

Nelson assumes ...

COMMAND

PAGES 16-17



Innovation legacy grows stronger daily

In October, David Grant USAF Medical Center will turn 30 years old. What many of us don't know is who David Grant was.



Commentary by Lt. Col. Beth Dion
60TH INPATIENT OPERATIONS SQUADRON

responsible for its organization and operation in World War II. He was instrumental in establishing a convalescent rehabilitation program, which helped restore many of the sick and wounded to maximum ability.

His encouragement of aeromedical research resulted in the development of many modern high-altitude equipment items used to protect flying personnel. He directed the precursor of our present aircrew selection and classification systems and is credited with establishing the physiological training program.

I am sure Grant never thought that flight medicine, aeromedical transport and our rehabilitation capabilities would be what they

Commander's Commentary

are today, but we know these capabilities exist in some part due to his pioneering efforts. He was an early innovator for our Air Force and today, we are still an Air Force of innovators.

Innovation isn't easy. It forces us to develop new values and go against established norms. A lot of times, at the beginning of the process, it puts more work on our plate and we are all busy juggling many priorities.

In my experience, one of the hardest parts of innovation is that it doesn't always benefit us. It may not even come to fruition in our tenure. But we always have to remember, we innovate for the next generation of Airmen, leaving the Air Force

better than we found it.

When I was a young nurse "they" wanted to stand up infant and pediatric heart-lung bypass transport teams. At this time, there wasn't a blueprint for such a team. Heart-lung bypass transport didn't even exist in the civilian sector.

It was nearly two years after the Air Force had successfully accomplished this feat that it was adopted by our civilian counterparts. We did it. When I say "we," I mean the whole Air Force because it was not just a medical success. We couldn't have done it without Air Mobility Command.

Heart-lung bypass transport isn't something that can be accomplished on a helicopter or C-21 aircraft. It requires a large aircraft. When we called an aircrew and told them what we wanted to do and what medical equipment would be involved,

they were excited to work with us and we figured it out together. Our longest mission was from San Antonio, Texas, to Okinawa, Japan. We provided care for a very sick 5-day-old. Today, that child is a healthy twentysomething.

Fast forward 20 years and there are now adult heart-lung bypass transport capabilities and dedicated transport teams available. Those teams have deployed and put wounded and sick service members on transport flights to bring them home. Today, a family is able to hug their hero because we did it.

I have been in the military for 24 years and people always ask me what my favorite assignment was. My answer is always the same: "It isn't about where I live. It is about the amazing experience and opportunities I have had."

Docs perform first Air Force Y-90 cancer treatment

Merrie Schilter-Lowe

60TH AIR MOBILITY WING PUBLIC AFFAIRS

The procedure took less than an hour. Getting Air Force approval to treat cancer patients with Yttrium-90 radioembolization took almost 14 years.

Lt. Col. (Dr.) David Gover and Maj. (Dr.) Jason Hoskins, assigned to the 60th Medical Group at Travis Air Force Base, California, performed the first Air Force-only liver cancer treatment on a patient with Y-90 radioembolization Sept. 7.

The U.S. Food and Drug Administration approved the use of one type of Y-90 radioembolization 20 years ago.

"The procedure has really matured in the last six to eight years on the civilian side and gained a lot of traction for good reason," said Hoskins. "It's less painful for the patient than conventional treatment. There are usually fewer side-effects and post-procedure medication decreases to almost zero."

Patients undergoing conventional chemotherapy treatment usually remain in the hospital overnight for pain management.

Both interventional radiologists at David Grant USAF Medical Center, Gover and Hoskins treated patients with Y-90 radioembolization while completing fellowships – Gover in 2004 at the University of California at San Diego, and Hoskins in 2017 at Indiana University in Indianapolis, Indiana.

Air Force doctors at Brooke Army Medical Center in San Antonio, Texas, have also treated liver cancer patients with Y-90 radioembolization for at least seven years, said Hoskins.

Hepatocellular carcinoma of the liver – referred to as HCC – is the most common type of liver cancer in adults and the second most frequent metastatic



U.S. Air Force photo/Heide Couch

Lt. Col. (Dr.) David Gover and Maj. (Dr.) Jason Hoskins, 60th Medical Group interventional radiologists at David Grant USAF Medical Center, conduct an Yttrium-90 radioembolization procedure on a patient with liver cancer Sept. 7 at Travis Air Force Base, Calif. The Y-90 radioembolization is an advanced and minimally invasive method utilized to treat cancer by delivering millions of tiny radioactive beads inside the blood vessels that feed a tumor. The high dose of targeted radiation prospectively kills the tumor while sparing normal tissue.

site for all cancers, according to the American Cancer Society. It also is the most common cause of death in people with cirrhosis.

"About 95 percent of individuals who get liver cancer are generally over age 50," said Hoskins. "The condition is roughly evenly distributed between

men and women, but men are usually worse off," he said. "Our patients are usually veterans or retirees although it is not impossible for a (family member) to get cancer to the liver that metastasized from another part of the body."

To gain Air Force approval to treat Department of Veterans Affairs patients

with Y-90 radioembolization, Gover and Hoskins had to obtain support from several medical specialties, including oncology, physics, hepatology and nuclear medicine.

They also needed approval from the **See Y-90 Page 26**

Work to prevent suicide, starting with oneself

Commentary by Glenn S. Robertson

90TH MISSILE WING PUBLIC AFFAIRS

F. E. WARREN AIR FORCE BASE, Wyo. — Even on good days, the thought creeps up out of nowhere – an insidious sense of doubt, of worthlessness and a sense of purposelessness that whispers in my ear and tells me that I will never accomplish the goals I have set for myself. The thoughts that make me ask

Commentary

why I shouldn't just call it quits and end the sadness that plagues me.

I am just one of nearly one-quarter of the population who has suffered with this illness for most of my life. Just like all of them, depression is present nearly every day of every year. If this sounds familiar to you, you are not alone. There are millions in this country who know

the daily struggle of depression.

But I do not and I will not allow this disease to define me and I ask anyone reading this who might be going through hard times to do the same. Maybe your situation is different. Maybe post-traumatic stress disorder haunts you and the things you've seen and experienced make you never want to open your eyes again. Maybe the stress of your job or your life seems to be too much to bear and you can't see any end in sight.

Overwhelming anxiety. Brain injury. The effects of substance abuse. So many different mental troubles can lead to suicidal ideation, which can complicate finding a solution for an individual thinking about hurting themselves.

Whatever personal challenge you're fighting, please do everything you can to remind yourself that life is worth living. It's a challenge and often a struggle, absolutely. But, no matter what you're

See ROBERTSON Page 22

Tailwind

Travis AFB, Calif.
60th Air Mobility Wing

Air Force

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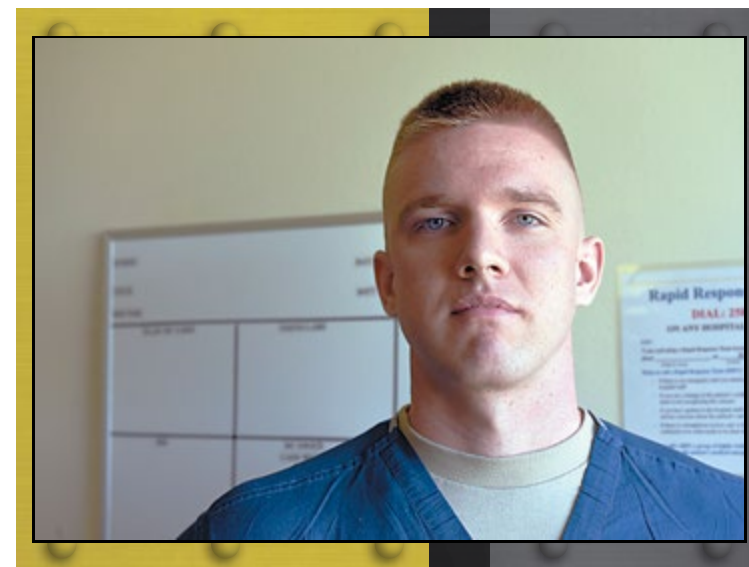
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On the cover

Col. Jeff Nelson, 60th Air Mobility Wing commander, renders his first salute during an assumption-of-command ceremony Sept. 18 at Travis Air Force Base, Calif. Nelson assumed command of Air Mobility Command's largest wing.

U.S. Air Force photo/Lan Kim



U.S. Air Force photo/Airman 1st Class Jonathon D. A. Carnell

WARRIOR OF THE WEEK

Name: Airman 1st Class Brian Cairns.	Time in service: Two years.	What are your hobbies? Playing basketball, skiing and working on cars.
Unit: 60th Inpatient Operations Squadron.	Family: Spouse, Airman 1st Class Jade Cairns.	What is your greatest achievement? Completing 30 didactic/20 flying hours en route to pilot's license.
Duty title: Surgical inpatient technician.	What are your goals? To become an Air Force pilot.	
Hometown: Seattle, Washington.		

