and it's easy to see military families deal with a lot. It's only a matter of time before the Air Force asks me to leave my family. Only a matter

See HODGMAN Page 22



Commentary by Tech. Sgt. James Hodgman

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Site helps veterans get authentication to shop

Chris Ward

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

DALLAS — VetVerify.org has launched to confirm eligibility for veterans to receive lifelong military exchange online shopping privileges.

Veterans may log onto VetVerify.org, which will use information from Department of Defense's Defense Manpower Data Center's records and inform them of their ability to access this new benefit. If a veteran's record has character of service data, and that data meets the criteria for the online benefit, the veteran will be verified to shop.

Beginning on Nov. 11, the veteran can log onto the Air Force, Army, Coast Guard, Marine Corps and Navy Exchange websites at shopmyexchange.com, shopcgx.com, mymcx.com and mynavyexchange.com for tax-free shopping. If a

veteran's information is incomplete, VetVerify.org will provide guidance on corrective steps.

Extending online shopping privileges to all honorably discharged veterans will likely improve family and support programs for Soldiers, Airmen, Sailors, Marines and Coast Guard members, as well as their families.

Increased sales and earnings as a result of the veteran's online shopping benefit have the potential to generate millions of dollars in additional dividends to quality-of-life programs. These funds decrease taxpayers' burden to support services and programs on military installations around the world.

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Enlisted PME to see redesign

Senior Master Sgt. Katherine Grabham

OFFICE OF THE CHIEF MASTER SGT. OF THE AIR FORCE

WASHINGTON — Air Force officials announced major changes to the enlisted professional military education program July 18 via an initiative called Enlisted Professional Military Education for the 21st Century or "EPME 21."

A major initiative of EPME 21 is that time in service will no longer dictate an Airman's EPME enrollment — Airmen will only be required to complete distance learning courses as a prerequisite to their resident attendance. This initiative is now in effect.

Also, the Air Force will transition to 100 percent resident EPME, allowing all active duty,



U.S. Air Force graphic

Guard and reserve Airmen an opportunity to attend Airman Leadership School, as well as the NCO and senior NCO academies prior to promotion.

The changes are a result of

the 2017 EPME triennial review, said Chief Master Sgt. JoAnne Bass, the Chief of Air Force Enlisted Developmental Education at the Pentagon.

See EPME Page 22

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130 make technical sergeant

60th Air Mobility Wing Public Affairs

One-hundred and thirty staff sergeants assigned to Travis Air Force Base, California, were selected July 20 for promotion to technical sergeant.

Below is a comprehensive list of those selected for promotion at Travis Air Force Base:

- Christopher Barrow, 60th Communications Squadron
- Gillian Bennett, 60th CS
- Robert Beresford, 60th Maintenance Squadron
- Curtis Bish, 60th Maintenance Group
- Stephanie Blake, 60th Medical Operations Squadron
- Kevin Blevins, 60th Medical Diagnostics and Therapeutics Squadron
- Lacey Blevins, 60th Surgical Operations Squadron
- Adam Burley, 60th MXG
- Shaina Butler, 60th Medical Support Squadron

- Craig Cadonau, 660th Aircraft Maintenance Squadron
- Michael Castaneda, 60th Security Forces Squadron
- Andrew Chait, 60th MXS
- Terrell Cole, 660th AMXS
- Angela Corley, 60th Aerospace Medicine Squadron
- Felix Cruz, 60th MDOS
- Paris Cunningham, 60th Force Support Squadron
- Armando De La Rosa, 22nd Airlift Squadron
- Michael De Vega, 60th AMDS
- Donald Decoy, 60th MXG
- Ethan Dehart, 60th Medical Group
- David Dezwaan, 60th Civil Engineer Squadron
- Daniel Dodson, 60th Contracting Squadron
- Matthew Dolan, 22nd AS
- Kyle Dreke, 22 AS
- Iesha Edwards, 60th MDSS
- Richard Ellstrom, 60th Comptroller Squadron
- Mata Espino, 60th Operations Support Squadron
- Annamarie Estores, 60th Dental Squadron
- Gilbert Flores, 60th AMXS
- Vincente Flores, 60th MDSS

- Adrian Florez, 60th SFS
- Crystal Frazier, 60th MDTs
- Jonathan Frazier, 60th MXG
- Cameron Gallipeau, 60th Aerial Port Squadron
- Sarah Garcia, 60th FSS
- Walter Gibbs, 60th SFS
- Michael Gilbert, 60th AMDS
- Jayvi Gonzales, 660th AMXS
- Castillo Gonzalez, 60th AMXS
- Andrew Goodwin, 60th Communications Squadron
- Ashelin Griffin, 60th Logistics Readiness Squadron
- Tiffany Griffith, 60th CS
- Steven Guerrero, 60th MDTs
- Cody Hendrickson, 60th APS
- Mark Henry, 60th SFS
- Kurtis Hoof, 60th AMXS
- Cory Horn, 660th AMXS
- Latisha Hunt, 60th MDOS
- Adam Ingan, 9th Air Refueling Squadron
- Todd Inskeep, 60th AMXS
- Corey Keele, 6th ARS
- Traci Keller, 60th Air Mobility Wing
- Jack Kemp, 60th CS
- Amanda Kepner, 60th MDOS
- Angela Kim, 60th Inpatient Operations Squadron
- Samantha Kirkpatrick, 60th MDTs

See TECH Page 21

Weight misperception may lead to health problems

Merrie Schliter-Lowe 60TH AIR MOBILITY WING PUBLIC AFFAIRS

A new study involving active-duty members found that 42 percent of men who are overweight or obese think their weight is normal, while 81 percent of women in the normal weight range are trying to lose weight.

The study, published in the May-June issue of Military Medicine, also found that fewer men than women accurately perceive their weight status – 63 percent versus 78 percent – while 66 percent of overweight men and 63 percent of overweight women do not diet.

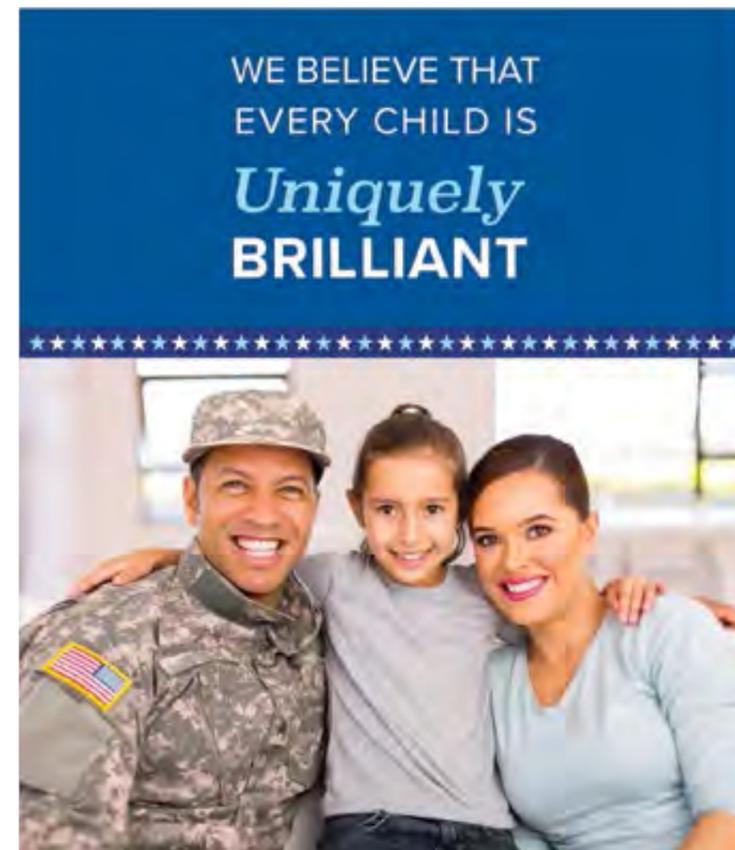
Inaccurate weight perceptions have potential health implications for the military, according to Lt. Col. Heidi Clark, 60th Diagnostics and Therapeutics Squadron Nutritional Medicine Flight commander

and registered dietician at Travis Air Force Base, California.

“The concern is, if you don’t accurately perceive whether or not your weight is healthy, you’re probably not going to try and change it and you’re probably not going to engage in healthy behaviors that would support changing it,” said Clark, who collaborated with three Army dieticians on the study, “Misperceptions of Weight Status in Military Men and Women.”

