

Travis delivers aid after ...

TYPHOON

PAGES 16-17



Living healthy simple, but not always easy

“If you do what’s hard, your life will be easy. If you do what’s easy, your life will be hard,” said Les Brown.



Commentary by Lt. Col. Erin Cook
349TH MAINTENANCE GROUP

Over my years as a leader and executive director of a wellness company, I’ve been saddened by how many people I meet who struggle with their health, weight or their fitness. I think we all want to be healthier in general. My experience and research supports the idea that achieving good health is simple, but it’s not easy.

For most people, good health can be achieved by the simple tasks of eating real food and moving your body. Good health isn’t exclusive to those who follow strict dietary rules

or exercise regimes. Health experts use the expression “healthy lifestyle” and that simply means making daily decisions and developing daily habits that improve health – which is hard.

The food part can be confusing: people want to know exactly what foods are on the “OK” list. Sometimes people take a silver bullet approach and focus on just one area of nutrition, like a certain vitamin, herbal

supplement or type of food. The real answer is simple: eat real food. Make half your meal, every meal, fresh vegetables and fruits. Avoid fast food and pre-packaged food. Take my grandma’s nonsense approach to cooking, “If you can read, you can cook,” and start cooking for yourself,

Commander’s Commentary

from scratch. It’s simple, but it isn’t always easy.

The exercise part can be confusing too. In general, people just need to move – more. You don’t have to be a marathoner or gym rat. Walking, playing a sport, yardwork, and playing with your kids are all ways to move your body. I recommend finding an activity you enjoy and do more of it. If that activity gets your heart-rate up a bit, that’s even better. Just move!

If the principles of good health are simple, why is achieving good health so hard? First of all, we’re busy. We have kids, jobs, activities and commitments that drain our time. Let’s be honest: Cooking and exercise

take time. Next, we’re distracted. Screens, screens – need I say more?

Finally, we are surrounded by temptation. It seems like it’s always easier to make an unhealthy choice than to make a healthy one – oftentimes, we just do what’s easy, like roll through a drive-thru rather than cooking dinner ourselves.

So how can we improve? An effective and my favorite method of developing healthy habits is by making a series of small changes over time and sticking with them. Eventually those small changes will add up to good health. Research shows us that people generally change in two ways: “catastrophic catalyst” or “slow and steady.” A catastrophic catalyst is a major event that forces a person to change. For instance, a cancer diagnosis may act as a trigger

for someone to dramatically change their lifestyle. The gentler way to change is “slow and steady.” Using this method a person makes small changes over time that eventually add up to big changes. Those big changes can lead to huge health gains.

My first change was really small. My path to a healthier lifestyle started by changing my brand of peanut butter. I went from one that had sugar and hydrogenated oils in it to one that was only ground peanuts. I had many other unhealthy habits at the time, but I was able to commit to changing my peanut butter. I remember standing in the store reading labels on jars of peanut butter, and then mentally committing to stirring the jar when the oil built up on top.

That tiny change was a catalyst for big changes. Through

See **COOK** Page 26



Commentary by Chief Master Sgt. Mark Barber
315TH AIRLIFT WING

Passing on a few of life’s important lessons

It is no secret that I like quotes. In the past, I have used them at our wing’s newcomer orientation, with recruits from the developmental and training flights, and even at our commander’s call.

A seldom used, but favorite quote is attributed to entrepreneur Mary Kay Ash, who said, “Aerodynamically, the bumble bee shouldn’t be able to fly, but the bumble bee doesn’t know it so it goes on flying anyway.”

Chief’s Commentary

While not entirely true, bumblebees do seem to defy known laws of aviation with their powerful lift and incredible feats of maneuverability. Aerodynamically speaking, a bumblebee should not be able to get its chubby little body off the ground given its small wings and what we know about lift, drag, weight and thrust.

The bumblebee, of course, flies anyway because it’s unaware of the scientific facts and doesn’t care what people think anyway.

While reflecting on my Air Force career and contemplating what I wanted to say in my last commentary, the above quote comes to mind as it implies that you should, never give up on your dreams despite what others are saying.

Do you want to become an officer

through the Deserving Airman Commissioning Program or reach the pinnacle of your enlisted career as a chief master sergeant? If so, what’s holding you back? Is it the inner voice in your head that reminds you of your inadequacies, mistakes and failures? If so, you’re not alone. Whether you choose to listen to or silence the negativity of the inner voice will largely determine your

See **BARBER** Page 26

AMC leader lays out priorities at symposium



U.S. Air Force photo/Tech. Sgt. Jodi Martinez
Gen. Maryanne Miller, Air Mobility Command commander, addresses Airmen during the closing address at the Airlift/Tanker Association Symposium Oct. 27 in Grapevine, Texas.

Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, ILL. — The commander of Air Mobility Command announced six priorities designed to steer the mobility enterprise toward advancing Rapid Global Mobility and power projection in support of the Air Force and combatant commanders worldwide.

In delivering the 2018 Airlift/Tanker Association Symposium closing address Oct. 27 in Grapevine, Texas, Gen. Maryanne Miller touched on ways the command is guided by and supports the National Defense Strategy.

“The National Defense Strategy clearly defines our path,” said Miller. “We are in a time of great power competition and we must be ready to compete, deter and win. My top priority is readiness. Our mission success depends on it.”

Of 36 seminars available at A/TA, nearly every one addressed or was related to the Air Force’s number one priority: readiness. From topics like training Mobility Air Forces in resilient and agile logistics to practicing emotional resilience within the military, a state of readiness was presented as foundational to the mobility enterprise.

Miller’s next priority, sustaining an effective nuclear response, is reliant on AMC’s aerial refueling and nuclear airlift missions. Both are key to effectively deterring potential adversaries and assuring allies of the nation’s commitments and resolve.

As the world becomes more complex and dangerous, operating in contested environments is going to be the new norm, Miller said, which is why increasing the survivability of the mobility enterprise is a top priority. She highlighted tankers like the ones that enabled Air Force B-1s to conduct coalition strikes in a high-threat contested environment in Syria as an

example of what the force can increasingly be expected to face.

“Knowing they were entering an operationally contested environment, the crew took proper precautions to avoid GPS jamming, which began a few minutes after their arrival in the working area,” said Miller. “After extending the operation by two hours to support unplanned contingency refueling, the crew finally returned to base. Once again, great Airmen doing great things.”

To dominate in a world where space and cyberspace are now congested and contested domains, Miller stressed the need for AMC to embrace modernizing command and control efforts. In a seminar on multi-domain command and control, Maj. Justin Reynolds, from the Air Force Strategic Integration Group, outlined examples of how operations in air, space, and cyberspace domains must advance and become more integrated at a tempo an adversary cannot match or operate against successfully.

Tackling the next priority, developing the force, Miller said the Air Force has been a consistent leader in leveraging the strengths and diversity of service members and must look for ways to be more inclusive and maximizing talent. “Our Airmen are our greatest resource, period,” said Miller.

Miller’s fifth priority, modernization and recapitalization efforts, aims to provide timely upgrades to maintain a competitive edge and lethality within the joint force.

The introduction of the KC-46 will help rejuvenate an aging tanker fleet. Also discussed was the movement toward use of 3D printing to replace obsolete parts that are expensive to procure.

Miller’s final stated priority, innovation, was one of the most prominent

See **SYMPOSIUM** Page 26

Tailwind



Travis AFB, Calif.
60th Air Mobility Wing

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60th Air Mobility Wing commander

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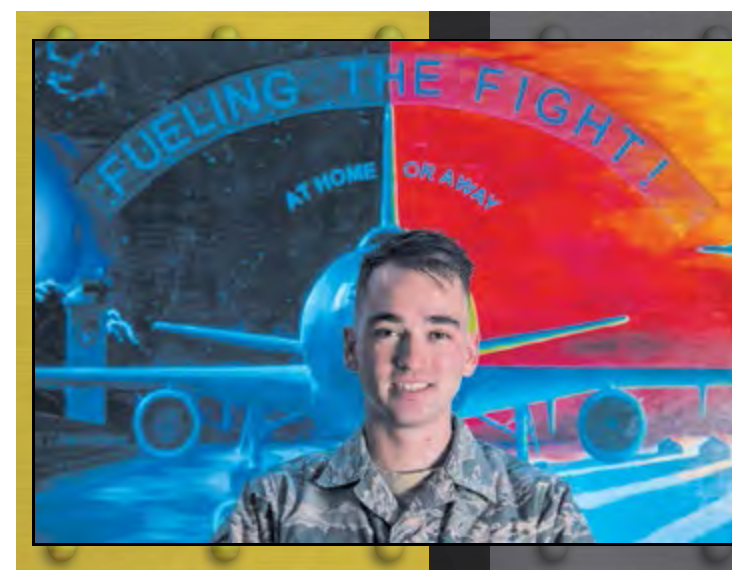
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On the cover

Senior Airman Xavier Clark, 60th Aerial Port Squadron, waits Nov. 5 to secure aircraft staircases and cargo onto a 517th Airlift Squadron C-17 Globemaster III from Joint Base Elmendorf-Richardson, Alaska, at Travis Air Force Base, Calif.

U.S. Air Force photo/Lan Kim



U.S. Air Force photo

WARRIOR OF THE WEEK

Name:
Senior Airman Mark Cameron.

Time in service:
Five years.

Unit:
660th Aircraft Maintenance Squadron.

Family:
None.

Duty title:
Journeyman.

What are your goals?
I would like to finish my private pilot’s license and become a commissioned officer and commercial pilot.

Hometown:
Brandon, Florida.

What are your hobbies?
Working on motor vehicles, attending hockey games, hanging out with friends, camping, concerts, exploring outdoor California, hiking.

