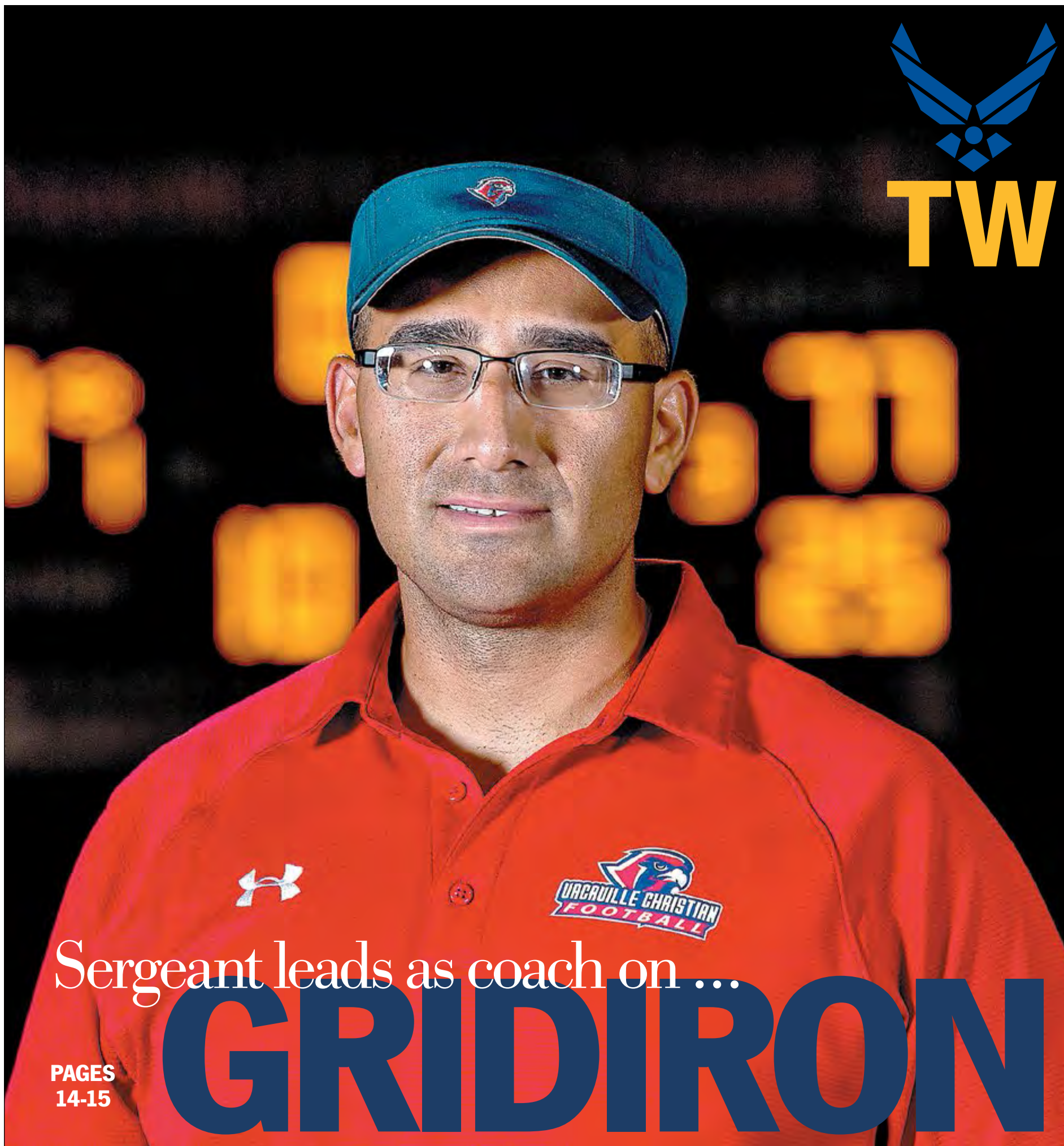




TW



Sergeant leads as coach on ...

GRIDIRON

PAGES
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Perseverance welcomed in growth mindset

My daughter is in the scraped-elbow phase of learning to ride her bike. Anyone who has embarked on this journey knows it's a series of frustrating falls followed by tears.

As I pick her up after a fall, a concept that has helped me get through many "falls" in my career comes to mind. It's called the "growth mindset," and it changed the way I look at failure.

In her book, "Mindset," Dr. Carol Dweck, a psychology professor at Stanford University, explored how our mindset

can either limit us to settle for mediocrity or empower us to greatness.

She explained how a fixed mindset is the opposite of growth. A fixed mindset assumes our intelligence is written in our genes, much like the color of our eyes or the shape of our nose. Those who adhere to a fixed mindset lump intelligence into these inherent traits. You can hear it in the way they speak, saying things

like, "I can't speak another language" or "that'll never work," or, if you're my daughter, "I can't ride a bike."



Commentary by Lt. Col. Aaron Webb
571ST MOBILITY SUPPORT ADVISORY SQUADRON

Commander's Commentary

As if these personal critiques weren't bad enough, the damage a fixed mindset causes is much deeper. When you look at the world as if intelligence is based solely on the hand you were dealt, you start to shy away from situations where that intelligence might be threatened. You think, "Why would I do something hard only to fail at it – that would only remind me of how limited I think I am and expose me to everyone's criticism?" A fixed mindset cripples self-improvement and it breaks my heart when I

see it in our Airmen.

The contrasting "growth mindset" looks at intelligence like a muscle; it can be grown over time. More importantly, it can be grown within all of us. To me, this is immensely empowering. When you look at your own intellect as if it can and will grow, you start to believe the only thing holding you back from a new skill is the effort required to learn it. You'll change the way you speak. Instead of, "I can't speak another language," you'll say to yourself, "I can't speak another language yet." Your Airmen who were once so afraid to try new techniques will say, "That didn't work. We're just not there yet."

When you start to believe in a growth mindset, you will take on challenges and you will not fear failure. On the contrary, you will embrace it. You will know success is hiding just beneath a few failures and getting up from those failures will not seem like such an impossible feat. You'll know you're one step closer to getting better.

In a world of fixed mindsets, we need to embrace the growth mindset. We are not destined to stop at the failure. If we did, we'd never know the joy of pedaling through the jumbles, with a smile on our face, knowing we finally found the ability to stay upright, not because we were good at it, but because we persevered.



Commentary by Senior Master Sgt. Christopher Minnifield
571ST MOBILITY SUPPORT ADVISORY SQUADRON

Smell the roses – don't fill career with regrets

With 25 years in the military, I quite often sit back and reflect over the course of my career.

I think back to special experiences, specific deployments and most of all, the personal relationships I've built over this time.

Reliving those memories, I find myself reflecting over thoughts, beliefs and the decisions I have made both personally and professionally. While I'll never admit I have regrets, I will say I wish I had taken more time to simply sit back and smell the roses. By smell the roses, I am referencing two things specifically. I

Enlisted Commentary

wished I would have listened more and spent more time taking advantages of the locations I have been.

Listening is the cornerstone of learning and to become a more effective Airman, you have to master the art of being a careful listener. Have you ever been in a conference with a lot of people and took notice to how many are having their own internal conversations? Or, better yet, been in a conversation with four or more people and two conversations are ongoing simultaneously? How

can anyone learn anything if everyone is talking?

I can't pretend to know all the answers, but I do know with the growing acceptance of social media in our professional and daily lives, everyone has a voice and we all want to be heard.

Having a voice has its time and place, but that should not come at a cost to learning. This is not solely limited to large group gatherings, but this also applies to mentors and supervisors giving daily and career feedback as well. I would like to think my military career path would have been much easier if I would

have listened more and talked less.

Over the course of my career, I've been blessed with seven assignments located all over the globe. Each permanent change of station brought an opportunity to reflect on the previous assignment.

The one constant with them all is the daily grind. It is extremely easy to put your head down and bury yourself in unit's mission and the nation's work. I am guilty of this just like many of my fellow Airmen, but let me be the first to say that this is not ideal.

See MINNIFIELD Page 17

Travis' port squadron helps Afghan refugees

Airman 1st Class Jonathon D. A. Carnell

60TH AIR MOBILITY WING PUBLIC AFFAIRS

U.S. Air Force Airmen from the 60th Aerial Port Squadron processed donated supplies Oct. 11, which will be distributed to families in refugee camps in and around Kabul, Afghanistan.

Even though humanitarian efforts are routine Air Force-wide, Airmen at Travis Air Force Base, California, do not get complacent with their service to help anyone in need.