While it is not clear why military members over- or under-estimate how much they weigh, the researchers proposed that it may be related to “aspects of the military culture; such as weight and body composition standards, as well as an emphasis on physical fitness.”

See WEIGHT Page 24



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Texas pair bonded through service, linked in life

Staff Sgt. Chip Pons
AIR EDUCATION AND TRAINING
COMMAND PUBLIC AFFAIRS

CHICAGO — The lives of two master sergeants became forever intertwined as if guided by fate, leading them toward a chance to serve as teammates and represent the Air Force at this year's Defense Department Warrior Games in Chicago.

Growing up in Texas, roughly 1.3 miles separated Master Sgts. Linn Knight and Kenneth Guinn, both explosive ordnance disposal troops stationed at Tyndall Air Force Base, Florida.

The pair, who would not officially meet until 2010, joined the Air Force in 2004 – Guinn in June and Knight in July. After attending separate technical training courses, Knight, a former lab technician who later cross-trained into the EOD career field in 2009, and Guinn each received orders to Joint Base San Antonio-Lackland, Texas, as their first duty station, living in dorms roughly



U.S. Air Force photo/Staff Sgt. Chip Pons

Master Sgts. Linn Knight and Kenneth Guinn, both explosive ordnance disposal specialists assigned to Tyndall Air Force Base, Fla., pose for a photo with their official Warrior Games medals July 8 at the University of Illinois at Chicago.

300 feet apart.

Recognized as superior performers, the two Airmen earned senior airman below-the-zone during the same cycle. With that promotion motivating the two, each earned promotion

coincidences collided in 2010 when the duo was tasked to deploy as part of a team supporting the Marine Corps in Afghanistan. Still strangers to one another, Knight and Guinn experienced a moment most Americans can only understand by watching a Hollywood production.

Knight and Guinn found themselves targets of a command detonated improvised explosive device while traveling in two convoys, each within an hour of one another, separated by approximately six-tenths of a mile.

"Most of what I remember is sitting there as the team leader and feeling the pain in my ears from the blast pressure," said Guinn. "As the dust settled, the taste was more memorable than the smell. A metallic, charred taste filled my mouth, and all I kept thinking was 'this is only my first week here.'"

As the driver of a different vehicle several streets over, Knight recalls the blast best by the memory of her hands being

forced off the steering wheel in slow motion.

"I remember looking out at empty streets, which is never a good sign. Then, I remember time slowing following the explosion and my helmet getting slammed into the ceiling of the vehicle overhead light," she said.

Both members' names were placed on a casualty report due to traumatic brain injuries, officially enrolling them in the Air Force Wounded Warrior program on the same day.

"The TBI greatly altered my memory," said Knight. "My short-term recall is nearly non-existent. I can tell you what I wore for my birthday when I turned 4, but I couldn't even begin to tell you what I had for dinner last night."

Despite the program making multiple attempts to get in contact with the two Airmen, both initially dismissed AFW2's invitation to get enrolled and begin their own healing processes.

See PAIR Page 19

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Captains selected for major

60th Air Mobility Wing Public Affairs

Forty-four captains assigned to the 60th Air Mobility Wing and 621st Contingency Response Wing were selected for promotion to major.

Below is a comprehensive list of those selected for promotion at Travis Air Force Base:

60th Air Mobility Wing

- David Agee, 21st Airlift Squadron
- Waleed Ashiq, 22nd AS
- Briyith Avalos, 60th Medical Operations Squadron
- Jeremy Barnett, 60th Surgical Operations Squadron
- Milestysyon Blocker, 60th Operations Support Squadron
- Lauren Bogle, 6th Air Refueling Squadron
- Ivan Bohlender, 21st AS

- Gregg Boulanger, 6th ARS
- Brandon Buelow, 60th OSS
- Christopher Darconte, 9th ARS
- Daniel Derusha, 9th ARS
- George Fowler, 22nd AS
- Steven Fuhrman, 21st AS
- Nicholas Hair, 6th ARS
- Travis Harvey, 60th OSS
- Melissa Hughes, 9th ARS
- Jason Jacobsen, 60th Medical Diagnostics and Therapeutics Squadron
- Jacob Jensen, 60th Logistics Readiness Squadron
- Joseph Joyce, 9th ARS
- Anders Karlsen, 21st AS
- Broderick Lockett, 60th Air Mobility Wing
- Amanda Messinger, 9th ARS
- Matthew Molten, 9th ARS
- Chad Murray, 6th ARS
- Thomas Neveu, 22nd AS
- Patrick Ng, 21st AS
- Timothy Prestidge, 22nd AS
- Ryan Price, 60th OSS

- Roger Rabe, 22nd AS
- Tyler Sanborn, 21st AS
- Michael Schwartz, 21st AS
- Kevin Simonds, 22nd AS
- John Smyrski, 22nd AS
- Matthew Stillman, 60th Security Forces Squadron
- David Sullivan, 60th OSS
- Rebecca Sullivan, 60th OSS
- David Waclawski, 21st AS
- Joanna Wiese, 60th MDOs
- Kelly Womble, 60th Maintenance Squadron

621st Contingency Response Wing

- Norbertha Cooper, 571st Mobility Support Advisory Squadron
- Matthew Crowley, 821st Contingency Response Squadron
- Lynn Grady, 821st Contingency Response Group
- David Nelson, 821st CRG
- Fernando Rolon, 821st CRS

A-10 pilot spits fire at Islamic State

Senior Airman Ramon A. Adelan
407TH AIR EXPEDITIONARY GROUP
PUBLIC AFFAIRS

INCIRLIK AIR BASE, Turkey — The darkness of a desert night surrounds his aircraft. The wind rushes past his cockpit.

As the target approaches, nervousness builds deep within his core and his heart races at extraordinary speeds.

Locking in on the tasks at hand, the pilot's eyes glow as he focuses through night vision goggles to locate targets below. Muscle memory from years of training takes over with subconscious adjustments on the controls.

Then with the target in his sights, he deploys the carefully selected weapon system onto an enemy position.

This is how Lt. Col. Ben Rudolphi, the 407th Expeditionary Operation Support Squadron commander, describes flying combat missions in the A-10 Thunderbolt II.

"You're constantly locating the target, checking, rechecking and adjusting for your pass," said Rudolphi. "The Joint Terminal Attack Controller is communicating with me; I'm responding back and relaying information to my wingman. My heart is beating out of my



U.S. Air Force photo/ Senior Airman Ramon A. Adelan

Lt. Col. Ben Rudolphi, the 407th Expeditionary Operation Support Squadron commander, conducts a preflight check on an A-10 Thunderbolt II July 11 at Incirlik Air Base, Turkey.

chest at this point as I'm waiting for the JTAC to say, 'cleared hot.' Once I hear those words my nerves go away. I roll in, make my pass and then we are on to the next target."

Even as an experienced A-10 pilot, Rudolphi still feels his nerves standing on edge each time he goes out on a mission.

"My mind is going a hundred miles per hour before I make my first pass on a mission," said Rudolphi. "All I'm thinking about is 'Don't mess this up!' At the same time, I'm pushing buttons, twisting knobs, speeding up or slowing down, and continually checking where my target is without even thinking about it. All I know is that I need to make a direct hit to help our troops on the ground."

Originally tasked to deploy as an A-10 pilot in support of Operation Inherent Resolve, Rudolphi saw his mission change before even leaving the U.S.

Instead of manning his aircraft, he was given the opportunity to lead others as the commander of the 407th Expeditionary Operation Support Squadron and accepted the position.

"I immediately took this opportunity," said Rudolphi. "This is a new experience and an achievement, which many people don't get the opportunity to have. I have always been behind the yoke controlling the airspace. But now I'm at the forefront ensuring operations can continue."

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Colonel promotes wife, then retires at Shaw

Tech. Sgt. Amanda Dick
9TH AIR FORCE PUBLIC AFFAIRS

SHAW AIR FORCE BASE, S.C. — When military members hold their promotion ceremonies, many times their families enjoy the occasion alongside them.

Spouses, children, parents, siblings and other relatives witness the time-honored ceremony and take part in the tradition of pinning or tacking on the next rank.

For Col. Kristine B. Smith, the 710th Combat Operations Squadron deputy director, at Joint Base Langley-Eustis, Virginia, her promotion meant a little more this time.

