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PAGES 16-17











Staff Sgt. Jordan Jackson, 60th Operations Support Squadron from Travis Air Force Base, Calif., poses for a photo Nov. 9 after a professional development exchange at the Twitter headquarters in San Francisco, Calif.

# Passion for tech sends Travis to Twitter

**Staff Sgt. Daniel Phelps**  
349TH AIR MOBILITY WING PUBLIC AFFAIRS

SAN FRANCISCO — Staff Sgt. Jordan Jackson, 60th Operations Support Squadron airfield manager, was just having a normal day at work, chatting with a pilot when a basic conversation about post-military career interests led to a unique leadership training opportunity that would benefit future Air Force leaders.

“I had just mentioned how I was interested in getting into the tech industry,” Jackson said.

It turned out Capt. Saj El-Amin, a KC-10 pilot, had a friend who worked at Twitter Headquarters in San Francisco, he continued.

The contact was a former Air Force Academy graduate, Air Force captain, and the head

of Twitter University Recruiting, Trier Bryant.

This contact created a path for Jackson to meet with leaders at Twitter, receive a tour, and begin a professional development exchange between Twitter employees and Airmen from Travis Air Force Base, California.

“I never thought it would develop into this,” Jackson said.

Jackson had been spending hours taking free web design courses online to build his skills. One of his life goals is to run his own business, and it would make it easier if he were able to perform his own web development rather than pay someone, he said.

“My interest in tech work always comes up in conversation with people I talk to,” he said. “It’s a passion of mine.”

While Jackson could have

used the chance interaction to further his post-military life and career, he saw a larger opportunity to share his connection.

“Jackson is incredibly humble and considerate,” said Senior Master Sgt. Scott Piper, 60th Force Support Squadron career assistance advisor. “He could have held this opportunity to himself and no one would have thought anything of it.”

Once the plan for the professional development exchange was under way, Jackson helped determine how the exchange could be most beneficial for all involved, Piper said. He had spent time with the Twitter employees on multiple occasions, giving him a feel for their culture. This, combined with being an NCO in the Air Force, gave him

invaluable insight for the task.

Finally, they needed to pick who would be able to attend the exchange, since interest was expected to be very high, Piper said. Units submitted their outstanding Airmen and leaders, and Jackson helped sort through who would be the best fit.

“Next year, we are hoping to make this bigger and to be able to have more people be a part of this,” Jackson said.

Many of the Airmen who attended the professional development exchange found it to be eye-opening and rewarding. It even proved to be an incredible experience for the Twitter employees.

“This was literally one of the best days at Twitter,” said Stephanie Hale, Twitter strategist. “Thank you, Team Travis.”

# DGMC closed Dec. 7

**60th Air Mobility Wing Public Affairs**

The David Grant USAF Medical Center will be closes for patient care Dec. 7 to participate in the 60th Air Mobility Wing exercise at Travis Air Force Base, California.

The emergency room will be open and patients with scheduled procedures will still be seen.

Patients requiring prescription refills should call in and pick up their medications ahead of time as the main pharmacy and base exchange pharmacy will also be closed.

To make up for the closure, DGMC will be open normal hours Dec. 14, which is normally a monthly training day.

See CHIEFS Page 26



Courtesy photo

Tech. Sgt. Brooke Williams, left, and Airman 1st Class Dakota Swecker, 821st Contingency Response Squadron, take a photo earlier this year at the Close Precision Engagement course at Fort Bliss, Texas.

# Sergeant faces challenges to complete CPE course

**Nick DeCicco**  
60TH AIR MOBILITY WING PUBLIC AFFAIRS

For Tech. Sgt. Brooke Williams, joining the 821st Contingency Response Squadron was like jumping onto a moving train.

On the first day of her new assignment at Travis Air Force Base, California, after seeing her parachutist badge and

Phoenix Raven tab, her supervisor asked if she was interested in the Close Precision Engagement course at Fort Bliss, Texas.

“I don’t want my first words to my new boss to be no, right?” she said. “So I was like, yeah, sure, I’ll do it. But inside, I was like, ‘Is this something I really want to do?’ ”

See CPE Page 24

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# Hand clinic at DGMC is patient-centered

**Merrie Schilter-Lowe**  
60TH AIR MOBILITY WING PUBLIC AFFAIRS

“When a patient comes in to see family medicine, family medicine may order X-rays and (laboratory tests) and then they may want the patient to go for therapy. The patient is running all over the hospital trying to find out where to go. Instead, we bring everyone to the patient.”

The scenario Lt. Col. (Dr.) Dana Hess, 60th Medical Group orthopedic surgeon, described is the reason he started a Tuesday morning “hand clinic” for his surgical patients at the David Grant USAF Medical Center at Travis Air Force Base, California.

“Instead of the patient running all over the hospital, we bring everyone to the patient,” said Hess.

The team includes occupational therapists, orthopedic technicians and dual-qualified occupational and physical therapy technicians.

“Occasionally, I’ll have a resident from family medicine who wants to do rotations and learn about orthopedics,” said Hess.

While completing a fellowship at the Philadelphia Hand Clinic in Pennsylvania, Hess realized how much more efficient and effective it was to have services brought to surgical patients, so when he arrived at DGMC three years ago, he started his own patient-centered clinic.

“If the patient needs a brace, I send someone to get it,” said Hess. “If they need an X-ray, injection or impression, we can do that in the clinic.”

Hess is one of seven orthopedic surgeons at DGMC but the only one who operates on hands. He also performs surgeries on wrists, arms and shoulders – “the areas needed for everyday living,” he said.

His patients range in age from infants to a 97-year-old rancher who lost sensitivity in one hand.

Hess performs eight to 10 surgeries each week – not including those resulting from on-call cases or those referred



U.S. Air Force photo/Heide Couch

**Lt. Col Dana Hess, 60th Surgical Operations Squadron surgeon, examines the hand of Senior Airman Jeremy Perkins, 860th Aircraft Maintenance Squadron C-17 Globemaster aircraft crew chief, Aug. 22 at David Grant USAF Medical Center at Travis Air Force Base, Calif.**

by family medicine – and brings most patients in for follow-up treatment and therapy five days later. Patients with nerve or tendon repairs are seen the next day, he said.

Since patients see him so

soon after a procedure, Hess does not give them a lot of post-operation instructions.

“If the patient is not fully awake, that’s a barrier to communication,” said Hess. “I think they appreciate knowing

they can go home, rest and recover. It’s all about the patient.”

This arrangement also benefits the occupational therapists.

“Nothing is lost to

interpretation,” said Hess. “Everything is done face-to-face so they don’t have to guess what I need, make something up or read a book.”

It is common for some surgeons not to see their patients for two weeks after surgery.

“That means the patient has to stay in the post-surgical dressing, which gets itchy and uncomfortable,” said Maj. Laura Dorsett, an occupational therapist who worked closely with Hess before being reassigned earlier this year to Spangdahlem Air Base, Germany. “Our patients are happy to be seen so quickly. We have about 99 percent positive feedback and people come from all over the hospital to see how we do it. I briefed this at our occupational and physical therapy symposium last year and several bases have implemented similar programs.”