Mini mall pharmacy due for upgrade

Merrie Schilter-Lowe

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Travis Air Force Base, California, is getting a new and bigger satellite pharmacy in the Base Exchange mini mall in early 2020.

During the construction period, the current satellite pharmacy will move to a temporary location off Hickam Avenue near the main exchange on Skymaster Drive, said Master Sgt. Jarred Jessup, 60th Medical Group outpatient pharmacy operations section chief.

The exact dates the satellite pharmacy will close for the move will be announced later, according to Jessup.

The satellite pharmacy only processes refill prescriptions, which can be called in 24 hours a day.

To avoid running out of medication, patients can order refills by calling 707-423-7600 up to two weeks in advance of the move. Patients can also pick up refills at the self-service kiosks in the mini mall.

To use the service, patients must create a user name and password in advance at one of the kiosks using an active prescription with refills remaining, said Jessup.

The initial phase of the building project involves downsizing the post office and modifying the retail areas in the mini mall to make room for the new pharmacy, said Lewis Martin, Air Force Medical Support Agency health facilities project director.

Contractors will also build the temporary satellite pharmacy west of the vehicle resale lot, which will be double the size of the current satellite pharmacy and feature a dedicated patient waiting area, said Martin.

The current satellite pharmacy, which has been in operation since 1997, has not had any major renovations completed since its inception.



Courtesy photo

Lt. Col. John Berger and Dr. Scott Farber stand outside the Barnes-Jewish Hospital Emergency Department in St. Louis, Mo. Farber was part of the trauma team who saved Berger's life after he was hit by a truck in 2012.

Resilience: From tragedy to triumph

Staff Sgt. Robert Hicks

621ST CONTINGENCY RESPONSE WING
PUBLIC AFFAIRS

Doctors, nurses and family members surround the bed as the ventilator hums in a rhythmic tone and the heart monitor beeps. As he awakens, he looks around confused until he finally remembers the tragic accident the night before.

On June 23, 2012, a pickup truck ran a red light and hit then-captain, now-Lt. Col. John Berger, 321st Air Mobility Operations Squadron commander at Travis Air Force Base, California, and rolled over him. Berger was knocked unconscious and later rushed to the intensive care unit at Barnes

Jewish Hospital in St. Louis, Missouri.

"I was waiting to cross the street and as I took one step, I could see a flash of light out of the corner of my eye and that's the last thing I remember," said Berger.

Luckily, there were people who saw the accident and came rushing to his aid before calling an ambulance.

"I remember it was a little after midnight when he was rushed into the emergency room," said Dr. Scott Farber, a surgeon at the Barnes Jewish Hospital. "I was the lead general surgeon on duty at the time and was the first person to see him. We performed a computerized tomography scan

on him and saw the internal bleeding. After that, he was immediately rushed into surgery."

Berger fractured both of his hips and had eight inches of his large intestine removed due to massive internal bleeding.

"I opened my eyes the next day, saw my family and thought, 'I'm alive,'" said Berger. "Next, I wiggled my fingers and toes and ran through the St. Louis Cardinals lineup and realized that my spine and brain worked. That's when I thought to myself, 'OK, I can do this.'"

He spent the next two weeks in the hospital recovering from his injuries, where he received

plenty of support from family, friends and nurses.

"A week after the accident, I was ready to get back to doing the things I loved, to include the Air Force," said Berger. "Every morning, I would wake up at 5 a.m., brush my teeth and shave, then wait at the end of the bed for the doctor. At the end of each visit, I would ask for things like, 'Can I start eating solid foods?' and even though I had two broken hips, I would also ask, 'Can I walk around in the hall?'"

Berger spent 14 days in the hospital before being released to his family, where his mother, a registered nurse, cared for him.

See TRIUMPH Page 24



U.S. Air Force photo/Airman 1st Class Christian Conrad

Airmen from the 621st Contingency Response Wing's Security Forces Squadron at Travis Air Force Base, Calif., work to input developing intelligence with regard to simulated threats during Exercise Turbo Distribution 18-02 Sept. 8 at Fort McCoy, Wis. The exercise helped hone the Airmen's core port-opening competencies as well as provide upgrade training for the majority of participating Airmen.

'Train the way you fight,' urges sergeant

Airman 1st Class
Christian Conrad

60TH AIR MOBILITY WING PUBLIC AFFAIRS

FORT MCCOY, Wis. — When you think of a security forces Airman, you're likely thinking of someone who looks a lot like Master Sgt. Vincent Brasher, flight chief in the 921st Contingency Response Squadron. Solidly built at about 6 feet 2 inches, he's not a man who scares easily.

But he says some stories get pretty close.

"When you hear about how a convoy got hit by an (improvised explosive device) or how a motorcycle was used in a suicide bombing that killed seven kids who were just trying to get to school, it's not really something you just shrug off," he said. "It contributes to this very real culture of anxiety and suspicion that exists out in theater."

As a security forces Airman who served tours in Iraq in 2006 and Afghanistan in 2012, Brasher has seen both wartime and relative peace in the U.S. Central Command area of responsibility.

"Peace," he cautions, still wasn't "safe" in 2012.

"In 2006, we were getting attacked every day, so I can see how in relation to that, 2012

could be seen by some people as 'peaceful,'" he said. "But we were still under threat and attacks were still happening at that time, though not with the same frequency."

In 2009, in response to what was deemed by then-Gen. Stanley McChrystal as too many civilian casualties resulting from American counter-insurgency operations, the rules of engagement governing how, when and to what capacity military members were authorized to engage with potential hostiles, was changed.

The effects of this change were felt throughout the broader international community including by the United Nations, which reported in 2012, the United States killed 126 Afghan civilians by airstrike, contrasting with 550 Afghan civilians in 2008.

In 2015, then-U.S. Air Force Lt. Gen. John Hesterman III underlined the importance of reducing civilian casualties by describing the effort as being "the right thing to do" and "one of the things that separates us from the terrorists we're fighting, who kill anyone who isn't them."

Despite the global praise of the new rules of engagement,

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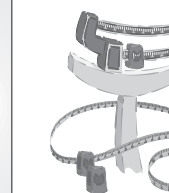
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Panel talks total force integration

Tech. Sgt. Meredith Mingledorff
SECRETARY OF THE AIR FORCE
PUBLIC AFFAIRS

NATIONAL HARBOR, Md. — Former Secretary of the Air Force F. Whitten Peters moderated a panel of senior leaders examining the total force during the Air Force Association Air, Space and Cyber Conference in National Harbor Sept. 18.

The panel focused on Air Force integration of Guard and Reserve personnel into missions across all spectrums of responsibility.

Expert insight was provided by Shon J. Manasco, assistant secretary of the Air Force for Manpower and Reserve Affairs, Gen. James M. Holmes, commander of Air Combat Command, Lt. Gen. L. Scott Rice, director of the Air National Guard, and Lt. Gen. Richard W. Scobee, chief of the Air Force Reserve and commander Air Force Reserve Command.

The Guard and Reserve have been invaluable since their inception 70 years ago. But the value of that combination was made especially clear Sept. 11, 2001, Peters said.

Since those attacks, part-time forces are relied upon heavily to meet mission requirements and provide unique manpower solutions to fit the needs of American security within the constraints of Air Force resources.

Leveraging experience and



U.S. Air Force photo/Andy Morataya

Lt. Gen. Richard W. Scobee, chief of the Air Force Reserve and commander of Air Force Reserve Command, speaks during a total force integration panel during the Air Force Association Air, Space and Cyber Conference Sept. 18 in National Harbor, Md.

talent, Guard and Reserve commanders apply manpower solutions with a talent pool recruited and retained from active duty, industry, academia and American communities.

"It would be impossible for the Air Force to recruit and retain the level of experience Guard and reservists bring to the team without a part-time service option," Scobee said.

Rice echoed that

assessment, adding, however, that the Guard is not trying to take active-duty Airmen away from their full-time contracts, rather his command is offering options for Airmen who still want to serve.

"What I want to do is provide Airmen options to continue their service if leaving active duty is a choice they've already made on their own," he said.

According to panel members, Air Mobility Command now has more Reserve personnel than active-duty Airmen. Other missions strengthened by the part-time force are the intelligence, surveillance and reconnaissance capabilities the Guard provides with unique expertise.

According to Scobee, strategic depth and readiness,

See PANEL Page 27

National Preparedness Month time to stay sharp

Staff Sgt. Tyler Bisogno
60TH CIVIL ENGINEER SQUADRON

September is National Preparedness Month and the 60th Civil Engineer Squadron's Emergency Management Flight wants everyone at Travis Air Force Base, California, to be prepared for any disaster.

"We are constantly being challenged by natural and man-made disasters," said Senior Master Sgt. Ernie Rude, 60th CES Emergency Management Flight superintendent. "Being unprepared for a natural disaster is a critical mistake."

"Especially if it's something you knew was a hazard or threat. We need to elevate preparedness as a high priority in our lives."

National Preparedness Month offers an excellent opportunity to stress readiness, said Tech. Sgt. Casey Garwood, 60th CES Emergency Management NCO in charge.