What is your greatest achievement?
Completed 1.5-mile Alcatraz Sharkfest Swim.



U.S. Air Force photo/Nick DeCicco

From left, Airman 1st Class Damoni Williams, Airman 1st Class Olivia Summers and Tech. Sgt. Martin Miller, assigned to the 60th Maintenance Squadron accessories flight, bag groceries in donated reusable bags Oct. 29 at the commissary at Travis Air Force Base, Calif. Hundreds of bags were donated by local businesses to be given away for free to customers at the store.

Maintainers practice recycling

Merrie Schilter-Lowe
60TH MOBILITY WING PUBLIC AFFAIRS

Commissary customers in the self-checkout lines gave some strange looks to Tech Sgt. Martin Miller, 60th Maintenance Squadron, when he and seven other off-duty Airmen from the squadron began bagging their groceries Oct. 29.

The Airmen not only provided each customer at Travis Air Force Base, California, a free reusable bag, they also explained how discarded plastic bags affect the environment.

“Once we explained what was going on, they were very

open to the idea,” said Miller. “A lot of customers were surprised that we had reusable produce bags. That was a big hit as well.

According to Miller, the day was a trial run to gauge customers’ reaction to using reusable grocery bags.

“I am also getting information on how many bags the commissary goes through during an average week or month,” said Miller.

Miller’s plan is track changes to see if the commissary uses fewer plastic bags.

For his own experience, Miller has determined that on large reusable bag can

replace up to 10 plastic bags. “Most people just throw these bags away when they unload their groceries and don’t think twice about it. I wanted to inform them while also giving them something they can use the next time.

Miller spent two months visiting local retailers and environmental agencies that donated 350 reusable grocery bags and 300 reusable produce bags.

According to the National Conference of State Legislatures, regulating plastic bags can mitigate harmful impacts to oceans, rivers, lakes, forest and wildlife, as well as relieve pressure

of landfills and waste management. The NCSL website reports that at least 73 bills have been introduced regarding the use of plastic bags in retail settings.

California imposed a statewide ban on plastic bags in 2014 and requires stores to charge a minimum fee of 10 cents for each recycled bag, reusable plastic bag and for compostable bags in some locations. Some states have labeling requirements or charge a tax.

“It’s just a start, but I hope to bring awareness to

See RECYCLING Page 25

Changes aim to improve training at basic

Dan Hawkins
AIR EDUCATION AND TRAINING
COMMAND PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas — After listening to feedback from the field, a few changes to the Air Force Basic Military Training curriculum will transform trainees into more combat-ready Airmen.

The changes, which began Sept. 4, are entirely focused on readiness and lethality, Airmanship, fitness and the warrior ethos.

“The future of BMT focuses on creating disciplined, warrior Airmen who are ready to support our joint partners in conflicts around the globe,” said Col. Jason Corrothers, 737th Training Group and BMT commander. “These changes to refine the basic training experience are about increasing our readiness and lethality while simultaneously instilling Airmanship and core values from the very beginning.”

Restoring readiness is one of the Air Force’s top priorities. The changes address readiness through a revamped expeditionary skills and weapons training curriculum, said Lt. Col. Jose Surita, 326th Training Squadron commander who has overseen the development of the revamped curriculum.

Basic Expeditionary Airmen Skills Training, which previously took place in week five of training, is re-sequenced to the final training week as the culminating event of BMT. Air Force recruits will also experience a beefed up Self-Aid/Buddy Care regimen, called

See BASIC Page 24



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

Capt. Derek Randall, 60th Operations Support Squadron officer in charge of intelligence analysis, participates in a coding challenge hosted by Travis Air Force Base, Calif.’s Phoenix Spark innovation team Oct. 26. Randall’s expertise was demonstrated during the challenge, leading him to call them “fairly simple.”

Phoenix Spark encourages interaction

Airman 1st Class Christian Conrad
60TH AIR MOBILITY WING PUBLIC AFFAIRS

Amid the click-clacking of fervent keyboard strokes and intermittent chatter that, at times, drops to low, hurried whispers when not building to loud exclamations or excited laughter is Capt. Ryan McGuire, 9th Air Refueling Squadron KC-10 Extender pilot and the director behind Phoenix Spark’s recent base-wide coding challenge.

In programming, “coding” refers to the process of designing, writing, testing, debugging, troubleshooting and maintaining the source code of computer programs. Essentially, coders write the instructions that computer programs follow.

“Historically, when we would draft ideas for new technology or processes in the Air Force, we’d have to outsource that new technology’s coding to off-base companies,” said McGuire. “Having the talent here, though, and being able to do that ourselves not only saves us money, but it also allows us to push those ideas down the pipeline faster.”

So began the coding challenge. Billed as a learning experience to which novice and

avid coders alike could come and take their shot at different coding problems, the challenge Oct. 26 looked to build

a reliable roster of passionate Airmen to join a team of web and app developers who would **See SPARK Page 25**

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THURSDAY Open Mic Night 7-9 PM Every Thursday	FRIDAY Game Night Free pub games	SATURDAY Ladies Night 10 PM to 12 AM
SATURDAY NIGHTS LIVE Live Bands Every 1st & 3rd week of the month		SUNDAY Seasonal Sports Call for Sports Listing

Happy Hour Specials: Mon - Fri: 7 AM to 9 AM & 5 PM to 7 PM, Sat - Sun: 8 AM to 10 AM

Dental patients needed

Merrie Schilter-Lowe
60TH MEDICAL GROUP

The Oral and Maxillofacial Surgery Clinic at Travis Air Force Base, California, is seeking pediatric and adult patients recently diagnosed with a dental or oral surgery condition requiring treatment, including tooth extraction, to take part in the resident training program.

Eligible applicants can be military retirees and family members, active-duty family members not enrolled

in a TRICARE Dental Program or TRICARE patients who have reached their annual cap.

To volunteer, patients need a written consult from their dentist.

Deliver referral to the General Dentistry Residency Program or Dental Oral Surgery Clinic at DGMC during business hours or fax referral to the OMF’s clinic at 707-423-7304.

Patients will be selected for treatment based on the training program needs. For more details, call 707-423-7085.

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U.S. Air Force photo/Airman First Class Daniel A. Hernandez

Master Sgt. Matt Conn, 21st Airlift Squadron loadmaster, directs an Army Humvee into a C-17 Globemaster III on Oct. 31 at Fort Knox, Ky. The C-17 Globemaster III and aircrew are providing transportation of Soldiers, equipment and resources to assist Department of Homeland Security along the southwest border.



U.S. Air Force photo/Airman 1st Class Kristine M. Gruwell

A student attending the Science, Technology, Engineering and Mathematics Festival learns about water survival training with STEM Festival volunteers Oct. 26 at Little Rock Air Force Base, Ark.

Little Rock hosts state's STEM Fest

19th Airlift Wing Public Affairs

LITTLE ROCK AIR FORCE BASE, Ark. — Little Rock Air Force Base hosted Arkansas' largest Science, Technology, Engineering and Mathematics Festival in conjunction with the Thunder Over the Rock Air and Space Show, with a field trip day Oct. 26 that drew more than 20,000 attendees, over 13,000 of whom were students.

The students, teachers and chaperones in attendance experienced exhibits focused on science, technology, engineering and mathematics with the goal of building interest in STEM-oriented careers.

"We all felt a lot of responsibility to live up to the expectations of 13,000 students and their teachers, but seeing the amazed looks on their faces drove home how important this experience was for our young people," said Maj. Kyle Sanders, STEM Fest director. "It was our chance to bring their textbooks to life and connect with science professionals from the entire region."

The exhibits included a robotics competition, drone races, a National Oceanic and Atmospheric Administration high-altitude weather balloon launch, and NASA's Journey to

Tomorrow, a traveling exhibit that immerses visitors in a fun-filled interactive experience.

The festival offered a chance for Arkansas institutions and professionals to interact with a variety of students from across the state.

"This amount of student engagement you cannot put a price on; it's unprecedented in Arkansas," said Chris Lynch, Arkansas Department of Career Education STEM coordinator.

STEM careers are projected to be the fastest growing sector in the next few decades. In partnering with the state of Arkansas, Little Rock AFB hoped to expose attendees to STEM careers by connecting them with professionals in a variety of fields.

"Both our nation and our local economy depend on technology to thrive," Sanders said. "We hope that this event helped inspire the next generation of scientists and engineers."

The STEM Fest also ran throughout the Thunder Over the Rock Air and Space Show Oct. 27-28, and was open to the public. The festival exhibits complemented the air and space show by highlighting the vital role STEM plays in aviation technology and the Air Force.

Units return after hurricane

Secretary of the Air Force Public Affairs

ARLINGTON, Va. — The Air Force announced the return of several key Tyndall Air Force Base missions, as the base begins its long-term recovery following Hurricane Michael.

"We will rebuild Tyndall Air Force Base," said Vice President Mike Pence while at the north Florida base Oct. 25.

A number of important missions will resume at Tyndall AFB in the next few months and others will shift to other locations for the time being. All but approximately 500 Airmen will return to the Florida panhandle within one to three months.

"We are focused on taking care of our Airmen and their families and ensuring the resumption of operations. These decisions were important first steps to provide stability and certainty," said Secretary of the Air Force Heather Wilson. "We're working hard to return their lives to normalcy as quickly as possible."

Decisions include:

Units that will resume operations at Tyndall AFB:

- The 601st Air Force Operations Center will resume operations no later than Jan. 1, 2019.
- The 337th Air Control Squadron will resume air battle manager training at a reduced rate by Jan. 1, 2019. A full

production rate is expected no later than summer 2019.