Some of the most common reasons for surgery at Travis include nerve and tendon lacerations, fractures in the hands, wrists and elbow and trigger finger, which is caused by repeated movement or force use of the finger and thumb, rheumatoid arthritis, gout and

**See HAND CLINIC Page 19**

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FEMA, Travis focus on logistics



U.S. Air Force photo/Airman 1st Class Christian Conrad  
Members of Federal Emergency Management Agency Task Force 7 stand in front of a C-17 Globemaster III aircraft for a joint loading evaluation Nov. 27 at Travis Air Force Base, Calif. The FEMA personnel focused on the logistics of loading large pallets of aid equipment and supplies onto the aircraft.

Air Force announces continuation pay rates

Secretary of the Air Force  
Public Affairs Office

WASHINGTON — Air Force leaders recently announced the Air Force’s continuation pay rates, which are part of the new Blended Retirement System.

Continuation pay is a way to encourage Airmen covered by BRS to remain in the Air Force since it will be possible to leave with some retirement benefit prior to 20 years of service.

The system is a blend of a 20-year retirement and contribution plan that allows service members to contribute to a Thrift Savings Plan account that is transferable after separation from the military.

“Continuation pay is a one-time direct cash payout, like a retention bonus,” said Lt. Gen. Gina Grosso, deputy chief of staff for Manpower, Personnel and Services. “Members will receive continuation pay at 12

years of service in return for a commitment of four years of service.”

For active duty Airmen the payment rate is 2.5 times monthly basic pay. For the Reserve component Airmen to include, Guardsmen and Reserve, the payment rate is 0.5 times monthly basic pay, as if on active duty. For Reserve component Airmen on active Guard and Reserve orders, the payment rate is 2.5 times monthly basic pay. The rates and parameters for paying CP will remain in effect until changed.

“Modernizing the current retirement system into the BRS will ensure that the vast majority of uniformed service members receive a portable government retirement benefit,” said Daniel Sitterly, acting assistant secretary of the Air Force for Manpower and Reserve Affairs.

For more information about the BRS please visit MyPers.

DECEMBER 1, 2017

Schoolhouse unites father, son for C-130 mission

Senior Airman Mercedes Taylor  
19TH AIRLIFT WING PUBLIC AFFAIRS

LITTLE ROCK AIR FORCE BASE, Ark. — Mentors come in many forms, whether they’re coworkers, supervisors or even friends, they provide personal and professional advice that can impact someone for the rest of their lives.

Airman Trevor Armentrout, 700th Airlift Squadron loadmaster, often receives guidance through one of his mentors, his father, Col. Jeffrey Armentrout, 302nd Airlift Wing vice commander.

The father-and-son duo were recently assigned as students at the 714th Training Squadron here to attend the C-130 Center of Excellence. Col. Armentrout trained to become a C-130H pilot while his son is trained to become a loadmaster.

“(Being at the schoolhouse) was a treat for me and his mother,” Col. Armentrout said. “We enjoyed some fun recreational excursions together and caught up with Trevor on all his Air Force training experiences.”

Before attending the technical school, Col. Armentrout spent 10 years on active duty as a C-5 Galaxy pilot. In 2000, he transitioned to the Air

Reserves, where he has served for 17 years.

“In the Reserves, I’ve had to spend a lot of time away from my family,” Col. Armentrout said. “Every month I had to leave the house and disappear somewhere for a few days. When I was home, I focused on the things we could do together when we had the time. Both my boys were in the Boy Scouts, so I invested a lot of time doing that with them. I have the fondest memories of those experiences.”

It was during those times and throughout his son’s childhood, Col. Armentrout passed down family values to his son.

“He gave me a good life and I want to provide that for my children, someday,” Airman Armentrout. “He raised me to want to be willing to help others. My father also made sure I knew I had to earn my way in life, so I want my children to know that too.”

In addition to helping others and working hard, Airman Armentrout felt the need to serve his country.

“Since my dad served in the Air Force, I thought I would serve my country too, but not in the same way he did,” Airman Armentrout said. “And then I

See SCHOOLHOUSE Page 23



U.S. Air Force photo/Senior Airman Mercedes Taylor  
Col. Jeffrey Armentrout, left, 302nd Airlift Wing vice commander at Peterson Air Force Base, and his son, Airman Trevor Armentrout, 700th Airlift Squadron loadmaster at Dobbins Air Reserve Base, Ga., recently attended the Center of Excellence, a C-130 schoolhouse at Little Rock Air Force Base, Ark.

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# Guard helps at home, abroad

**Tech. Sgt. Louis Vega Jr.**  
386TH AIR EXPEDITIONARY WING  
PUBLIC AFFAIRS

SOUTHWEST ASIA — It wasn't long ago Airmen from the 158th Airlift Squadron, Savannah, Georgia, were delivering supplies with their fleet of C-130H Hercules to hurricane victims in Puerto Rico and the U.S. Virgin Islands. But just a few weeks later, they find themselves on the other side of the world in Southwest Asia supporting Operation Inherent Resolve.

Assigned to the 165th Airlift Wing, these Airmen demonstrate the Air National Guard's dual mission of supporting state humanitarian missions at home and the federal missions abroad.

"We pick up where the [previous] units left off," explained Lt. Col. Sheldon Wilson, 737th EAS commander. "We continue the fight through air-land and air drop missions, distinguished visitor moves and medical evacuation flights."

Savannah served as a staging ground for disaster relief efforts. As Hurricane Maria intensified earlier this year, the Savannah ANG base was tapped to serve as a place to store food



U.S. Air Force photo/Tech. Sgt. Louis Vega Jr.

**Staff Sgt. Jonathan Santiagobarrera, 737th Expeditionary Airlift Squadron flight engineer, puts on his headset Nov. 15 during checklist preparations for a mission at an undisclosed location in Southwest Asia.**

and water, shelter members of the military and corral aircraft ahead of anticipated humanitarian missions.

Around 75 percent of the squadron members supported the hurricane aftermath efforts in some capacity before deploying here.

"They want to be in the fight," said Wilson. "We have volunteers for our aircrews and support personnel and do not have to force people to deploy. They know the mission well

"The biggest challenge is saying goodbye to family and friends," said Master Sgt. Robbie Harrell, 737 EAS loadmaster. "But the experience and proficiency levels we gain during a deployment are worth its weight in gold."

This is Harrell's third deployment and he explained that the highlight of his job is seeing the direct impact their mission efforts have on the faces awaiting their arrival.

For one particular member of the team who transitioned here, the state mission really hit home.

"Most of my immediate family lives in Puerto Rico," said Staff Sgt. Jonathan Santiagobarrera, 737 EAS flight engineer. "I was worried about my folks down there and felt empowered to be in a position to help them."