Col. Dustin P. Smith, the Headquarters U.S. Air Forces Central Command chief of staff, at Shaw Air Force Base, and Kristine's husband, stood by her side as he promoted her July 14.

The new colonel's journey began 21 years ago when she joined the Air Force in August 1996 as an air battle manager

on Ground Theater Air Control Systems, then for the E-3 Sentry Airborne Warning and Control System aircraft.

She first crossed paths professionally with her future husband when she was a lieutenant.

"I worked for him in the air control squadron, and he was my supervisor," Kristine said. "We're in the same career field, but he's six years senior to me. So, we've always been in the same circle as far as (our) careers go."

She expressed it wasn't until years later that they eventually started dating. Once married and with their first child, Kristine said she decided to transition into the Air Force Reserve, after eight years on active duty.

For the last few years in the Reserve, Kristine was a program manager until her current job at the 710th COS.

"We are responsible for the (AN/USQ-163 Falconer) Air Operations Center, so

See COLONEL Page 25



U.S. Air Force photo/Senior Airman Christopher Maldonado
Col. Dustin P. Smith, the Headquarters U.S. Air Forces Central Command chief of staff, promotes Col. Kristine B. Smith, the 710th Combat Operations Squadron deputy director, from Joint Base Langley-Eustis, Va., July 14 at Shaw Air Force Base, S.C. He promoted his wife as his last official duty in the Air Force before retirement.



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Civilians presented presidential awards

**Secretary of the Air Force
Public Affairs**

WASHINGTON — Secretary of the Air Force Heather Wilson recognized the career achievements of 12 senior civilians during the 2016 Presidential Rank Awards Ceremony July 14 at the Pentagon.

"It is my pleasure to be here for these awards and to recognize the top 1 percent of Air Force civil servants," Wilson said. "We are deeply grateful for you and we are very proud of your accomplishments."

The awards feature two categories: distinguished and meritorious. Nominations are evaluated by boards of private citizens and approved by the president. Only 5 percent, who make up approximately .03 percent of the total civilian federal workforce of Senior Executive Service employees may receive the Presidential Meritorious Rank Award. Only 1 percent can receive the Presidential Distinguished Rank Award.

Distinguished rank recipients receive a lump-sum payment of 35 percent of their



U.S. Air Force photo/Wayne A. Clark

Secretary of the Air Force Heather Wilson speaks during the 2016 Presidential Rank Award ceremony held July 14 at the Pentagon in Washington, D.C.

basic pay, while meritorious rank recipients receive 20 percent of basic pay. All receive a framed certificate signed by the president.

"It's appropriate from time-to-time to pause and say thank you to the exceptional civil servants who help us every day to be the best Air Force in the world," Wilson said. "We couldn't do this without them."

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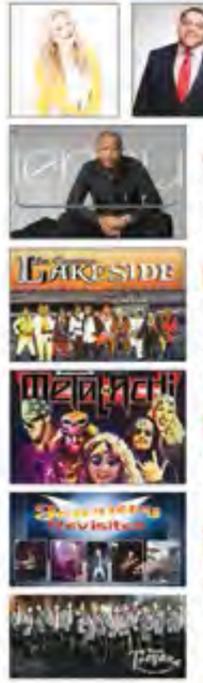
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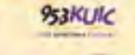
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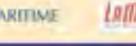
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Innovation challenge aims to boost F-22 capabilities

Kenji Thuloweit

412TH TEST WING PUBLIC AFFAIRS

EDWARDS AIR FORCE BASE, Calif. — The 412th Test Wing's Experimentation Center for Ideas/Technology Exploration team, known as XCITE, hosted a one-day innovation challenge July 10.

Several engineers from around Edwards Air Force Base partnered with

members of the Desert High School Robotics team to come up with a solution to a real-world test problem.

The one-day competition consisted of three teams that brainstormed ideas and designed proposals during the morning session and in the afternoon presented their solutions to a panel of leaders from various organizations on base.

"The goal of the day was for 412th TW

participants to gain training and experience working on a rapid development innovation project team, briefing leadership and then selling their idea; while robotics team students gained experience working with professionals on a real-world problem with real constraints," said T.J. Wuth, an XCITE member. "The students also had the opportunity to apply science, technology, engineering,

and mathematics principals and to learn about federal acquisition."

The three teams were put together to come up with a way to gather ground-based radio frequency imagery of an F-22 Raptor more effectively.

At the F-22 Combined Test Force, engineers routinely use a repair verification radar to collect ground-based images of an F-22 Raptor.



U.S. Air Force photo/Senior Airman Damon Kasberg

Staff Sgt. Dominic Koah, a 557th Expeditionary RED HORSE water fuels system maintenance craftsman, shovels dirt and concrete away from a construction site June 27 in Southwest Asia.

RED HORSE Airmen battle heat

Senior Airman Damon Kasberg
332ND AIR EXPEDITIONARY WING
PUBLIC AFFAIRS

construction jobs in the Air Force, inside and outside the wire.

"Our engineers are accomplishing incredible feats by constructing the next 332nd Air Expeditionary Wing operating location," said Senior Master Sgt. Martin Pitre, the 557th RED HORSE superintendent. "Every phase in constructing a pre-engineered building is present on one construction site. This is a rare occurrence when craftsman can engage in all phases of building construction from start to finish."

SOUTHWEST ASIA — On a construction site at the 332nd Air Expeditionary Wing, all five senses are constantly bombarded. The sun scorches every inch of uncovered skin. Gusting winds kick up sand and dirt, making it difficult to see. Deafening machines saturate the air with the smell and taste of fumes.

For members of the 557th Rapid Engineer Deployable Heavy Operational Repair Squadron Engineers, better known as RED HORSE, this is an average day at work.

In the morning, a convoy arrives to the site. Airmen pile out, grab their gear and get to work. It's early, but the sun and temperature are quickly rising. By noon, empty water bottles

are scattered across the site as Airmen attempt to stay hydrated in the heat.

"You're just dirty all the time," said Tech. Sgt. Adam Wright, the 557th RED HORSE project manager. "When the wind is out with the heat it feels like you're in a dryer. Your body gets tired pretty quickly. It can be a challenge, but you have to keep on pressing to get the job done."

There's a certain point when the heat is deemed unbearable and unsafe to work outside. It's at that point when the RED HORSE Airmen are told to call it a day. But everyone knows there's a schedule to maintain. A handful of Airmen are tasked to work a night shift, when the temperature drastically changes.

Researcher, security forces bring program to Bagram

Staff Sgt. Benjamin Gonsier
455TH AIR EXPEDITIONARY WING
PUBLIC AFFAIRS

BAGRAM AIRFIELD, Afghanistan — As the use of unmanned aircraft systems rises across the world, researchers from around the Defense Department are testing new ways to counter the new threats they could present.

The 455th Expeditionary Security Forces Squadron teamed up with a researcher from the Air Force Research Laboratory to teach Airmen how to pilot drones and use them to train coalition forces on how to react to them on the battlefield.

"This is a brand new program for the 455th AEW, where we are able to test our counter-UAS systems coming into BAF,

in addition to running base-wide exercises," said 1st. Lt. Ryan Wilkerson, a researcher attached to the 455th ESFS.

Wilkerson, who is not a defender by trade, is deployed out of the AFRL, Rome Research Site, New York, and came to test the program at Bagram Airfield, where the challenge is present in real-world scenarios.

A few defenders assisted Wilkerson, serving as drone pilots and using their own down time to practice piloting while learning tactics the enemy may use.

"It's exciting to be able to pilot these aircraft for a program no one has ever been a part of before," said Senior Airman Christopher Gallman, with the 455th ESFS joint defense operations center. "I can't wait to

see where it is going and to be able to help out the total force."

The drone pilots wear aviator sunglasses and have an aura of swagger around them, as they take pride in being at the forefront of tactical development.

"It's fun and enjoyable, and knowing how beneficial it is to not only the base, but all of the force, makes flying the drone worth doing," Gallman said.

Training never ends, and while service members train to deploy, training continues while deployed.

"This allows us to be better prepared," Wilkerson said.



U.S. Air Force photo/Staff Sgt. Benjamin Gonsier

Defenders from the 455th Expeditionary Security Forces Squadron and a researcher from the Air Force Research Lab teamed up to bring a new program to Bagram Airfield.