- Air Force Medical Agency Support team will continue their mission of medical facility oversight.

- Air Force Office of Special Investigations will continue their mission from usable facilities.

- 53rd Air-to-Air Weapons Evaluation Group will remain at Tyndall AFB.

- The Air Force Legal Operations Agency will continue their mission from a usable facility at Tyndall AFB.

- Air Force recruiters will continue their mission from local area offices in the Panama City, Florida, area.

- The 823rd Red Horse Squadron, Detachment 1, will continue their mission at Tyndall AFB.

- The Air Force Civil Engineer Center will continue their mission at Tyndall AFB.

Units to be located at Eglin AFB, Florida, with reachback to Tyndall AFB:

- The 43rd and 2nd Fighter Squadrons' F-22 Fighter Training and T-38 Adversary Training Units will relocate operations to Eglin AFB. Academic and simulator facilities at Tyndall AFB will be used to support training requirements, as well as Tyndall AFB's surviving low observable

See RETURN Page 22

AAFES' 'You Made the Grade' helps students

Lorraine Harris-Ortega

ARMY & AIR FORCE EXCHANGE SERVICE

The Army & Air Force Exchange Service's "You Made the Grade" program is rewarding Travis Air Force Base, California, students who excel in the classroom during the 2018-19 school year.

Through this program first-through 12th-graders with a B average or higher are eligible to receive a \$5 Exchange gift card every grading period during the 2018-19 school year. Students can also enter the worldwide sweepstakes to win a \$2,000, \$1,500 or \$500 Exchange gift card.

To receive a \$5 Exchange gift card, students must present a valid military I.D. and proof of a B average or higher during any 2018-19 school year grading period at the Travis AFB Exchange customer service area.

As military families transition from one duty station to another, children often attend many different schools. According to Department of Defense Education Activity studies, the average child in a military

family will move six to nine times during a school career— three times more than nonmilitary families.

"Military students encounter obstacles related to their family's frequent moves and changing surroundings," said Flor Payton, Travis Exchange general manager. "The Travis Air Force Base Exchange appreciates the sacrifices military students make. It's an honor to celebrate their achievements in the classroom."

Since February 2000, the Exchange's "You Made the Grade" program has rewarded nearly 200 military students for their academic achievements through prizes worth \$540,000.

The You Made the Grade sweepstakes entry forms are on the back of the gift card carrier. Students can send completed forms to: You Made the Grade, PO Box 227398, Dallas, TX 75222-7398.

Students can submit one sweepstakes entry per grading period, with drawings typically held in June and December.



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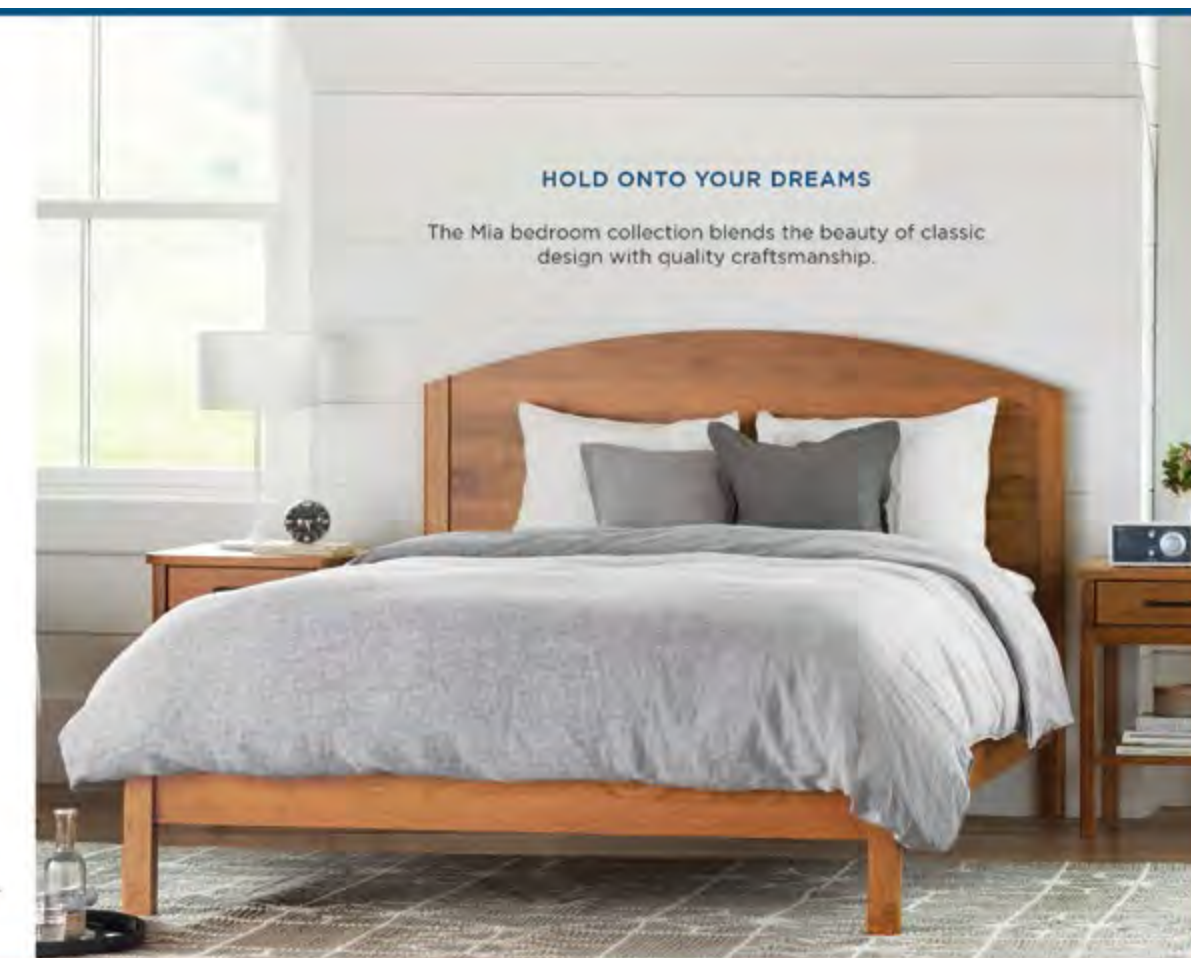
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Royal Thai AF, PACAF build upon strong partnership

Staff Sgt. Hailey Haux

PACIFIC AIR FORCES PUBLIC AFFAIRS

JOINT BASE PEARL HARBOR-HICKAM, Hawaii — Gen. CQ Brown Jr., Pacific Air Forces commander, hosted Air Chief Marshal Chaiyapruk Didyasarin Royal Thai air force commander in chief, to build upon the strong U.S. – Thailand partnership, at Headquarters PACAF at Joint Base Pearl Harbor-Hickam, Oct. 29.

This trip was Chaiyapruk's first official visit outside of Thailand since taking office in early October.

"It's great to have Air Chief Marshal Chaiyapruk and the rest of his delegation visit PACAF," said Brown. "It's very

important that he was able to come here as a key partner within the region."

While on the island, the ACM and his delegation received a barge tour of Pearl Harbor and visited Indo-Pacific Command where they had discussions with Adm. Phil Davidson, INDOPACOM commander.

Brown hosted an office call with Chaiyapruk in which they discussed opportunities to enhance the relationship between the two countries' air forces, the F-16 Fighting Falcon midlife upgrade, the Washington Air National Guard – Thailand's National Guard state partner – and the importance of

See PARTNERSHIP Page 22



Commander-in-chief of the Royal Thai air force, Chief Air Marshal Chaiyapruk Didyasarin, left, and Gen. CQ Brown Jr., U.S. Air Force commander of Pacific Air Forces, salute the honor cordon during a visit to Headquarters PACAF Oct. 29 at Joint Base Pearl Harbor-Hickam, Hawaii.

U.S. Air Force photo/Staff Sgt. Hailey Haux

Air Force plans Hack the Air Force 3.0

Secretary of the Air Force
Public Affairs

WASHINGTON — The Air Force and HackerOne have teamed up for Hack the Air Force 3.0, the military service's third and most inclusive bug bounty program.

HtAF, which stems from the Department of Defense's "Hack the Pentagon," allows computer experts to uncover vulnerabilities in Air Force websites, ultimately strengthening the service's cyber posture. This year's four-week-long program ends Nov. 22, and will focus on DoD applications that were recently migrated to an Air Force-owned cloud environment.

The program is open to 191 countries, making it the government's largest bug bounty to date.

"Hack the AF 3.0 demonstrates the Air Forces

willingness to fix vulnerabilities that present critical risks to the network," said Wanda Jones-Heath, Air Force chief information security officer.

Hack the Air Force 3.0 offers competitive bounty awards dependent on the severity of the finding. A critical severity vulnerability nets a minimum of \$5,000, with potential increase based on overall system impact. The largest single payout to date in the Hack the Pentagon public program was \$10,000.

The program's initiative was launched by the Defense Digital Service in April 2016 as the first bug bounty program employed by the federal government. More than 1,400 hackers registered to participate in the program. Nearly 200 reports were received within the first six hours of its launch and \$75,000 in total bounties were paid out to participating hackers.



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ISR training evolves with times

Lori A. Bultman

25TH AIR FORCE PUBLIC AFFAIRS

Editor's note: Some last names have been withheld for security reasons.

JOINT BASE SAN ANTONIO-LACKLAND, Texas — The intelligence, surveillance and reconnaissance Airmen in today's Air Force are much more technologically savvy than their predecessors, and the Air Force Cryptologic Office at Twenty-Fifth Air Force is revolutionizing the way modern Airmen learn to win the fight.