Santiagobarrera was born and raised in Puerto Rico and joined the U.S. Air Force in 2000 from there. During one of his trips home through relief efforts, he was able to hand deliver supplies to his mother and sister and spent a few minutes catching up with them before continuing on his next mission. It had been two years since he had been home last.

# Tyndall tabbed to host RPA

**Secretary of the Air Force  
Public Affairs**

WASHINGTON — The Air Force has selected Tyndall Air Force Base, Florida, as the preferred location for hosting a new MQ-9 Reaper Wing with 24 remotely piloted aircraft. Vandenberg AFB, California, is considered a reasonable alternative.

The wing will be composed of an operations group with mission control elements as well as a launch and recovery capability, and a maintenance group.

"We selected Tyndall Air Force Base because it was the best location to meet the unique requirements of the MQ-9 Reaper," Secretary of the Air Force Heather Wilson said.

That includes fewer aircraft competing for air space, nearby training ranges, great weather and lower up-front costs, Wilson added.

This selection will also meet the goals of Air Combat Command's Culture and Process Improvement Plan which identified the need for additional basing locations to help diversify assignment opportunities for personnel within the MQ-9 enterprise, provide increased opportunities for leadership from within the community, and provide flexibility to enhance integration with other warfighter organizations and capabilities.

"Remotely Piloted Aircraft and the intelligence capabilities supporting them remain vital to our national security and the security of our allies," said Air Force Chief of Staff Gen. David L. Goldfein.

The Air Force previously announced Shaw AFB, South Carolina as the preferred alternative for an operations group with mission control elements. The operations group will have no aircraft assigned.

# Choctaw heritage inspires officer at Andrews

**Airman 1st Class  
Valentina Lopez**  
11TH WING PUBLIC AFFAIRS

JOINT BASE ANDREWS, Md. — November has been designated as National American Indian Heritage Month since 1990. This is a time to celebrate the cultures, traditions, histories and acknowledge the contributions of Native Americans.

Capt. Travis Trueblood, 11th Wing assistant staff judge advocate assigned to Joint Base Andrews, is a Native American service member.

Trueblood is half-Choctaw, a tribe tracing its ancestry to the Mississippi River Valley area, including parts of present-day Mississippi, Louisiana, Alabama and Florida.

His father, William, a Choctaw Indian and Vietnam War veteran, made a big impact on Trueblood's life and his call to serve.

"My father put a high emphasis and encouragement on my service," Trueblood said. "He has been a great supporter and (has) given me a lot of advice along the way, and I appreciate that. I want to have the same legacy of service that he had and continue that contribution to the nation."

Trueblood's grandfather

was in the Army Air Corps, and his great-grandfather was a World War I veteran. Trueblood has someone who has served in his family going all the way back to the American Revolution.

"All of the U.S. indigenous tribes have a warrior culture," Trueblood said. "The reason for that call to serve goes back to that. This tradition of service is still very strong and when we choose to join the military, it is held in very high regards."

Today, Trueblood's call to serve consists of military crime prosecutions, wetland issues and legal assistance. He works along with Capt. Brian Critz, 11th WG JA reserve coordinator.

"His desire to serve is displayed through his work because he shows a clear interest in his job, stays connected with the unit, and wants to be as supportive as he can be by volunteering for additional projects," Critz said. "He's been a very productive and valued member."

The Air Force's productivity depends upon our nation's greatest strength – our remarkably diverse people.

"Diversity in the Air Force strengthens the community," Trueblood said.



U.S. Air Force photo/Airman Michael Murphy

**Capt. Travis Trueblood, 11th Wing assistant staff judge advocate, poses for a photo Nov. 16 at Joint Base Andrews, Md.**





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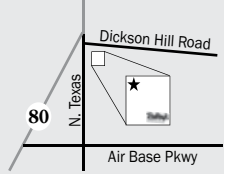
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# CE works to overcome Alaska-sized challenges

J. Brian Garmon  
DEFENSE LOGISTICS AGENCY

TYNDALL AIR FORCE BASE, Fla. — Preparing for a major power outage or planning a backup generation exercise is complicated in the best conditions. Now, imagine doing it in temperatures as low as 50 degrees below zero at Clear Air Force Station, Alaska.

This is the reality the civil engineer team had to account for in planning a project that retired a 1950s-era coal-fired power plant in favor of a tie-in to the local electric grid. This project was funded through the energy resilience and conservation investment program, facilitated by the Air Force Civil Engineer Center Energy Directorate’s program development division and the Office of the Secretary of Defense.

During the planning and execution of this project, which spanned more than 10 years, AFCEC provided support and expertise to Clear AFS along with the 21st Civil Engineer



U.S. Air Force photo/Tech. Sgt. David Salantiri

**Staff Sgt. Daniel Kennett, 213 Space Warning Squadron space systems operator, works in the Solid State Phased Array Radar System at Clear Air Force Station, Alaska.**

Squadron and Air Force Space Command, located at Peterson Air Force Base, Colorado, as part of a cross-organizational effort to execute this major change while minimizing mission impact.

The mission at Clear AFS demanded that no loss of mission capability would be acceptable

power, pipes carrying both fresh and waste water could freeze and split open, facilities, equipment and vehicles become inoperable, and the lives of Airmen and other base personnel could become threatened.

Successfully shutting down the existing power plant and connecting with the Golden Valley Electric Association required the base to run on backup generation for a period of approximately one week in grueling winter conditions.

Weather was not the only challenge facing Clear AFS; among other factors, logistics threatened the success of the project due to the base’s location in central Alaska. The lead time required to obtain a new transformer was significant and many portions of the project were limited on when and how far out they could be scheduled due to the cold conditions.

The margin for error in planning such a change-over was extremely small.

In preparation for this critical project execution task, a

tiger team was formed to assess and mitigate risk to the installation and mission. The team included members of the 21st CES and Ron Herren, a retired plant manager who oversaw the original plant for 30 years.

“Having Ron come out of retirement to help us on the team was absolutely key,” said Master Sgt. Travis Oaks, 21st CES project management and quality assurance superintendent. “His 30 years of experience with the plant was a critical element in ensuring that the switchover was a success.”

The team supported the effort, making changes as new challenges arose through the assessment. According to Oaks, the team was instrumental in getting buy-in from command for the change-over process.

During their assessment, several risks were identified. The amount of aerospace ground equipment heaters available was inadequate to complete the work. Additionally, the backup generator was dramatically undersized.