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Teamwork enhances expeditionary compound

Tech. Sgt. Jonathan Hehny
386TH AIR EXPEDITIONARY WING
PUBLIC AFFAIRS

QAYYARAH WEST, Iraq — Over the past four months, a small team of air advisors, deployed in support of Combined Joint Task Force - Operation Inherent Resolve to Qayyarah West Airfield, Iraq, combined its efforts to improve the U.S. Air Force's compound, changing the working conditions for the airmen assigned there.

When the 370th Air Expeditionary Advisory Group replaced the 123rd Contingency Response Group at Qayyarah West Airfield in early March, they inherited bare bone facilities. The prior contingency response groups had built the U.S. Air Force's part of Qayyarah West up from scratch to start operations, but their mission was not long term.

There was a small open tent used for a passenger terminal that exposed waiting service members to the heat, a canopy spread across two conex boxes



U.S. Air Force photo/Tech. Sgt. Jonathan Hehny

Staff Sgts. Adam Martin, a fire truck maintenance specialist, and Shawn Benton, an aerospace ground equipment craftsman, both assigned to the 370th Air Expeditionary Advisory Group, Detachment 1, work on a Humvee July 2 at Qayyarah West Airfield, Iraq.

used as a vehicle maintenance area, which provided limited protection from the sun, and some of the enclosed tents had mold and rotting wood floors.

The air advisors immediately identified that the air terminal operations center tent had a mold issue that needed to be addressed, said Tech. Sgt. Joseph

Tenebruso, the 370th Air Expeditionary Advisory Group, Detachment 1 expeditionary maintenance flight chief.

After Qayyarah West Airfield, commonly referred to as "Q-West," was recaptured from the Islamic State of Iraq and Syria in October 2016, the U.S. Air Force promptly established a presence, repaired the destroyed airfield and made it ready to be used as a strategic launching pad for the offensive in Mosul.

From mid-October until early March, the 821st and

123rd CRGs deployed personnel to quickly open the airfield and establish, expand, sustain, and coordinate air mobility operations in the austere environment.

The current team from the 370th AEAG was the first air expeditionary force rotation or permanent party to call Q-West home outside of the short-term deployed CRG units assigned to rapidly establish operations.

"Everyone wanted to make this place better than what we came into," said Staff Sgt. Peter Johnson, the NCO in charge of vehicle maintenance assigned to the 370th AEAG, Det. 1. "We identified the needs to better the compound trying to make things more efficient and safer. Everything we've done has a purpose and we worked together as a team to make the improvements happen."

The small team of air advisors worked together to procure and establish tents to be used as a new passenger terminal, morale facility, vehicle maintenance tent and tactical operations center. With the assistance of their joint-service partners, the tents were placed on flooring designed to reduce future mold issues.

The new passenger terminal helped improve the 370th

AEAG's daily facilitation of large passenger movements for both rotary and fixed wing aircraft in support of CJTF-OIR.

The new vehicle maintenance facility improved efficiency for the maintainers as they can now not only get out of the sun to work on their vehicles, but also complete tasks during all hours of the day.

In order for the compound's expansion to take place, the power grid needed to be upgraded.

"Staff Sgt. Benton took the lead on expanding the power grid," said Tenebruso. "He is an (aerospace ground equipment) guy used to working on flightline equipment, but here he is working on power production and distribution. Thanks to his capabilities we are now almost as close to uninterrupted power as possible, which make our operations much more sustainable."

Staff Sgt. Shawn Benton, an AGE craftsman, as well as the other maintenance personnel, often work outside of their scope to assist with facility upgrades and sustainment at Q-West.

"We want to make this the best place that we can for future rotations," said Tenebruso.

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1) A KC-10 Extender taxis prepares to refuel a C-17 Globemaster III from the 437th Airlift Wing at Joint Base Charleston, S.C. KC-10s from Travis Air Force Base, Calif., and Joint Base McGuire-Dix-Lakehurst, N.J., supported Exercise Talisman Saber 2017 by executing Exercise Ultimate Reach, a strategic refueling and airdrop mission in which three KC-10s refueled five C-17 Globemaster IIIs carrying U.S. Army, Australian and Canadian paratroopers prior to an airdrop. 2) A KC-10 from Travis refuels a C-17 Globemaster III July 13 over the Pacific Ocean during Exercise Ultimate Reach. 3) U.S. Army Airborne Paratroopers from the 4th Brigade 25th Infantry division and Canadian Paratroopers from Princess Patricia's Canadian Light Infantry board a C-17 from Joint Base Charleston, S.C., July 9 to conduct static rigging drills on the ramp at Joint Base Elmendorf-Richardson, Alaska, to participate in and provide air lift support for Talisman Saber. 4) A KC-10 taxis on the runway June 12 at Wake Island.



U.S. Air Force photo/2nd Lt. Sarah Johnson



U.S. Air Force photo/Tech. Sgt. Gregory Brook



U.S. Air Force photo/2nd Lt. Sarah Johnson

KC-10s show their reach

2nd Lt. Sarah Johnson

60TH AIR MOBILITY WING PUBLIC AFFAIRS

KC-10 Extender aircrews from the 6th and 9th Air Refueling Squadrons at Travis Air Force Base, California, played a pivotal role July 13 in successfully executing Exercise Ultimate Reach, a strategic refueling and air drop mission in support of Exercise Talisman Saber 2017.

Talisman Saber is a biennial exercise in Australia that focuses on bilateral military training between U.S. Pacific Command forces and Australian Defence Force to improve combat readiness and interoperability between coalition partners, maximize combined training opportunities and conduct maritime prepositioning and logistics operations in the Pacific.

The air drop is one of several operations intended to highlight the interoperability of U.S. and Australian forces as well as the ability to project power in the region. In order to complete it, a joint partnership of aircraft from four different locations and three different time zones met at exactly the right place and time mid-air to conduct air refueling.

The refueling enabled five C-17 Globemaster IIIs carrying coalition troops to travel from Alaska to Australia in a single flight to conduct the primary mission of Ultimate Reach: a joint forcible entry exercise, or strategic air drop, of more than 300 U.S., Australian and Canadian paratroopers into Australia.

"This is what the KC-10 was made to do," said Lt. Col. Stew Welch, 9th ARS commander, and the Ultimate Reach tanker mission commander. "Getting a large package of C-17s with their Army payload from one continent to another is not going to happen without air refueling. This is the bread and butter of what we do in the KC-10 world and it is a privilege to do it (for Talisman Saber)."

To execute Ultimate Reach, the formation of C-17s carrying the paratroopers took off from Joint Base



U.S. Air Force photo/2nd Lt. Sarah Johnson

5) Tech. Sgt. Daniel Flenniken, 6th Air Refueling Squadron boom operator, conducts pre-flight checks on a KC-10 Extender July 11 at Joint Base Pearl Harbor-Hickam, Hawaii. 6) Two C-17 Globemaster IIIs approach a KC-10 Extender from Travis Air Force Base, Calif., in formation for air refueling over the Pacific Ocean during Exercise Ultimate Reach July 13.



Elmendorf-Richardson, Alaska, to be refueled first by KC-135 Stratotankers operating from Eielson AFB, Alaska. As they continued over the Pacific, one KC-10 from Travis AFB and two from Joint Base McGuire-Dix-Lakehurst, New Jersey, were forward deployed to Wake Island, a small atoll in the western Pacific Ocean. They joined a fourth JBMDL KC-10 on its way from Joint Base Pearl Harbor-Hickam, Hawaii, to meet the C-17s mid-flight and refuel each aircraft in quick succession.

"As an improvement from the last exercise, we were able to shorten the (C-17s') flight time because we were forward deployed here to Wake," said Welch. "That's part of the tanker mentality of doing what we need to do and go where we need to go to support the mission. Today, the mission was getting those

troops on the ground."

In total, the tankers offloaded over 700,000 pounds of gas, with KC-10s offloading over 400,000 pounds.

KC-10s were able to provide force extending refueling to the C-17s, said Maj. Pete Mallow, 6th ARS pilot, and the Ultimate Reach exercise director.

"We were able to provide the capability to the C-17s that other platforms can't because we can carry so much gas," he said. "With the strategic airdrop, we're trying to reassure our coalition partners as well as potential adversaries that we can put boots on the ground in 24 hours anywhere in the world."

The complexity of the mission highlighted the U.S.-Australia partnership as well as the seamless working relationship between joint forces, said Welch.