Some of the items donated included clothing, school supplies, shoes, hats, computers, kitchen tools, bedding, stuffed animals, blankets, books, paper, toothbrushes and more, and have gone on to aid 2,500 children and 1,000 men and women.

The process at the 60th APS begins with Senior Airman Melissa Kartz, 60th APS floor lead.

"After the truck driver signs in, we get the weight of the cargo and quantity of pieces arriving," she said. "Tracking inventory is crucial. When the truck is unloaded and everything is accounted for, our air transport Airmen do their role."

All of the cargo was placed in a certain section in the warehouse where it will be processed by Senior Airman Leah Drenning, 60th APS cargo processing journeyman.

"I assign where the cargo needs to be stored for organizational purposes so the next



Senior Airman Melissa Kartz, left, 60th Aerial Port Squadron floor lead, Airman 1st Class Rinaya Browning, middle, 60th APS cargo processing journeyman, and Senior Airman Leah Drenning, right, 60th APS cargo processing journeyman, pose Oct. 10 at Travis Air Force Base, Calif. These Airmen processed humanitarian supplies for Afghan refugees, making a difference for approximately 3,500 people.

Airman can locate the cargo easily," said Drenning.

The supplies are then palletized by Airman 1st Class Rinaya Browning, 60th APS cargo

processing journeyman.

"Helping the refugees in Kabul is a substantial mission," said Browning. "My part of the mission will affect hundreds of

innocent people. Being able to help move the supplies to the families in need is an honor and I am glad to say that I am able to help."

These school supplies and computers will be sent to the eight library locations in Kabul where Afghan refugees will have access to them.

Tailwind

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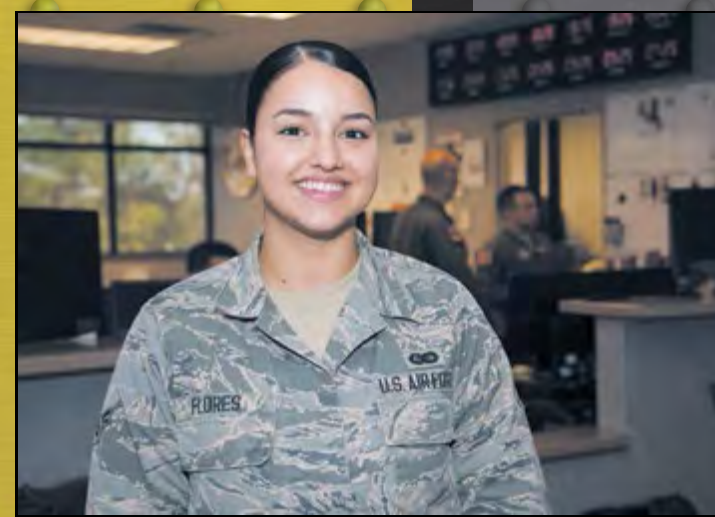
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On the cover

Tech. Sgt. Manny Tarango, 660th Aircraft Maintenance Squadron composite tool kit NCO in charge and Vacaville Christian High School head football coach, stands during a game Oct. 12 against Golden Sierra High School at the VCHS football field in Vacaville, Calif.

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

WARRIOR OF THE WEEK



Name: Airman 1st Class Viv Flores.

Hometown: Tucson, Arizona.

Family: Spouse, Gus.

Unit: 21st Airlift Squadron.

Time in service: One year.

What are your hobbies? Gym, bingo every Friday.

Duty title: Commander support staff administrator.

What are your goals? Achieve bachelor's degree in organizational leadership.

What is your greatest achievement? Graduated high school one year early.

Travis AFB, Calif.
60th Air Mobility Wing

Air Force
Col. Jeff Nelson
60th Air Mobility Wing commander

2nd Lt. Rachel Brinegar
Officer in charge of command information

Airman 1st Class
Jonathon D. A. Carnell
Command information staff writer

Airman 1st Class
Christian Conrad
Command information staff writer

Daily Republic
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Travis honors fallen service members



Courtesy photo

Two members of the seventh annual California Run for the Fallen team carry the U.S. and California flags as they run Oct. 13 through Lodi, Calif. The event consists of a 150-mile run through 23 towns. At every mile, runners placed American flags, known as "hero markers," in the ground to honor California service members who made the ultimate sacrifice since 9/11.

President Trump pays visit to Luke AFB

Senior Airman Ridge Shan
56TH FIGHTER WING PUBLIC AFFAIRS

LUKE AIR FORCE BASE, Ariz. — President Donald J. Trump on Oct. 19 visited at Luke Air Force Base, Arizona, to discuss military weapons and technology capabilities and learn about the 56th Fighter Wing's pilot training mission.

After touring a static display of the F-35A Lightning II and other military equipment, Trump convened with cabinet members, congressmen and defense industry leaders in a roundtable discussion on current defense issues including cybersecurity, stealth technology and F-35 development.

"We make the greatest

military equipment in the world," Trump said. "American-made military products are more effective, more lethal and more precise than any other equipment in the world. It's not even a contest, there's nothing close."

Trump acknowledged and emphasized the importance of Arizona's military presence, including Luke AFB's role in building the future of airpower.

"This incredible state is home to six major military installations, more than 30,000 military personnel and thousands of defense companies," Trump said. "Arizona's military defense industries

See TRUMP Page 17



U.S. Air Force photo/Senior Airman Alexander Cook

Brig. Gen. Todd Canterbury, 56th Fighter Wing commander, briefs President Donald J. Trump about the capabilities of the GBU-12 bomb during his Oct. 19 visit to Luke Air Force Base, Ariz.

Healthy stomach aids with mental health

60th Medical Group
Public Health

Parents, guardians, teachers and children can attest that the school year is back and in full swing. With the start of a new school year, parents and teachers are searching Pinterest, the internet, Facebook and many other avenues for the secret to ensure their children will have a successful school year.

One topic many might not consider searching is how to keep home-packed meals from spoiling before lunch time.

Many schools do not offer refrigerators to keep foods cold nor microwaves to heat them up. Harmful bacteria multiply rapidly in the "danger zone" – temperatures between 40 and 140 degrees Fahrenheit. Keeping this in mind will help parents know what to pack in their child's lunch box.

Foods can generally be split into two categories: non-perishable and perishable. Non-perishable foods do not require refrigeration to be safe for consumption. This includes uncut fruits, peanut butter and jelly sandwiches, crackers, chips and unopened cans or packs of meat or fish.

Perishable foods must be kept cold – held at 41 degrees Fahrenheit or below. This includes lunch meats, cheeses, yogurt, eggs and premade salads such as chicken, tuna or egg.

Below are a few tips to ensure a healthy day at school:

Preparing lunch

- Wash your hands with soap and warm water for 20

See HEALTH Page 19



U.S. Air Force photo/Master Sgt. Charles Larkin Sr.

Maj. John Zirkle, left, 621st Air Mobility Operations Squadron control team deputy, and Master Sgt. Nicholas Brehm, 514th AMOS mission manager, log into their workstations following a shift change Oct. 12 inside an Air Operations Center Weapons System Suite at Joint Base McGuire-Dix-Lakehurst, N.J.

621st CRW Airmen aid in Michael relief

Master Sgt. Charles Larkin Sr.
621ST CONTINGENCY RESPONSE WING

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. — For the first time, Airmen from the 321st Air Mobility Operations Squadron at Travis Air Force Base, California, along with members of the 514th and 621st Air Mobility Operations Squadrons at Joint Base McGuire-Dix-Lakehurst, New Jersey, provided temporary remote Command and Control functions for the Hurricane Michael relief effort.

This total force team stood up an Air Mobility Division for the 601st Air Operations Center during its re-location from Tyndall Air Force Base, Fla., after Hurricane Michael destroyed their facilities.

"This critical reach-back support for the 601st is yet another example of the irreplaceable expertise within the Expeditionary Center portfolio," said Maj. Gen. John Gordy, Expeditionary Center commander. "In a climate where multi-domain command and control is essential to the execution of airpower, these subject matter experts embody what it means to be Expeditionary Airmen: they provide agile command and control flexibility at the

drop of a hat."

Hurricane Michael reached category four status with wind speeds of nearly 150 mph as it reached Tyndall AFB where the 601st AOC provides U.S. Northern Command the ability to plan, direct and assess air and space operations.

"The hardest thing about Air Mobility operations is anticipating requirements long before anyone makes a request. This is particularly important for life saving services, Search and Rescue as well as Aero-medical Evacuation," said Col. David Smith, 601st Air Mobility Division chief.