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# ‘Doing the good thing:’ Travis aids mission to improve education in Haiti



U.S. Air Force photo/Louis Briscese



U.S. Air Force photo/Master Sgt. Joey Swafford

**1) Airmen from the 60th Aerial Port Squadron load buses onto a C-5M Super Galaxy Nov. 20 at Travis Air Force Base, Calif. The buses were airlifted to Port Au Prince, Haiti, through the Denton Program and were part of a humanitarian effort by Those Angels Inc. founder and Haitian native Claude Joseph. 2) Airmen from the 60th APS secure a bus on a 60K loader Nov. 20 at Travis. The Denton Amendment is a commodities transportation program that enables for the transport of humanitarian goods on a space available basis using U.S. military transportation and is jointly administered by the U.S. Agency for International Development, the Department of State, and the Department of Defense. After visiting Haiti in 2014, Joseph realized the area's educational and transportation needs and created the nonprofit based in Oakland, Calif., to help meet those needs. The seven buses were donated by the Sacramento City Unified School District and will benefit more than 300 Haitian students.**

**2nd Lt. Sarah Johnson**  
60TH AIR MOBILITY WING PUBLIC AFFAIRS

In the past three months, Travis Air Force Base and its more than 12,000 total force Airmen have engaged heavily in response to five natural disasters, occurring in quick succession, devastating victims across the country and around the globe. After thousands of hours and countless resources spent on humanitarian response, one might expect the base to take a break, taper off for the holiday season and recharge for the mission demands that are bound to come in the new year.

Instead, the opposite is true. While most others slept through the still-dark early morning hours of Nov. 20, Airmen from the 60th Aerial Port Squadron loaded seven full-size school buses onto waiting C-5M Super Galaxies, putting into motion a dream that started more than two years ago on the bumpy dirt roads of Haiti.

It began with Claude Joseph, a Haitian native who now works as a labor organizer in Oakland, California. After visiting his homeland in 2015, he returned to California with fierce resolve to somehow help meet the overwhelming need he saw there: the need for Haitian children to receive an education.

"People end up having to use all the resources that they have to fix their homes or buy food instead of sending their kids to school," said Joseph. "On top of parents having to pay to go to school, they also have to pay for their kids to be transported to school, because there is no transportation system."

Instead of hopping on a bus, as most children in the United States do without second thought, children in Haiti walk between two and five miles on rural roads just to get to school each day. It is a routine that, if possible at all, is challenging to sustain, said Joseph.

Soon after his return, Joseph founded a nonprofit called the Those Angels foundation, based in Oakland. Its mission is to provide education, transportation and meals to economically disadvantaged children and

orphans in Haiti, along with building schools and supporting educational, social and cultural needs there.

The nonprofit successfully built its first elementary school in 2015 - Ecole Communautaire Foyer Des Anges - but the pressing need for transportation to that school and others still lingered.

"I came back to the U.S. and I went on a manhunt for school buses," said Joseph, laughing.

The Sacramento City Unified School District responded to Joseph's search, selling him seven retired buses at a fraction of their typical cost. The next challenge was finding a way to transport thousands of pounds of machinery internationally.

That's when the Air Force's mobility Airmen and aircraft stepped in to help.

After a lengthy application and screening process, the buses were approved for transport through the Denton program to their final destination of Port Au Prince, Haiti. The Denton program is a Department of Defense-sanctioned humanitarian assistance transportation program that allows U.S.-based non-governmental sources to transport humanitarian aid at little or no cost to the donor. At the same time, the program helps fill extra space on military transport assets that are already engaged in missions.

"The buses are now going to be taken first-class style," said Joseph, smiling.

After more than two weeks of inspections and other procedures to ensure the cargo's airworthiness and safety during transport, the buses were ready to be loaded onto the waiting C-5 aircraft - the first step in completing Joseph's two-year mission. It was a mission John "Buck" Buchanan, 60th APS civilian operations officer and the overseer for the first leg of the buses' journey, felt personally connected to.

"One of the things that sold me (on the application) was when it said, 'Can you imagine a young 7-year-old sitting there smiling going to school?' And I said, 'Yeah I can. Because I was that 7-year-old on one of those buses.'"

Travis Air Force Base and its fleet of strategic airlifters proved the

ideal platform for the mission. Two C-5s and one C-17 Globemaster III simultaneously carried the load of buses and cargo destined for a separate mission, allowing for maximum load efficiency as the aircraft traveled first to Joint Base Charleston, South Carolina, to drop off the buses and then on to Joint Base McGuire-Dix-Lakehurst, New Jersey, to unload the rest of its cargo.

"Because of the size of the (C-5) airframe and the capability it gives us, it's a national treasure," said Buchanan. "This is a weapon platform for peace, for humanitarian (relief) and for deterrence. It (goes) from a humanitarian mission taking care of children to defending America and our allies, every day, seven days a week ... Travis Air Force Base is sending that signal (saying), 'We're there. You're not on your own. We're there.'"

It was a dream come true for Joseph, who knows more than 340 Haitian students will benefit annually from the new transportation.

"I'm excited, I'm ecstatic, I don't even know how to describe it," he said. "Besides the economic relief on the parents, it's going to be relief on these kids ... Seeing kids go to school, that's the reward. That's it."

After the last C-5 took off from Travis with its cargo safely stowed, the mission seemed complete - but personally, emotionally, Travis Airmen remained deeply connected.

"That's where my mission ends on paper, but not emotionally," said Buchanan. "It ends when you know that bus is running down that rural road in Haiti and it's got those young kids going to school getting an education, and they're proud and they're happy to have that opportunity. A lot of young people are not grateful to have the opportunity to go to school. Just to be on a bus instead of walking to school, we don't know what that is in the United States."

"All I want is for our (60th APS) troops to know that they did the good thing, they did the right thing," he said. "And that's what these young people right here at Travis do every day. (They) defend our nation, take care of life, do the best they can every day. If we can do a good thing for mankind every day, then that's what we should do."



U.S. Air Force photo/Louis Briscese



U.S. Air Force photo/Louis Briscese



U.S. Air Force photo/Louis Briscese



U.S. Air Force photo/Louis Briscese

**3) Airmen from the 60th Aerial Port Squadron load buses onto a C-5M Super Galaxy Nov. 20 at Travis Air Force Base, Calif. 4) Airmen from the 60th APS load buses destined for Port Au Prince, Haiti, through the Denton Program onto a C-5M. 5) A civilian employee from the 60th APS marials bus onto a C-5M. 6) Airmen from the 60th APS secure buses on a C-5M.**



## Swap Ads

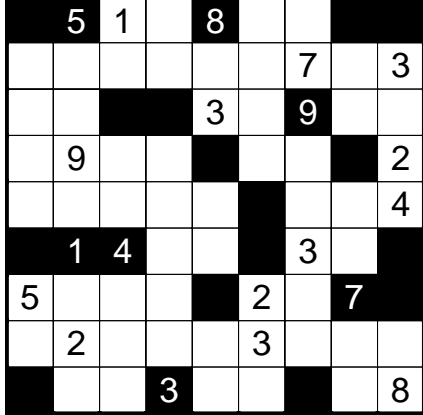
### Homes for rent

3/2, very clean, 3 mins to Travis. Living room, dining room, family room, fire place, dishwasher, microwave, custom draperies. Top-of-the-line carpet. 3 patios. A/C. No pets, no Sec. 8. \$2,000 plus deposit. 707-425-5679.

