

Airman competes to show

STRENGTH



TAILWIND

PAGES 10-11



Sexual assaults will no longer be prosecuted by commanders

C. Todd Lopez

DOD NEWS

“On my first full day as secretary of defense, I committed that we must do more as a department to counter the scourge of sexual assault and sexual harassment in our military,” wrote Austin in a memorandum published today. “As I stated then — this is a leadership issue and we will lead.”

Austin reviewed recommendations made by the IRC and said he agrees with everything submitted.

Chief among the recommendations Austin has agreed with is who will be charged with prosecuting those suspected of committing sexual assault in the ranks. Until now, it’s been the domain of commanders to decide how to move forward when made aware of a sexual assault. That is no longer the case.

Based on recommendations from the IRC, Austin has directed that the department will work with the Congress to make changes to the Uniform Code of Military Justice in such a way as to shift responsibility from military commanders for prosecuting sexual assaults and related crimes, as well as domestic violence offenses,

child abuse and retaliation.

With commanders no longer handling the prosecution of sexual assaults, the department plans to create dedicated offices within each military service to take over the role.

As recommended by the IRC, the secretary is also seeking to have sexual harassment added to the list of offenses spelled out in the UCMJ. Sexual assault is already detailed there as an offense.

Making those changes to the UCMJ, which is part of federal law, requires congressional approval. But non-judicial punishments are within the purview of the military services. The secretary has directed each service to standardize, across the force, non-judicial punishments and to establish a separation process for service members against whom are substantiated claims of sexual harassment.

The secretary has also directed the military services to create professional career paths within their respective legal communities for both lawyers and investigators to specialize in the handling of sexual assault cases.

The IRC began its 90-day review of sexual assault in the U.S. military March 24. The



DoD photo by U.S. Air Force Staff Sgt. Jack Sanders

Lynn Rosenthal, the chairperson of the Pentagon’s new sexual assault independent review committee, briefs the media at the Pentagon, Washington, D.C., July 2, 2021.

commission’s director, Lynn Rosenthal, said in conducting their work, her team met with over 600 individuals in the U.S. military, including survivors, researchers, current and former service members, commanders, junior and senior enlisted members and advocates.

During a briefing July 2 at

the Pentagon, she laid out exactly why the commission was asked to conduct their review and make recommendations.

“Twenty thousand service members experience sexual assault every year,” she said. “Less than 8,000 report those sexual assaults, less than 5,000 of those are unrestricted

reports — meaning the victim has said that he or she wants a full investigation — and only a tiny fraction of those end up with any kind of action at all in the military justice system. So that’s the chasm that we’re talking about.”

See ASSAULT Page 18

Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

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On the cover

U.S. Air Force Capt. Jamie Navarro, 60th Surgical Group Command Squadron charge nurse, flexes for a portrait at Travis Air Force Base, California, June 9, 2021.

U.S. Air Force photo/Nicholas Pilch

KC-46 reaches 5K-sortie milestone

AIR MOBILITY COMMAND PUBLIC AFFAIRS

SCOTT AIR FORCE BASE, Ill. — Airmen from McConnell Air Force Base, Kansas, completed the celebratory 5,000 KC-46A Pegasus sortie June 30, 2021.

To date, the Pegasus has off-loaded more than 21.8 million pounds of gas across more than 19,700 positive contacts since the delivery of the Air Force's first KC-46 to McConnell AFB on Jan. 25, 2019.

"KC-46 aircrew and maintainers have been getting after it – they're testing, evaluating and becoming experts on the platform," said Gen. Jacqueline Van Ovest, Air Mobility Command commander. "Every single sortie along the way is a stepping stone on the right path toward a fully-operational KC-46."

Crews have flown over 5,000 sorties, with more than 2,500 missions executed during the 2021 calendar year. Nearly 1,000 of those missions supported testing and joint force operational taskings around the world.

"With the increasing daily capacity to meet Joint and service air refueling demands, the KC-46 is rapidly employing capabilities, especially in boom and drogue air refueling," said Brig. Gen. Ryan Samuelson, AMC Deputy Director of Strategic Plans, Requirements and Programs and KC-46 Cross Functional Team Lead.