"It helps us understand the importance of being ready before disaster strikes," said Garwood. "We need to ask, 'Am I ready? Is my family ready for a disaster?' This year's theme is 'Disasters happen. Prepare now. Learn how.' Being prepared and

See PREPAREDNESS Page 25



MILITARY DAYS

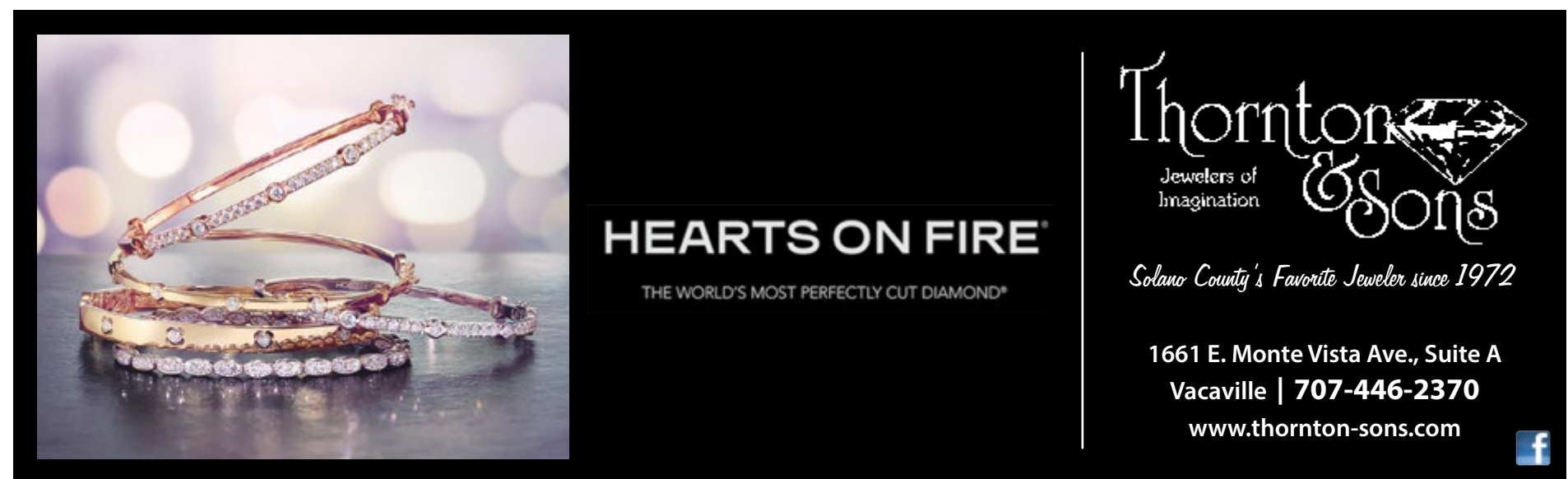
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Navy chiefs based at Travis pin on in Sacramento



U.S. Navy photo/Chief Mass Communication Specialist John Pearl

Colors are presented Sept. 16 at a chief petty officer pinning ceremony outside the California State Capitol Building in Sacramento, Calif. The new chiefs come from Navy Operational Support Centers Sacramento, Alameda, San Jose and the Fleet Air Reconnaissance Squadron 3 Detachment at Travis Air Force Base, Calif. The Travis-based detachment, VQ-3, is a forward-operating base providing complete maintenance, security and administrative support to E-6B Mercury alert aircraft and deployed TACAMO crews under United States Strategic Command operational control. The Sacramento, Alameda and San Jose NOSC's generate mobilization readiness by providing administrative services, training support and customer service to Navy Reserve personnel in support of surge and operational requirements for the Navy and Marine Corps team and joint forces.

Air Force to correct oxygen in training aircraft

Air Education and Training Command Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — The Air Force will begin implementing a series of corrective measures, including redesigning the oxygen system and adjusting oxygen control levels in flight, to address persistent problems in training aircraft.

In addition, Air Education and Training Command will increase maintenance on the oxygen distribution system, known as OBOGS, to curb problems identified in T-6 Texan II trainer aircraft.

The measures came after a six-month examination of problems with the system by AETC and Air Force Material Command looking into fluctuating oxygen levels for pilots. A team of experts, including the Navy and NASA, have worked together to improve pilot safety and reduce physiological events in flight.

Varying levels of oxygen concentrations in the cockpit were identified as the major factor in unexplained physiological events that affected T-6 pilots across AETC.

“So far, technical efforts to date and analysis of data collected have determined that pilots have been exposed to significantly changing levels of oxygen concentration,” said Lt. Gen. Steve Kwast, AETC commander. “The varying levels of oxygen concentration, even though in excess of what the body typically needs, has caused physiological stress that most pilots on most days actually adapt to without noticing.”

The physiological stress results in symptoms that can be

See OXYGEN Page 22



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Salad Wednesdays offer shoppers healthy option

Army and Air Force Exchange Service Public Affairs

Service members at Travis Air Force Base, California, can keep their bodies and their wallets healthy every Salad Wednesday at Army and Air Force Exchange Service restaurants.

On Wednesdays, diners can take \$2 off any salad priced \$4 or more at participating Exchange direct-operated restaurants, including Burger King, Taco Bell, Charley's, Subway and Arby's.

"The Exchange is dedicated to supporting readiness and resiliency among service members and families at 'Travis Air Force Base,'" said Flor

B. Payton, Exchange general manager. "The Travis Air Force Base community can count on the Exchange to make it easy and affordable to make healthy choices."

Salad Wednesday is part of the Exchange's BE FIT initiative, which promotes healthy lifestyles for service members, retirees and military families.

The Exchange is a partner in the Healthy Army Community initiative under the Office of the Secretary of Defense, Operation Live Well. All Exchange restaurants offer better-for-you menu choices to support warfighters' readiness and resiliency.

In addition to Salad See HEALTHY Page 22



U.S. Air Force photo/Senior Airman Kyle Hagan

Members of the 106th Rescue Squadron, 106th Rescue Wing, New York Air National Guard, drop from an HC-130J Combat King II during a Sept. 17 rescue mission following Hurricane Florence.

ANG saves 19 after Florence

Capt. Matt Murphy AIR NATIONAL GUARD PUBLIC AFFAIRS

SAMPSON COUNTY, N.C. — Air National Guard Search and Rescue teams from Alaska and New York conducted operations Sept. 17, in North Carolina's Sampson and Clinton counties, resulting in 19 lives saved.

Staged in Ocean, Virginia, Alaska ANG Master Sgt. Cody Inman, pararescue team lead, 212th Rescue Squadron, said his team was notified of a mission at approximately 12:30 p.m. from the North Carolina Emergency Operations Center. "The (rescue) force launched in two HH-60 Pavements with a couple of C-130s

to go rescue and recover isolated civilians," said Inman. "It was a cool thing to witness all the state Guard teams coming together to help those in need." Inman added the team worked with local firefighters and other federal authorities to coordinate the operations and deliver the rescued citizens to a nearby medical center.

Air Force hosts EFMP summit

Richard Salomon AIR FORCE'S PERSONNEL CENTER

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Being the parent of a child with asthma, cancer, autism or any other life-threatening or chronic condition is often a difficult journey that requires patience and sacrifice.

Fortunately, thousands of active-duty members have found support through the Air Force Exceptional Family Member Program, which allows Airmen to proceed to assignment locations where suitable medical, educational and other resources are available to treat family members with special needs.

In an effort to communicate directly with Airmen and

families, the Air Force hosted an EFMP summit Aug. 28-29 at Joint Base San Antonio-Randolph, Texas, to address concerns, help identify solutions and share resources for exceptional family members from each major command. The summit was also broadcast live on the EFMP-Assignments Facebook page.

An exceptional family member is a family member enrolled in the Defense Enrollment Eligibility Reporting System who has a diagnosed physical, intellectual or emotional-psychological condition that requires ongoing specialized medical or educational services.

"Our EFMP professionals communicated directly with families to answer questions

and create awareness of the network of resources available to them," said Kimberly Schuler, AFPC's policy chief for Humanitarian, EFMP and Expedited Transfers assignments. "The Air Force continues to listen to feedback from EFMP families so it can evolve the program to meet present and future needs."

The summit included discussions on legal assistance, TRICARE, respite care, resources for adults/caregivers, special needs initiatives, as well as new information on the three EFMP components that work collectively for Airmen and their families.

The assignment component ensures adequate special needs care is available at the

See EFMP Page 25

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Air Force selects GPS III follow-on contract

Secretary of the Air Force Public Affairs

ARLINGTON, Va. — The U.S. Air Force announced the selection of Lockheed Martin for a fixed-price-type production contract for 22 GPS III Follow-On satellites with a total estimated contract value up to \$7.2 billion.

“The world is dependent on GPS, from getting directions to getting cash from an ATM or trading on the stock exchange,” said Secretary of the Air Force Heather Wilson. “These satellites will provide greater accuracy and improved anti-jamming capabilities, making them more resilient.”

Today, the Air Force operates a total of 77 satellites vital to national security that provide communications, command and control, missile warning, nuclear detonation detection, weather and GPS for the world.