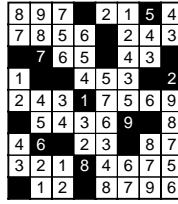
## Puzzles

### STR8TS

No. 362 Medium



Previous solution - Easy

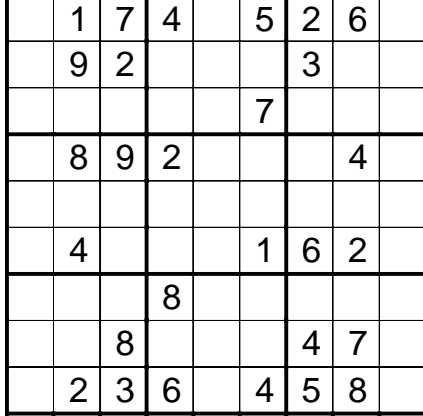


How to beat **Str8ts** – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into **compartments**. These need to be filled in with numbers that complete a 'straight'. A **straight** is a set of numbers with no gaps but can be in any order,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

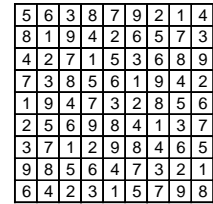
You can find more help, tips and hints at [www.str8ts.com](http://www.str8ts.com)

### SUDOKU

No. 362 Very Hard



Previous solution - Tough



To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit [www.sudokuwiki.org](http://www.sudokuwiki.org)

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

The solutions will be published here in the next issue.

## Retiree Corner

TRICARE offers help to smokers looking to quit

FORT LEE, Va. — Quitting smoking can be a challenge, but if TRICARE beneficiaries think they may be ready, there is help available to make quitting easier.

The Freedom Quitline offers nicotine replacement treatment at no cost mailed directly to beneficiaries,

plus guided telephone counseling and support to maximize the chances of success.

Call Freedom Quitline at 1-844-426-3733 Monday through Friday, 6 a.m. to 3 p.m. Freedom Smoking Quitline is a National Institutes of Health-funded research study co-sponsored by 59th Medical Wing, Joint Base-Lackland, Texas, and the University of Virginia.

— TRICARE

## News Notes

**Flu shots available.** Influenza season is rapidly approaching. Active duty members can annual get flu shots beginning Monday at the David Grant USAF Medical Center at Travis Air Force Base, California. All other TRICARE beneficiaries can get immunized beginning Sept. 18. Flu shots are available in the Influenza Room, which is located on the first floor across from Internal Medicine. Flu shots are strongly recommended for high-risk populations, which includes children 5 years and younger, adults age 65 and older and pregnant women. For more information, call the Allergy and Immunization Clinic at 707-423-5107.

**Tree Lighting Ceremony.** Travis will hold its annual ceremony at 5 p.m. Dec. 8 at the Airman and Family Readiness Center. In the event of rain, the tree lighting ceremony will be held at the Base Theater.

**CA Run for the Fallen.** Takes place Dec. 8-10. A full breakdown with maps and more information is available at [www.carunforthefallen.org/the-run.html](http://www.carunforthefallen.org/the-run.html).

**Free Christmas Eve Dinner.** 11 a.m. to 3 p.m. Dec. 24 at Veterans Memorial Building, 549 Merchant St., Vacaville.

## Chapel programs

### Recurring events

#### Catholic

##### Twin Peaks Chapel

- Roman Catholic Mass: 9 a.m. and noon Sunday.
- Children's Church: 10:15 a.m. Sunday.
- Sacrament of Reconciliation/Confession: 4:30 to 5:30 p.m. Wednesday or upon appointment.

- Infant Baptism Prep Class: Two classes. Registration Required. 6 to 7 p.m., quarterly.
- Youth Choir: 1 p.m. Sunday.
- Children's Choir: 2 p.m. Sunday.
- Adult Choir: 4 p.m. Sunday.
- Women's Bible Study: 10 a.m. (at First Street Chapel).
- Catholic Women of the Chapel: 6 p.m. first Monday of every month, Annex.
- Rite of Christian Initiation of Adults: 6 to 7:30 p.m. Wednesday, Annex.
- RE Classes: 10:15 to 11:30 a.m. Sunday, RE Wing.

##### First Street Chapel

- Mom's Group: 9 to 11:30 a.m. Thursday and Friday.
- DGMC Chapel
  - Roman Catholic Mass: Noon to 12:35 p.m. Monday through Thursday, except for federal holidays.

##### The Church of Jesus Christ of Latter-day Saints

- Sacrament Services: 9 and 11 a.m. Sunday at Church of Jesus Christ of Latter-day Saints Fairfield Stake Center, 2700 Camrose Ave., Fairfield.
- DGMC 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

## In the next week ...

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**"A Visit to Bethlehem."** 6 to 8:30 p.m. Dec. 1-3, New Hope Christian Fellowship, 4910 Allison Parkway, Vacaville. [www.newhopevv.com/Bethlehem](http://www.newhopevv.com/Bethlehem).

**Benicia Holiday Open House & Tree Lighting.** 6 to 9 p.m. Dec. 1, downtown. Free admission. [www.beniciamainstreet.org](http://www.beniciamainstreet.org).

**Christmas Tree Lighting & Holiday Festivities.** 6 to 8:30 p.m. Dec. 1, downtown Fairfield. Free admission. [www.fairfieldmainstreet.com](http://www.fairfieldmainstreet.com).

**Sylvan Singers Madrigal Dinner.** 7 p.m. Dec. 1, 2 p.m. Dec. 2, Vacaville Opera House, 560 Main St. 685-6842.

**Vacaville Performing Arts Theatre.** United States Air Force Band of the Golden West Holiday Concert, 7 p.m. Dec. 1, 3 p.m. Dec. 2; 1010 Ulatis Drive. 469-4013, [www.vpat.net](http://www.vpat.net).

**Christmas at the Water-front.** 2 to 8 p.m. Dec. 2, Main Street, Suisun City. Free admission. [www.suisunwater-front.com](http://www.suisunwater-front.com).

**Festival of Trees.** 2 to 9 p.m. Dec. 2, 10 a.m. to 7 p.m. Sunday, Veterans Hall, 1305 N. First St., Dixon. 678-8198.

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

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

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**Mad Hatter Holiday Festival.** 2 to 8 p.m. Dec. 2, Unity Plaza, 535 Santa Clara St., Vallejo. Free admission. [www.facebook.com/MadHatterHolidayVallejo](http://www.facebook.com/MadHatterHolidayVallejo)

**Winter Ball.** For ages 50 and older. 6 to 9 p.m. Dec. 2, Kroc Center, 586 E. Wigeon Way, Suisun City. 439-7880.

**Solano Symphony.** Holiday Celebration, 7 p.m. Dec. 2, Downtown Theatre, 1035 Texas St., Fairfield, [www.downtowntheatre.com](http://www.downtowntheatre.com); 3 p.m. Sunday, Vacaville Performing Arts Center, 1010 Ulatis Drive, [www.vpat.net](http://www.vpat.net). [www.solanosymphony.org](http://www.solanosymphony.org).