The thousands of sorties are integral to informing the conditions-based, limited operational use of the KC-46 announced by AMC in February 2021. The approach incrementally certifies mission sets in order to expand tanker capacity in support of joint force operational taskings.

This approach, once implemented, will enable the aircraft and crews to accept operational taskings from U.S. Transportation Command that would otherwise be filled by heavily-tasked KC-135s, legacy KC-10s and other mobility assets.

Construction continues at Travis Air Force Base for a new three-bay hangar to serve as the base of operations for the new KC-46A Pegasus.

Travis Air Force Base is scheduled to receive this latest air mobility platform in August 2023. It's the first new aircraft at the base since August 2006.

Travis' anticipated complement of 24 KC-46s is expected by the first quarter of 2025.



U.S. Air Force photo by Airman 1st Class Zachary Willis

U.S. Air Force Airman 1st Class Reilly Avery, 22nd Aircraft Maintenance Squadron crew chief, marshals out a KC-46A Pegasus for the 5000th Air Force KC-46 sortie at McConnell Air Force Base, Kansas, June 30, 2021. The Aircraft delivered 60,000 pounds of fuel in support of Bat Wars training exercise.

McConnell Air Force Base received its first KC-46 in January 2019.

The KC-46A is designed to boost the air power and mobility operations of the Air Force. The high-capacity aircraft, which displaces the KC-10 Extender and replaces the KC-135 Stratotanker, will aid global missions and improve the ability to respond rapidly to crises and contingency operations around the globe.

Travis was selected as the West Coast home for the Pegasus in January 2017 for several reasons: geographic location, existing tanker programs and better infrastructure capacity, according to Gary Thresher, contract support, managing Travis' projects for the

Air Force Civil Engineer Center.

Basing the KC-46A at Travis requires numerous projects to renovate existing facility space or construct new facilities for mission functions that lacked sufficient resources or did not previously exist, 1st Lt. Alexander Bellows, KC-46 program integration office bed down project manager, has said.

That work continues at the Fairfield base, to include the construction of a three-bay maintenance hangar at an estimated cost of \$137 million, with completion anticipated in February 2023. A total of approximately \$188 million will be spent on projects to make Travis ready for the new tanker.

WARRIOR OF THE WEEK



U.S. Air Force photo

<p>Name: AIC Victoria Armentrout</p> <p>Unit: 60 OMRS/ Warrior Medicine Clinic</p> <p>Duty title: 4N051/ Warrior Medicine Technician</p> <p>Hometown: Valdosta, Georgia</p>	<p>Time in service: 2 years</p> <p>Family: None</p> <p>What are your goals? To be released out of the dorms, to become an Aeromedical Evacuation Technician, Finish Bachelor's Degree in Psychology</p>	<p>and to obtain the LPN certification</p> <p>What are your hobbies? Working out, outdoor and water activities, traveling and visiting family.</p> <p>What is your greatest achievement? Receiving an Army Commendation Medal from a Genesis TDY.</p>
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Health system transformation will improve care, innovation

Janet A. Aker

MHS COMMUNICATIONS

The restructuring of the Military Health System (MHS) will make it easier to spread medical innovation across the force and improve care for warfighters, families and retirees.

As the Defense Health Agency (DHA) assumes operational oversight of military medical treatment facilities (MTFs) around the world, a key priority for the modernized health system will be to standardize care and implement the best patient-friendly service techniques for the military community around the world.

“DHA is identifying best practices in patient experience and health care practices, establishing standard processes for DHA guidance, and holding MTF and Market directors accountable for implementation,” said Regina Julian, chief of DHA’s Healthcare Optimization Division.

The changes to the MHS that Congress approved several years ago will place all military hospitals and clinics under the purview of the DHA.

That will mark a big change from the longtime structure of allowing the individual services to oversee their own medical facilities. Historically, each MTF has created its own standard processes and implementation priorities.

Now, the DHA will be sharing the most effective customer care programs and clinical treatments throughout the entire system.