"The window of need opens and closes in the blink of an eye. If you wait for someone to ask, the timeline to mobilize, position, load aircraft and fly to the affected area would have resources arriving late to need. Mobility Airmen constantly must think three or four moves ahead and react to dynamic, evolving situations to accurately forecast Air Mobility effects to bring relief," Smith added.

The men and women of the 601st AOC AMD encountered their own window of need following the third largest hurricane to hit Florida's panhandle in recent history.

See MICHAEL Page 17

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

Tech. Sgt. Melissa Rocha, USAF Band of the Golden West section chief, poses Oct. 23 at Travis Air Force Base, Calif. In March 2017, Rocha was diagnosed with ductal carcinoma in situ, a form of breast cancer.

Routine mammogram changes life for sergeant

Nick DeCicco
 60TH AIR MOBILITY WING PUBLIC AFFAIRS

In order to support a friend who was nervous about her own screening, Tech. Sgt. Melissa Rocha booked her first mammogram nearly two years ago.

But what the 44-year-old flutist for the U.S. Air Force Band of the Golden West at Travis Air Force Base, California, expected to be a routine medical appointment turned into a years-long journey that

See **CHANGES** Page 18

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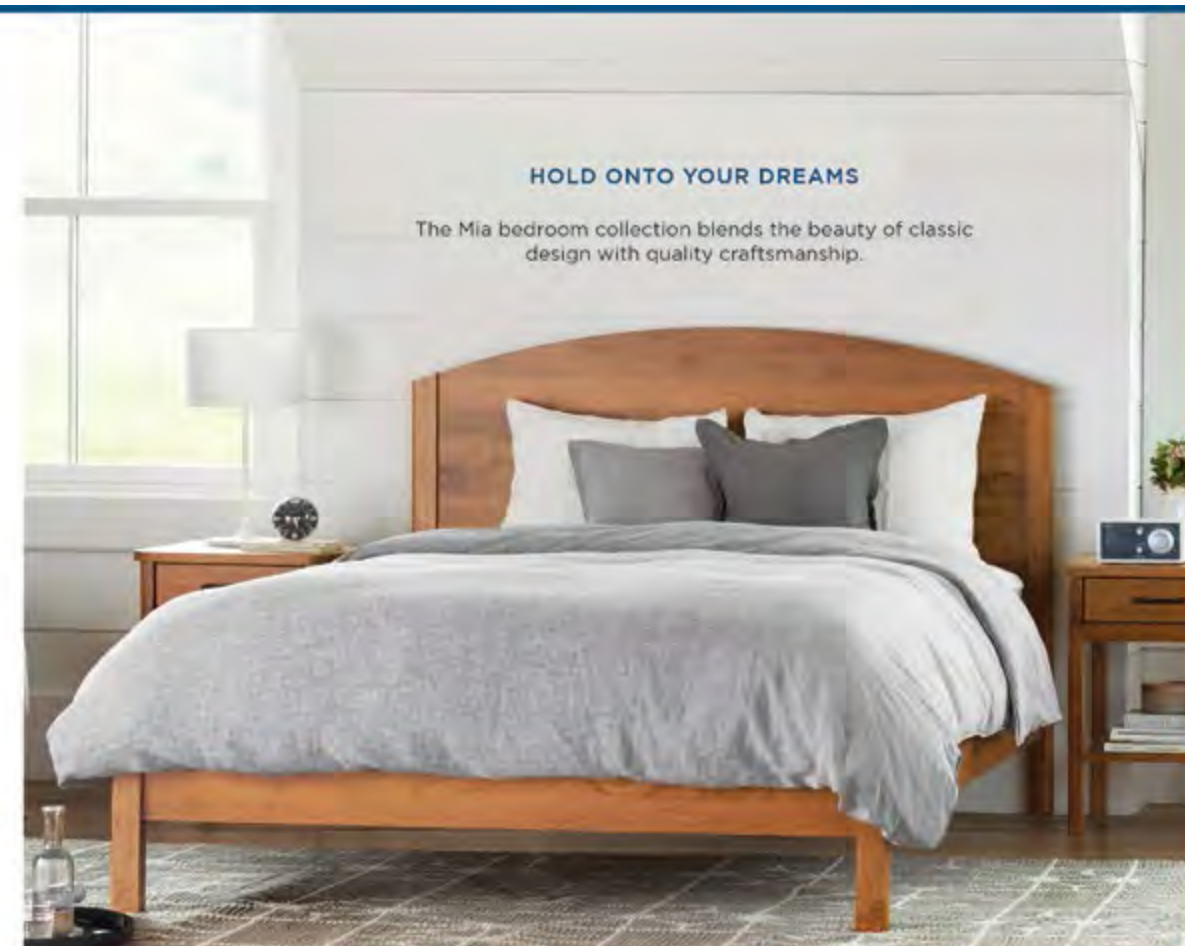
Dental School: Columbia University School of Dental & Oral Surgery D.D.S., John F. Kennedy Medical Center (Residency), University of Southern California.

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

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High year of tenure rises for select enlisted ranks

Secretary of the Air Force Public Affairs

ARLINGTON, Va. — The Air Force is extending the high year of tenure for senior airmen through technical sergeants beginning Feb. 1, 2019.

The memo, signed Oct. 18, extends the high year of tenure for senior airmen, from 15 to 20 years for staff sergeants and from 20 to 22 years for technical sergeants.

Airmen in these ranks who reach their HYT prior to Feb. 1, 2019, or those who are currently approved for separation or retirement under the previous HYT limits, may submit a request to extend their HYT beginning Oct. 24 to the updated limit if government funds have not been expended on their separation or retirement, such as moving expenses.

Senior airmen through technical sergeants with an HYT of Feb 1, 2019, and later, will automatically have their HYT adjusted by AFPC in accordance with this policy.

AIR FORCE HIGH YEAR OF TENURE
HIGH YEAR OF TENURE IS EXTENDED FOR

- SENIOR AIRMAN FROM 8 TO 10 YEARS**
- STAFF SERGEANTS FROM 15 TO 20 YEARS**
- TECHNICAL SERGEANTS FROM 20 TO 22 YEARS**

BENEFITS
Increasing the High Year of Tenure limits allows the Air Force to retain technically adept and talented Airmen to train while meeting mission requirements.

TERMS
HYT extension does not change an Airman's expiration term of service, therefore Airmen wishing to extend their enlistment will need to contact their local MPF to request an extension or reenlistment.

POLICY
The HYT for S-4 through TSgt with a current HYT of Feb. 1, 2019, or later will change to the new HYT limits. Airmen may submit requests to extend HYT beginning Oct. 24.

ADDITIONAL TERMS
Those who are currently approved for separation or retirement under the previous HYT limits may submit a request to extend their HYT to the updated limits through their respective commanders, if no government funds have been expended on their separation or retirement transition.



U.S. Air Force photo/Heide Couch

Tech. Sgt. Kelly Manibusan, NCO in charge of the David Grant USAF Medical Center's allergy/immunology, administers a seasonal influenza vaccination to Chief Master Sgt. Derek Crowder, 60th Air Mobility Wing command chief, Oct. 10 at Travis Air Force Base, Calif.

DGMC begins flu vaccine campaign

Merrie Schilter-Lowe

60TH AIR MOBILITY WING PUBLIC AFFAIRS

The Immunization Clinic at the David Grant USAF Medical Center at Travis Air Force Base, California, began offering flu shots to all TRICARE beneficiaries beginning Oct. 22.

Vaccinations for people ages 18 or older will be in the "Flu Room" located on the first floor in DGMC across from the Internal Medicine Clinic. Operating hours from 7:30 a.m. to 11:45 a.m. and 1 p.m. to 4 p.m. are Monday to Friday. Vaccinations for people ages 17 and under will be from 7:30 a.m. to 11:45 p.m. and 1 p.m. to 3 p.m. Monday to Friday in the Pediatrics Clinic.

The flu kills enough people every year that it would wipe out the population of Suisun City, California.

"Influenza is the most frequent cause of death from a vaccine-preventable disease in the United States, with an average of 23,607 influenza-associated deaths each year," said Lt. Col. (Dr.) Joshua Sacha, 60th Medical Group medical director of allergy and immunology and medical director of immunizations.

And the flu does not

discriminate. There were 172 pediatric flu-related deaths in the 2017-18 flu season, according to the Centers for Disease Control and Prevention.

"About 80 percent of these deaths occurred in children who had not received influenza vaccination," said Sacha.

Although the flu shot is mandatory for military members, it is strongly recommended by the CDC for people in the high-risk for complications category, including young children, pregnant women, people 65 years and older and people who suffer from asthma, heart disease, diabetes, cancer and those with a body mass index of at least 40.