“Since Desert Storm, our joint and allied war fighting team have relied on uninterrupted position, navigation and timing signals to employ precision on and over the battlefield,” said Chief of Staff of the

Air Force Gen. David L. Goldfein. “This investment in GPS III continues to advance our capabilities into the future.”

The Air Force’s acquisition strategy for this solicitation achieved a balance between mission success, meeting operational needs, opportunities for technology insertion, lowering costs and introducing competition for National Security Space missions.

“America’s Air Force is being fielded faster and smarter,” said Wilson.

Since the Department of Defense delegated decision-making authorities on this program to the Air Force, the service saved five months by eliminating an additional layer of reviews and speeding up the source selection process.

Additionally, by using a fixed-price contract, the contractor, not the taxpayer, would be responsible for any cost overruns.

“Having decision authority in the Air Force is critical for speed and accountability,” said Dr. Will Roper, assistant secretary of the Air Force for

See **CONTRACT Page 22**

Marathon hosts wide field

Myra Saxon

88TH AIR BASE WING PUBLIC AFFAIRS

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — This year marked the 22nd annual running of the U.S. Air Force Marathon.

The warm and humid weather didn’t stop over 15,000 runners, walkers and spectators from all 50 states and more than 10 countries from taking part Sept. 15 at the National Museum of the U.S. Air Force at Wright-Patterson Air Force Base, Ohio.

This year’s men’s full marathon winner was Staff Sgt. Jacob McCubbin, NCO in charge of Standards and Evaluations Branch, 68th Network Warfare Squadron at Lackland Air Force Base, Texas, with a time of 2 hours, 35 minutes and 57 seconds.

This year’s women’s full marathon winner was Sarah Bishop, of Dayton, Ohio, with a time of 3:02:25.

Lt. Gen. Robert McMurry, interim commander of Air Force Materiel Command, and commander, Air Force Life Cycle Management Center, gave opening remarks and reminded everyone the event is not just Wright-Patterson’s, but includes the entire Air Force around the world.



U.S. Air Force photo/Wesley Farnsworth

Runners take off Sept. 15 during the 22nd annual Air Force Marathon at Wright-Patterson Air Force Base, Ohio. More than 13,000 runners participated in the 5K, 10K, half and full marathons.

“This is your Air Force team. Take care of each other and be steadfast in your support for one another here, around the world and in deployed locations,” said McMurry.

Col. Tom Sherman, 88th Air Base Wing commander, shared his appreciation for all the work that over 2,400 volunteers contributed to make the event happen.

“This is my first year being able to see the marathon in action and I’m very proud of all the efforts from all the folks on

base and throughout the Miami Valley community that help pull this together,” said Sherman. “It takes a lot of hard work over many, many months to make this a world-class event. To see it pulled off so seamlessly speaks volumes about our Airmen and the thousands of volunteers in the (Wright-Patterson AFB) community.”

Marathon weekend featured four different running events including the full marathon, half marathon, 10K and 5K races,

See **MARATHON Page 27**

SecAF Wilson provides Air Force update

Tech. Sgt. Chuck Broadway DEFENSE MEDIA ACTIVITY



U.S. Air Force photo/Tech. Sgt. DeAndre Curtis

Secretary of the Air Force Heather Wilson delivers her “Air Force We Need” speech Sept. 17 during the 2018 Air Force Association’s Air, Space and Cyber Conference in National Harbor, Md. The Air, Space and Cyber Conference is a professional development conference that offers an opportunity for Department of Defense personnel to participate in forums, speeches, seminars and workshops.

NATIONAL HARBOR, Md. — Secretary of the Air Force Heather Wilson presented an update of the state of the Air Force Sept. 17 during the 2018 Air Force Association Air, Space and Cyber Conference in National Harbor, Maryland.

Wilson discussed restoring force readiness, space operations and the future of the Air Force during her presentation.

“Sometimes it is hard to see the sweep of history when we are just trying to get

today’s work done,” said Wilson. “Which is why it is important to come together like this, to take stock of where we are, so that we can reaffirm where we need to go.”

Wilson said currently, the Air Force has returned to an era of great power competition. Because of this, the Air Force must focus on readiness and acquisition to prepare for present and future operations.

“The (National) Defense Strategy tells us that we need to be able to defend the homeland, provide a credible nuclear deterrent and win against a major

power while countering a rogue nation, all while managing violent extremists with a lower level of effort,” said Wilson.

The Air Force, she said, meets the threats the nation faces with its most basic unit, the squadron.

“Our operational squadrons are the combat power of the Air Force, they are the clenched fist of American resolve,” said Wilson. “We have 312 operational squadrons today. The ‘Air Force We Need’ has 386 operational squadrons by 2030. It takes all of us to get that combat

See **UPDATE Page 19**

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Nelson assumes command of Travis, 60th AMW

1) Maj. Gen. Sam Barrett, 18th Air Force commander, passes the guidon to Col. Jeff Nelson, 60th Air Mobility Wing commander, during an assumption-of-command ceremony Sept. 18 at Travis Air Force Base, Calif. Nelson assumed command of Air Mobility Command's largest wing.

U.S. Air Force photo/Lan Kim



Louis Briscese
60TH AIR MOBILITY WING PUBLIC AFFAIRS

Col. Jeff Nelson assumed command of the 60th Air Mobility Wing Sept. 18 at Travis Air Force Base, California, during a ceremony attended by leaders of the local community, 18th Air Force leadership and Travis Airmen.

Nelson takes charge of Air Mobility Command's largest wing after previously serving as the 628th Air Base Wing commander at Joint Base Charleston, South Carolina.

"I can't wait to see what kind of excitement this assignment brings to our family," said Nelson. "We look forward to being a part of the 18th Air Force family again and helping deliver innovated rapid global mobility from here at Travis."

Travis has a workforce of more than 26,000 personnel and is also the home of 58 aircraft, including the C-5M Super Galaxy, KC-10 Extender and the C-17 Globemaster III. As Solano County's biggest employer, Nelson is well aware of the impact Travis has on the local community.

"Thanks to our civic leaders in the community for supporting the Travis team," said Nelson. "The reason Travis is a highly sought-after assignment is due in part to the magnificent hospitality."

Maj. Gen. Sam Barrett, 18th Air Force commander, presided over the ceremony and applauded the men and women of Travis for their professionalism and commitment to the mission.

"Thank you for your service and protecting 325 million Americans," said Barrett. "What you do matters."

Barrett listed several examples of how Travis has worked to help its fellow citizens. Travis firefighters battled wildfires side by side with local firefighters, Airmen assisted with Hawaii volcano relief efforts and provided support for Hurricane Lane.

"You put the rapid in rapid global mobility," said Barrett. "You have the capability, capacity and the amazing Airmen to move mountains."

Barrett believes that a tested leader with the amount of operational experience Nelson possesses is exactly what Travis needs.

"This is a great commander, the right leader to take Travis to new heights," said Barrett. "There's no one more ready to command my largest of 12 wings."

Nelson said he wants to build upon the Air Force Chief of Staff Gen. David L. Goldfein's focus area on revitalizing squadrons.

"I will ensure our squadrons have the tools necessary to deliberately develop a strong, resilient fighting force," said Nelson. "We will forge a shared spirit of ownership and empowerment for innovation so we can execute today while we prepare for tomorrow."

Nelson stressed he will focus on the people who make the mission possible.

"I am honored and humbled to be your commander, I am committed to working for you," said Nelson. "We will continue to focus on the priorities of Airmen, team, pride and readiness."

Nelson has flown more than 5,000 hours as a command pilot. Some of his combat missions include Operations Allied Force in Kosovo, Enduring Freedom in Afghanistan and Iraqi Freedom.



U.S. Air Force photo/Lan Kim



U.S. Air Force photo/Heide Couch



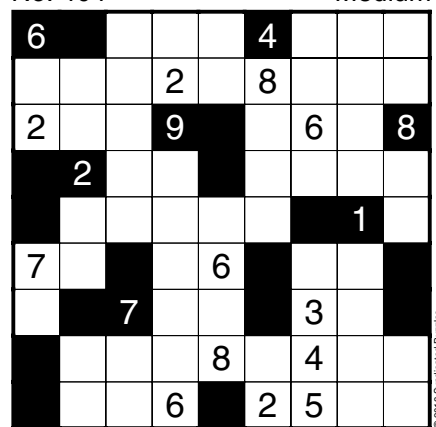
U.S. Air Force photo/Heide Couch

2) Airmen from the 60th Air Mobility Wing stand in formation during an assumption-of-command ceremony Sept. 18 at Travis Air Force Base, Calif. Col. Jeff Nelson assumed command of Air Mobility Command's largest wing. 3) Nelson provides remarks during the ceremony. 4) Maj. Gen. Sam Barrett, 18th Air Force commander, presides over the ceremony.