**Singles of Solano Winter Dance.** 3 to 6 p.m. Dec. 3, The Point Restaurant, 555 Main St., Vacaville. 746-7566.

**Operation Cookie Drop.** The Travis Spouses Club will hold its annual Operation Cookie Drop from 7 a.m. to noon Dec. 6 at First Street Chapel. Cookies are brought to the Airmen living in the dorms.

**Operation Homefront.** 10 a.m. Dec. 7 at First Street Chapel. Travis families are provided a meal for the holidays.

## 60th FSS

### Events and information

#### Home for the Holiday Reservations.

Westwind Inn is now available for holiday reservations. Book loved ones' stay for up to 14 nights. The reservation period is through Jan. 4. For more information, call 707-424-8000.

**Huddle up for football.** Did you know the Delta Breeze Club offers the NFL Ticket for free every Sunday, Monday and Thursday? You could even win Super Bowl 2018 Tickets. For more information, call 707-437-3711.

**\$1 Bingo at Travis Bowl.** Travis Bowl is now offering daily \$1 Bingo. Win up to \$200. Each bingo card is \$1 and participants must be 18 to play. For more information, call 707-437-4737.

**Online language courses.** Mitchell Memorial Library is offering Mango Languages for free. Learn Dutch, Spanish, French, Korean, Japanese, Italian and more at your own pace. For more information, call the library at 707-424-3279.

**Custom vacation packages.** Leisure Travel located inside Outdoor Recreation books travel destinations like Hawaii, Mexico, Las Vegas and more. Options include rental car, lodging,

excursions, airfare and cruises. For more information, call 707-424-5250.

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For more information on FSS, visit <http://bit.ly/1yNIBwV>.

## 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. Angel 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 707-557-4646.

**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.

**Fairfield/Vacaville Train Station**



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

Today
• 6:30 p.m. "Geostorm" (PG-13)
• 9 p.m. "Stronger" (R)

Saturday
• 6:30 p.m. "Coco" (PG, first run)
• 9 p.m. "Blade Runner 2049" (R)

Sunday
• 2 p.m. "Marshall" (PG-13)

**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 [travstopcombatptsd@gmail.com](mailto:travstopcombatptsd@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://pdpform.state.gov> and/or <https://travel.state.gov>. For more information, call 707-424-5324.

**Hometown News Releases.** To submit a Hometown News Release, visit <https://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](mailto:lgbtalliance707@gmail.com) or call 707-424-2486.

**Mare Island Museum.** Now a Blue Star Museum, which means active-duty military, reservists and their family members 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 Gitsham at 707-425-0060.

**Motorcycle licensing and training.** California Rider Education offers the Motorcyclists Training Course, 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 NAF folks. Family members 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 of photocopying of U.S. government identification Common Access Card announced by the Office of the Assistant Secretary of Defense, dated Oct. 27, 2011, does not apply to medical establishments, applying for government-issued, no-fee passport and other U.S. government agencies in the performance of official government business. This requirement does not apply to minors ages 16 or younger. However, it applies to sponsors. For more information, call 707-424-5324.

**Professional Loadmaster Association.** The Professional Loadmaster Association meets at 7 p.m. the first Tuesday of each month at the Delta Breeze Club. For more information, call Mark Raymond at 707-416-5331.

**Retiree Activities Office.** Openings for volunteers. Customers are retired American service members and their family members. It is the RAO's responsibility to maintain open communication and to ensure retirees receive the service and the respect they deserve. If you would like to apply for a volunteer slot and have three hours or more to give, call 707-424-3905.

**SGLI and vRED.** The Record of Emergency Data, aka vRED, and the Servicemembers 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

# THE FLIP SIDE

supporters from all backgrounds. There are recurring events Tuesday through Saturday. For more information, email Staff Sgt. Mathew Clayton at [mathew.clayton@us.af.mil](mailto:mathew.clayton@us.af.mil).

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

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

- Timothy Miller, 60th Medical Support Squadron.
- Deirdre Mullin, 60th Medical Operations Squadron.

The VLTP allows an employee who has a medical emergency or is affected by a medical emergency of a family member and is without availability of paid leave to receive transferred annual leave directly from other employees. For more information, call 707-424-1720.

**Tuskegee Airman Lee A. Archer Chapter.** Meets at 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

**Holiday Home Tour.** 10 a.m. to 3 p.m. Dec. 9, purchase tickets at the Vacaville Museum, 213 Buck Ave. 447-4513.

**The Hub.** Open mic, 7:30 p.m. Friday; Holiday Arts and Crafts Fair, 9 a.m. to 3 p.m. Saturday; Poetry by the Bay open mic, 6:30 p.m. second and fourth Thursdays, 350 Georgia St., Vallejo. [www.thehubvallejo.com](http://www.thehubvallejo.com).

**"Lunchtime Laughs."** Noon the first Friday of each month, Vacaville Public Library-Town Square, 1 Town Square Place. Free. [www.solanolibrary.com](http://www.solanolibrary.com).

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



# Hand clinic

From Page 9

diabetes.

“From the short time I’ve been here, I’ve seen him perform carpal tunnel surgery on a patient and, while in there, he’s seen something else wrong and repaired it, too, so the patient didn’t have to return for another surgery,” said 1st Lt. Andrew Antonio, 60th Medical Operations Squadron occupational therapy element chief.

Hess invites the therapist and technicians to view surgeries, which improves their ability to help patients recover.

“I can answer questions for patients who ask ‘why does this feel like this?’” said Dorsett. “I can tell them, Dr. Hess had to do X, Y and Z, which is why this

is happening.”

Prior to surgery, Hess meets with patients to explain their procedure.

“I tell them what I’m going to do, what my back-up plans are and what to expect in post (operation),” said Hess.

Some procedures are difficult to imagine, so Hess draws pictures.

He also uses his computer and teaching photos to explain what he plans to do to correct a problem.

Patients visit the hand clinic about three to 12 times, based on how they are healing.

The mood in the pre-operation appointment and in the post-operation clinic is light as Hess jokes with patients.

“I try to put everyone at ease,” said Hess. “If I’m operating on you, I need you to be

comfortable with me as a person and as a surgeon.”

Hess also takes on challenges that other surgeons have passed on.

“We had a chief master sergeant who had been told nothing could be done for his hand,” said Dorsett. “Dr. Hess examined him and said, ‘Yeah, I think I can do that.’ He came to me and said, ‘I need this and this’ and we figured it out.”

Of course, not every outcome is equally successful.

In 2013, Senior Airman Jeremy Perkins, 860th Aircraft Maintenance Squadron C-17 Globemaster III crew chief, suffered a ruptured tendon in his right wrist while pushing an electrical power unit.

“I felt the pull through my whole arm but there was no pain,” said Perkins.