Flu-related complications can result in hospitalization and even death, according to the CDC. Pneumonia, bronchitis, sinus infections and ear infections are examples of flu-related complications. The flu also can make chronic health problems worse.

Although the influenza virus is detected year-round, flu season in the United States typically runs from October to February and, sometimes later, according to the CDC.

"A history of egg allergies is not a contraindication to

See **VACCINE Page 17**

Coding challenge scheduled Oct. 26

2nd Lt. Rachel Brinegar

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Phoenix Spark will hold a coding competition at its Innovation Lab at 3 p.m. Oct. 26 in Bldg. 181 at Travis Air Force Base, California.

Phoenix Spark, the base's grassroots innovation program, is looking for coders in Swift, Java, Python, JavaScript and HTML in order to put together a team of web and app developers. The team will work on projects for the base that have the potential to impact the Air Force.

"At the tactical level, there are problems identified by Airmen that can change how we do business," said Capt. Jacob Payton, Travis AFB Phoenix Spark Hub.

Anyone with experience or an interest in learning is encouraged to participate in the competition. Having previous coding knowledge is not required.

People often think of ones and zeroes when they hear computer coding or programming. However, writing binary code is not how today's complex apps, websites and programs are made. According to Code Conquest, there are thousands of coding languages for the various mediums such as websites,



Courtesy graphic

apps, file programs and countless others. These coding languages are far more user friendly and they take care of the translation into binary code that the computer understands.

These teachable languages, such as Python, Java or HTML, allow the user to understand, read and write code as well as act as an interpreter between the user and the computer.

"Whether it's converting a Scantron form into a digital form, developing a dorm app so Airmen can report issues or have web developers to maintain the Phoenix Spark website, these all require a skill set that we are looking to use or teach," said Payton.

For more information, contact the Phoenix Spark office at 60amw.ps.phoenixspark@us.af.mil or 707-424-8920.

Air Force makes changes to Voter Assistance Program

Kendra Williams

55TH WING PUBLIC AFFAIRS

OFFUTT AIR FORCE BASE, Neb. — The Secretary of the Air Force issued new guidance to Air Force Instruction 36-3107 in August, implementing changes that re-align Installation Voting Assistance office responsibilities, updating Air Force Personnel Center responsibilities, and clarifying Unit Voting Assistance Officer responsibilities.

Units with over 25 personnel are required to have a UVAO

and larger units will be required to have one per every 50 members.

The Federal Voting Assistance Program and the Installation Voting Assistance office help ensure Airmen and their eligible family members have the tools and resources necessary to exercise their right to vote.

The IVA office is available to assist with voting dates and locations, obtaining absentee ballots, and a host of other services to ensure members are mission ready and not bogged down with undue stress related to voting.

AAFES launches sweepstakes

Army & Air Force Exchange Service Public Affairs

Military Star is making sure the holiday season is extra merry and bright for 40 lucky military shoppers.

From Nov. 1 to Dec. 31, every time Travis Air Force Base, California, shoppers use their Military Star cards to make purchases, they will automatically receive an entry into the worldwide fifth annual "Your Holiday Bill Is On Us!" Sweepstakes.

Five grand-prize winners will have their Military Star card balances paid in full. Winners whose balances do not meet

the minimum prize of \$2,500 will receive a statement credit for the difference.

Ten second-place winners will receive statement credits of \$1,000, while 25 third-place winners will receive statement credits of \$500.

"It's a real treat for the Exchange to get to reward deserving military members and their families," said Flor Payton, Travis AFB Exchange general manager. "We want to show our appreciation for our heroes during the holidays and every day and we're hoping a Travis Air Force Base service member will be among the 40 winners."

Each transaction counts as one entry with no limit on the number of entries. Shoppers have a chance to enter everywhere Military Star is accepted, including Army & Air Force, Navy, Marine Corps and Coast Guard exchanges; ShopMyExchange.com; myNavyExchange.com; ShopCGX.com; Exchange concessionaires and commissaries.

Winners will be announced on or about Jan. 30, 2019. No purchase necessary to win. For official rules and alternate method of entry, visit MyECP.com/CustomerAds/Page/Exchange.com.

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JB Langley-Eustis firefighters rope way to preparedness

Staff Sgt. Areca T. Bell
633RD AIR BASE WING PUBLIC AFFAIRS

JOINT BASE LANGLEY-EUSTIS, Va. — Firefighters assigned to the 633rd Civil Engineer Squadron participated in a Rescue Technician One Course, Joint Base Langley-Eustis, from Sept. 24 to Oct. 18.

Instructors from the 312th Training Squadron at Goodfellow Air Force Base, Texas, taught 11 Airmen how to run emergencies during rescue operations over the course of 18 training days. This included both classroom and hands-on training.

“All right, so we start with block one, (which are) normal

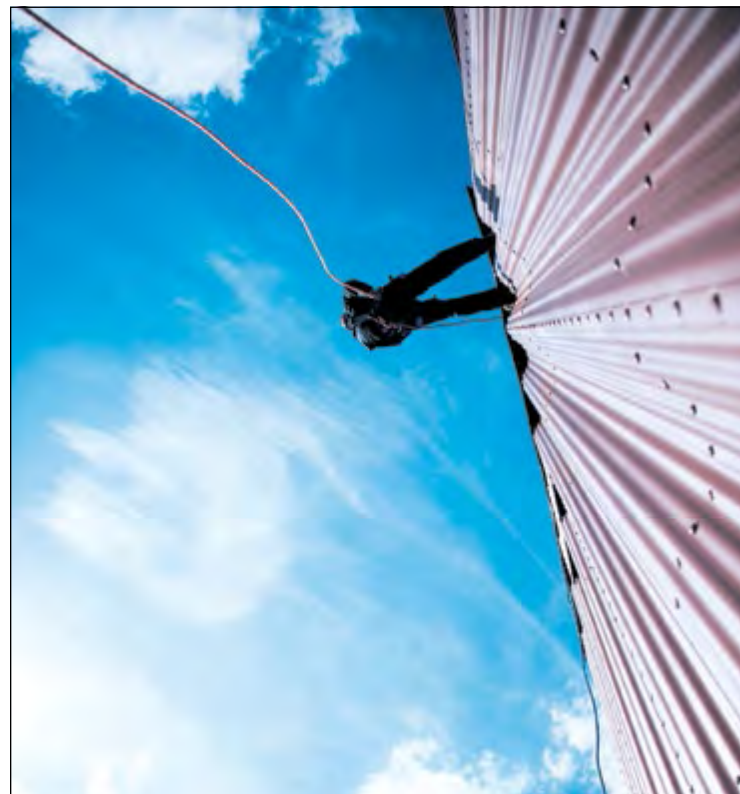
rope rescue principles and tying knots, what gears are rated at and things like that,” said Tech. Sgt. Max Ribera, 312th TRS Rescue Technician Course instructor supervisor. “Everything builds on itself so, we then (move on) to low angle rescue then we start doing rappelling to a victim and pickoffs of suspended victims, which is just a victim on the line, passed out.”

According to Ribera, the firefighters participated in several exercises where they constructed systems to rescue simulated victims via rappelling. The firefighters also built and completed a high-line, which is an advanced technical expert build, before

moving on to their final rope rescue scenario and confined space training.

Although the training meant the firefighters had to absorb a lot of information in a short time, Staff Sgt. Isaac Sunnock, 633rd CES lead firefighter, said that it is well worth it having instructors on location to train the most Airmen at one time.

“Here at (JB Langley-Eustis), we do have rescue missions,” Sunnock said. “We have a rescue truck, so it’s always better for us when we have more (trained people) because that’s more guys that know what they’re doing. So, this just frees up a lot of time and resources for our shifts.”



U.S. Air Force photo/Staff Sgt. Areca T. Bell

Staff Sgt. Colton Peer, 633rd Civil Engineer Squadron lead firefighter, rappels down the side of a building Oct. 2 during training at Joint Base Langley-Eustis, Va.

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U.S. Air Force photo

Gen. Maryanne Miller, Air Mobility Command commander, speaks to AMC leaders during the three-day fall Phoenix Rally focused on command priorities, roles and missions Oct. 18 at Scott Air Force Base, Ill.

Miller works to engage leaders

Maj. Jonathan D. Simmons
AIR MOBILITY COMMAND PUBLIC AFFAIRS

SCOTT AIR FORCE BASE, Ill. — Approximately 100 commanders, command chiefs, their spouses and AMC directors attended Air Mobility Command’s 2018 Fall Phoenix Rally conference Oct. 17-18 at Scott Air Force Base, Illinois.