Airmen of the millennial generation and younger generations are accustomed to having a plethora of knowledge at their fingertips through their cell phones.

"They are able to pull information quickly, multi-task using technologies, socialize in virtual environments, and solve problems through gaming," said Chip von Heiland, AFCCO Intelligence Force Management and Training chief.

"Considering this, and our ever-changing workforce, we had to initiate a systematic approach to designing and developing training, which led to us creating easily accessible, visually enhanced training through virtual reality and computer-based resources; something previous generations only dreamed of," he said.

Staff Sgt. Alan, a Twenty-Fifth Air Force analyst, wishes he had experienced more visual training methods when he entered the military.

"I remember back when I was in training, how much I would have preferred to see and visualize things rather than just read books about it," he said. "Using virtual reality to train the Airmen coming through now is a great idea. This generation is really good with technology. They have grown up with it, so that is what they know."

In contrast to Alan's one-dimensional analysis education, the new tools AFCCO provides to ISR technical schools

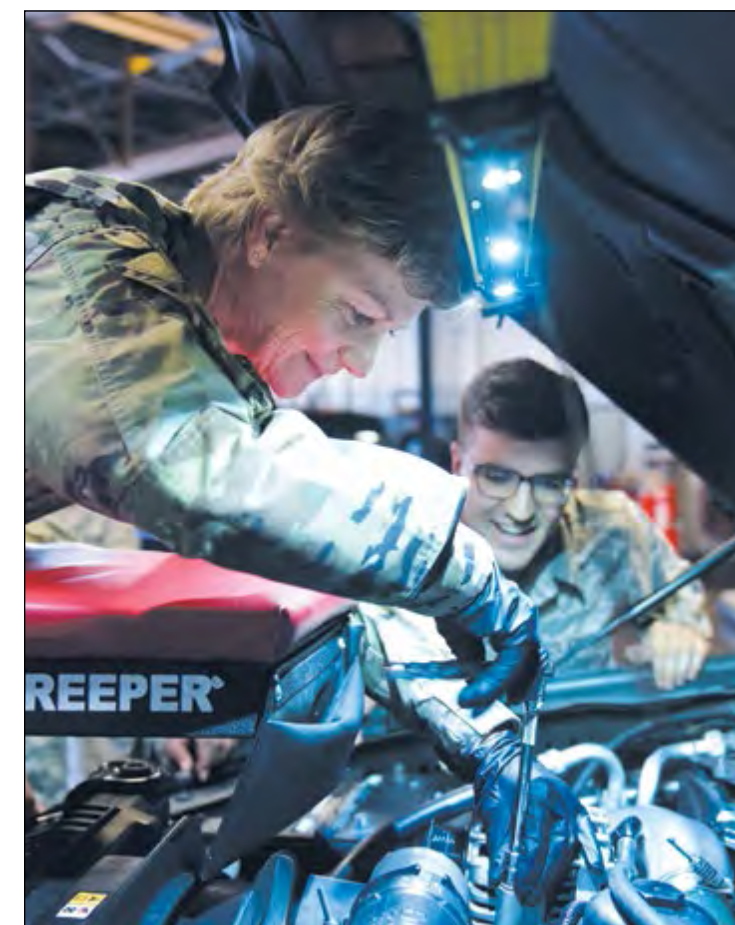
like those at Goodfellow Air Force Base are revolutionizing analysis training and, contrary to belief, not all these innovations are expensive. Future analysts are using cardboard virtual reality headsets and utilizing cell phones to learn how to visually identify aircraft.

"It is exciting, and it is engaging. The training just pops out at you; you are right there," said Master Sgt. Oneika, a Twenty-Fifth Air Force intelligence analyst who spends much of her time briefing pilots on visual recognition of enemy aircraft. "This type of technology will pull Airmen in so they will want to learn more."

Another addition to the ISR training revolution is OCTANE, or the online critical thinking and analysis environment, an electronic library of information and products that help analysts enhance their critical thinking skills.

"OCTANE is a repository

See ISR Page 22



U.S. Air Force photo/Airman 1st Class Kristine M. Gruwell

Gen. Maryanne Miller, Air Mobility Command commander, changes a vehicle's alternator with the assistance of Air Force Senior Airman Jesse Tuthill, 19th Logistics Readiness Squadron mission generating vehicle equipment apprentice, Nov. 1 at Little Rock Air Force Base, Ark.

AMC commander visits Little Rock

Airman 1st Class
Kristine M. Gruwell

19TH AIRLIFT WING PUBLIC AFFAIRS

LITTLE ROCK AIR FORCE BASE, Ark. — Team Little Rock Airmen had the opportunity to interact with and tell their stories to Gen. Maryanne Miller, commander of Air Mobility Command, during a Nov. 1-2 visit to Little Rock Air Force Base, Arkansas.

The two-day visit began at the base chapel, where Miller met with representatives from various organizations. This included the mental health office, casualty assistance team, sexual assault prevention and response office and chapel team – all of whom are focused on providing coordinated, proactive care for Airmen and their families.

"There is no more important thing we can do as leaders than take care of our Airmen," Miller said. "The quicker we can get them the help they need, the better they will be in the long run; that is what this team is focused on."

Miller sat down with spouses and shared her thoughts on the importance of retaining and developing Air Force families. Team Little Rock Airmen then had a chance to explain a localized approach to programs such as Airman Leadership School and the Commander's Right Start Course, which focus on developing Airmen.

"As we pivot toward focusing on and improving our full-spectrum readiness as an organization, we are taking a look at

See VISITS Page 24



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U.S. Air Force photo/Airman 1st Class Scott Warner

Senior Airman Damion Morris, 6th Security Forces Squadron military dog handler, trains in the water with his military working dog, Lleonard, Oct. 29 at Adventure Island, Tampa, Fla.

MacDill trains at Adventure Island

Airman 1st Class Scott Warner
6TH AIR MOBILITY WING PUBLIC AFFAIRS

MACDILL AIR FORCE BASE, Fla. — From vigorous barking to dashing through water-based obstacles, military working dogs and handlers with the 6th Security Forces Squadron participated in water aggression training to maintain full spectrum readiness Oct. 29 at Adventure Island amusement park in Tampa, Florida.

“We have 7.2 miles of coastline around MacDill and we always have to be ready to patrol it,” said Tech. Sgt. Matthew McElyea, a military dog trainer assigned to the 6th SFS. “We never stop training and it’s our job to keep our dogs engaged and excited about the job we accomplish together.”

Additionally, eight Tampa law enforcement agencies

unleashed their own K9s during the joint training exercise.

“We do this training annually,” said Eddie Durkin, Tampa Police Department public information officer. “Some dogs don’t get enough exposure to water-based scenarios and this type of training gets them more confident and comfortable in the water.”

MacDill’s military working dogs, Lord, Zeno and Lleonard, participated in a wave of training scenarios involving suspect apprehension and deterrence in an unfamiliar environment.

“We are always looking for new ways to evolve our training and be ready for any contingency situation,” said McElyea.

The event simulated three water-based scenarios, from an obstacle course to waves and large depths of water. The

See **MACDILL** Page 19

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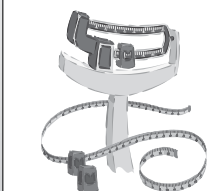
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Tech. Sgt. Rachelle Blake
325TH FIGHTER WING PUBLIC AFFAIRS

TYNDALL AIR FORCE BASE, Fla. — While Hurricane Michael created catastrophic devastation to most of Tyndall Air Force Base, Florida, the relief efforts were a reminder of the symbiotic relationship between military branches.

In the days following the storm, the Air Force came in droves to provide support, with the Navy and Army not far behind. Engineers from the Naval Mobile Construction Battalion 133, Gulfport, Mississippi, and the 46th Engineer Battalion, Fort Polk, Louisiana, hit the ground running.

They traveled in convoys bringing with them construction vehicles and equipment. Unable to bring everything they would need, they also arranged to have contracted vehicles meet them at Tyndall AFB.

In teams, totaling more than 130 personnel, they worked to clear trees and



U.S. Air Force photo/Senior Airman Sean Carnes

Soldiers from the 46th Engineer Battalion move tree debris into piles Oct. 31 at Tyndall Air Force Base, Fla. After Hurricane Michael swept the area, multiple services have mobilized relief assets in an effort to restore operations after the hurricane caused catastrophic damage to the base.

debris.

“We are going full force getting trees removed, so we can help people access their buildings,”

said Equipment Operator 2nd Class Zachary Bunter, MNCB 133. “Our main focus is 30 feet around buildings and roads.”

His team was successful in clearing the area around the base clinic.

“We are hoping to clear
See SUPPORT Page 19

Advance assignments available to deployers

Secretary of the Air Force Public Affairs

WASHINGTON — Effective Nov. 1, active duty Airmen selected for an extended deployment may apply to receive an advance assignment up to 16 months prior to the projected Report Not Later Than Date of the assignment.

This means Airmen can have permanent change of station orders in hand immediately after completing all required PCS actions and before departing on their deployment, providing their dependents the option to move early to their next assignment location.

“This change recognizes the need for us to increase stability and predictability for our Airmen and their families and helps our Airmen focus on their mission while deployed,” said Lt. Gen. Brian Kelly, Air Force Deputy Chief of Staff for Manpower, Personnel and Services. “The ability to receive an assignment prior to departing for an extended deployment allows Airmen to make decisions that are good for them and their families.”

Previously, Airmen on extended deployments were required to be deployed for at least 60 days before being notified about potential assignments, and orders were not published earlier than 120 days prior to the new reporting date, making it difficult for Airmen and their families to plan.