“DHA takes a deliberate approach to innovation by optimizing through standardization, identifying, and validating additional innovations by comparing real and opportunity costs versus potential benefits to DHA strategy,” Julian said. “If

See HEALTH Page 15

COVID-19 pandemic not over, concerns over delta variant growing

By C. Todd Lopez

DEPARTMENT OF DEFENSE NEW

WASHINGTON — Nearly 68% of active duty personnel have been vaccinated against COVID-19 with at least one dose. But that still leaves many service members vulnerable to the delta variant of the virus, health officials at the Pentagon said.

Due to the effectiveness of the Defense Department’s ongoing vaccination program, COVID-19 case counts across the department are dropping and installation commanders have been reducing local health protection conditions, or HP-CON levels, Dr. Terry Adirim, the acting assistant secretary of defense for health affairs, said during a press briefing at the Pentagon.

“However, the delta variant poses a threat to that return to normal,” Adirim said. “We are particularly concerned with the impact of the delta variant on our unvaccinated or partially-vaccinated population, and its potential spread at installations that are located in parts of the country with low vaccination rates.”

According to the military health system, the delta variant of the COVID-19 virus is more transmittable, causes more severe disease, and results in higher cases of hospitalization and death than any other strain of the virus.

“The pandemic is not over, and we are not done with our all-out efforts to encourage vaccination,” Adirim said.

The DOD has an active whole genome sequencing program in place to identify what strain of the virus is present in those who test positive for COVID-19, Adirim said.

“We’re closely watching our DOD case counts, positivity rates and the prevalence of the delta variant among all the other variants of concern,” she said. “We anticipate that health protection conditions could change at some of our installations in the future based on



Airman 1st Class Samuel Colvin

U.S. Air Force Senior Airman Ashton Gilbert, a 673d Healthcare Operations Squadron medical technician, administers the first of a two-dose series of a COVID-19 vaccine to U.S. Air Force Lt. Gen. David Krumm, the Alaskan North American Aerospace Defense Command Region, Alaskan Command and Eleventh Air Force commander, at Joint Base Elmendorf-Richardson, Alaska, Jan. 4, 2021.

outbreaks that result from the high transmutability of the delta variant.

“The more virulent delta variant is spreading quickly through communities with lower vaccination rates,” she said. “... and it is likely to become the predominant variant in the United States. The delta variant poses a threat to our service members who are not fully vaccinated. The best way to beat the delta variant is to be fully vaccinated.”

Studies have shown that one dose of a COVID-19 vaccine is only about 33% effective against the delta variant, while two doses are at least 88% effective, Adirim said.

“We are investing great effort into ensuring our service

members and other beneficiaries get both doses,” she said. “So the bottom line is get vaccinated, they are safe and effective.”

Across the entire DOD, including military personnel, family members, civilians and contractors, there have been 303,000 cases of COVID-19 and 355 deaths related to the disease.

“Right now, there are about 21 individuals hospitalized for COVID-19 in DOD facilities,” said Army Lt. Gen. Ronald J. Place, Defense Health Agency director.

“This is a decline from a peak of 240 inpatients on January 8 of this year, essentially the lowest point we’ve had since the earliest days of the

pandemic,” Place said.

“If those who have not yet been vaccinated need further proof of the vaccine’s effectiveness,” Place said, “it’s the status of those currently hospitalized within the military’s health system. Of the 21 COVID-positive individuals in DOD hospitals, none of them are vaccinated.

We thank our service members and DOD personnel who have been vaccinated and continue to strongly encourage our remaining service members, DOD retirees, all of their families, and DOD staff to get vaccinated — for themselves, for their families and for the community.”

U.S. to maintain robust over-the-horizon capability for Afghanistan if needed

David Vergun
DOD NEWS

Following the safe and orderly drawdown of forces and equipment from Afghanistan by the end of August, the Defense Department plans to maintain robust over-the-horizon capability if needed, Pentagon Press Secretary John F. Kirby.

Kirby held a press briefing July 6, discussing Afghanistan support and assistance to the Department of Homeland Security at the Southwest border, as well as other topics.

As for the over-the-horizon capability, Kirby said DoD is in active discussions with the State Department regarding the nature of what that capability will be. He mentioned that there's a carrier strike group in the region and facilities throughout the Middle East that could be useful if needed.

"Our commitment to the

future of a stable and secure Afghanistan has not changed. It's just going to look different. We're just not going to be on the ground the way we are now," he said.