This round of Phoenix Rally was focused on the future of the command, its missions and how AMC fits into the latest National Defense Strategy.

“It is important to take stock in who we are, where we’ve been, and where we need to evolve to outpace the threats of tomorrow,” said Gen. Maryanne Miller, AMC commander. “We need to understand, mitigate, and reduce future threats and dilemmas. We have a responsibility to position the force to fight and win in the contested environments of today and tomorrow. We will work to advance training and give Airmen the tools they need to fight and win in any environment.”

Attendees noted Miller’s focus on Airmen and on the

future threat environments as outlined in the NDS.

“This Rally was about our Airmen,” said Lowe. “It was a collaboration between the AMC commander, commanders, chiefs, and directors, aimed at shaping the collective focus on how we will ensure our Airmen are ready to deliver rapid global mobility in ways that meets the goals of our NDS.”

Phoenix Rally serves as AMC’s summit, creating relevant dialogue amongst the command’s most senior leaders across the Total Force in order to ensure unity of purpose nourished by a diversity of thought throughout AMC’s 107,000-member active duty, Air National Guard, Air Force Reserve and civilian force.

“For us coming from overseas it’s good to hear the commander’s intent and vision for the future and to have meaningful discussion with teammates,” said Col. Bradley Spears, 521st Air Mobility Operations Wing commander, who is stationed in Germany.

Some attendees expressed the forum enabled an

opportunity to discuss challenges the mobility force faces and the commitment to addressing warfighter needs.

“Just like every commander before us, our command faces significant challenges from geo politics to funding,” said Col. Stephen Snelson, 6th Air Mobility Wing commander. “Between our command teams, including commanders, chiefs and spouses, there’s nothing this group can’t take on.”

The conference engaged not only commanders and command chiefs, but also their spouses, an important component of the team.

“My biggest takeaway is building connections and learning from each other,” said Ms. Barbara Olson, spouse of the 22nd Air Refueling Wing commander, after attending several collaborative sessions covering topics like professional license reciprocity, education, the importance of retaining Airmen and families, understanding family needs, social media, ethical considerations and the Exceptional Family Member Program, to name a few.

CCAF requirement to promote ended

Senior Airman Grace Nichols
19TH AIRLIFT WING PUBLIC AFFAIRS

LITTLE ROCK AIR FORCE BASE, Ark. — Due to an update to the enlisted personnel handbook, an associate’s degree from the Community College of the Air Force is no longer required for promotions.

However, master sergeants still have to keep education in mind for their enlisted performance reports.

While the CCAF itself is no longer required, an associate’s degree or higher is mandatory for promotion to senior master sergeant, according to the revised Air Force Handbook 36-2618, The Enlisted Force Structure.

For master sergeant EPR’s, the CCAF block will now be marked “yes” if an Airman has been conferred for an associate or higher degree from a regionally or nationally accredited institution prior to the static closeout date. Revisions will be made to AFI 36-2406 Officer and Enlisted Evaluation System, and AF Form 911.

The change in degree requirements may help enlistees coming into the service with credits or completed degrees from the civilian world receive proper education recognition. It may also help those who want to pursue degree programs outside the Air Force during their time in the service.

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Evacuees operate from bases across Southeast

Julie DeBardelaben

CIVIL AIR PATROL NATIONAL HEADQUARTERS

MAXWELL AIR FORCE BASE, Ala. — It was seemingly a normal day in Panama City Beach, Florida. But stormy winds and rising tides hinted at the devastation that was to come. Thousands of residents there and in surrounding areas were ordered to evacuate. Among the evacuees who did were some 3,500 Tyndall Air Force Base employees. Some of them are now operating from Civil Air Patrol National Headquarters at Maxwell AFB, Alabama.

“I knew something was going on,” said Master Sgt. Kristen Redmon, whose waterfront home on the lagoon is only a five-minute car ride from the beach. “The water was encroaching on the dock and it was starting to get breezy.”

Knowing it would be irresponsible to stay when texts from the Air Force were mandating evacuation, she and her husband Geno, the cat Boo and dog Boogers loaded up in the car with maybe three days of clothing and an ice chest filled with basic items from the fridge. They left a supply of water and a generator for her best friend, a neighbor who planned



Civil Air Patrol photo/Susan Schneider

Master Sgt. Kristen Redmon, a Tyndall Air Force Base civilian reservist, works in a temporary office at Maxwell Air Force Base overlooking the National Operations Center at Civil Air Patrol National Headquarters. Redmon relocated to Maxwell AFB, Ala., before Hurricane Michael hit the Tyndall AFB area.

to ride out the storm.

The Redmons left two days ahead of the hurricane but stayed in touch with the neighbor, who gave them a firsthand account of the storm via cell phone.

“I could hear the wind

howling and the roof being ripped off,” she said.

In the middle of their conversation, she said. A tear eased down her cheek as she recalled that terrifying moment, not knowing for several days that

her friend had survived.

At Maxwell AFB, Redmon is doing the job she performed at Tyndall AFB. She said the base, and her home, are seriously damaged. In addition to windows being blown out, shingles ripped off the

roof, the attic being lifted and sucked into the home and 1/4-inch of water standing inside, the house is “dented all over” and the wrought iron fence now “looks like a tent.”

Her past experiences with an earthquake and ice storms don’t compare to the “tornado with water in it,” but like many of Hurricane Michael’s victims, she feels embarrassed to say she has damage.

“Our friends’ damage is really bad compared to ours,” she said.

The Southwest Airlines flight attendant, who works in Tyndall’s air operations control center as a civilian reservist, is on orders at Maxwell AFB for now, helping maintain Tyndall AFB’s operations.

Geno, a retired Air Force colonel, is back at the beach helping their neighbors recover.

“He took a trailer, backhoe, water and eight tanks of diesel fuel down there,” Redmon said. “He’s exhausted emotionally and physically but there are only so many handymen workers and a ton of destruction.”

Lt. Col. Jim Clay, 1st Air Force director of CAP operations, feels lucky as well, though his home on Deer Point Lake on Panama City’s North Bay also suffered extensive damage.

“My damage was not as bad as others. It could have been a lot worse,” he said, referring to the 40 trees knocked down on his property, a boat dock ripped apart, broken windows, water intrusion and damage to the roof and soffits.

“No one got out of this storm without some type of damage,” said Clay, who shared heartwarming stories of the many selfless ways in which people responded to pleas for help issued on social media, via text message and radio station blasts. “Neighbors are helping neighbors.”

“People are bringing gas cans and gas money, offering supplies and alerting emergency service providers regarding critical needs, like help in keeping the generators running at a school serving as a storm shelter,” Clay said.

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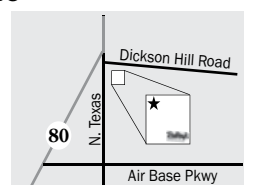
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Travis sergeant leads in community through football



1



1) Tech. Sgt. Manny Tarango, 660th Aircraft Maintenance Squadron composite tool kit NCO in charge and Vacaville Christian High School head football coach, poses Oct. 2 at Travis Air Force Base, Calif. 2) Tarango provides directions to his players during practice at the VCHS football field Sept. 25 in Vacaville, Calif. 3) Tarango studies film before practice Sept. 20 at the VCHS football field in Vacaville, Calif.

Story and photos by
Master Sgt. Joseph Swafford
60TH AIR MOBILITY WING PUBLIC AFFAIRS

On fall Friday nights, many towns across America to include communities around Travis Air Force Base, California, come together under the bright lights to enjoy high school football.

One thing that is unique for one local high school is their head coach is an active-duty Airman.

Last year, when Vacaville Christian High School decided to bring back their football program after a two-year break, they hired Tech. Sgt. Manny Tarango, 660th Aircraft Maintenance Squadron composite tool kit NCO in charge, who, at the time, was the defensive coordinator at Vanden High School in Fairfield, California, to lead their student-athletes.

With the decision, not only did VCHS get an up-and-coming high school coach, they got an Airman with 15 years of military experience.

"I tell my football players all the time it's a bigger calling that not a lot of people understand or can relate to," said Tarango. "I came into the military because I saw the effects of 9/11. I wanted to be a part of fixing that. Here I am 15 years later, and it's who I am. I wouldn't be here coaching and having this opportunity to impact lives if I never came into the military."

Tarango, or Coach T as his players call him, uses his position as a coach and an Airman to make an impact both on and off the field.

"He's impacted my life," said Tamani Williams, VCHS starting running back and cornerback. "I know he's impacted former players who weren't strong in school, but they trusted him to get them places, and he got them there. Coach T has a message that you never let anyone tell you that you are something that you're not. Be what you want to be and don't let anybody change that."