"It doesn't matter what base

we're from (or) what patches we wear, everybody works together, and we get it done," he said. "We do this every day over the desert, and we should demonstrate that we can do it in a number of different areas of responsibility. There's nobody that can reach the kind of places we can reach with our partnership and with our air mobility assets."

In addition to Ultimate Reach, Talisman Saber includes live and virtual multi-domain training exercises on the sea, air, land and cyber platforms. Each exercise focuses on training a combined task force of U.S. and Australian forces in war fighting scenarios and command post drills. Over 33,000 U.S. and Australian personnel are participating in the exercise as well as other government agencies in each country.

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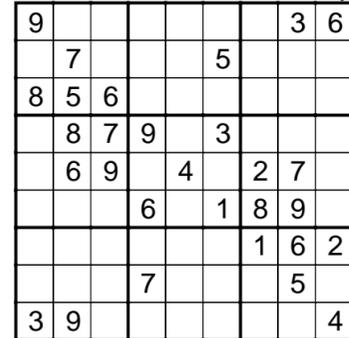


How to beat **Str8ts** – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into **compartments**. These need to be filled in with numbers that complete a 'straight'. A **straight** is a set of numbers with no gaps but can be in any order,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

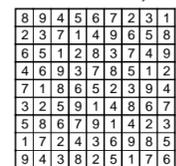
You can find more help, tips and hints at www.str8ts.com

SUDOKU

No. 343 Easy



Previous solution - Very Hard



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.

Retiree Corner

Air Force rolls out phased retirement program

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Eligible Air Force civilian employees now have the option of working part time in a “semi-retired” status, according to new Air Force Instruction 36-817,

Civilian Phased Retirement Program.

For more information, visit the myPers web site and search “Phased Retirement.” Individuals who do not have a myPers account can request one by following the instructions on the Air Force Personnel Center website.

— **Air Force News Service**

Events and info

Career and Education Fair. 10 a.m. to 1 p.m. July 28 at the Delta Breeze Club. Pre-register at <http://bit.ly/2uSOf3b>.

Rock the Block Festival. 11 a.m. to 6 p.m. Aug. 4. Live bands, beer garden, food trucks, kids fun zone. Bring cash. travisfss.com/rocktheblock.

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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., offered 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 Medical Center 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 11 a.m. Sunday at Church of Jesus Christ of Latter-day Saints Fairfield Stake Center, 2700 Camrose Ave., Fairfield.
- **DGMC Medical Center Chapel**
- Latter-day Saints Service: 4 p.m. to 4:30 p.m. Sunday at DGMC Medical Center Chapel.
- For all other enquires, call LDS Military relations representatives at 707-535-6979

Protestant First Street Chapel

- Protestant Community Service: 9:30 to 10:30 a.m. Sunday.
- Gospel Worship Service: 11:30 a.m. to 12:30 p.m. Sunday.
- Children's Ministry is provided for 6-month-olds through fifth grade.
- Protestant Men of the Chapel: 8 to 9 a.m., first Saturday of every month.

Twin Peaks Chapel

- Protestant Women of the Chapel: 9:30 to 11 a.m. Tuesday.
- **DGMC Medical Center Chapel**
- Protestant Traditional Service: 10 a.m. to 11 a.m. Sunday.
- **Airmen's Ministry Center**
- The Peak is open from 6 to 9 p.m. Monday

In the next week...

fri **Ghost Tour.** 8 p.m. July 21, leaves from Virgil's Bait Shop, 201 Main St, Suisun City; 8 p.m. Aug. 5, leaves from Lawler House, 718 Main St., Suisun City. www.suisunwaterfront.com.

Exposition Blvd., Sacramento. www.castatefair.org.

sat **Art Car Jam.** 11 a.m. to 7 p.m. July 22, Obtainium Works, 512 Pennsylvania St., Vallejo. www.facebook.com/VallejoArtCars.

sun **Obtainium Cup.** 11 a.m. to 7 p.m. July 23, Alden Park, Mare Island. Free. www.obtainium-works.net.

California State Fair. Through July 30, Sister Sledge, July 21; Smash Mouth, July 22; Eddie Money, July 23; Blues Traveler, July 24; Anthem Lights, July 25; Paperback Writer, July 26; Trace Adkins, July 27; Belinda Carlisle, July 28; The Marhsall Tucker Band, July 29; Melissa Etheridge, July 30; Cal Expo, 1600

through Friday at Bldg 1348. Home-cooked meal at 6 p.m. Tuesday's followed at 7 p.m. by Bible study.



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

60th FSS

Deals and events

Teen Adventure Camp. From July 24-28, teens can enjoy stand-up paddle boarding, geocaching, hiking, whitewater rafting and more. Register at the Youth Center. Cost includes meals, transportation and equipment. Mandatory swim test for the camp as well as a mandatory parent meeting July 17 at the Teen Zone. \$85. For more information, call 707-424-5392.

Aero club lessons.

For \$49.99, new members can enjoy three months of free membership dues and a Discovery Flights over the San Francisco Bay Area. Offer only lasts until Aug 31. For more information, call the Aero Club at 707-374-0081.

Summer sports

Soccer registration. Coaches needed. Registration for Youth Soccer is now open at the Youth Center. The deadline to sign up is Aug 4. Children ages 5-12 are eligible to participate with proof of current physical, shot records and paperwork. Volunteer coaches in high demand. For more information, call the Youth Center at 707-424-5392.

Travis Triathlon. July 15. Registration July 1-15 at the Fitness Center. Race starts and ends at the Travis Aquatic Center and consists of a 400-meter swim, 12-mile bike and 5-kilometer run. Prior to registering, you must visit the Travis Aquatic Center to test your swimming ability. Just ask a lifeguard for assistance. Individual entry is \$25 and teams are \$60. For more information, call 707-424-2008 or visit the Fitness Center.



For more information on FSS, visit <http://www.travisfss.com>.

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 Sergeants Association "Walter E. Scott" Chapter 1320. General membership meetings are at 3 p.m. on the second Friday of every month at Wingman's in the Delta Breeze Club. For more information, contact Senior Master Sgt. Angell Nichols or Tech. Sgt. Rebecca Linden de Romero.

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.

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."

Fairfield/Vacaville Train Station Project.

Located at Peabody Road and Vanden Road in Fairfield with a six-lane overpass. Construction is scheduled for completion in October. For more information, visit <http://bit.ly/1yNIBwV>.

Family Advocacy Parent/Child playgroups. Toddlers to the Max Playgroup 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 Playgroup 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 1-2 p.m. the third Thursday of each month at The Peak. For more information, contact Amber Quirate and Jessica Soto at 501-231-7756 or email travspcombatpscd@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://pptform.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 the new paperless website at <https://jhns.release.dma.mil/public> and fill out the information.

LGBT Alliance. General membership meetings take place at 6 p.m. the first Wednesday of every month at the Airman and Family Readiness Center. For more information, email lgbtalliance707@gmail.com or call 707-424-2486.

Mare Island Museum. Now a Blue Star Museum, which means active-duty military, reservists and their dependents are eligible for free admission from Memorial Day to Labor Day. 1100 Railroad Ave. on Mare Island in Vallejo. 10 a.m. to 2 p.m. Monday through Friday, 10 a.m. to 4 p.m. Saturday. 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.

Montezuma Shrine Club. Meets every third Thursday of the month at the Masonic Center, 412 Travis Blvd., Fairfield. For more information, call Mike Michaelis at 707-427-2573 or Cal Gisham at 707-425-0060.

Motorcycle licensing and training. California Rider Education offers the Motorcyclists Training Course, the Basic Riders Course 2 and the Military Sportsbike Riders Course on base. MTC classes take place most weekends. Motorcycles and helmets provided. Successful completion gives students a DL389 that waives the skills test at DMV. Course cost covered for active duty, reserves, some DOD and some NAF folks. Dependents welcome, but must cover own costs. All registrations done via phone at 1-800-966-3844.

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 in 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 years 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 dependents. It is the RAO's responsibility to maintain open communication and to ensure retirees receive the service and the respect that they deserve. If you would like to apply for a volunteer slot and have three hours or more to give, call 707-424-3905.

SGLI and vRED. The Record of Emergency Data, aka vRED, and Servicemem-

bers Group Life Insurance form are two of the most-critical documents a service member is responsible for maintaining throughout a military career. Commanders, Casualty Assistance personnel and Mortuary Affairs personnel rely heavily on these two documents as a vital source of information when a crisis occurs resulting in serious injury or death of the service member.