Kirby also discussed other bilateral activities with Afghanistan.

There are still contractors in Afghanistan providing support to their security forces and air force, he said. "We are actively working [on ways] in which that contract support can be done remotely or virtually or even physically outside the country."

There was coordination with Afghan leaders, both in government as well as in the Afghan security forces, about the eventual turnover of Bagram Airfield, the seventh and final base that the U.S. turned over to Afghan National Security Forces, he noted.

On July 6, U.S. Central Command provided a press release on the withdrawal of

U.S. forces from Afghanistan.

As of July 5, DOD has retrograded the equivalent of approximately 984 C-17 aircraft- loads of material out of Afghanistan and has turned over nearly 17,074 pieces of equipment to the Defense Logistics Agency for disposition, the release stated, noting that 90% of the entire withdrawal process has been completed.

In other news, Kirby said Secretary of Defense Lloyd J. Austin III has approved a request from the Department of Homeland Security to extend DOD support to Customs and Border Protection on the Southwest U.S. border with Mexico into fiscal year 2022.

The department will provide up to 3,000 personnel to support DHS through the end of September 2022. The majority of these will be federalized National Guard personnel under the command and control of the U.S. Northern Command.

Puzzles

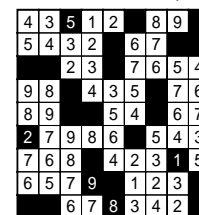
STR8TS

No. 550 Medium



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

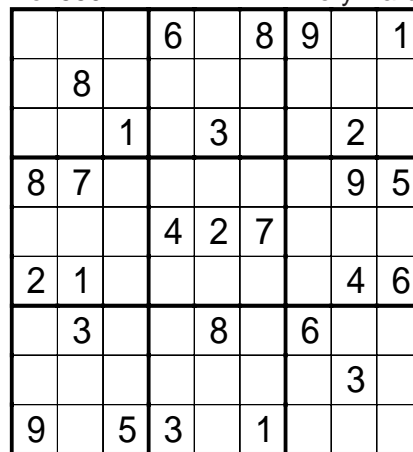
Previous solution - Easy



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

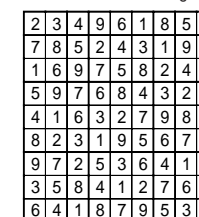
SUDOKU

No. 550 Very Hard



The solutions will be published here in the next issue.

Previous solution - Tough



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

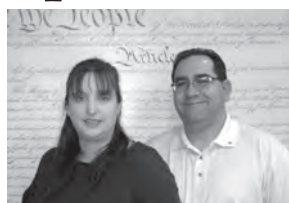
For many strategies, hints and tips, visit www.sudokuwiki.org

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Air Force makes more rights available for housing tenants

Air Force Installation and Mission Support Center Public Affairs

JOINT BASE SAN ANTONIO-LACKLAND, Texas (AFNS) — The Department of the Air Force is implementing the remaining four rights for housing tenants including a universal lease, a process to resolve disputes with property owners and procedures for withholding rent when applicable.

The Department of Defense issued policy guidance in February 2021 on the implementation and timing of the remaining four provisions of the Tenant Bill of Rights, which expands protection measures for military families living in privatized housing. Along with the universal lease and dispute resolution process, the Tenant

Bill of Rights ensures access to unit maintenance history, and establishes a process to withhold rent payment while in formal dispute resolution.

With a few exceptions, the Air Force expects all 18 tenant rights to be available to tenants in all Air and Space Force housing programs by the end of Fiscal Year 2021.

The expanded rights protect tenants and offer recourse if their housing concerns are not adequately addressed, said Col. Sara Deaver, Air Force Civil Engineer Center Housing Division chief.

“Empowering tenants and amplifying their voice is at the heart of the department’s comprehensive plan to improve the privatized housing program,” Deaver said. “The Tenant Bill

See **TENANTS** Page 18

3
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App aims to match reserve, guard talent with DoD needs

David Vergun
DOD NEWS

An app called Gig Eagle, powered by artificial intelligence, will be developed to identify talent in the Guard and reserve forces that could be utilized around the Defense Department, an official in the Defense Innovation Unit who is working on the project said.