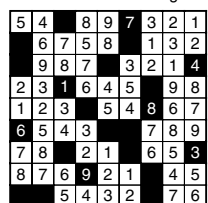
Puzzles

STR8TS

No. 404 Medium



Previous solution - Tough

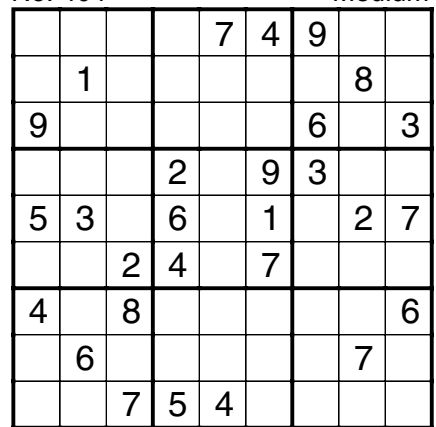


How to beat **Str8ts** – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into **compartments**. These need to be filled in with numbers that complete a 'straight'. A **straight** is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

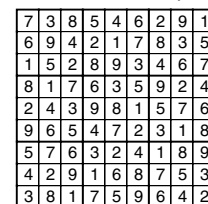
You can find more help, tips and hints at www.str8ts.com

SUDOKU

No. 404 Medium



Previous solution - Easy



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

For many strategies, hints and tips, visit www.sudokuwiki.org

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

The solutions will be published here in the next issue.

News notes

Retiree Appreciation Day. Travis Air Force Base invites all military retirees and their families to attend its annual Retiree Appreciation Day 8 a.m. to 2 p.m. Oct. 13 at the Base Theater and fitness center parking lot. The event will feature free food, live entertainment, information booths and guest speakers.

60th FSS

Free fun

Fall into Fitness Challenge and Prize.

During September, conquer the Fall into Fitness Challenge at the Fitness Center. Get fit, score 1,000 points and win. To participate, follow these three simple steps: 1) Pick-up Fitness Tracking Card at the front desk, 2) Earn 1 point for each minute of physical activity and 3) Reach 1,000 points and receive a free prize. For more information, call 424-2008.

NFL Sundays at Wingman's.

Every Sunday, visit Wingman's inside the Delta Breeze Club for NFL Sundays. Enjoy free NFL Sunday Ticket with Red Zone and watch football all day from 10 a.m. to 10 p.m. on multiple screens. Represent your team and enjoy delicious food and refreshing drinks. For more information, call 437-3227.

Events and specials

Corn hole desktop sets at the engraving shop. During the month of September, receive your own corn hole desktop set from the engraving shop inside Arts & Crafts. Pay \$60 for a corn hole set with a pre-set design, or create your own design and customize your set for \$65. For more information, call 424-8502.

Cypress Lakes Golf Course Performance Center. Visit for one-on-one technology lessons to perfect your skills. Use the center for club fitting, club check on flight scope, loft and lie as well as the science and motion putt lab. For more information, call 448-7186.

Upcoming events

Hiring event. Hire G.I. will host a free hiring event from 11 a.m. to 1 p.m. Oct. 11 at the Delta Breeze Club. This event will have more than 130 job offers and onsite interviews. Dress for success and bring copies of resumes. Hire G.I.'s mission is to help veterans and spouses find employment and assist service members with networking opportunities. For more information or to register, please visit <https://hiregi.com/events/travis-afb-career-fair/>.

Closures

NAF Human Resources Office hours. The office will close every Thursday. Business hours are 7:30 a.m. to 4:30 p.m. Monday, Tuesday, Wednesday and Friday. NAF HRO also is closed on federal holidays. For more information, call 707-424-4749.

Closures

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

In the next week ...

sat

Wine Walk. 1 to 5 p.m. Sept. 22, downtown Benicia. www.beniciamainstreet.org.

sun

Visions of the Wild. Through Sept. 23, Vallejo and Napa. www.visionsofthewild.org.

Chapel programs

DGMC Chapel

- Latter-day Saints Service: 4 to 4:30 p.m. Sunday at DGMC Medical Center Chapel.
- For all other inquiries, call LDS Military relations representatives at 707-535-6979.

Protestant First Street Chapel

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

- Protestant Traditional Service: 10 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. Tuesdays followed at 7 p.m. by Bible study.



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

Recurring

Air Force Office of Special Investigations

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

Air Force Recruiting Office.

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

Air Force Sergeants Association

"Walter E. Scott" Chapter 1320. General membership meetings are at 2 p.m. 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.

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

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

Crisis text line. Free, confidential, 24/7 counseling for teens and young adults. Text 741-741 anywhere in the United States and a live, trained crisis counselor responds quickly.

Employee-Vehicle Certification and Reporting System. Civilian and military personnel must maintain emissions information with the Web-based ECARS system. For more information, call Xuyen Lieu at 707-424-5103.

Exceptional Family Member Program Sensory Play Group. This group meets from 2 to 4 p.m. the second and fourth Wednesdays at the Balfour Beatty Community Center. For more information, call 707-424-4342 or visit the Facebook page "EFMP Travis AFB."

Family Advocacy Parent/Child 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 to 2 p.m. the third Thursday of each month at The Peak. For more information, contact Amber Quire and Jessica Soto at 501-231-7756 or email travspcombatpatsd@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://pfpform.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://jhs.release.dma.mil/public> and fill out the information.

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

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

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

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.

MPF self-renewal program. Did you know that dependents can now renew their ID cards online? To participate in this program, visit <http://bit.ly/2mR1gl2>. This program is limited only for renewing dependents' IDs. For all other services, visit MPF during duty hours or call 707-424-8483.

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

Photocopying of military identification. The prohibition of photocopying of U.S. government identification Common Access Card announced by the Office of the Assistant Secretary of Defense, dated Oct. 27, 2011, does not apply to medical establishments, applying for

government-issued, no-fee passport and other U.S. government agencies in the performance of official government business. This requirement does not apply to minors ages 16 or younger. However, it applies to sponsors. For more information, call 707-424-5324.

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

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

Solano/Napa Habitat for Humanity. This organization welcomes volunteers and supporters from all backgrounds. There are recurring events Tuesday through Saturday. For more information, email Staff Sgt. Mathew Clayton at mathew.clayton@us.af.mil.

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.

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

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

- Kelley D. Brown, Joint Base McGuire-Dix-Lakehurst, New Jersey.
- Erin Duniway, 60th Operations Support Squadron.
- Valerie Moore, 60th Aerial Port Squadron.
- Jessica Pope, 349th Air Mobility Wing.
- James Van Nostrand.

THE FLIP SIDE

The VLP 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.

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

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

Theatre Deville. Masquerade on Main, 8 p.m. Oct. 27; 308 Main St., Vacaville. www.theatredeville.com.

Vacaville Farmers Market. 9 a.m. to 2 p.m. Saturdays, through Oct. 27, Creekwalk Plaza at Andrews Park, downtown Vacaville. www.facebook.com/VacavilleFarmersMarket.

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

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

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

Art exhibits

Artiszen Cultural Arts Center. Open 11 a.m. to 5 p.m. Wednesday through Friday, 11 a.m. to 2 p.m. Saturday, 337 Georgia St., Vallejo. 649-8984, www.artiszen.org.

ArtPhit. Open 10 a.m. to 6 p.m. Wednesday through Saturday, 726 Texas St., Fairfield. 439-3573.

Arts Benicia. "After Dark," Saturday through Oct. 21, open noon to 5 p.m. Wednesday through Sunday during exhibitions, 991 Taylor St., Suite 114, Benicia. Free. 747-0130, www.artsbenicia.org.

Benicia Plein Air Gallery. Judy Feins is September's featured artist; JoAnn McMahon is October's featured artist; open 11 a.m. to 5 p.m. Thursday through Sunday, 307 First St., Benicia. 495-2940, www.benicipleinair.com.

Benicia Art Walk. 2 to 7 p.m. and Oct. 13, downtown. www.artsbenicia.org/benicia-artwalk.

Benicia Farmers Market. 4 p.m. Thursdays, through October, First Street between B and D streets. 745-9791.

Downtown Theatre. Latin Rock Night, 8 p.m. Oct. 13, 1035 Texas St., Fairfield. www.downtowntheatre.com.

Fairfield Farmers Market. 3 p.m. Thursdays, through Oct. 7, corner of Jefferson and Texas streets. www.fairfieldmainstreet.com.

Ghost Walk, Suisun City. 8 p.m. Sept. 21, leaves from Virgil's Bait Shop, 201 Main St., Suisun City; 8 p.m. Sept. 22, leaves from the Lawler House, 718 Main St. www.suisunwaterfront.com.

Nightmare Island Ghost Walk. 7 p.m. Oct. 5, Mare Island Shoreline Heritage Preserve, 167 O'Hara Court and Azure Drive, Vallejo. www.facebook.com/Soulseekers-Paranormal-Research-300728293273116.

Sounds of Suspense. Radio broadcast,

Airlift

From Page 14

retired Maj. Ray Roberts, now president of the Berlin Airlift Veterans Association.

Wilson also shared a story when then-Gen. Lucius Clay, the commander in chief of U.S. Forces in Europe, at the time, asked then-Col. Curtis LeMay if he had any planes that could carry coal.

“(He answered,) ‘Well, general, the Air Force can deliver anything, any time, anywhere,’” said Wilson. “Some things never change.”