With the aid of several steroid shots, Perkins worked



U.S. Air Force photo/ Heide Couch

**Lt. Col Dana Hess, left, 60th Surgical Operations Squadron surgeon, conducts a right ulna resection arthroscopy on a patient Aug. 31 at David Grant USAF Medical Center at Travis Air Force Base, Calif. Assisting Hess during the operation are Staff Sgt. Scot Butler, right, and Airman Alyssa Avelino, 60th SGCs, surgical service specialists.**

despite the pain until May when he had surgery to remove the tendon.

Three months later, Perkins is “further along than average,” said Hess.

“His wrist will be tighter

than before and his wrist won’t be as strong, but it will be functionally strong,” said Hess. “He may not be able to do the push-ups that the Air Force requires, but he will be able to do his job. He will have a new normal.”

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**WEDNESDAY**  
Adult Studies.....2:00 pm  
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## TRICARE

From Page 7

exams. Under this plan, beneficiaries are not required to have a primary care manager and can visit any TRICARE-authorized provider for covered services without a referral.

While the change in contractors should not affect members' coverage or care, beneficiaries should save pharmacy and other covered health

### On the web

For more information,  
visit <https://www.tricare.mil>.

care receipts to be reimbursed once the freeze is lifted, according to the TRICARE website.

People who currently pay enrollment fees using electronic funds transfer or a recurring credit card need to re-establish those payment methods with the new contractors. The

Health Net deadline is Dec. 20 and the Humana Military deadline is Dec. 24, according to the agencies' websites.

TRICARE Reserve Select, TRICARE Retired Reserve and TRICARE Young Adult premiums must be paid through an automatic payment method.

TRICARE will continue to deduct enrollment fees for people with allotments unless the deduction is canceled.

TRICARE enrollments will be frozen for three weeks

starting Dec. 1 to allow beneficiary information to be transitioned to the new regional contractors.

During the freeze, the contractors will accept enrollment applications and automatic enrollment fee applications by mail or fax. For instructions, visit: [www.tricare.mil/change/enroll](http://www.tricare.mil/change/enroll).

People who do not enroll in a TRICARE plan and those who dis-enroll from their current plans after Jan. 1 may still receive care at a military

clinic or hospital on a space-available basis.

Additionally, prescriptions received through a home delivery system or from a civilian retail pharmacy no longer will be covered for these individuals, although they can get prescriptions from a military pharmacy if the medication is available.

TRICARE beneficiaries can continue in or change coverage plans in 2018. For more information, visit: <https://www.tricare.mil>.

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Youth Ministry.....Tues. 7:00 pm  
AWANA (Sept-May).....Wed. 6:30pm  
Women of Hope.....Thurs. 6:30pm  
Men's Bible Study .....Thurs. 7:00pm  
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**Sunday Evening Worship**  
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**Wed. Evening Bible Study**  
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## Schoolhouse

From Page 11

thought ‘why not go to school and join the military?’ ”

“When my son brought up the idea of joining the Air Force, he also indicated he wanted to go to school, so I suggested the Reserves,” Col. Armentrout said.

His son eventually joined the Air Force as a Reservist. Now that he has had some time in the Air Force, Airman Armentrout respects and understands what his father does even more.

“Whether he saw it or not, I always thought his job was important,” Airman Armentrout said. “I always understood that, but going into the Air Force gave me an understanding of all he does. I understood why he would have to leave every so often because he was supporting us and our country.”

Growing up with a father in the Air Force influenced

Airman Armentrout to enlist and create his own career path in the Air Force.

“(His mother and I) are proud of his decision to serve,” Col. Armentrout said. “The Air Force has been a big part of our life and I know he will benefit from the experience. I’m hopeful that the Air Force Chief of Staff focus on revitalizing the squadron will improve Trevor’s overall experience so that he continues a long and rewarding career.”

With the training the Armentrouts have received at Little Rock Air Force Base, Col. Armentrout will be a pilot for the C-130H at the 302nd AW. His son will be studying at Kennesaw State University while in the Air Force Reserves as a loadmaster at the 700th AS.

Although they will be in separate bases, the Armentrouts will serve together in the Air Force in the C-130H legacy, taking their values their fathers have passed along to them.

## Odom

From Page 2

model? Why would you perform the upkeep? The answers differ; however, the context is the same. Vehicle maintenance is performed to ensure the reliability of the vehicle while protecting the investment.

After great dialogue on vehicles, I got to the essence of our CAF exercise. The final question asked is, “Why would we place a greater value on our possessions than we do ourselves?”

This is a tough reality for some, yet it stands accurate each time we fill up our vehicles, perform an oil change or rotate tires, but fail to seek assistance in our mental,

physical, social or spiritual fitness domains.

The bottom line is that no vehicle, aircraft or piece of equipment is more intricate or valuable than any Airman. We are all one of a kind and need to be balanced to maintain peak performance. Our CAF strategy highlights this need and focuses on strengthening fitness, resilience, and readiness in Airmen, families, communities and organizations through education, resilience-building activities and wellness support programs. It is our duty as individuals, supervisors and leaders to ensure we are conducting “CAF checks” on ourselves and others. This will ensure we are able to continue “breaking barriers and crashing through boundaries by focusing on people first, mission always.”



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Tech. Sgt. Brooke Williams, right, and Airman 1st Class Dakota Swecker, second from right, 821st Contingency Response Squadron defenders, pose for a recent photo with other Airmen.

CPE

From Page 5

It added to a months-long training docket that sent Williams around the country on a series of temporary duty assignments since joining the 821st CRS in August. In November, Williams completed the CPE course, becoming one of fewer than 20 women to do so since its inception in 2002, according to leadership at the school.

Airman 1st Class Dakota Swecker, a fellow 821st CRS Airman who worked in tandem with Williams during the training, said her gender was not a factor.

“They didn’t make any

special accommodations for a woman,” said Swecker. “She’s a lot smaller than I am. We were carrying the same weight in our rucksacks and it sucked for me, so it must have been pretty rough for her, but she killed it.”

Williams said her petite stature made it challenging to haul the more than 70 pounds of gear, including a 50-pound rucksack and a 20-pound “drag bag” for her M24 sniper weapon system and its gear.

“Our rucksacks, they’re pretty big and I have a small frame, so, where some of the guys can put it on their back and get a good fit, I can’t get that fit,” she said. “I have the shoulder straps cinched as tight as they will go and it’s still not a good fit because the frame itself, it’s a metal frame, is just so large.

“I found myself in moments, like, ‘What did I get myself into?’ because my back was hurting, my legs were hurting. That was the hardest part.”

The 19-day course teaches advanced marksmanship and military scouting skills to Air Force security forces members. Their career field specializes in the protection of Air Force personnel and resources. They are charged with protecting flight lines and other sensitive places and are trained to remove the threat of snipers that could damage or destroy aircraft.

The training consisted of several components, including shooting, field craft, land navigation and a “keep in memory” game designed to train students to remember details in circumstances when their range of motion may be limited.