Scott Sumner, technical project manager at DIU's AI/machine learning portfolio, said that there's a lot of talent in the guard and reserve forces that the DOD could be using but is not aware of.

For example, reservists in their civilian jobs might be working on cloud computing, software engineering, cybersecurity or any number of other

in-demand skills. The problem is that the DOD has no way to find them or to know that those skills even exist, he said.

Gig Eagle will be powered by AI, he said, so that the right matches are made. The platform will consider the skill preferences and biographical information, including current skill sets, that the reservist enters into the app. The AI algorithm will key on similar words that indicate or infer a particular talent or skill. A hiring manager from the DOD will then receive a ranked list of possible candidates.

It will also work the other way around, Sumner said. The reservist could locate a hiring manager from the DOD who is

See GIG EAGLE Page 20



Department of Defense courtesy photo

Tech. Sgt. Daniel Smith, a mission defense team specialist with the 914th Communications Squadron, monitors cyber threats at the Niagara Falls Air Reserve Station, N.Y., Feb. 8, 2020.



Department of Defense photo illustration

Marines with Marine Corps Forces Cyberspace Command pose for photos in the cyber operations center at Lasswell Hall aboard Fort Meade, Maryland, Feb. 5, 2020. MARFORCYBER Marines conduct offensive and defensive cyber operations in support of United States Cyber Command and operate, secure and defend the Marine Corps Enterprise Network.

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PTSD: Seeking out mental health care is the first step to wellness

Janet A. Aker

MHS COMMUNICATIONS

Service members, family members and veterans who suffer from posttraumatic stress disorder (PTSD) may repeatedly re-experience their ordeal as nightmares, flashbacks or frightening thoughts, especially when exposed to events that remind them of their original trauma, according to the Centers for Disease Control and Prevention.

They also may experience overanxious watchfulness or a tendency to withdraw or avoid situations and people that remind them of their traumatic experience, CDC said.

About 93,346 service members received care for PTSD in the MHS between fiscal year 2016 and fiscal year 2020, according to the Military Health System (MHS) Management Analysis and Reporting Tool (M2).

"Of that group, 19,114 were diagnosed prior to any deployment, and 74,232 were diagnosed during or following deployment," said Holly O'Reilly, a clinical psychologist and acting section chief for Implementation Clinical Care at the Psychological Health Center of Excellence in Silver Spring, Maryland.

Data available from the MHS Data Repository show that in 2019, approximately 1.8% of active-duty service members had a PTSD diagnosis, O'Reilly said.

The Department of Defense patient-centered medical home (PCMH) initiative includes mandatory annual screening for PTSD (among other mental health conditions) for all beneficiaries of the MHS.

WARNING SIGNS

Medical providers and family members should be alert to the following symptoms that require attention:

Pronounced desire to avoid other people that continues for weeks or months

Increased jitteriness or jumpiness that does not go away after an initial transition home

Unsettling memories or flashbacks to wartime events



U.S. Air Force photo by Tech. Sgt. Charles Taylor

Mr. Scott Palomino, 301st Fighter Wing Airman and Family Readiness Center director, is a survivor of a deadly mortar attack at Balad Air Base, Iraq on April 10, 2004, that took the life of Airman First Class Antoine J. Holt.

that do not resolve after the transition home

Chronic headaches, unexplained personality or cognitive changes that could indicate a Traumatic Brain Injury

A pervasive sense of sadness, guilt or failure that does not improve

Angry outbursts, irritability, escalating family arguments or physical fighting that is uncharacteristic or prolonged

Changes in alcohol use

Risk-taking behaviors

Thoughts of death or a death wish (Call 9-1-1 immediately)

"Recognizing that you may have symptoms of PTSD and reaching out for treatment is a

sign of strength," O'Reilly said.

The DOD has been at the forefront of developing effective, evidence-based treatments for PTSD that reduce the severity and duration of PTSD symptoms.

"Improvement of symptoms can be seen relatively quickly," O'Reilly explained, with "many people noting a significant improvement after 5-6 sessions depending on the type of treatment and type of trauma."

"To relieve symptoms of PTSD, it's important to process the trauma and/or learn to think differently about the traumatic event," O'Reilly said.