"He has supported me through my whole career and still does today," said Tech. Sgt. Kevin Mikos, 660th AMXS. "He is the first person I go to for a different perspective on situations that I face daily. His mentorship is something I cannot put into words because of how much he has pushed

me in the right direction throughout my career. I can honestly say that I would not be sitting here today without the mentorship from him."

Being an Airman, head coach and family man is a balancing act that Tarango has successfully navigated.

"His ability to balance his family life and his football life and how passionate and devoted he is has inspired me," said Justin Moyer, VCHS football team assistant coach. "He's devoted to his work and his family, but he's also devoted to the coaching staff and the football players. He always seems to make time for us and the kids, whether he's bringing his daughter to practice with us or helping the coaches with anything we might need."

"It's a juggle, you have to find a balance," said Tarango. "The mission comes first. You're an Airman first, but you know you also have another mission when you get home and that's supporting the young men that are in your charge. It's a task in itself, but you make it work."

Tarango has received a lot of support on his journey to become a head coach and has always had his leadership in his corner.

"My leadership is tremendous. They even come out to the football games and show their support," said Tarango. "They know how passionate I am about it and they understand the opportunity that's at my hand to work in the community and be able to try and get these young men into college. They also know that at a moment's notice, I'm ready to deploy to fulfill my deployment commitment. I've always met my missions as a flyer. If I had to go into work early to get something done I did, if I had to stay late, I stayed late."

One thing that has helped shape Tarango's philosophy as a coach and an Airman are his deployment experiences. He deployed six times supporting operations around the world as a KC-10 Extender flying crew chief.

"On one deployment, we had supported over 114 troops in contact," he said. "That kind of puts things into perspective. It's not a training mission. You know you're deployed, and you're fighting a war, but when you see how many Soldiers and Marines

that you're supporting, it changes your outlook on life."

Tarango has been able to lean on his 15 years of military experience to become a more balanced head coach.

"I was put into a lot of leadership positions early without necessarily having the rank," he said. "You have to learn how to take care of people because everybody comes from different walks of life. I'm only 33 so you know it wasn't too long ago that I was a young man, so I remember some of the things and struggles that I went through and I can still relate to them and help guide them through issues in their lives."

Growing up, Tarango's mom didn't allow him to play football. If it weren't for a work trip that took her out of town, his journey to become a head coach wouldn't have happened.

"I started playing when I was about 8 or 9 years old," said Tarango. "My mom went out of town and my dad kind of snuck me over to the Boys and Girls Club to get me signed up. It was ultimately a life-altering decision that I'm glad my dad did as he got me that opportunity to start playing and I fell in love with the game, and I'm still here."

"I like what the game does for a young man because I know for myself," he continued. "I came from a disciplined household, but I also played with a lot of teammates that came from broken homes and no discipline in the home. These kids just needed nurturing and love and just basically shown how to be a young man, and football delivered that."

Being a head coach hasn't been a quick process for Tarango, and he understands the hard work that it takes to get to where he is at.

"You hear that phrase, 'he's an overnight success,' a lot," said Tarango. "This wasn't an overnight success. This has been hours and hours and hours of working on your craft for 15 years doing it from the bottom up. I think that that carries a little bit of respect; a little bit of weight versus someone that just came from a reputable program and say 'hey, here do it again.' I never wanted anything to be given to me. I wanted to work for everything, and we've worked at every single level, and that's brought us here."



4

4) Tech. Sgt. Manny Tarango, center, 660th Aircraft Maintenance Squadron composite tool kit NCO in charge and Vacaville Christian High School head football coach, provides directions to his players during practice at the VCHS football field Sept. 25 in Vacaville, Calif. Tarango uses his 15 years of military experience leading Airmen to reach his players and make a positive impact.

VCHS started the season with a loss and then went on a four-game winning streak, before losing their last two games. For a first-year program, they have had success, but winning games isn't their only priority.

"Coach T is not just about winning," said Williams. "He's more concerned of making sure that you're strong individually and keeping

everybody together."

"It's not just the X's and O's and winning football games and having success," said Tarango. "I'm teaching them how to be men. There's a lot of young men out there that don't have father figures. You spend so much time with them, hours and hours at a time and they learn to confide in you. They get bumps, they get

bruises and have life issues just like you do. You get an opportunity to talk about drugs and alcohol, and you also get an opportunity to talk about struggling in school, home violence and domestic violence. Being a coach is a good way to make an impact immediately."

Though there has been a lot of sacrifices being an Airman and head

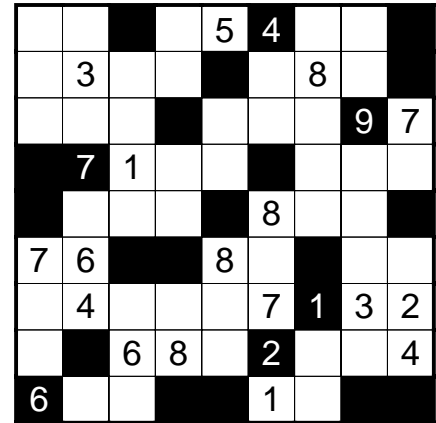
coach, Tarango wouldn't have it any other way, and under the bright lights on Friday nights, it's where he wants to be.

"Football to me means passion, love and joy," said Tarango. "It's about the relationships that you build with your players and coaches, the effect that it has on your community, your life and the life of others."

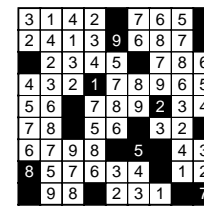
Puzzles

STR8TS

No. 409 Easy



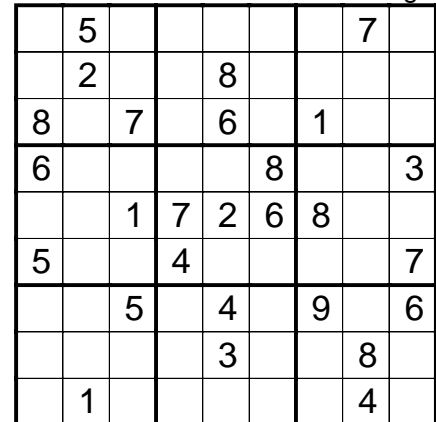
Previous solution - Medium



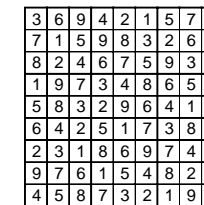
How to beat Str8ts - Like Sudoku, no single number can repeat in any row or column. But...

SUDOKU

No. 409 Tough



Previous solution - Medium



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

The solutions will be published here in the next issue.

60th FSS

Freebies and fun

Free DB400 member breakfast. 6:30-9 a.m. Oct. 27 at DB400 (fka the Delta Breeze Club)...

Win a Raider's "Suite Life" package. Join us for NFL Watch Party every Monday, Thursday and Sunday at Wingman's inside DB400...

Free Family Child Care Provider training. Want free training and licensing to a new career in child care?

Events and upcoming

Thanksgiving Meals-To-Go. Want a full home-cooked, picture perfect holiday meal with the cooking hassle? DB400 will prepare Thanksgiving Meals-To-Go...



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

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...

Registration required. 6 to 7 p.m., quarterly. Youth Choir: 1 p.m. Sunday. Children's Choir: 2 p.m. Sunday...

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...

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.

In the next week...

Friday Youth Halloween Town Costume Party. From 8:30 p.m. to midnight Oct. 26...

Travis Wine Fest. 5 p.m. Oct. 27 at the DB400 (fka Delta Breeze Club). 437-3711.

Baby Bounce. 10 a.m. Oct. 29 at the Mitchell Memorial Library. 424-3279.

Dollar Bingo. 8 a.m. Oct. 30 at Travis Bowl. 424-4737.

Pre-K Story Time. 10 a.m. Oct. 30 at the Mitchell Memorial Library. 424-3279.

Steak Night. 4:30 p.m. Oct. 30 at Wingman's. 437-3227.

Wing Wednesday. 4:30 p.m. Oct. 31 at Wingman's. 437-3227.

Trivia Night. 6:30 p.m. Oct. 31 at Wingman's. 437-3227.

Federal Employees Open Season Health Fair. 10 a.m. to 1 p.m. Nov. 1 at the auditorium in Bldg 381...

Scary-Oke Party. Doors open at 4:30 p.m. and the party begins at 8 p.m. Oct. 26 at Wingman's Bar & Grill inside DB400...

Monster Dash 5K Fun Run. Oct. 27 at the Fitness Center. Participants must register the day of the event...