In 2017, the Air Force’s Personnel Center chartered a 365-Day Extended Deployments Working Group to look at initiatives to find better ways to accommodate and incentivize year-long deployments. Approximately 400 Airmen per year are selected for 365-day extended deployment.

The 365-day deployment policy change allows Airmen time to out-process from their losing base.



U.S. Air National Guard photo/Staff Sgt. Riley Johnson

Col. Jeff Smith, right, 173rd Fighter Wing commander, helps Secretary of the Air Force Heather Wilson strap into an F-15D Eagle before a familiarization flight Nov. 4 at Kingsley Field in Klamath Falls, Ore.

173rd Fighter Wing hosts Wilson

Tech. Sgt. Jefferson Thompson
173RD FIGHTER WING

KINGSLEY FIELD, Ore. — Secretary of the Air Force Heather Wilson visited the 173rd Fighter Wing Nov. 3-4, marking the first visit by a sitting secretary since Kingsley Field Air National Guard Base, Oregon, opened its gates during World War II.

During her visit, Wilson had the opportunity to see firsthand the wing’s mission, which is the sole training provider of F-15C Eagle air superiority pilots to the U.S. Air Force. The base coined the phrase, “America’s air superiority starts here,” to describe a mission vital to the interests of the Air Force.

One of her key messages for the community and the wing is the emergence of threats with capabilities comparable to the U.S., which she said requires a concerted effort to modernize and re-establish technological superiority.

“The thing that’s driving all this is the threat – we’ve returned to an era of great power competition and we have to be prepared for that,” she said.

That means an increase in readiness, an expansion of the

number of squadrons, and an increase in the number of Airmen joining the ranks of fully qualified fighter pilots, something the 173rd FW executes every day.

Over the last several years, the wing has added training airspace making it the second largest range in the entire Air Force, second only to the Nellis Air Force Base, Nevada, range. Kingsley Field has also secured the longest lease in the Air Force, until the year 2095, largely driven by strong community support.

“It’s a very supportive community, and that matters to our Airmen and it matters to inspire the next generation of young people to consider the United States Air Force whether it’s active, guard or reserve,” said Wilson.

Wilson’s history with the Air Force dates back to college, she graduated from the Air Force Academy and served for seven years in the 1980s. She said there are some differences in the service now and one of them is readily evident at Kingsley Field.

“It’s a guard unit that has an active association so that is very unique,” she said

referencing the active association with the 550th Fighter Squadron. “One of the things that’s different about the Air Force from when I was on active duty is the closeness of the active, guard and reserve. The operating tempo is much higher, but that also means that the integration is even more important today than it was 20 years ago.”

Kingsley Field added more than 90 active duty troops several years ago, and they help increase the number of student pilots the wing graduates in a year.

Although her visit spanned just over 24 hours she made time to meet with Airmen from the most junior to the higher ranks and she hosted a town hall for more than an hour. The base theater reached capacity and still more people filed in to stand in the back. During her presentation she asked each Airmen to write on a three-by-five card something they would like her to know.

“If there is anything you would like me to know, anything at all, please write it on the card, I will read every one of them on the plane when I leave,” she said.

Kunsan AB revitalizes utilization of energy

Senior Airman Stefan Alvarez
8TH FIGHTER WING PUBLIC AFFAIRS

KUNSAN AIR BASE, South Korea — The 8th Civil Engineer Squadron has launched its latest project to help Kunsan Air Base take its first steps in becoming more energy efficient and environmentally conscious by rolling out phase one of an infrastructure refresh plan with assistance from the Energy Savings Performance Contract.

The ESPC, a Department of Defense-wide initiative to assess energy consumption on military installations and make infrastructure more sustainable, has set the

groundwork for the 8th CES to modernize facilities with energy saving technology. The first phase of the plan includes installing new heating, ventilation, and air conditioning units, Light Emitting Diode light fixtures, water conservation components, and performing a building envelope assessment on 363 buildings, or 90 percent of structures on base.

“Part of our commitment to both our Airmen and the mission is making sure that our infrastructure is not only up to date, but exceeding standards in terms of energy conservation,” said Col. John Bosone, 8th Fighter Wing commander.

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Travis helps in Pacific after ... TYPHOON

U.S. Air Force photos by Lan Kim



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1) Airmen from the 60th Aerial Port Squadron secure aircraft staircases and cargo onto a 517th Airlift Squadron C-17 Globemaster III from Joint Base Elmendorf-Richardson, Alaska, Nov. 5 at Travis Air Force Base, Calif. A group of 60th APS Airmen and equipment are headed to Saipan International Airport in the Pacific as part of a multinational joint relief operation supporting populations affected by Super Typhoon Yutu. Service members from Joint Region Marianas and Indo-Pacific Command are providing Department of Defense support to the Commonwealth of the Northern Mariana Islands' civil and local officials as part of the FEMA-supported Typhoon Yutu recovery efforts. 2) Airmen from the 60th APS discuss a plan for loading and securing aircraft staircases and cargo onto a 517th AS C-17 from Joint Base Elmendorf-Richardson, Alaska, Nov. 5 at Travis. 3) Airmen from the 60th APS secure aircraft staircases and cargo onto the C-17 Globemaster III Nov. 5 at Travis. 4) Airmen from the 60th APS load and secure aircraft staircases and cargo Nov. 5 at Travis. 5) Airmen from the 60th APS listen to a safety briefing from a 517th AS loadmaster onboard a C-17 from Joint Base Elmendorf-Richardson on Nov. 5 at Travis.

Support

From Page 12

up enough that when the permanent party are returning it may be less of a shock," said Lt. Col. Christopher Klein, 46th Engineer Battalion commander. "We want to restore hope that the base is going to come alive again."

The Army has also taken on clearing out Fam Camp, which will be used as a staging area for rebuild efforts.

"We are all here to take care of each other," said Klein. "We take care of our brothers and sisters on our right and left and that is what this mission is. I told (the Soldiers) to remember that they are helping their own and that is what is most important."

For many, it is also about putting their training to work.

"For some of them, this is their first time seeing a disaster like this and doing first response," said Bunter. "These type of missions, humanitarian and disaster recovery, are what we really shine at – being able to go out and help people whether it is here in the U.S. or overseas."

Klein echoes his sentiment.

"We have stood up to do hurricane response three times in the past two years and this is the first time we have actually been called out to help," he said. "The soldiers are getting to experience what the Army does, what the military does and what the Department of Defense does."

At the end of the day, the Army and Navy have the same end goal – to return normalcy to the base and surrounding community.

"Contractors have thanked us for helping because the base is a huge source of revenue for the local community," said Bunter. "Hopefully this base recovers and hopefully what we do is a big help to everything."

Getting the mission up and running is also a priority.

"We have to get it right so they are able to go out continue what their mission is," said Klein. "They run a very important mission out of this base, so it is important for the nation and DoD to get it up and running as quick as possible."



U.S. Air Force photo/Airman 1st Class Scott Warner

Leonard, U.S. Air Force 6th Security Forces Squadron military working dog, shakes off water during aggression training Oct. 29 at Adventure Island, Tampa, Fla.

MacDill

From Page 11

training fully encompassed what a military working dog might experience in the field.

"Lord was outstanding in every water-based evaluation, and Zeno and Leonard made significant progress throughout the day," McElyea said. "This situational training is invaluable when our dogs need to be ready to respond to anything."

Whether it's inside of the base or at a point of entry, MacDill's working dog handlers and their partners continuously practice detection, bite drills, obeying commands and apprehending suspects.

"We are the best at narcotic and bomb detection and deterrence," McElyea said. "But our local law enforcement agencies are experts in patrol, so collectively these joint training exercises are mutually beneficial since we can learn so much from one another."



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Partnership

From Page 8

a free and open Indo-Pacific.

"We also talked about space, cyber capabilities, how we look at a free and open Indo-Pacific, and continue to work together for the security of the region," Brown said.

The two countries celebrated 200 years since initial contact between the King of Siam and the U.S. president, and two centuries of friendship between the two nations, making Thailand the United States' oldest ally in Asia. The two air forces continue to build

on that long-term relationship through exercises like Cope Tiger and Cobra Gold.

"It's part of our readiness, it's part of how we strengthen our allies and partners across the region ... we've had relative peace for the past 70 years, the goal is to have relative peace for the next 70 years, and you can't do that by just thinking about today," said Brown.

This year, Thailand and the U.S. co-hosted the 37th iteration of Cobra Gold in February, which was the largest multilateral military exercise in the Indo-Pacific region, comprised of more than two

dozen participating nations. While it emphasized humanitarian assistance and disaster relief, the overall mission was to expand regional cooperation and collaboration at all levels.

"I think the real value is not just the relationship I personally have with my counterparts within the region; it's how all of our Airmen have relationships with our partners in the region," said Brown. "The relationships our Airmen build with the Royal Thai air force are just as important as the relationship I have with Air Chief Marshal Chaiyapruk."

Return

From Page 7

maintenance facilities.

• The 372nd Training Squadron, Detachment 4, will relocate with the F-22 Fighter Training Units to Eglin AFB.

Units with insufficient infrastructure to resume operations at Tyndall AFB at this time:

• Personnel and F-22s from the 95th Fighter Squadron will relocate to Joint Base Langley-Eustis, Virginia; Joint Base Elmendorf-Richardson, Alaska; and JB Pearl Harbor-Hickam, Hawaii.

• The Noncommissioned Officer Academy will temporarily disperse across four locations: McGhee-Tyson Air National Guard Base, Tennessee; Maxwell AFB - Gunter Annex, Alabama; Keesler AFB, Mississippi; and Sheppard AFB, Texas.

The Air Force is taking great care to ensure Airmen and their families are supported when they return to the base. Officials are working to identify specific Airmen

required to remain at Tyndall AFB for mission needs or to assist with the longer-term recovery of the base.