First-line treatments for PTSD "typically lead to symptom reduction or resolution with 8-16 sessions using various combinations of exposure or cognitive restructuring."

Second-line treatment recommendations include drug treatment, or individual non-trauma-focused psychotherapy, such as stress inoculation training, present-centered therapy, and interpersonal psychotherapy, she added.

The COVID-19 pandemic also may have had a negative impact on those with PTSD symptoms, O'Reilly said.

"Many service members have been social distancing and complying with stay-at-home orders. The social isolation may contribute to feelings of alienation and disconnection," O'Reilly said.

"For some, feeling disconnected or alienated may contribute to PTSD symptoms through loss of social support or lead to a negative interpretation of other's behavior."


O'Reilly also said that for other people with symptoms of PTSD, "they might feel more anxious than usual. COVID-19 has serious health consequences and for many the stressors of the pandemic have been unpredictable and at times overwhelming."

When the pandemic began last year, many DOD mental health clinics quickly pivoted to provide telehealth

See PTSD Page 15

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Army courtesy photo.

Using a condom is one way to protect against sexually transmitted infections or STIs

Sexually transmitted infections – you may have one and not know

Army Public Health Center

During the past year, people have learned to protect themselves and their loved ones from COVID-19 by using three simple public health practices to prevent infection and decrease spread:

- Maintain distance from potential sources of infection
- Wear protection
- Get tested

These same public health practices are similar to those recommended to protect us from other infections that are transmitted from person to person. This includes sexually transmitted infections, or STIs.

STIs include both sexually transmitted diseases, known as STDs, and the many infections that do not progress to disease. A 2021 National Academies Press report describes STIs caused by more than 30 organisms transmitted through skin and fluid contact during sexual encounters. The report emphasizes promoting responsible sex to reduce transmission and focusing attention for high-risk groups such as the military.

Before falling into the trap of believing that STIs aren't

something that may affect you personally, it's important to understand how common STIs are. The Centers for Disease Control and Prevention estimated that one in five people in the United States had an STI on any given day in 2018. STI rates have risen during the last six years, reaching all-time highs when last reported in 2019.

Symptoms can include pelvic, vaginal, or penile pain, inflammation, discharge or odors. Others may present as rashes, painful or painless sores or warts.

Yet one area of special concern are the many asymptomatic cases of STIs, which are people who don't have symptoms but are 'carriers' who can still transmit the infection to others. Many people, both men and women, fall in this category. In the absence of symptoms, those infected typically don't seek testing and treatment, which in turn increases STI spread.

For those who experience symptoms, effects can show up days, weeks, or even months after the exposure, said Maj. James Waters, a public health nurse and doctor of nursing practice in the Army Public

See STI Page 16

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DGMC nurse competes at U.S. Strongman Nationals

Story and photos by
Nicholas Pilch

60TH AIR MOBILITY WING PUBLIC AFFAIRS

TRAVIS AIR FORCE BASE, Calif. — “Now that’s a downright sprint right there; that’s amazing!” a master of ceremonies yells into the microphone as Capt. Jamie Navarro, 60th Surgical Group Command Squadron charge nurse, carries 165 pounds in each hand at the U.S. Strongman Nationals competition, June 5, 2021, in Minneapolis, Minnesota.

Navarro, a 36-year-old Phoenix native, has been competing in strongman competitions since 2017. The Marine Corps veteran served as a truck driver, deployed for 13 months in 2006 and separated after eight years of service. She then went to school to become a nurse and to get back in shape, she used CrossFit. Around this time, she was tinkering with the idea of commissioning in the Air Force to serve again.

“I was first introduced to strongman in a CrossFit gym,” she said. “I remember seeing people push trucks and flip tires thinking, ‘Oh, I’m not strong enough to do that.’ I went out there and pushed the truck ... my legs felt like Bambi legs after, but I did it.”

Since then, Navarro has competed in many strongman competitions, even winning two. She won Arizona Strongest in 2020 before the COVID-19 pandemic and California Strongest earlier this year. However, her goal was to compete in an international event and to do so, Navarro would need to place in a nationals show — she did on June 5, placing second.