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...

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 Tuesday Dollar Bingo. 8 a.m. Oct. 30 at Travis Bowl. 424-4737.

Recurring Wednesday Pre-K Story Time. 10 a.m. Oct. 30 at the Mitchell Memorial Library. 424-3279.

Recurring Thursday Steak Night. 4:30 p.m. Oct. 30 at Wingman's. 437-3227.

Recurring Friday Wing Wednesday. 4:30 p.m. Oct. 31 at Wingman's. 437-3227.

Recurring Saturday Trivia Night. 6:30 p.m. Oct. 31 at Wingman's. 437-3227.

Recurring Sunday Scary-Oke Party. Doors open at 4:30 p.m. and the party begins at 8 p.m. Oct. 26 at Wingman's Bar & Grill inside DB400...

Recurring Monday Monster Dash 5K Fun Run. Oct. 27 at the Fitness Center. Participants must register the day of the event...

Recurring Tuesday 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...

Recurring Wednesday 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.

Recurring Thursday Protestant First Street Chapel. Roman Catholic Mass: Noon to 12:35 p.m. Monday through Thursday, except for federal holidays.

Recurring Friday Catholic Twin Peaks Chapel. Roman Catholic Mass: 9 a.m. and noon Sunday. Children's Church: 10:15 a.m. Sunday...

Recurring Saturday Registration required. 6 to 7 p.m., quarterly. Youth Choir: 1 p.m. Sunday. Children's Choir: 2 p.m. Sunday...

Recurring Sunday 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...

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.

News Notes

Community College of the Air Force graduation ceremony. 2 p.m. Nov. 8 at the Base Theater. For more information, contact Master Sgt. Stanley Siaoisi at 424-4556.

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.AFMWelfare.com or contact CHPS at 707-424-CHPS or CHPSTravis@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 play groups. Toddlers to the Max play group for children ages 1 to 3 meets from 9:30 to 11 a.m. Wednesdays at the First Street Chapel Annex. The Rattles to Raspberries play group for infants 8 weeks to 1 year meets 9:30 to 11 a.m. Thursdays at the First Street Chapel Annex. For more information, call 707-423-5168.

Family and Friends Combat Stress Peer Support Group. Meets from noon to 1 p.m. the first Tuesday of every month at the Balfour Beatty Community Center and from 1 to 2 p.m. the third Thursday of each month at The Peak. For more information, contact Amber Quirate and Jessica Soto at 501-231-7756 or email travsopcombatptsd@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://jhns.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

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.

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 Dumniway, 60th Operations Support Squadron. Valerie Moore, 60th Aerial Port Squadron. Jessica Pope, 349th Air Mobility Wing. James Van Nostrand.

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.

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

Local events

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

FEARfilled Haunted Hotel. 7 to 10 p.m. Oct. 26-27, 30-31, 1795 Pennsylvania Ave., Fairfield. www.skreamz.com.

Events

Retiree Corner

New podcast targets AF contracting, acquisition

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — The Contracting Directorate at the Air Force Materiel Command has launched a new podcast to educate and inform government professionals across the globe on relevant, timely topics related to the field.

"The Contracting Experience" provides listeners insight into evolving issues, high-performance leadership and lessons from the field through conversations with acquisition influencers and contracting leaders, in an easy-to-listen format

available on demand.

"This is an opportunity for us to connect with the large, widespread contracting workforce in a more modern format," said Amber Pecoraro, a procurement analyst at AFMC and the host of the podcast.

The first episode features a conversation with Heidi Bullock, AFMC director of contracting, who provides insights into her Air Force career and discusses the role of contracting professionals in delivering rapid solutions for current and emerging warfighter needs.

— Air Force Materiel Command Public Affairs

Trump

From Page 4

support 76,000 jobs and create \$11.5 billion in economic output.”

Additionally, Trump praised the F-35's capabilities and the progression of its pilot training

Michael

From Page 5

Air mobility command and control professionals integrate with the 601st and other Falconer AOCs throughout the year, enabling continuity of mission after the natural disaster. The AMOS enterprise, which includes the 183rd, 321st, 349th, 514th and 621st AMOS participate in two major exercises with the 601st AOC annually, ensuring the ability to provide necessary support when required.

“We routinely train and participate in exercises with the 601st Air Operations Center, our folks were just there to assist with Hurricane Florence,” said Master Sgt. Rigoberto Ruiz, 621st Air Mobility Operations Squadron operations superintendent.

Air Mobility Command professionals came to the aid of the 601st, ensuring uninterrupted mission support.

“The Air Mobility Operations

program under the guidance and direction of Brig. Gen. Todd Canterbury, 56th Fighter Wing commander.

“It is an honor and a privilege to lead the more than 5,600 men and women of Luke Air Force Base,” Canterbury said. “Our mission is simple: We train the world's greatest fighter pilots

Squadron Enterprise is happy to support the 601st Air Mobility Division team so they can focus on their families and take care of their immediate needs. We have their mission and look forward to handing it back off once they are ready,” said Lt. Col. Robert Cureton, 621st Air Mobility Operations Squadron commander.

According to Cureton, the Air Operations Center Weapons System Suite, originally built as a training facility, today empowers these air mobility command and control experts to execute air operations from a distributed location in support of geographically separated AOCs at a moment's notice.

“I appreciate the rapid response and reach back capability the 621st AMOS provided during Hurricane Michael operations,” said Brig. Gen. Barry A. Blanchard, Director of Mobility Forces for Hurricane Michael. “As you know, Tyndall sustained significant damage during this event which

here. Luke Air Force Base is responsible for training about 95% of the United States Air Force's fighter pilots.”

Trump concluded his visit with a meet and greet, where he spoke with, shook hands, and took photos with Airmen from units across the base, before departing on Marine One.

disrupted our normal coordination team from responding and coordinating mobility needs during this event. The ability [of the AMOS enterprise] to provide this coverage in such a seamless manner on short notice speaks volumes of their professionalism and dedication to the mission.”

The 321st and 621st AMOS fall under the 621st Contingency Response Wing and are part of the U.S. Air Force Expeditionary Center, which not only commands contingency response forces but also oversees the entire global air mobility support system.

Natural disasters can effect personal lives, damage property and force organizations or people to refocus their priorities. The men and women of the 601st AMD remain focused on the mission but with the AMOS enterprise answering the call, the men and women of the 601st are able to focus on taking care of each other and their families during this crisis.

Vaccine

From Page 8

receiving seasonal influenza vaccine and even individuals with severe egg allergy can safely receive the vaccine in standard fashion without need for additional measures,” said Sacha.

Because it takes about two weeks for the vaccine to produce antibodies that protect against flu, the CDC recommends getting vaccinated early. Getting vaccinated later can still be beneficial, but those who wait are gambling with their health, said Sacha.

“Usually, people who get vaccinated in December or later may be infected with influenza virus shortly after the shot because they were exposed to someone with the virus before they became immune; it is not a result of the vaccination,” said Sacha.

While the flu vaccine can vary in how well it works each season, a CDC study published in the journal, Pediatrics in 2017 showed that flu vaccination can be life-saving for children.

The study looked at data from flu seasons between

2010 and 2014 and found that flu vaccination reduced the risk of flu-associated death by 51 percent among children with underlying high-risk medical conditions and by nearly 65 percent among otherwise healthy children.

Sometimes, people avoid getting a flu shot because they fear getting the flu from the vaccine.

“Most of the people who say they ‘get the flu’ don't really have the flu,” said Sacha. “In fact, less than 1 percent of people vaccinated develop minor side effects to include flu-like symptoms such as low fever, chills, fatigue and muscle aches. These side effects are not the same as having influenza, but people confuse the symptoms.”

“In the last flu season, the CDC reports that more than 80,000 people became ill from or died from seasonal influenza,” said Sacha. “The flu vaccine can reduce morbidity and mortality rates, thereby protecting our most valuable resource – people,” he said.

For more information, contact the Immunizations Clinic at 423-5107. For the full list of high-risk populations, go to: https://www.cdc.gov/flu/about/disease/high_risk.htm.

Minnifield

From Page 2

One of the popular reasons people choose to join the military is to travel but quite often we fail to do just that. We put off traveling, thinking we'll have time and before you know it orders drop and we're off to a new location. Many times we plan vacations to faraway places without exploring the beauty and nature that surrounds us. Use your leave effectively, don't wait until the September's use-or-lose crunch. If you joined to see the world, like Nike, “Just do it.” Take advantage of your opportunities at every location.

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Changes

From Page 7

altered her career, her outlook on life and her body.