60th Air Mobility Wing Information Protection Office. The office has the following walk-in customer service window hours: 8 to 11 a.m. and 1 to 4 p.m. Monday through Thursday as well as window hours from 8 to 11 a.m. Friday. For emergencies, call 707-424-3114.

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.

Toastmasters. The Travis Toastmasters meets at noon on the first and third Tuesday of the month in the USO Lounge. Toastmasters is an organization that helps people practice communication, as well as build on skills they already have. All are welcome to attend. For more information, call Nicole Culberhouse at 478-273-1760.

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

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

Travis Heritage Center. The facility is looking to add to its historical collection. It is missing the past 15 years of conflict in which Travis was involved. Do you have something special to donate for generations to appreciate? The center also seeks volunteers. The gift shop is open 11 a.m. to 4 p.m. Tuesday through Saturday. For more information, call Rick Shea at 707-424-5598 or email richard.shea@us.af.mil.

Travis Legal Office. Power of attorney and notaries are walk-ins 9 a.m. to 2 p.m. Monday, Tuesday, Wednesday and Friday, 9 a.m. to 1 p.m. Thursday. Legal assistance for active duty members and dependents are walk-ins from 2 to 3 p.m. Tuesday. For all wills and retiree legal assistance, call 707-424-3251 to make an appointment.

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

- Cheryl Brown, 60th Air Mobility Wing.
- Timothy Miller, 60th Medical Support Squadron.

The VLTP allows an employee who has a

THE FLIP SIDE

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 1 p.m. third Saturday of the month at Nut Tree Airport. For more information, call James Harris at 707-631-6361.

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

Local events

Events

Benicia Waterfront Festival. 11 a.m. to 6 p.m. July 29-30, First Street Green. www.beniciamainstreet.org.

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

Fairfield Farmers Market. 3 p.m. Thursdays, through Oct. 5, Jefferson and Texas streets. www.fairfieldmainstreet.com.

Family & Food Truck Fair. 11 a.m. to 3 p.m. second Saturday of each month, May through October, Jefferson and Texas streets, Fairfield. www.fairfieldmainstreet.com.

First Wednesdays at the Suisun City Train Depot Plaza. Food, wine and music, 5:30 to 7:30 p.m. first Wednesday of each month, through October, 177 Main St. www.suisunwaterfront.com.

Food Truck Mania. 4 to 8 p.m. second Sunday of each month, through September, Andrews Park, Monte Vista Avenue and School Street, Vacaville. www.creekwalkevents.com.

Friday Nights at the Farm. 5 to 9 p.m. Aug. 11, Green Valley Road at Vintage Lane, Fairfield. www.vgagconservancy.org.

Ghost Walk. 8 p.m. first and third Friday of each month, through September, 90 Main St., downtown Benicia. 745-9791, www.beniciamainstreet.org.

The Hub. Vanessa Silberman, and Carissa Johnson, 7:30 p.m. July 23; Reese Finley, 7:30 p.m. July 28; Midsummer Dreams, through Aug. 6; Poetry by the Bay open mic, 6:30 p.m. second and fourth Tuesdays; 350 Georgia St., Vallejo. www.thehubvallejo.com.

Salsa, Rib & Chili Challenge. 10 a.m. to 4 p.m. Aug. 5, downtown Vacaville. www.downtownvacaville.com.

Saturday Night at the Movies. Movies begin at dusk: "Moana," July 22; "The Wizard of Oz," July 29; Harbor Plaza, Main and Solano Streets, Suisun City. Free. www.suisunwaterfront.com.

Solano County Fair. Aug. 2-6. Entertainment: Gospel Rocks Solano, Aug. 2; Lenny Williams, Aug. 3; The Original Lakeside, Aug. 4; Metalachi/Journey Revisited, Aug. 5; Bando Troyana, Aug. 6; Solano County Fairgrounds, 900 Fairgrounds Drive, Vallejo. www.scfair.com.

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

Vacaville Farmers Market. 8 a.m. to noon Saturdays, through October, 300 Main St. www.downtownvacaville.com.

Pair

From Page 8

"I felt that there were so many other people out there who genuinely needed the programs help – people who were physically or seriously wounded," said Guinn. "Why should I take up a slot and take away someone else's help?"

For Knight, it was the perception that some military communities placed upon perceived weakness that prevented her from seeking assistance sooner.

"That fear-based perception is only amplified as a woman. ... I didn't want to be perceived as a weak woman," she said. "We are a very male-dominant career field. As a woman, whether you like it or not, people will notice you in both good and bad scenarios. In our career field, once a weakness is perceived, it's usually over, and I didn't want to be that person. I was willing to suffer in silence in order to put mission first.

"Instead, I developed unhealthy ways of coping. I drank too much, overworked myself and instead of dealing with my issues, I ignored them – that just seemed easier."

Each of them was suffering

in silence, afraid to seek the help they needed in fear of losing their clearances and future deployments. Unfortunately, both Guinn and Knight were provided with what they claimed were substandard experiences with medical staff that only set them further back on their road to recovery.

After several negative experiences, Guinn lucked into a slightly different medical approach while deployed to Al Dhafra Air Base in the United Arab Emirates in 2013.

"I was introduced to a more holistic-based therapy; guided imagery, diaphragmatic breathing and yoga," said Guinn. "The captain I was working with at the time told me she thought she could help me, despite my previous medical care perceptions and I gave it a chance. While I was initially skeptical, the therapy worked almost instantly; and I felt peace for the first time in years."

While Guinn was finally taking small, positive steps toward his journey toward recovery, Knight was experiencing a defining chapter in her life while stationed overseas in South Korea.

"My avoidance of my original post-traumatic stress disorder and TBI turned to

distraction," said Knight. "During an unintentional self-exam, I felt a mass underneath my right breast. Anything else was completely overshadowed."

The lump Knight felt turned out to be stage-three breast cancer, but it took persistence to get her initial concerns addressed seriously by local providers.

"I had to beg my medical team to be sent in for a biopsy," said Knight. "I knew I wasn't fine, but the providers just kept telling me that I was too young to have cancer. As it turned out, I did."

After chemotherapy, radiation and several operations to overcome her battle with cancer, Knight felt it was time to give AFW2 a chance.

"When I went to my first camps, I told myself (and others) I was there because I had struggled with breast cancer," said Knight. "But because I

had cancer, I was afforded the chance to revisit the program and finally take care of some of those old demons buried within myself. All of the care I received from the program was helping me deal more productively, and in a more healthy way with some of the issues I faced earlier in my career.

"I remember being introduced to music therapy and being initially hesitant. I just thought 'why am I going to sit here, sing and ring a bell ... how will that help me?' But after a while, I rang the bell and gave into the therapy, and I cannot explain why it worked, but we were all just sitting in a circle singing together and it felt nice – I could feel something in me changing."

Knight was approached by a local public affairs team and asked to share her story in a video that was eventually

shared across Air Force social media channels. Having lost touch with her since their deployment, that video made its way to Guinn who was alarmed to find yet another similarity between them – several small masses under the right side of his chest.

"I reached out to her for the first time in years and we talked at length about her struggles, and I shared what I had discovered in myself," Guinn said. "At her urging, I had an ultrasound and was told that the chances it was cancer were slim, but when I got the call to come in the next day for immediate surgery, I was still nervous."

Guinn underwent a preventative mass removal only to find out that the lump he felt was benign, leading him to the point in his life where he too felt he was ready to give the AFW2 program another shot.