“To actually place at a national show ... it’s what I’ve been working for,” she said. “A lot of times when you compete, you look at your mistakes and you look at what you could have done better, but in this one, this was my best — I’m really proud of myself. I’m walking away with my head held high saying, ‘I did good.’”

Navarro credits her children and gym family for keeping her motivation and drive high.

“Family to me is the backbone of my motivation,” she explained. “The blood, sweat and tears that I’ve shed for my sport is to be a role model for my kids ... to show them what it means to be dedicated to something.”

Navarro explained that on days where she didn’t want to show up or wanted to slack off, that’s where her gym family played the biggest role.

“My gym family will always be there to give me that extra push to get through my workouts when it’s tough, hold me accountable and remind me of what my goals are,” she said. “This is love and support at its finest.”

Preparing for competition is more than daily workouts. To be competition ready, Navarro needed a strict workout and diet to which she credits her trainer, Alan Thrall of Untamed Strength, and nutritionist, Tyler Bedson of Built by Bedson for helping her prepare. They would give her specific workouts and a diet to follow for weeks, leading up to nationals.

The U.S. Strongman Nationals consists of competitors of the same weight class competing in multiple categories — Navarro competed in the 132-pound weight class.

The competition consisted of five events: a log-axle press medley where competitors had to press a 140-pound log and 150-pound axle over their heads repetitively for 60 seconds; a 345-pound deadlift, repeated as many times for 60 seconds; a timed farmers carry holding 165 pounds in each hand for a total distance of 100 yards; a timed sandbag carry medley where competitors carry a 165-pound keg for 50 yards, sprint back and return with a 150-pound sandbag; a timed atlas stone series where competitors pick up and carry a 150-pound, 175-pound and 205-pound stones over a tall bar.

Navarro is competing in the U.S. Strongman Pro Women’s Worlds V, October 9, 2021, in Williston, North Dakota.



Top left and right: U.S. Air Force Capt. Jamie Navarro, 60th Surgical Group Command Squadron charge nurse, trains at the gym, in these screenshots from a 60th Air Mobility Wing video.

Bottom left: U.S. Air Force Capt. Jamie Navarro, 60th Surgical Group Command Squadron charge nurse, prepares an operating room May 26, 2021, at David Grant USAF Medical Center, Travis Air Force Base, California. Navarro recently competed at U.S. Strongman Nationals and placed second. (This photo has been altered for security purposes by blurring out identification badges.)

Bottom right: U.S. Air Force Capt. Jamie Navarro, center, 60th Surgical Group Command Squadron charge nurse, sits for a portrait with her children, Neala Navarro, left, and Marcus Navarro June 26, 2021, at Travis Air Force Base, California. Navarro recently competed at U.S. Strongman Nationals and placed second.

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AFSFC assessment tool improves health, readiness of military working dogs

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JOINT BASE SAN ANTONIO-LACKLAND, Texas — Recent renovations to kennel facilities at the 1st Special Operations Security Forces Squadron are enhancing the living conditions and wellbeing of military working dogs at Hurlburt Field, Florida.

The upgrades are a result of Kennel Health Assessment 2.0, Air Force Security Forces Center's web-based evaluation system that tracks and evaluates the condition of military working dog kennel facilities across the Air Force. AFSFC, a primary subordinate unit of the Air Force Installation and Mission Support Center, launched the program in July 2020 with the goal of improving the health and welfare of military working dogs by modernizing existing facilities that house MWDs throughout their military enlistment.

"KHA 2.0 software analyzes four major areas: administrative offices, kennel facilities, support areas and veterinary support," said Tech. Sgt. Otho Nugent, Air Force MWD program manager and special projects lead at AFSFC.

Taking into account more than 40 other criteria, "... the results are used to categorize, prioritize and advocate for facility renovations and enhancements to the more than \$116 million in Air Force military working dog assets," Nugent said.

The data is shared with senior leaders and key decision makers who then make informed decisions on funding initiatives and projects related to MWD health and readiness.

The \$650,000 renovation at Hurlburt Field, which included an overhang and the installation of canine turf, had an immediate positive impact on readiness.

"These alone led to much needed improvements that provide a safer environment for the working dogs and directly enhance our training program," said Staff Sgt. Matthew Mascolo, MWD trainer and interim kennel master at the 1st SOSFS. "The overhang shelters the working dogs from the Florida heat, and the K9Grass that was installed on the training yard helps protect them from danger.