"By the winter holidays and in many cases well before, we expect all our Airmen—military and civilians—to have certainty about their options, so that everyone is either on a path or already settled," said Air Force Chief of Staff Gen. David L. Goldfein.

"The strength of Tyndall (AFB) comes from its Airmen and their families. It will take us a while to restore buildings and infrastructure, but returning our Airmen and their combat missions to full strength—at Tyndall or somewhere else in the interim—will happen quickly," he added.

As details are worked out, affected Airmen will be contacted by their chain of command or the Air Force Personnel Center. In the meantime, Airmen should continue to monitor the Tyndall AFB Facebook page and the Air Force Personnel Center website for additional details as they become available.

ISR

From Page 9

for all military analysts and the intelligence community, and it is available anywhere, anytime, and in any environment," von Heiland said.

The repository is full of information, short courses, applications and games to help analyst build critical thinking skills, something that requires frequent engagement, he said.

"The benefit of OCTANE's collaborative vault of knowledge is having the vast amount of data in one place, where users and contributors can learn from each other," he said.

OCTANE is designed for today's learners, and keeps users on their toes with daily competitive challenges where analysts from across the globe go head-to-head, building their skills. It also provides gamified apps and a growing collection of courses.


Even though the site contains mass amounts of information, von Heiland said users can choose what and how to

utilize that information, allowing them to gather what they need in more bite-sized and manageable segments.

"This is the first time a collaborative effort has brought together the best work from both the military services and the intelligence community," von Heiland said. "It is this partnership that makes OCTANE possible and successful in revolutionizing analysis."


Building on their efforts to revolutionize and modernize ISR analysis capabilities worldwide, AFCE's personnel are continuing their search for the best way to train Airmen, in the way they can best learn.

"The past few years have forced us to innovate to continue meeting the warfighter's demand for rapid collection and distribution of ISR information around the clock and across the globe," von Heiland said. "Just as we have met that challenge, we will continue to promote force development and training innovations, promote partnerships in ISR education, and most importantly, capitalize on our greatest asset, our Airmen."



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Visits

From Page 9

how we, at the flight level, can have an impact on that," said Capt. Fiona Pham, 19th Logistics Readiness Squadron materiel management flight commander, referring to how Team Little Rock is specifically looking at developing junior officers with the Flight Leadership Course. "We think it is important to develop families, so we are bringing spouses into the course as well."

Miller provided insight into the reason leaders should focus on developing Airmen for tomorrow.

"What does the Mobility Airman of the future need to look like?" Miller asked. "Right now, we are developing great Airmen - there's no question about that. We have to continue to sharpen and develop our skills to be ready for the threats of tomorrow."

The first day concluded with a hands-on event led by two vehicle maintenance Airmen who assisted Miller in changing a government-owned vehicle's alternator. While working,

Airmen highlighted the partnership between the 19th Airlift Wing and the 189th Airlift Wing, who together have eliminated the requirement for a duplicate vehicle maintenance facility by consolidating to one location, resulting in saved resources and time.

Day two afforded the opportunity to experience Camp Warlord - Team Little Rock's on-base, exercise deployment zone used for readiness training. There, Miller saw facilities that have been revitalized by the 19th AW's efforts to improve full-spectrum readiness over the last year.

"Recapitalizing on our training facilities at Camp Warlord has really bolstered our readiness efforts," said U.S. Air Force Col. Gerald Donohue, 19th AW commander. "It has allowed us to train aggressively right here at Little Rock AFB, and then turn around and get our Airmen home to their beds. That has been instrumental to our successes at honing our readiness skills for tomorrow's fight where we will need to be able to project and sustain combat airlift in degraded and contested environments."

Shifting from the training

environment to real-world operations, Miller entered a room full of 61st Airlift Squadron Airmen. Representatives addressed efforts toward providing more predictable and effective training for aircrew that enhances full-spectrum readiness at the unit level. Those in attendance discussed the current state of deployments and training.

"We need to take a look at how you've been deploying and see where we can improve the lives of our families and retain airlift Airmen," Miller said. "Maintaining our competitive advantage requires continuous investment in our people and capabilities."

This discussion continued in an all-call with Airmen from base, focusing on achieving mobility objectives in contested environments, but ending on an important note: taking care of each other at all levels.

"We are not all required to do great things, but we're required to do things with great love," Miller said, while sharing personal experiences. "Our job is to make sure that while developing leaders, we are looking out for our Airmen and for their resilience at all levels."



U.S. Air Force file photo/Master Sgt. Cecilio Ricardo

Staff Sgt. Robert George, a military training instructor at Lackland Air Force Base, Texas, marches his flight following the issuance of uniforms and gear. Recruits are molded into warrior Airmen through a recently expanded Air Force Basic Military Training program.

Basic

From Page 4

the Tactical Combat Casualty Course.

"We need highly trained and ready Airmen," Surita said. "Readiness is the central theme across the BMT curriculum as we deliver trained and committed Airmen capable of delivering 21st century airpower."

There is also an increased focus on weapons handling and familiarization, she said.

Airmen's Week, which was focused on a values-based "Airmanship 100" curriculum, was taught the week after a trainee completed basic training. Airmen's Week lessons, which are not being changed, are now incorporated throughout 8.5 weeks of BMT. This change gives end-to-end ownership of the training to the military training instructor corps, delivering a continuous immersion that accelerates "mind to heart" adoption of the Air Force core values and warrior ethos principles.

"Our Airmen need to be technically capable, but they also need to be motivated," said Master Sgt. Robert Kaufman, military training instructor. "Airmanship 100 lessons focus on their resilience and challenge recruits to commit to holding each other accountable to our core values."

With an emphasis on improving human performance, BMT will also see a bump up in the overall number of fitness sessions, increasing from 31 to

44 periods throughout training. Workouts will be a balanced mix of cardio, strength and interval training.

"Physical fitness is a critical component of readiness," said Master Sgt. Andrea Jefferson, military training instructor. "By increasing the number of physical training sessions, we build fitness habits that will help recruits perform both in the military environment, and in their personal lives."

BMT curriculum changes also includes a purpose built heritage program that introduces recruits to Air Force heroes, and weaves heritage and warrior ethos throughout training.

"We will be introducing warrior identity, as well as Air Force history and heroes, every week throughout training," said Master Sgt. Richard Bonsra, military training instructor. "Those topics will then be reinforced during all training events, such as naming physical training sessions after a fallen Airman to cement the experience."

Future changes to how heritage and warrior ethos are ingrained into BMT will include naming obstacles on the "Creating Leaders, Airmen, Warriors," course after Air Force heroes, said Bonsra.

"Over the last 70 years, we have become the most dominant Air Force the world has ever known, but there is no doubt we must be and can be better in the future," said Chief Master Sgt. Lee Hoover, 737th TRG superintendent.

Spark

From Page 5

then go on to work on base projects that have the potential to impact the Air Force.

The reason for issuing an invitation to Airmen who had little or no experience with coding was because in addition to seeking those who already have technical expertise, Phoenix Spark also wants Airmen who are excited to grow and learn; who can look at a problem and instead of saying, "It's always been like that, leave it," say, "Let's get to work on fixing it," said Col. Matthew Leard, 60th Air Mobility Wing vice commander.

"The Airmen who are drawn to (Phoenix) Spark and to innovation in general are those who see things a little differently," said Leard. "Not only that, but the generation that's been raised with iPads in their hands are growing up, and we owe it to them to kind of take a step back and allow their ideas the space they need to be practiced and explored. No idea has ever been cheapened with an additional perspective."

One of those additional perspectives comes in the form of Staff Sgt. Ronald Ferguson, 821st Contingency Response Squadron small package initial communications element technician.

Ferguson, along with his nephew, Nathan Robinson, a student at Fairmont Charter School, are no strangers to coding. As a SPICE technician, Ferguson's job entails installing and maintaining electronic communications equipment. Nathan, meanwhile, took a coding class last year as a part of his 5th grade school curriculum.

"I think it's awesome to see where he is at just 11 years old," said Ferguson. "Seeing him program these little robots and software interfaces and all the projects he thinks up - I think it really speaks to where we're going job-wise. In the coming years I see coding becoming more of like a basic job skill."

For Nathan, his experience with coding has reaped some unexpected benefits.

"I know it doesn't sound very cool, but it's made me better at counting," he said. "It's



Phoenix Spark graphic

just fun. It's a way to make friends."

Nathan's comments also reveal an aspect of Phoenix Spark that, although not Spark's overarching goal, could be said to be no less vital: Camaraderie.

"Phoenix Spark is a community," said Ferguson. "It's taking people with similar mindsets and having them work together. Even this group here

doing this challenge - there's this real feeling of us all being on the same page, and we all probably would never have met without Spark. It's like Crossfit, but with coding."

Phoenix Spark meets every Friday at noon in Bldg. 181.

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

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Recycling

From Page 4

more people about the importance of using sustainable resources versus single-use plastic bags," said Miller, who arrived at Travis in January.

During an assignment to Germany in 2008, Miller became environmentally conscious.

"In Germany, everyone recycles; it's the law," said Miller. "But, (the Germans) are also very aware of the effect trash has on the environment and how important being sustainable is to the planet's future. I brought that attitude back to America."

When he moved to Florida in 2012, Miller realized that recycling was becoming more acceptable.

"Fast forward to 2017 when I met my wife," said Miller. "I learned more from

her. I thought you could recycle anything, but she pointed out that there, some things aren't recyclable and that varies from state to state. I had no idea."

What Miller began, the base's environmental management coordinator hopes to expand.