During her speech, Wilson reflected on some of the artwork in the Pentagon that depicts the historical event.

“There’s one that always catches my eye when I walk by,” she said. “It is the iconic photograph of children standing on rubble, looking up as a C-47 comes in to land, bringing



U.S. Air Force photo/Staff Sgt. Rusty Frank

Secretary of the Air Force Heather Wilson speaks during the 70th Anniversary of the Berlin Airlift wreath-laying ceremony Sept. 16 at the Air Force Memorial, Arlington, Va. The event was hosted by the German Embassy, Air Force Association and the Berlin Airlift Veterans Association.

food and hope to Berlin. It’s a reminder of the ties that bind our nation together and have for 70 years.”

For more information about the Berlin Airlift, visit: <http://airman.dodlive.mil/2018/09/10/sweet-taste-of-freedom/>.

Update

From Page 13

power ready and able to fight. ... A fist is nothing without the weight of the body behind it.”

The Air Force is also working hard to recover from its maintainer shortage. Just a few years ago, the Air Force was short 4,000 maintainers. Wilson said by the end of 2018, that deficit will be eliminated.

“The Air Force is more ready for major combat operations today than we were two years ago,” said Wilson. “More than 75 percent of our force is combat ready and we’re moving the whole force to higher levels of readiness with actions that will play out over the next several years.”

Wilson also spoke about on the importance of the mission in space, including a recent proposal to the Defense Department concerning the

structure and responsibilities of a new branch of the armed services.

“As Airmen, we have the responsibility develop a proposal for the president that is bold, and that carries out his vision,” she said.

Wilson added the Air Force is fully committed to ensuring the U.S. continues to lead in space.

“There are actions that the Air Force can take immediately,” she said.

These actions include restructuring the Space and Missiles Systems Center, which will enhance purchasing of space systems, and working with the Joint Staff to establish and support a unified combatant command for space.

“America is the best in the world at space and our adversaries know it. The threat to our space capabilities is growing and we can no longer view space as a function. It is a war-fighting mission,” said Wilson.

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Healthy

From Page 10

Wednesday savings, diners who use their Military Star card receive an additional 10

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Exchange restaurants are open to all. For more information, contact the Travis Air Force Base Main Exchange at 707-437-4633.

Contract

From Page 12

Acquisition, Technology and Logistics. "Our acquisition and contracting strategies are sound. Waiting to award only takes time away from the warfighter."

The first GPS IIIIF satellite is expected to be available for launch in 2026. The Air Force is the lead agency for procuring these satellites.

"Through this acquisition, we are demonstrating many of the principles of our SMC transformation," said Lt. Gen. John F. Thompson, Space and Missile Systems Center commander and Air Force program executive officer for space. "Getting

to a manufacturing steady state in a fixed-price environment will allow us the opportunity to realize substantial cost savings, deliver on a planned schedule, and provide avenues for needed warfighter capability upgrades in the future."

Air Force Space Command's Space and Missile Systems Center, located at Los Angeles Air Force Base, California, is the U.S. Air Force's center of excellence for acquiring and developing military space systems. Its portfolio includes the Global Positioning System, military satellite communications, defense meteorological satellites, space launch, range systems, satellite control networks, space-based infrared systems, and space situational awareness capabilities.

Robertson

From Page 2

struggling through, there are people who care about you with the resources available to help guide you through the darkness.

Whether it's an anonymous phone call to a hotline, a visit to a chaplain or a whole host of options in between, there are people – real people – out there who want to bring you back from the brink and help you realize that life is too precious to turn your back on. I have lost three people I considered friends, including one as close to me as a brother, to suicide. I will never forget the day

I received the message that he died. It has stuck with me for 11 years now, a dull ache of loss for a friend torn away too soon. I ask myself if there was more I could have done to keep him from this end. He and each of the others left holes in those left behind when they died, and they are missed terribly by many people every day, even 11 years later.

For those of you who have made it this far and cannot relate to anything written above, I have a request for you as well. Go to <https://www.af.mil/Suicide-Prevention/> and read about some of the programs and other resources available. If you see someone who's clearly not themselves, struggling with some

unseen torture, ask them how they're doing. Ask them to get coffee or grab lunch. Sometimes all it takes to support someone in this situation is just being there. Or you can go a few steps further and learn the signs. Sign up for Applied Suicide Intervention Skills Training through the chaplain's office or take a similar program that will help you notice warning signs before they become tragedies.

September is officially Suicide Prevention Month, but there is no timeline on reaching out to someone in need and you can learn how to be more aware of the subtle signs shown by those at risk 12 months a year. You may be the one to save a life.

Oxygen

From Page 8

similar to hypoxia, or lack of oxygen, hypocapnea, or lack of carbon dioxide, or other related conditions, said Kwast.

In February, Maj. Gen. Patrick Doherty, 19th Air Force commander, directed an operational pause for pilots across the T-6 fleet. At the same time, AFMC stood up an independent review team to investigate potential causes, working with AETC to conduct a full inspection of the T-6 OBOGS. During the pause, AETC and AFMC

conducted multiple inspections. During those inspections, the OBOGS filter and drain valves were found to fail at a much higher than anticipated rate. These parts were repaired or replaced as necessary.

Because some oxygen system components were failing at higher than expected rates, the T-6 Program Office at Tinker Air Force Base, Oklahoma, directed inspections on a more aggressive timeline.

In a process expected to take between two and four years, AETC, in partnership with AFMC, has initiated a redesign of the T-6 OBOGS

system to stabilize the variation in the percentage of oxygen levels pilots breathe. Concurrently, AETC and AFMC are working with the aircraft manufacturer to adjust the OBOGS software algorithm to stabilize oxygen concentrations. While this should reduce physiological events, the Air Force will pursue a broader redesign.

The Air Force also will introduce new maintenance procedures drawn from several different Air Force and Navy T-6 bases. For example, purging excess moisture from the system appears to keep the OBOGS operating more efficiently over time, said Doherty.

Brig. Gen. Edward L. Vaughan, Air Force Physiological Episodes Action Team leader, plans to collaborate with Air Force officials and other military services to determine if the OBOGS measures planned for the T-6 will be applicable across other aircraft that use OBOGS.

AETC officials are also adding study materials for T-6 pilots. The training will focus on identifying symptoms, responses and corrective procedures for all types of events, not just hypoxia.

"Since our T-6 operational pause, we have made every effort to communicate with every instructor and every student exactly what we've found," said Doherty. "Transparency remains of utmost importance to use as we all work together to ensure that our pilots are safe and know the way ahead."

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Train

From Page 5

security forces personnel in Afghanistan were forced to reconcile a new, self-defensive stance in what was still a dangerous environment.

"It was definitely nerve-racking," said Brasher. "Our specific ROE at that time relied on there being specific factors at play before we'd be authorized to use force."

According to Capt. Christian Acevedo, 621st Contingency Response Wing legal adviser, those factors essentially boil down to capability and intent.

"Say, for instance, there's a local shouting threats at a security forces officer," he said. "They may very well have the intent to do them harm, but if they're unarmed, they don't have the capability to do so. Proportionality is also an important factor in also determining how to respond. For example, shooting someone may be seen as violating the ROE if the person you're shooting is attacking you with, say, pebbles."

Acevedo went on to say how ROEs differ depending on the type of operation and the discretion of the combatant commander.

Humanitarian operations, for example, will likely have a

radically different ROE than one authorized to a unit deployed to a hostile environment, he said.

"Despite whatever potential differences in ROEs, though, the overarching law of the land is the Law of Armed Conflict," he said. "No matter how rough an environment can get, we can't violate LOAC - that's international law. It's definitely something worth brushing up on for any U.S. military member who doesn't enjoy the idea of landing themselves in some scalding hot water."

For Brasher, ROEs represent valuable guidance in austere locations, a common destination for his position in the 921st CRS.

"Something I always stay cognizant of and look up before being sent somewhere is what the ROE for that location and that mission is," he said. "It's a habit I try to instill in my Airmen as well."

To those who call ROEs too restrictive, Brasher has two words: "Be better."

"It comes down to training," he said. "If you don't train the way you fight, of course you'll be rusty and panic when you think someone is pulling out a weapon. That's why we drill different ROEs over and over and over again until the ROEs themselves become instinct. It becomes a strength - not a weakness."

Triumph

From Page 4

"My mom was my rock," he said. "She was with me every step of the way. She was there when I woke up on the ventilator, when I left the hospital and she cared for me for a month after I got out of the hospital. I couldn't have made it through all that without her."

Berger explained how the Air Force helped him prepare for a situation such as this one.

"Resiliency matters," he said. "Before I was hit, I continuously worked on building my four pillars of resilience. I was in a good place mentally and spiritually. I also had an incredibly supportive social network made up of family and friends who helped me every step of the way and to top it all off, I had recently qualified for the Boston Marathon."

Even though he had a great support system, there were times he wanted to give up.

"There were definitely low points during the process to recovery," said Berger. "There were nights I couldn't sleep and would just lay in bed with the chills. I would be so uncomfortable and in pain, I would go two days with just an hour of sleep here and there. This caused me to lose over 40 pounds."