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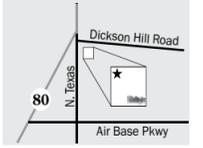
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Visit Travis at [FACEBOOK.com/TravisAirForceBase](https://www.facebook.com/TravisAirForceBase)

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- 10:30 AM * MORNING WORSHIP
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- 10:00 AM WEDNESDAY SENIOR PRAYER
- 7:00 PM WEDNESDAY NIGHT Adult Bible Study
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- Royal Rangers
- Revolution Youth
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BAPTIST



Cooperates with The Southern Baptist Convention

Sunday Schedule:
Worship Service 8:00 am
Bible Study 9:00 am
Worship Service 10:30 am
Evening Prayer & Praise 6:00 pm

Wednesday Schedule:
Dinner (Sept-May) 4:45 pm
AWANA (Sept-May), Youth 6:00 pm
Adult Choir 6:30 pm
Adult Bible Study 10:00 am
1:30 pm, 3:30 pm & 6:30 pm

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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

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

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www.holyfamilyfairfield.org
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Grace Episcopal Church
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Sunday Services:
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Holy Eucharist Rite I

9:15 a.m.
Pastor's Forum

10:00 a.m.
Holy Eucharist Rite II

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Pastor Gregory Stringer
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CHURCH OF CHRIST

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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

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Sunday Morning Worship 10 AM
Sunday Evening Worship 6 PM
Wed. Evening Bible Study 7 PM

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DGMC Chapel
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Sunday 1600-1630

Inquiries: Call LDS
Military Relations Missionaries
707-535-6979

NON-DENOMINATIONAL



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SUNDAYS
8:00 AM
9:30 AM
(Spanish Translation Available)
11:30 AM

WEDNESDAYS
7:00 PM

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Children's Church: 11:30 a.m.

Tuesday
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Bible Study: 7:00-8:00 p.m.

Web Site: www.stpaulfairfield.com
Email: stpaulbcairfield@comcast.net
Church Phone: 707-422-2003

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

Tech

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- Dane Kolter, 60th MXS
- Rainer Largo, 60th IPTS
- Harrison Law, 660th AMXS
- Christopher Lickman, 60th DS
- Ruben Lima, 22nd AS
- Douglas Little, 60th LRS
- Daniel Long, 6th ARS
- Seth Lucas, 60th MXS
- Christopher Lyn, 60th CES
- Justin Marshall, 660th AMXS
- Jeremy Mattas, 60th SFS
- Coty McCuddin, 9th ARS
- Amelia McIntosh, 22nd AS

- Edell Melendez Fred, 60th MXS
- LeeAnthony Mendoza, 60th LRS
- Joshua Miles, 60th CS
- Christopher Miranda, 60th CES
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- Phillip Murant, 60th APS
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- Emily Overcash, 9th ARS
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- Andrew Perna, 60th CES

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- Joseph Rutherford, 60th MXG
- Sergio Salayandia, 60th MXG
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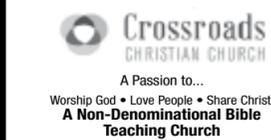
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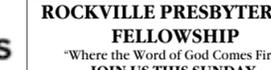
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EPME

From Page 5

“The committee determined changes were needed to the existing EPME structure in order to align EPME with the chairman of the Joint Chiefs of Staff’s policy requiring rank-based educational opportunities,” Bass said. “This also enables all Airmen an opportunity to attend resident PME in order to truly leverage the educational experiences gained from instructors and peers.”

One of Chief Master Sgt. of the Air Force Kaleth O. Wright’s three priorities is leadership – developing Airmen who are ready to lead. One of his objectives in this is to cement EPME changes and infuse agility into Air University processes to improve the ability to provide timely, updated content delivery.

“If this sounds familiar, it should. It was the staple of our EPME for almost 43 years before a recent change to a time in service model,” Wright said. “While this model was effective for some, we quickly found it didn’t meet the needs of all our Airmen, causing many NCOs to lose the opportunity to attend in residence at all.”

Rather than requiring Airmen to complete EPME at

set times based on how long they’ve been in the Air Force, the new model transitions to a rank-based continuum of learning.

Removing the TIS determination “just makes sense,” Wright said. “We must ensure timely, focused and operationally relevant training and educational solutions at all levels. Providing Airmen with the appropriate PME at the right times in their career is a must. If we deliver it too soon, it’s not effective for where they are in their careers. If we deliver it too late, it’s not effective at all.”

Wright notes that the model provides Airmen greater flexibility and time, allowing them to focus their energies on the mission.

“Commanders, superintendents, first sergeants and supervisors remain central to inspiring a culture of innovation, agility and excellence, while promoting a continuum of learning that spans an Airman’s career,” he said.

Airmen will not be notified from the Air Force Personnel Center or Air University on when to enroll themselves into distance learning, but must manually enroll themselves.

“This new EPME structure allows Airmen to decide the best timeframe to complete their distance learning,” Bass said.

Hodgman

From Page 4

of days before I’m given an all-expenses paid trip to some foreign land.

So, what do I do? Cherish every moment. We are not promised tomorrow or even the next five seconds. It’s vital we take advantage of every second we have with our families and make the most of them. Cherish every single hug, smile, laugh and every moment in-between.

I do my best to make the most of the time I spend with my wife and children. Despite a busy work schedule, I try to make it to every school function I can. Every Monday and Wednesday I drive nearly 20 miles to take my daughter to her martial arts class. Watching her learn and grow in that environment has been such a great thing to see. She’s now a brown belt and is very close to becoming the first person in our family to earn a black belt. I’m so proud of her.

Wednesdays are long days in our world, as we also take the kids to their weekly gymnastics classes. Being there for them in those moments is critical. My children enjoy waving at me during their breaks or running over to give me a hug. I enjoy providing some encouraging words and watching them achieve every milestone.

Like many parents, I enjoy seeing my children happy.

Their smiles could brighten up the darkest night. On July 1, I took them to see their first Major League Soccer game between the San Jose Earthquakes and the Los Angeles Galaxy at Stanford Stadium. The game was special because my kids were able to join me on the field for the halftime show when the Earthquakes honored the armed forces with the singing of “America the Beautiful,” pyrotechnics and an all-veteran-formation umbrella display of the American flag. My children were excited and so happy in that moment. To see the joy on their faces, smiles from ear to ear, that glow in their eyes, that’s what I live for.

The weekend before that I took the kids to see their first NASCAR race at Sonoma Raceway, the Toyota/Savemart 350. Kevin Harvick took the checkered flag, but I felt like a winner that day because of how happy my children were. My son loves watching NASCAR races. He’s always glued to the TV any time one of the races is on and he’s always rooting for his favorites. His sister enjoys cheering right along with him.

The next day we hung out at the house, played and later saw the movie “Despicable Me 3,” followed by a visit to the California Great America theme park the next day. I love my children and I know, as a military father, my time with them is not guaranteed. The Air Force will call me to serve at some time in the future in some place that could be

thousands of miles away. The last time I deployed, I missed birthday celebrations, holidays and so many special moments that aren’t the same watching through Skype or FaceTime.

Every moment with my children is special. I recognize this and try to do all I can for them, no matter how tired I may be. I enjoy reading to them, even though I do not do that enough. The other night I read my son “Curious George.” He was so focused on the story, the pictures and I believe the lessons the story was teaching. Spending those moments with him is priceless and so important.

I also pick him up from applied behavioral analysis therapy three times a week and from daycare nearly every day. When he runs to me with a big smile on his face saying “Daddy,” my day instantly becomes better. No matter what I may be going through he can make all my frustrations seem to disappear. He has that power and his sister does as well.

I encourage every mother and father to savor and cherish every moment with your children. Yes, there will be times when they’re driving you crazy and you just need to get away, but the times they warm your heart far outnumber those moments. Tomorrow is not guaranteed, so enjoy the time you have with them today.

Enjoy simple things like playing catch in the park or going for a walk. Enjoy big things like family vacations and taking them to their favorite sporting events. Cherish every single moment, large or small and make the most of them. You will be glad you did.



Courtesy photo

Annabelle Padgett curls up inside the leather jacket of her father, Tech. Sgt. Ryan Padgett, 821st Contingency Response Squadron C-5M Super Galaxy loadmaster and ramp coordinator.

Symbols

From Page 3



Courtesy photo

the joy and tragedies of life that make it full and rich,” he said, “So, I just pulled out the picture and focused on it.”

His belief in finding an identity outside of his Air Force career is one he tries his best to pass on to people he leads and influences. He said military members are most often taught how to take what they have done and where they have been in their careers with them, but are often not taught how to put those things away.

“I love the idea of a shadow-box,” said Padgett.

He deems it a great way of taking the successes of his career and “filing them away” so that his military career is not forgotten, but simply tucked away as his identity as a father and husband remains at the



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Weight

From Page 7

Based on body mass index, about two-thirds of military members are overweight or obese, costing the Department of Defense more than \$1 billion annually in direct medical treatment and lost duty time. Additionally, obesity is associated with an increased risk for chronic diseases; including diabetes, heart disease, cancer and stroke.