"We hope to take the efforts of Sergeant Miller and the 60 MXS volunteers to form a more permanent reusable bag event at Travis," said Jonathan Carlson, 60 Civil Engineer Squadron. "We already recycle cardboard and green waste."

The base recycled 2,800 tons of cardboard in fiscal 2018, which was nearly 200 tons more than in FY 2017. Although the base does not receive the proceeds for the items, it does not pay for its removal.

Carlson encourages anyone with a recycling idea to contact him at 707-424-2984.



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Cook

From Page 2

the years, I've added things like spinach smoothies, yoga and running. I've removed things like fast food, beverages high in sugar, extra TV time and regularly putting in long hours at the office. Over 15 years, those changes added up

to a weight loss of 70 pounds, an excellent fitness test score and much more energy and happiness.

I challenge the members of the Travis community to plan to make a small change toward better health. It's simple: eat real food and move your body. It's hard: you have to commit to change your lifestyle, but you can take it one step at a time.

Barber

From Page 2

successes in life.

Hence, are you actively working toward your goal or have you given up all hope of achieving your dream?

Here's another quote to drive that point home, "Whether you think you can or whether you think you can't, you're right," said Henry Ford. This quote illustrates the self-fulfilling prophecy, a belief that comes true because we are acting as if it is already true.

In other words, if you do not believe in yourself, then you will surely fail.

Likewise, here is a quote I use quite often: "Control your own destiny or someone else will," said Jack Welch, former chief executive officer of General Electric. The meaning of the quote is to simply take

charge of your own life and career; otherwise, others will do it for you and you may not like the path they have chosen for you.

To summarize, what you will allow is what will continue.

So, how does a person overcome these barriers to resistance, fear or a lack of self-confidence? It happens only when we decide to change our mindset. Said another way, it will occur when the reality of what we believe we can do, exceeds the reality of what we believe we cannot do - then, and only then, will we see the results we are hoping for begin to manifest.

Lastly, be forever mindful in the eternal words of Albert Einstein who said, "You never fail until you stop trying." Since there are no quitters among us, I therefore ask you again, what's holding you back?"

Symposium

From Page 3

themes of the symposium. To help explore the topic, Miller invited Sir Richard Branson, founder of Virgin Group, innovator and philanthropist, to the stage to engage in a discussion and help Miller recognize the finalists for this year's Phoenix Spark Tank competition, the first one held at the A/TA Symposium.

The competition was designed to spark innovation and bring about mission enhancements via the ideas of Airmen. The Airman-powered Phoenix Spark Program, which originated at Travis Air Force Base, California, was created to foster a culture of innovation, employing creativity and problem solving skills to address areas requiring change in the Air Force. The program is designed to foster collaboration between government, industry, and academia, according to officials.

The winner of this year's AMC competition, Staff Sgt. Travis Alton, from the 19th Logistics Readiness Squadron, Little Rock Air Force Base, Arkansas, created a design that fixed an engineering defect within the release assembly of the M-1 cargo parachute for less than a dollar a piece, a considerable cost savings. His idea will move forward to the Air Force-level



U.S. Air Force photo/ Tech. Sgt. Jodi Martinez

Gen. Maryanne Miller, Air Mobility Command Commander, welcomes Sir Richard Branson, founder of the Virgin Group and philanthropist, to the stage during her closing address Oct. 25 at the Airlift/Tanker Association Symposium in Grapevine, Texas.

competition, which AMC won in the previous year.

Miller encouraged Airmen to remain empowered to follow in the footsteps of modern and past mobility innovators throughout history.

She said, "In the beginning, even world-changing ideas like aerial refueling, got a 'No. So to all my innovators out there, don't take 'No' for an answer... We're going to send one [innovator] on to the Air Force competition, but we're going to implement the other three ideas," referring to the other finalists' innovative solutions.

To foster innovation, AMC has continued to partner with

industry experts to enhance mission effects and advance readiness headed into the future. While on stage, Branson offered insight into how to develop a culture of innovation and stimulate active involvement across an organization.

"I think you're lucky to have a general who listens," said Branson. "In this room - I'm sure of it - there's likely a few hundred wonderful ideas that are all worth capturing... It may succeed; you may fall flat on your face. You'll learn from doing it and then you'll move on to the next project and the next project. Ultimately you will succeed, making a real difference."

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TAILWIND Classified

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Phone: (707) 427-6936

Fax: (707) 425-5924

Email: drclass@dailyrepublic.net

How to Write An Ad

- Put yourself in the reader's shoes. What would you want to know about the product or service you are interested in? Be descriptive.
- Include a brand name, if available.
- List the features of your product or service. What makes it different from other items in the same category?
- Avoid abbreviations. They can abbreviate your results. (The Tailwind uses only standard abbreviations and requires proper punctuation.)
- Include the price.
- Include your phone number and the best times to call.

Copy Acceptance • Cancellations Payment • Adjustments

Copy Acceptance: The Tailwind reserves the right to classify all advertisements, to delete objectionable words or phrases or to edit or refuse any advertisement. Classified advertisements are accepted in good faith and must specify a bonafide offer. The Tailwind accepts only standard abbreviations and requires proper punctuation. Better results will be secured from ads that are easily read and understood.

Cancellations: Deadlines for ad cancellations are the same as those for placing ads. You will be billed only for the days your ad actually runs, unless it is a special rate package.

Payment: All ads are accepted subject to credit approval. (Some classifications must be pre-paid). The Tailwind may require payment in full before accepting new ad copy or require cash with copy.

Adjustments: Please check your ad the first day it is published. If you find an error, please call 427-6936 so we can make a correction and, if necessary, adjust your bill.

Deadlines

To place, correct or cancel an ad. To ensure publication, the advertiser must meet the current deadline schedule. In the event of a holiday, special section, or unforeseen circumstances, advance deadlines may be in effect.

Classified In-Column Ads

Tailwind (Friday).....Wednesday 5:00pm
Faxed Ads.....2 hours earlier than above deadline

Where To Find An Ad

100 - Announcements	500 - Employment
200 - Real Estate	600 - Merchandise
275 - Commercial Prop.	675 - Pets, Farm & Garden
300 - Rentals	700 - Recreational Vehicles
400 - Bus. Op. & Financial	800 - Automotive

PAZDEL CHIROPRACTIC, INC.

Carpal Tunnel?

258 Sunset Ave., Ste. 1 • Suisun City • 429-4861
www.PazdelChiropractic.com Se Habla Español

Solano County's Largest Full Service Truck Shop

NBTC

NORTH BAY TRUCK CENTER

We service all makes and models of RV motorhome, 5th Wheel and Trailer Chassis, brakes, lights, engine, HVAC, transmission, steering, axles, bearings, suspension, tires etc. We also repair and service all trucks from a pick up truck to a Class 8 Big Rig.

Our team of Technician's have over 150 years combined repair and diagnostic experience. We treat your vehicle like it is ours. There is no job too big or small, we invite them all.

Give us a call to schedule an appointment or just stop by we always have coffee brewed and popcorn popped. We look forward to meeting you and providing you with excellent customer service.

(707) 427-1386

Mon.-Fri., 7:30AM-5:30PM
Sat., 7:30AM-4:00PM
1245 Illinois St., Fairfield, CA

Present This Ad for **10% Discount** off any Repair or Service!

DoD

Safe Helpline

877-995-5247

Download free app in your phone's app store

Sexual Assault Support for the DoD Community



HOME • BUSINESS • SERVICES DIRECTORY

A100 A/C & HEATING

FAIRFIELD HEATING & AIR CONDITIONING

REPAIR & INSTALLATION
RESIDENTIAL & COMMERCIAL
20 YEARS IN BUSINESS

SAVE ON REPAIRS!
Solano Co. Residents 10% OFF Repairs
Military 15% OFF Repairs
Seniors 20% OFF Repairs
Proudly Serving Solano County Since 1998. Expires 11/30/18.

707.422.9200 St. Lic. 749563

BEST PRICES IN SOLANO COUNTY!
Non-commission Service Technicians

FREE SERVICE CALL
WITH REPAIR. Expires 11/30/18.

C110 CARPENTRY

Quality Carpentry

• Doors • Install & Repair
• Int. & Ext. Moldings & Trim
• Cabinets Installed
• Closet Shelving
• Window Replacement
• Decking & More
Credit Cards Accepted.

Just Like the Name We do Quality Work!
Call Today
(707) 688-7072
Ask for Wally
Lic#853481

C190 CONCRETE WORK

Pennella Concrete

Driveways, Patios, Walks
Colored & Stamped

FREE Estimates

(707) 422-2296
Cell 326-7429
Lic. #006558

C190 CONCRETE WORK

M.C. MANZO CUSTOM CONCRETE

• PATIOS • DRIVEWAYS,
• SIDEWALKS • GARAGE SLABS
• COLORED • STAMPED
• REMOVE & REPLACE
• BROOM FINISH LIC#859823

FREE ESTIMATES!
707-689-7980

C190 CONCRETE WORK

Dennis & Son Concrete

DRIVEWAYS - PATIOS - FOUNDATION
PAVERS - COLORED & STAMPED

St. Lic# 476689 A+BBB Insured

800-201-2183
We'll beat any licensed contractors bid

E100 ELECTRICAL

QUALITY ELECTRIC

Serving Solano County since 1988
Local, Reliable, Professional
For all your Electrical needs.

NO JOB IS TOO SMALL
(707) 449-4121 Lic. #541415

G100 GARAGE DOORS

Quality is not Expensive. It's Priceless!