Four months after the accident, Berger was up and running again, trying to whip his body back in to shape when a good friend of his came up with the idea of competing in an Iron Man competition. He agreed and asked Farber to participate with him.

The Iron Man is a multi-sport event consisting of a 2.4-mile swim, followed by a 112-mile bike ride and finishes with a 26.2-mile run.

"I always wanted to



Courtesy image

Lt. Col. John Berger crosses the finish line June 23, 2013, after completing an Ironman competition in Nice, France. Berger completed the competition a year after being hit by a truck.

participate in an Iron Man competition," said Farber. "He provided me with the perfect opportunity; we could train together and motivate one another. It was a really great experience."

On the one-year anniversary of the accident, Berger and Farber completed the Iron Man competition in Nice, France.

Berger's mother and one of his best friends were also in attendance to witness him cross the finish line.

"My mother and a friend who

was with me the night I was hit jumped over the barrier and ran the last 100 yards of the race by my side," said Berger with tears in his eyes. "As I crossed the finish line, I was overwhelmed with feelings of love, accomplishment and good fortune."

"People tell me that I was unlucky to be hit by the truck, but I tell them that I was lucky to be three blocks from one of the finest hospitals in the country, home to some of the most intelligent and compassionate people I've ever met."

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EFMP

From Page 10

Airman's projected accompanied location. It also reassigns Airmen and their families if care cannot be provided for a new diagnosis through the medical treatment facility, the supporting TRICARE network or a combination thereof.

The medical component oversees medical clearances and enrolls the service member in EFMP. Special needs coordinators at base medical treatment facilities screen family members so service members can obtain the necessary assignment limitation code, "Q," which identifies them as having a family member with special needs.

The family support component provides referral information, support services, respite care and relocation services, as well as contacts with government resources and civilian agencies. The family support function also assists with

school-related issues, finance questions, crisis situations and provides outreach and educational briefings to installation leadership and the community. Lastly, family support personnel help connect families with each part of the EFMP.

"EFMP combines the expertise of the assignments, medical and family support professionals," said Schuler. "All three components work together to effectively care for the concerns of special needs families."

One of the summit's goals was to gauge the impact of recommendations from last year's EFMP rapid improvement event and look for additional opportunities to improve the program going forward. As a result of the 2017 event, more than 40 full-time EFMP employees were added Air Force-wide, processes were improved for the more timely transfer of military health records and training was added for customers using TRICARE Online.

"There was a lot of good information sharing this year," said Schuler, "so we have some positive things to build on for

the coming months and the next summit."

A few of the key points taken from this year's event included the need to enhance career-planning guidance for new EFMP enrollees, creating more awareness for EFMP social media sites such as Facebook and YouTube and implementing improvements to the new EFMP enrollee orientation course, slated to debut in January 2019.

Senior Master Sgt. Nathan Yeaworth, a cyber systems manager at Royal Air Force Lakenheath, United Kingdom, has been enrolled in EFMP for about four years and has three family members with educational challenges.

"I took a lot of notes from the summit and plan to share this information with our junior Airmen at our squadron calls," said Yeaworth. "Although some program improvements still need to be made, this was a good meeting going forward. It included a good mix of enlisted members, officers and civilians who provided good feedback."

EFMP enrollment has doubled since

2009. More than 31,000 active-duty enlisted members and officers with one or more exceptional family members are enrolled in the program.

Enrollment in EFMP is mandatory for all active-duty Airmen who have a family member with special needs. The program is limited to the Airman's spouse, child or other person actually residing in the Airman's household who is dependent on the Airman for financial support and meets Department of Defense enrollment criteria as a military health care beneficiary.

All Airman and Family Readiness Centers have a staff member assigned to help enhance the quality of life of Airmen and their special needs family members as well as members not officially enrolled in the program.

"For new EFMP families, it can be a confusing time," said Yeaworth, "but they do not have to shoulder the burden alone."

The EFMP broadcasts can be found on AFPC's YouTube channel at www.YouTube.com/AFPCPA.

Preparedness

From Page 6

learning life-saving skills go a long way toward employing mitigation actions when confronted with disaster."

The Travis Emergency Management team plans to pass out disaster preparedness guides, a variety of items for children and provide an example of a disaster kit from 11 a.m. to 1 p.m. Sept. 24 at the Base Exchange.

California has experienced a variety of natural disasters such as earthquakes, wildfires and floods. The biggest fault line in the world, the San Andreas Fault, runs for about 800 miles just outside San Francisco, California. Many people may recall the 6.9-magnitude earthquake that hit San Francisco in 1989 and fortunately, another earthquake of that magnitude hasn't occurred since, but it's only a matter of time.

Making a preparedness kit is highly recommended. Kits can be catered to a specific type of disaster or be all-encompassing kits. Each kit must have food and water. When a disaster strikes, transportation routes could become cut off and it may be impossible to get to a supply store.

According to the 60th CES Emergency Management Flight, each kit should have a gallon of water per person, per

day and that water should be able to sustain those individuals for at least three days. Food should also be nonperishable, such as canned food or food that doesn't require refrigeration. Ensure pets have the food, water and items they need to stay calm during an emergency.

A preparedness kit should also be portable. Wildfires are all too common in California and they can move fast. Having a bag with extra clothes, toiletries, money and medication ready to go will provide people with those precious extra minutes to gather important documents or family treasures before evacuating. Identifying a primary and secondary location to meet in case of separation is also recommended.

The American Red Cross recommends kits also contain a first-aid kit, important documents, a flashlight, hand-cranked or battery powered radio, extra batteries, multipurpose tool, hygiene items, money, blankets and maps of the area.

For more information about disaster preparedness, contact the Travis Emergency Management office at 707-424-0263. Find them on Facebook at TravisCaEM3e9.

More information can also be found by visiting at www.ready.gov/build-a-kit, www.fema.gov, www.beready.af.mil and www.earthquake.usgs.gov.

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TAILWIND 25

Y-90

From Page 3

U.S. Nuclear Regulatory Commission, which provides oversight for companies, facilities and hospitals that use nuclear material, as well as funding approval from the Air Force Medical Operations Agency.

“Importing a radioactive material was a challenge,” said Gover. “People didn’t understand it.”

Gover tried twice to gain approval to use Y-90 radioembolization before Hoskins arrived at Travis in 2017.

“Finally, the stars aligned beautifully and everyone signed off on it,” said Gover.

Y-90 radioembolization is a minimally invasive, image-guided procedure performed on an outpatient basis.

Interventional radiologists insert a small catheter through a tiny cut in the patient’s groin or wrist, guides it through the blood vessels and into the artery that supplies blood to the tumor.

Tiny glass or resin beads filled with the radioactive isotope Y-90 flows into the blood vessel and emit cancer-killing radiation from inside the tumor. Because Y-90 is targeted directly at the tumor, radiation damage to healthy surrounding tissues is minimized.

“The arterial flow



U.S. Air Force photo/Heide Couch

Medical personnel at David Grant USAF Medical Center conduct a Yttrium-90 radioembolization procedure for a patient with liver cancer Sept. 7 at Travis Air Force Base, Calif. The procedure is an advanced and minimally invasive method utilized to treat cancer by delivering millions of tiny radioactive beads inside the blood vessels that feed a tumor.

preferentially goes to the tumor which uptakes these tiny microspheres,” said Hoskins. “Y-90 emits the strongest beta-type radiation for about five days for a few millimeters around each particle. The tumors are bombarded with this radiation and are significantly affected, usually decreasing in size with slow or even no regrowth in specific cases.”

The most dangerous time during the procedure is when the isotope leaves the protective acrylic box through a tube and into the patient.

“That’s why we make sure all of the dose goes into the

tumor,” said Gover.

The patient, referred to as Teddy Jones to protect patient privacy, 67, has been treated with conventional cancer treatments 12 times at DGMC over the past four years. The Army veteran, who served two tours in Vietnam, said his liver cancer resulted from hepatitis C, which he contracted 20 years ago.

Hepatitis C is usually spread when blood from an infected person enters the body of someone who is not infected. The disease also can be contracted through contaminated food or water, according to the Centers for

Disease Control and Prevention. “I’m clean of hepatitis now,” said Jones.

He said although chemotherapy treatments decreased the number of tumors in his liver, his doctors say one tumor is larger than the previous ones, which is why he agreed to Y-90 radioembolization.

“I had started reading about it some time ago, so when they suggested it, I said, ‘Let’s do it,’” said Jones.

Although Y-90 radioembolization is not necessarily a cure, it has been successful in shrinking liver tumors and relieving painful symptoms, said Hoskins.

“Results show that patients with hepatocellular carcinoma or metastases to the liver that are treated in this way respond very well with almost no pain and significantly improved quality of life compared to more conventional treatments,” said Hoskins.

The Y-90 treatment team includes an anesthesiologist, nuclear physician, nurse and interventional radiology technicians.

The procedure is so meticulous, the company that manufactures the beads requires its representative oversee the entire process, ensure that the precise dose of Y-90 is on hand and the treatment team follows the company’s checklist.