“Overweight men who think they are at an appropriate weight may be putting themselves at risk for

cardiovascular disease because they feel no need to increase their physical activity, change their diet or stop eating fast food,” said Clark.

By the time some of these individuals are ready to retire, she said, they may be “caught off guard” when diagnosed with high cholesterol, joint pain or other weight-related problems.

“If you’re always borderline for high cholesterol or borderline for high blood pressure, and have a high BMI, I would say you have a health condition that should probably be better managed,” said Clark.

Women who diet

unnecessarily may also be putting themselves at risk.

“They may be avoiding foods, eating too little, skipping meals, exercising excessively or doing other things that, in and of themselves, may be a health risk because they think they are over a healthy body weight or just don’t like the way they look,” said Clark.

While the study found that no men in the normal weight range dieted, regardless of weight perception, 29 percent of women in the normal weight range thought they were overweight, while 19 percent of them were dieting.

The study took several years to complete and involved 295 volunteers from Joint Base San Antonio and Fort Sam Houston in San Antonio, Texas, and Joint Base Lewis-McChord in Tacoma, Washington.

The study results open the dialog among dieticians about how to educate people about weight standard and how they relate to disease risks, as well as how to help members better assess their personal weight standards, according to Clark.

“This has opened our eyes that this phenomenon is real; it exists, at least in this

convenience sample of military members,” she said.

However, there are several limitations of this study. First, it did not include waist circumference in weight calculations.

“Once a person’s waist circumference exceeds a certain amount, I can say with a fair degree of certainty that you’re carrying excess body fat around your abdomen, which is the most dangerous place to carry excess fat. If we could go back and add waist circumference, that would have strengthened this study,” said Clark.

Another limitation was not having a more diverse population of volunteers.

“People chose to participate in the study,” said Clark. “It was a decent sample size, but the majority were Caucasian, Army, enlisted and male, which doesn’t allow us to answer specific questions about what this means for minority populations.

“In other civilian research, there are different body acceptance standards based on cultures, ethnicities, values and acceptance in terms of weight standards and weight norms and how far those standards

are from what the health community would consider appropriate. We can’t evaluate that because it was not a diverse group.”

Although the results of this study match the results of studies in civilian populations, the findings were based on a previous research project. “The original study looked at what motivates people to eat – emotions, social situations, stress or hunger,” said Clark.

“We found that people who ate intuitively – eating when you’re hungry and stopping when you’re full – tended to have a healthier and more normal body weight,” she said.

Information from the latest study will be included in the revised Better Body, Better Life curriculum, spearheaded by Travis dieticians. BBBL in an interactive, hands-on, five-part series focusing on nutrition, physical activity and behavioral issues to promote healthy living. Classes are held at the David Grand USAF Medical Center on Thursdays from 9 to 11 a.m.

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MTI

From Page 4

were submitted for Harper.

“This has been an incredible honor and such a humbling experience,” Harper said. “In the last 15 years, I’ve had the opportunity to serve with the Air Force’s best of the best and it’s been an honor to be recognized among them.”

One of the reasons Sweeney feels Harper is deserving of recognition is for the day her heroic actions saved a choking trainee and a woman who had been hit by a car.

While in the dining facility, Harper saw a trainee who was choking on food. After taking the appropriate precautions, Harper performed the Heimlich maneuver on the trainee

and dislodged the food stuck in his throat. About an hour and a half later, Harper was leaving the installation and saw a group of people surrounding a woman who had been hit by a car which had fled the scene. Harper and two other Airmen were able to treat the woman for shock and stabilize her until an ambulance arrived.

“The military definitely prepared me to be able to deliver basic lifesaving skills and how to respond to the situation I found myself in that day,” Harper said. “I was Security Forces for the first 12 years of my Air Force career and we receive amazing training in basic first aid and emergency response. Additionally, as an MTI, I have been given further training in the event a trainee is in distress and needs help.”

Harper was inspired to join the Air Force as a security forces Airman after the Sept. 11 attacks and has deployed five times to Iraq, Kuwait and Kyrgyzstan. She is also one of only nine women to complete the elite security forces’ Phoenix Raven program, which trains Airmen to provide security for aircraft operating in high terrorist and criminal threat areas.

Harper has some advice for the Air Force’s newest Airmen. “Be hungry for success, but stay humble so you can overcome challenges,” Harper said. “When the grass looks greener on the other side, it’s important to remember to take time to tend your own lawn. Your success is based not only on the situations you encounter but your reactions to those situations.”

Harrison

From Page 2

fast life comes at you, because the pregnancy did not go as planned and my daughter had to spend 70 days in the neonatal intensive care unit. The whole time I struggled with establishing my work-life balance. I never learned, never desired to learn how to deal with any of this. I still had things to accomplish and mentors to make proud. This life-changing event forced me to start to dial it back, a little.

We left for Langley Air Force Base, Virginia, shortly after my daughter was born and things were going to be great. I started a new job with the 45th Intelligence Squadron and things were about to get back to normal. My wife took some time off from work to be home with our daughter, which took a little stress off of the family. I guess life saw me reverting back to my old self and threw me another curve ball. Our 6-month old was diagnosed with a perforated appendix and had to have surgery. Yes, a 6-month old had an appendectomy and she still marvels at the scar on her tummy. You would think I would have learned my lesson after that one, but a few other events had to happen, which caused me to take a knee and wonder if it was time to hang up the uniform.

I was encouraged by several peers and mentors in my circle of trust to continue serving in this great Air Force of ours. In order for me to do that, I had to make some changes to my work-life balance. I have started to make events that I may have been too busy for in the past. My new hobbies are deejaying with actual vinyl records, playing the Lego Batman video game with my daughter and running at least two half-marathons a year. I

communicate more with my family so we have a game plan for official Air Force functions, temporary duty and short tours which allows us to spend more time together.

I share my story in hopes that it helps our Airmen realize how important it is to have balance and take the time to enjoy time away from work. It took the better part of a 24-year career for me to even acknowledge the need for work-life balance and I’m still learning.

Colonel

From Page 10

management of the operational level of war,” she said.

Through their marriage, Dustin has been by her side, a big reason for his part in the promotion ceremony.

“He’s my husband,” she said. “He’s been my biggest cheerleader, a mentor, a supervisor. He serves both roles in my professional and personal life, so there’s no better person to promote me. We’ve been doing this for 15 years together, and before he retires, he gets to see me as a colonel.”

This was a role the former USAFCENT chief of staff proudly took on for his final duty in the Air Force.

“It’s always an honor to do a promotion, and it’s special to do hers,” Dustin said.

“I promoted her to lieutenant colonel, so it’s an honor to be asked again for colonel. It will be my last promotion, but it won’t be hers.

“It worked out perfectly. As I’m leaving my role as colonel and she steps in, I think the timing is perfect. It worked out that way through chance, but in the end, it keeps the lineage going, keeps the Smith colonels going.”

Immediately following Kristine’s promotion ceremony, the chief of staff officially retired after 26 years of service. He was a senior air battle manager with 1,800 flight hours in the NATO E-3A and E-3 B/C aircraft.

Before his final position, he was the USAFCENT director of operations where he played a critical role in the opening phases of Operations Inherent Resolve and Freedom’s Sentinel.

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Matco Tool Box Includes side box, approximately 20 drawers and assorted tools. Toolbox is valued at \$5000, tools valued at \$4000-\$5000. Everything goes for \$4500 Call 707-803-6027, 707-416-7282

0677 PETS & SUPPLIES

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Travis hosts ... TRIATHLON

U.S. Air Force photos by Louis Briscese

- 1) Rebecca Frye competes July 15 in the swim portion of the Travis Triathlon at Travis Air Force Base, Calif. More than 25 participants competed in the triathlon, which consisted of a 400-meter swim, 12-mile bike ride and a 5-kilometer run.
- 2) Col. Hank Lau, 60th Aerospace Medicine Squadron, competes in the run portion of the triathlon.
- 3) Lau competes in the bike portion of the event.



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The graphic features a blue background with a stylized sun. On the left, there are palm trees, a beach umbrella, and a beach ball. In the center, an orange convertible car is shown. Below the car, several \$100 bills are fanned out. The text 'THE SPRING' is in white, 'AUTO' is in large white letters, and 'REFI & REWARDS' is in white below it. To the right, the offer is summarized in orange text: 'NO PAYMENTS FOR 90 DAYS + GET 100 BUCKS'.

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