In March 2017, the sergeant was diagnosed with ductal carcinoma in situ, a collection of abnormal, pre-cancerous cells affecting the milk ducts of the breast.

"You're just kind of in shock," she said of the diagnosis. "You check the boxes off as you get into your different age groups. I just thought, 'OK, this is another (medical appointment)'. ... I was alarmed because I have no history of breast cancer in my family, so I didn't expect that."

From her December 2016 mammography screening to the present, Rocha has undergone a symphony of medical treatments: Mammogram, biopsy, lumpectomy, bilateral mastectomy and reconstruction.

In short, the sergeant's initial screening led to the removal of the precancerous tissue and then, as an aggressive, preventive measure to minimize future risks, she had both of her breasts removed before having them rebuilt via plastic surgery.

It was a path Rocha chose for herself. Because the disease was caught early in the process, the sergeant had treatment options that were unavailable to

some who catch the disease in a more advanced stage. Among the options she discarded was undergoing radiation therapy and taking a prescription for as long as a decade, a choice she found unappealing. She wanted to get back to work and get back to the life she knew as quickly and painlessly as possible while diminishing the likelihood of future complications.

After the initial mammography showed evidence of calcium deposits that could lead to breast cancer, Rocha was urged to do further testing, including the biopsy. Approximately 10 percent of mammography patients return for further examination, according to Col. (Dr.) Robert Jesinger, 60th Medical Diagnostics and Therapeutics Squadron medical director and radiologist.

"The earliest types of cancer have these specks of calcium," said Jesinger. "Treatments vary depending upon what we find."

Jesinger said recent advancements in radiology, such as 3-D mammograms, have progressed the field and improved early detection of the kinds of danger Rocha faced. He said the sensitivity of a breast magnetic resonance imaging helps medical professionals be thorough with biopsies.

"It identifies calcium particles that other imaging can't



U.S. Air Force photo/Master Sgt. Joey Swafford
Tech. Sgt. Melissa Rocha, USAF Band of the Golden West section chief, poses Oct. 23 at Travis Air Force Base, Calif.

identify," he said. "If you find something when it's small, below 15 millimeters or about half an inch, people usually do quite well in terms of treatment."

Next came the lumpectomy and, in May 2017, the double mastectomy. Lt. Col. (Dr.) Daniel Choi, 60th Surgical Operations Squadron surgeon, is a David Grant USAF Medical Center surgeon who treated Rocha. When asked how many active-duty patients he sees battling cancers comparable to Rocha, his eyes widened.

"Oh gosh," he said. "It's pretty rare. Most of these women are very young. ... For a young person to have such a diagnosis, it's worrisome."

Choi said Rocha was thorough in deciding her medical course of action.

"Despite the fact that it's such an emotional diagnosis, she thought the entire process through very carefully," said Choi. "She and I met many times and emailed many times, talking about essentially what the best options for her were."

Rocha said uncertainty was palpable throughout the process.

"I was heartbroken," she said. "You're dealing with the physical part and you're dealing with the emotional part and you don't know where you're going."

Despite the support of friends who took her to appointments, brought food and visited, Rocha said she faced much of the battle alone.

"All I could do when I would go home was FaceTime my

mom, who was devastated," she said. "She really wanted to be here, but she takes care of my dad who's ill. ... Dealing with surgery and going through that at home alone, that was hard."

Professionally and medically, Rocha said she dealt with a male-centric cast that was helpful and supportive.

"I want active duty members to know that both males and females can positively impact Airmen on their road to recovery from this disease," she said. "Before my diagnosis, I figured it was breast cancer survivors or women in general who could assist with my mental and emotional stress, but I was incorrect. The empathy and genuine encouragement I received from an all-male chain of command was enlightening."

The process to rebuild her breasts, reconstruction, began shortly after the mastectomy and is ongoing, Rocha said. In this final step, she worked with Lt. Col. (Dr.) Bryan Curtis, 60th SGCS chief of plastic and reconstructive surgery, who praised her positive attitude.

"It can be very traumatic for patients to hear the C-word, the cancer word," said Curtis. "We talk to them, let them know we're here for them, we're with them and try to give them the best outcome as possible."

Rocha praised the staff at DGMC for exactly that sort of treatment.

"(DGMC) got it right," she said. "All these doctors were very thorough about everything about the process."

Rocha said she was unable to play the flute for about six months because the healing process limited her movement.

"Playing my instrument was difficult and painful because of my reconstruction, but I found it became easier over time," she said. "Thankfully, I was able to perform my administrative duties during my recovery, so I didn't feel like I was behind and could focus on my physical therapy."

Rocha said the experience has reshaped her outlook, underscoring the reality of an expedition about working to live rather than living to work.

"I love my job," she said. "I work a lot. I'm pretty sure anybody here in the squadron could tell you that I love being here. After this experience, I feel like I have a balance. I feel like I'm a much stronger individual. It's going to make me a better supervisor and, I think, a better leader in the future."

"I'm happy every day just being able to drive in and knowing that I'm still here and I'm still alive and I don't have to worry about dealing with something terminal."

Her story is proof of why women should not ignore or avoid routine mammogram screenings, Rocha said.

"I'm a good case as far as an advertisement for early detection," she said. "I talked to a lot (of women). You would be surprised how many women are in their late forties or early fifties and they haven't even had their first mammogram. It's scary."

Health

From Page 4

seconds. Wash cutting boards, dishes, utensils and countertops with hot, soapy water after preparing each food item and before you go on to the next item. Keep family pets away from kitchen counters.

• Harmful bacteria can spread throughout the kitchen. Wash cutting boards, utensils and countertops after cutting raw foods and raw meat/poultry.

Packing lunch

• Pack perishable foods in an insulated lunchbox or soft-sided lunch bag. Pack perishable items with at least two cold sources, such as frozen juice boxes or water and a freezer pack. By lunchtime, the liquids should be thawed and ready to drink.

• Pack hot lunch, such as soup, chili or stew in an insulated container to keep it hot. Fill the container with boiling water, let stand for a few minutes,

empty and pour in piping hot food. Tell children to keep the insulated container closed until lunchtime to keep the food hot – 140 °F or above.

• If packing lunches the night before, leave the lunchbox lid or bag in the fridge so the food will stay cold longer because everything will be refrigerator temperature when placed in the lunchbox.

Eating lunch

• Remind children to wash their hands before lunch or encourage them to use the disposable wipes of hand sanitizer before and after eating.

• Discard all leftover food, used food packaging and proper bags to avoid contaminating other food that could cause foodborne illness.

Remembering these simple tips is a great way to ensure a healthy stomach and healthy mind for your child and success in school. For more information on food safety, contact the David Grand USAF Medical Center's Public Health Flight at 707-423-5470.

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Sunday Morning Worship
10:30 AM

Sunday Evening Worship
6:00 PM

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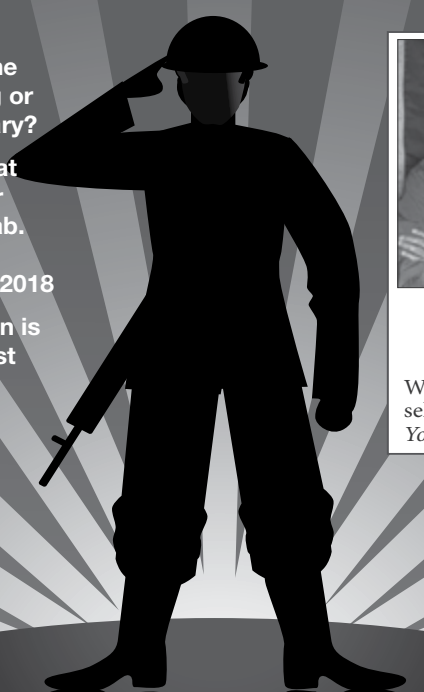
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1) Travis Honorary Commanders participate in a demonstration of nondestructive laser paint and corrosion removal techniques used in aircraft maintenance during a tour of the 60th Maintenance Squadron, Oct. 12 at Travis Air Force Base, Calif. The purpose of the Travis AFB Honorary Commander Program is to promote relationships between base senior leadership and civilian partners, foster civic appreciation of the Air Force mission and its Airmen, maximize opportunities to share the Air Force story with new stewards, and to communicate mutual interest, challenges and concerns that senior leaders and civilian stakeholders have in common.

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2) Honorary commanders toured the flightline Oct. 12 at Travis Air Force Base, Calif, during a tour of the 60th Maintenance Group. 3) Airman 1st Class Rinaya Browning, 60th Aerial Port Squadron, briefs Travis honorary commanders Oct. 12 during a tour through the 60th APS warehouse.



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