“We also have a physician mentor through the company if we need it,” said Hoskins.

Gover and Hoskins, two of only five interventional radiologists in the Air Force, must successfully perform the procedure under supervision two more times to be certified to treat patients with Y-90 radioembolization.

The procedure is typically performed in three sessions. The first time the patient comes in, doctors perform

an angiogram of vessels in and around the liver to map regional blood supply. Vessels outside of the liver are sealed off using coil embolization.

During that visit, the treatment team simulates the delivery of the spheres carrying the radiation by injecting particles of a similar size to determine how much of the Y-90 dose would go into the liver and how much to the lungs.

“Based on that, we determine how much radiopharmaceutical to administer,” said Hoskins.

The patient returns about a week later for the procedure.

The treatment team treated one-half of Jones’s right liver Sept. 7.

“In four to six weeks, we will bring him back and treat the other half of the right liver,” said Hoskins.

Immediately after the procedure, Jones was transferred to nuclear medicine for a position emission tomography scan.

Nuclear medicine also receives the radioactive material, stores it in an acrylic container inside a lead storage container and delivers the dose to interventional radiology at the right moment during the procedure.

“We get the Y-90 beads two to three days before the procedure,” said Tech Sgt. Brian Hermes, NCO in charge of nuclear medicine. “Once the dose is administered, we bring the patient here for a PET scan to confirm that it went where it was supposed to go.”

Nuclear medicine also scans the treatment team before they leave the treatment room to ensure no one is contaminated.

Patients are usually discharged within four to six hours of the procedure and may resume normal activities within two or three days.

Panel

From Page 6

resilient leadership and organizational reform are priorities.

While part-time uniformed service brings many benefits to the Air Force, member and American public, it is not without its challenges.

Manasco identified four areas where improvement is needed: laws governing the Guard and Reserve must be legislated correctly from the start to minimize confusion and duplication, the ability for military members to transition between active duty, Guard and Reserve must be easier, mobilization notices given to Reserve Airmen needed to deploy or activate should be given sooner, allowing more time for reservists to prepare and administrative processes such as pay and benefits must be brought to the Air Force standard of excellence.

According to Holmes, ACC’s mission relies heavily on guardsmen and reservists, who he sees as valuable mission partners critical to success. He specifically acknowledged the



U.S. Air Force photo/Airman 1st Class Zoe M. Wockenfuss

Gen. James M. Holmes, commander of Air Combat Command, participates in a panel about the total force during the Air Force Association’s Air, Space and Cyber Conference Sept. 18 in National Harbor, Md.

New Jersey National Guard for their full-spectrum readiness, stating their flexibility and ability to provide novel solutions provides “tremendous results.”

Holmes said he saw it as a senior leader priority to remove barriers to total force integration to ensure the right people serve in the right status to effect rapid manpower solutions

across the Air Force’s multiple domains.

Despite the challenges of balancing civilian careers, private lives and military requirements, Reserve and Guard Airmen are providing agile combat-ready forces, fully integrating decades of experience, training and expertise into the Air Force at all levels of command.

Marathon

From Page 12

as well as a wheeled division. The marathon was first held in 1997 to commemorate the 50th anniversary of the Air Force.

A two-day free sports and fitness expo took place at Wright State University’s Nutter Center. More than 100 booths showcased products related to the latest developments in sports, fitness, nutrition and apparel. Experts shared fitness and pacing techniques and yoga instructor Jessica Carter led yoga sessions for runners.

Events leading up to the marathon included the Breakfast of Champions and the annual Gourmet Pasta Dinner Sept. 15 at the National Museum of the U.S. Air Force.

The guest speaker at both events was American Olympian and author Jeff Galloway. He competed in the 1972 Olympics in Munich, Germany, in the 10K event, and in 1973 set the U.S. 10-mile road race record. He began running 60 years ago and is the founder of the Run-Walk-Run training method

that has helped open up running to millions of people.

Tailwind, the official Air Force Marathon mascot, joined parents, children and participants as they cheered on the runners at the start line.

New this year were military displays from the U.S. Marine Corps and U.S. Army National Guard as well as a display of national, state and international flags leading out of Area A. Runners were welcomed by a wide variety of new food and drink choices at the finish line.

“The 22nd Air Force Marathon has been a great event with tremendous buy-in from our community,” said Brandon Hough, U.S. Air Force Marathon director. “I’ve directed various races in the past which has prepared me for this great experience.”

Everyone who completed the race received a medal celebrating their accomplishment with a custom relief portrait of this year’s featured aircraft, the MQ-9 Reaper. A different custom-made medal was awarded to those who completed the inaugural Flight-Fight-Win! Challenge. Participants had to complete the 5K, 10K and half marathon.

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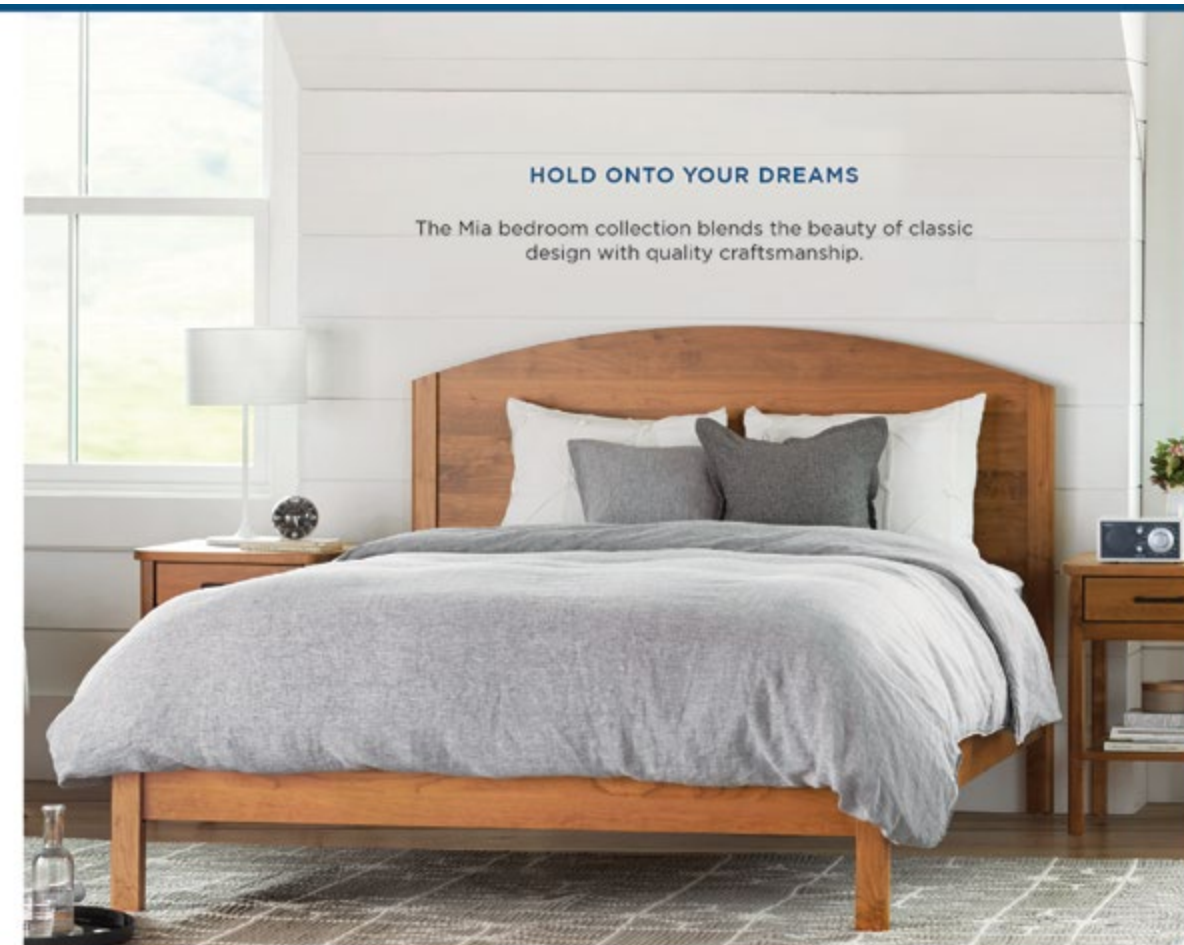
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1) John Henderson, assistant secretary of the Air Force for Installations, Environment, and Energy, receives a briefing from Gary Gottschall, 60th Operations Group, during a tour of the base control tower, Sept. 17 at Travis Air Force Base Calif. Henderson was at the base to learn about future improvements to Travis infrastructure.

Assistant secretary looks for ways base can... IMPROVE

U.S. Air Force photos by Heide Couch

2) John Henderson, assistant secretary of the Air Force for Installations, Environment, and Energy, receives a briefing from Gary Gottschall, 60th Operations Group, during a tour of the base control tower Sept. 17 at Travis Air Force Base Calif.
3) Henderson speaks with Birgitta Corsello, Solano County administrator, during the tour. Henderson visited Travis to learn about future improvements to Travis infrastructure.



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