• GARAGE DOORS • OPENERS
• REPAIRS • INSTALLATIONS

JC GARAGE DOOR CENTER

FREE ESTIMATES • Over 25 Years Of Experience
Se Habla Español!
Emergency 24 Hour Service Available
Visit Our Showroom
405 D Railroad Ave., Suisun City
Contractor License #937158
Ph: 707.732.6764
Off: 707.718.6936
www.jcgaragedoorcenter.com

G140 GUTTERS

PROFESSIONAL GUTTER CLEANING & Quality Leaf Guards

(707) 803-2395

H110 HANDYMAN

A PROFESSIONAL HANDYMAN SERVICES

Painting & Drywall
Kitchen, Bath, Decks, Tile

No state license
707-315-3142

H110 HANDYMAN

A GUY HOME REPAIR

Move-ins, Move-outs,
Interior, Exterior

"I'm the handyman that will do the small jobs others won't!"
Over 35 Years Experience!

& PRESSURE WASHING
up to 4000 PSI
• Commercial • Residential
• Building Structures • Awnings
• Driveways • Sidewalks
• Patios • Decks & Solar

Serving Napa & New to Fairfield
Senior Discounts FREE Estimates
707-294-2533
Bus. Lic. 18000848 Insured

H120 HAULING

When You Want It Gone...
... call John

JOHN'S HAULING

(707) 422-4285
FREE Estimate • Same Day Svc
Insured License #0400359
Credit Cards Accepted
www.422haul.com

H120 HAULING

MITCHELL'S

HAULING, CLEANING, ORGANIZING,
PACKING & DOWNSIZING

KATHY MITCHELL
Owner

FREE ESTIMATES
SAME DAY SERVICE
LICENSE #22444 • INSURED

CELL (707) 386-1312

H123 HOME IMPROVEMENT

A SMALL FIX FOR A SMALL PRICE!

Elec • Plumb • Tile
Bob - 290-6381
St. Lic. 964267

H160 HOUSE CLEANING

A & A Professional Cleaning Services

Carpet & Upholstery,
Kitchen & Baths, Windows, Etc.

Lic'd & Insured
707-386-3004

J100 JANITORIAL

C&G CARPET CLEANING & JANITORIAL SERVICE

SPECIAL 3 ROOMS for \$99⁹⁵
5 ROOMS for \$159⁹⁵

Specials can end at any time. Rooms measuring 12'x12'.
Heavily soiled areas will be extra.

Lic • Ins • Bonded **707-631-8877**
CARPET SPOTTING • PET ODOR REMOVAL • CARPET PROTECTOR
MOVE-IN/MOVE-OUT CLEANING
HOME • APARTMENT • CONDOS

L105 LANDSCAPING

YARD SERVICES

Free Estimates
City Lic. #90000360
(707) 425-7284

L105 LANDSCAPING

FOUR BROTHERS

Yard Service • Clean Up
Hauling • Trees • Fencing
Maintenance

707-426-4819

L105 LANDSCAPING

TRUJILLO

Complete Yard Care
Landscaping • Sprinklers
Clean-up • Fences • Concrete

Call Today
(707) 631-1542
No St. License

L105 LANDSCAPING

LANDSCAPING GARDENING

ALL WORK GUARANTEED • FREE ESTIMATES

- Yard Maintenance, Trimming (2 Times & 4 Times Monthly)
- New Lawn (Sod & Seed)
- Sprinkler Systems (New & Repair)
- Landscaping & Re-Landscaping
- Japanese Gardens
- Fences & Decks

FREE ESTIMATES PLEASE CALL
Mr. Tamy Nguyen (707) 803-3238
Tony (916) 582-0293

L105 LANDSCAPING

Gastelum Tree Service & Landscaping

Licensed and Insured
707-718-0645 / 678-2579

L105 LANDSCAPING

T & T TREE & LANDSCAPING SERVICE

20 Years Experience
Complete Professional Tree Service
Tree & Stump Removal Any Size
Trimming • Pruning • Shaping
Landscaping • Sod Installation
Irrigation Systems & Sprinkler Repair

Insured & Free Estimates
707-426-1251 • 707-290-2679

For Service Source Information, Call Classifieds Today At

(707) 427-6936

L105 LANDSCAPING

Frank's Landscaping

- New Lawn • Irrigation
- Fences • Retaining/Walls
- Tree Cut / Clean Up
- Concrete (Reg & Stamp)
- Pavers • Hard Scapes
- Japanese Garden Maintenance
- Drainage
- Home Remodeling

Complete Landscaping Since 1984

Exp'd & Reliable
CA St. Lic. #620746
707-738-0214

L105 LANDSCAPING

PROFESSIONAL LANDSCAPING

Specialize in Design

- Color Stamp Concrete
- Custom Concrete Work
- Wood Work • Rock Work
- Japanese Gardens
- Ponds & Water Falls
- Low Maintenance Landscape
- Retaining Wall
- Patio - Walk Ways - Overhang
- Decking • Fencing
- Bricks & Flagstones
- Lawn & Sprinkler System

Call Pham for FREE Estimate
(707) 425-7430
(707) 333-8620
Satisfaction Guaranteed

L140 LOCKSMITH

FAIRFIELD SAFE & LOCK CO.
Serving Fairfield, Suisun, Travis & Yuba County Since 1961 • BONDED LOCKSMITH

KEYS • LOCKS • SAFES

Changed, opened, repaired & installed.

Deadbolt & foreign car specialist

24 Hr. Emergency Service
811 Missouri St. • 426-3000

P100 PAINTING

BELLA PAINTING

Superior Quality & Craftsmanship

(707) 631-6601
LIC # 67819

P100 PAINTING

EXCELLENT PAINTING

Residential • Commercial
Professional & Custom Painting
Special Finishes

www.paintingexcellence.com
fearture@aol.com

707.426.3411
or **707.580.4656**
Cont. Lic. #461330

P100 PAINTING

Ramirez PAINTING

Interior/Exterior
Commercial/Residential

FREE ESTIMATES
Quality Work Guaranteed
707-450-8360 St. Lic. #998882

P100 PAINTING

#1 ANDY SUNRISE

Int./Ext. Acoustic Removed & Texture

SUNRISE PAINTING

707-425-7542 PHONE
707-290-8179 CELL
707-425-1381 FAX
INSURED
CALIC #979169

R130 ROOFING

REGIONAL ROOFING CO.

RESIDENTIAL RE-ROOFING

- Free Estimate
- Senior Discount

Lic. #570655
707-422-7948

R130 ROOFING

CAL ROOFING SYSTEMS INC.

"Locals Serving Locals"
For Over 30 Years
FREE ESTIMATES
(707) 447-3132
CalRoofingSystems.com
CA LIC #560708

P100 PAINTING

Ramirez PAINTING

Interior/Exterior
Commercial/Residential

FREE ESTIMATES
Quality Work Guaranteed
707-450-8360 St. Lic. #998882

T120 TILE

LETTUS TILE

Specializing in Kitchen & Bathroom Remodels
Start to Finish
Tile and Hardwood Floors
"Quality On Time"
707-430-3703
Free Estimates • St. Lic. #979990

T120 TILE

J&S TILEWORKS

30 Years Experience
(707) 365-2244

Indoor Tile ■ Outdoor Tile
Tile Repairs ■ Swimming Pools
Patios ■ BBQs ■ Flooring

FREE ESTIMATES
Referrals upon request. Lic. and Bonded #840890

W120 WELDING

RAMIREZ IRON WORKS

Custom Metal Fabrication & Repairs
Electric Gates
Security Doors
Window Guards
Fencing
Custom Iron Design

Over 20 Years Experience
FREE ESTIMATES

Max Ramirez (707) 386-8557
Jose Ramirez (707) 363-4923 *Español*
maxramirez.welds@gmail.com

Home Improvement TIME?

Let Service Source help you find the Perfect Professional to meet all your home needs.

**Rec room a wreck?
Kitchen decor down the drain?
Do something about it!**

Check out today's listings in
**- SOLANO'S CHOICE -
Service Directory**



Service Source



1) An F-16 Fighting Falcon assigned to the 480th Expeditionary Fighter Squadron is de-iced during Exercise Trident Juncture 18 on Oct. 29 at Kallax Air Base, Sweden. Cold Scandinavian weather conditions provide a unique opportunity to test the squadron's readiness and defense capabilities.
U.S. Air Force photo/Staff Sgt. Jonathan Snyder

Air Force engaged across ...

THE WORLD

2) The Bulldog flight demonstration team flies in formation during the Thunder Over the Rock Air and Space Show Oct. 28 at Little Rock Air Force Base, Ark. The aircraft were personally built by their pilots. 3) Master Sgt. Ronnie Martin, 134th Air Refueling Wing quality assurance, observes maintenance being conducted outside a KC-135 Stratotanker window during Exercise Trident Juncture 18 on Oct. 29 at Kallax Air Base, Sweden.



2

U.S. Air Force photo/Airman 1st Class Rhett Isbell



3

U.S. Air Force photo/Staff Sgt. Jonathan Snyder

CASH CLIMB

'til Nov 25

CASH CLIMBS at every drawing!

\$2,000 Grand Prize at 4pm
 \$4,000 Grand Prize at 7pm
 \$8,000 Grand Prize at 10pm

every Friday & Saturday *plus* Thanksgiving

CACHE CREEK CASINO RESORT
 cachecreek.com

Cache Creek Casino Resort is committed to responsible gaming. For help call 800-GAMBLER. Must be 21 to gamble.



Turn to Travis

for quick closing and hometown service
from auto to home loans.

Keep Travis with you when you PCS.

Visit us online or in a branch for loan products that meet your busy lifestyle. With our online applications it's easy to get what you need and our Online Banking means you can take us wherever the military sends you.



traviscu.org (707) 449-4000 or (800) 877-8328