Williams demonstrated the shooting mechanics by drawing a crosshair on a notepad, showing how factors such as wind and distance are

considered before firing.

For the shooting portion, the size of the target increases as it gets farther from the shooter, but precision is necessary – students must hit a 3-inch by 3-inch circle for the 300-meter mark, for example.

Part of the training was to psychologically overload the students, Williams said, so they are calmer should they ever face real-world situations when the training is required. For example, while displaying her memorization skills, she also had to perform physical activities such as flutter kicks and jumping jacks.

“Chances are, if I’m ever in a situation where I’m having to provide surveillance for some type of cover fire, it’s going to be in a stressful situation,” she said. “I’m going to have to learn how to work through all that and still be able to think and not get that tunnel vision.”

Williams said the psychological aspect of the training was difficult, between being new to the squadron and the low number of women who had completed the course before her.

“I was dreading it,” she said. “I wasn’t happy. I was doubting myself. That made it difficult for me, knowing that there was a possibility that I could fail. That put a lot of weight on my shoulders.”

However, she said as she progressed through the program toward graduation, her confidence grew.

“Once you pass day one, you’re like, ‘OK, now I’ve got to focus on getting through day two, focus on getting through day three’ rather than focus on getting through 19 days,” she said. “After each day, the closer and closer I got to the finish line, I stopped doubting myself.”

Staff Sgt. Robert Hicks contributed to this story.

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Law

From Page 6

reduction to the grade of airman first class and a reprimand.

60th Aerial Port Squadron

A senior airman received an Article 15 for wrongful use of marijuana, a violation of Article 112a, UCMJ. Punishment consisted of reduction to the grade of airman first class and a reprimand. This Airman was subsequently discharged per the Air Force policy on drug abuse.

A staff sergeant received an Article 15 for maltreatment and indecent language to a fellow Airman, a violation of Article 93 and Article 134, UCMJ. Punishment consisted of a suspended reduction to the grade of senior airman, forfeitures of \$500.00 pay per month for 2 months and a reprimand.

60th Security Forces Squadron

A technical sergeant received an Article 15 for drunken driving, a violation of Article 111, UCMJ. Punishment consisted of a suspended reduction to the grade of staff sergeant, forfeitures of \$1,616.00 pay per month for 2 months and a reprimand.

60th Contracting Squadron

A staff sergeant received an Article 15 for dereliction of duty in negligently failing to complete their periodic security

clearance re-investigation, a violation of Article 92, UCMJ. Punishment consisted of a reduction to the grade of senior airman and a reprimand.

Administrative separation actions

60th Aerial Port Squadron

An airman was administratively discharged for minor disciplinary infractions, with a general service characterization.

An airman first class was administratively discharged for drug abuse, with a general service characterization.

60th Civil Engineer Squadron

An airman first class was administratively discharged for failure in the Alcohol Abuse Treatment Program, with a general service characterization.

60th Security Forces Squadron

An airman first class was administratively discharged for a fitness failure, with an honorable service characterization.

660th Aircraft

Maintenance Squadron

An airman first class was administratively discharged for drug abuse, with a general service characterization.

860th Aircraft

Maintenance Squadron

An Airman was administratively discharged for commission of a serious offense, with a general service characterization.



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# Chiefs

From Page 4

Force's Personnel Center secure applications page. Those selected for chief will be promoted beginning Jan. 1, 2018, according to their promotion sequence number. Commanders will receive notice of their selects from

their senior rater's agent starting Nov. 30, with the intention that selects be notified no earlier than one day before the public release. For more information about Air Force personnel programs, go to myPers from a CAC-enabled computer. Eligible individuals who do not have a myPers account can request one by visiting <http://www.afpc.af.mil/myPers>.

# Reyes

From Page 7

anger, depression, marijuana and alcohol. Our older son also struggled with anger and frustration, causing tension in the home. I thought it would be something they would outgrow, but the damage had been done. I believed if my children did well in school and had friends, they were doing OK. Looking back now, I would have intervened earlier and taken steps to connect more with my children. Connecting with them would have taken me to a deeper place of understanding and would've helped identify the issues causing their behavior. I would have also listened more. So, where was Jesus in all the mess? He was in every part of it. He used my mistakes to humble me and seek repentance and wisdom. We had many friends praying for us. God guided us through and we found incredible resources, which proved to be a game changer. We experienced some very painful and difficult times, but it was never about fixing our kids. God clearly intended to change me. He changed my husband. He changed each of our children. His desire was to change our entire family and to use our

journey to help others. He's not done yet because we are all growing and still a work in progress. Parents are often stressed and want to avoid conflict with their children. Struggling parents can feel overwhelmed, desperate or even ashamed of their kid's poor behavior. Many feel like they're facing their struggle alone. Christian parents who are struggling often feel guilty because the church has perpetuated the lie of the "perfect family." Fear prevents us from sharing what is really happening in our families. We don't extend grace to one another. We judge one another. Morgan further states, "We all come from a broken family and then create another broken family, because all families are broken. Even God's. In our brokenness we are just where we need to be. Fractured. Messed up. Sinful. Needy. Redeemable." I know part of this sounds like doom and gloom and many people may wonder what the point is of trying. As parents, we have the responsibility to raise our children to be healthy and whole people who follow God. But our own efforts will miss the mark. The problem is we don't recognize that our brokenness causes us to come to the end of ourselves and allows God to move into our lives. He transforms parents and children. We were never intended to parent perfectly or be perfect. It's impossible. We are deceived to think it's within our power to parent without mistakes. God doesn't waste our mistakes or our pain. God is much more concerned about our growth. He is much more concerned about the journey than the destination. Parenting is a journey of brokenness. The Psalmist reminds us: "And now, God, do it again! Bring rains to our drought-stricken lives So those who planted their crops in despair Will shout hurrahs at the harvest, So those who went off with heavy hearts Will come home laughing, with armloads of blessing" Psalms 126:4-6 MSG. Today my husband and I can truly say we have healthy growing relationships with each of our three children. Our sons have reconciled and God was instrumental in every step of that reconciliation. Each of our kids have had their own journey and it has often looked different than what we expected. Each has experienced adversity, but that is the journey God has for them and it's not perfect.

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1) Lt. Col. Daniel Hosler, 60th Aerial Port Squadron commander, describes the process of how certain items are loaded onto different aircraft Nov. 20 at Travis Air Force Base, Calif. Hosler walked the congressional staff delegation through the APS and described different functions, roles and responsibilities Airmen have and how they do their operations.



# Base welcomes congressional...

U.S. Air Force photos by Airman 1st Class Jonathon D. A. Carnell

2) U.S. staff delegation members board a KC-10 Extender Nov. 20 at Travis Air Force Base, Calif. 3) The delegation members spoke with Airmen in different Air Force specialty codes. The members visited Travis and other West Coast bases, where they had the opportunity to speak with leadership on mission readiness, training and ways their support can benefit the Air Force.



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