"The training course was bare dirt before the turf was installed," Mascolo said. "The area attracted animals and insects that would find their way to



U.S. Air Force photo by Airman 1st Class Amanda A. Flower-Raschella

Nelson, a military working dog with the 1st Special Operations Security Forces Squadron, relaxes on the cool turf at Hurlburt Field, Florida, June 17, 2021. MWD handlers and their dogs go through extensive training to protect our Air Commandos against the possible threat of enemy forces.

the kennels. That posed a threat to the health and welfare of our working dogs.

"Max, one of the MWDs, was bitten by a brown recluse in June of 2019," he said. "I found him but by that time his leg was swollen. We took him to the veterinary clinic at Fort Benning (Georgia), but the vet gave him little chance of surviving. Thankfully, Max recovered after a few months and was able to continue working as a vital member of the 1st Special Operations Security Forces unit."

"Hurlburt Field is one example of how KHA 2.0 is at the heart of readiness," Nugent said. "We see military working dogs as sensitive, low density-high demand, valuable assets that require training, love and attention to operate at optimum levels. Their ability to perform what they have been tasked and trained to do is at the heart of readiness. It's our job to deliver what's needed for our canines and skilled handlers to perform at this extraordinary level."



Robinson Kuntz/Daily Republic file (2016)

A Travis Air Force Base security dog takes down a simulation participant during a SWAT demonstration, involving base security forces as well as Vacaville Police.

PTSD

From Page 8

treatment, she said.

Now, “as the pandemic restrictions are beginning to lift, some have returned to face-to-face treatment. Please reach out to your local clinic to see if telehealth options are available,” O’Reilly suggested.

OVERCOMING STIGMA TO PROMOTE HELP-SEEKING

Air Force Capt. Felicia Keith, a staff psychologist in the mental health clinic at the Spangdahlem Air Base, Germany, said that the stigma of mental health care has had an impact on getting PTSD sufferers into treatment.

“Often times, the concern about how mental health care can negatively impact their career keeps them from self-referring to the mental health clinic,” she said.

“Anecdotally, I have noticed that the older population within active duty is

more hesitant to seek care,” she said, “while I believe for younger (populations) it seems more socially acceptable to be in therapy.”

In her experience, “it is usually the older population that believes that they don’t need therapy, or they can “tough it out.” The younger generation seems to be more willing to come for help.

“However,” Keith added: “That does seem to depend on the younger (service member’s) cultural and familial background in that younger service members who come from families who do not “believe” in mental health treatment tend to struggle to ask for or accept treatment when needed.”

“If you have PTSD, there is hope,” O’Reilly stressed.

“First-line treatments can lead to symptom reduction even if treatment begins years after the traumatic event. Please don’t hesitate - seek help, and talk to a mental health provider if you have symptoms of PTSD.”

Health

From Page 4

validated, DHA will establish new standard processes based on the innovation to improve overall system performance while not introducing unwarranted variance.”

Breakthrough medical technologies can only impact people if those technologies and innovations are effectively spread and implemented for a large patient population.

“Health innovation raises the ceiling for just a few,” Julian said, but “identifying and validating best practices and incorporating them into standard processes raises the floor for everyone.”

Army Col. (Dr.) Sean Hipp, medical director for Virtual Medical Content, noted that

DHA is “constantly looking to develop innovative programs to meet the needs of our beneficiaries but also to bring on best practices from the civilian world.”

“Cybersecurity, scale of support and cross-continental care mean the DHA must go the extra mile to make sure the program is worthy to expand to all MHS prior to implementation,” Hipp said.

To do that, “MHS is constantly balancing research, innovation, and risks to deliver the highest quality, safe and reliable care to beneficiaries.”

Trust and patient engagement in the health care system are critical to improving health care outcomes - one of DHA’s top priorities.

“To integrate the entire health care system, DHA is implementing an Integrated Referral Management and Appointing Center (IRMAC) model,” Julian

said. This model will be located at each Market and “then will align each MTF and Market into geographic areas.”

“The goal is to use patient-friendly standardized processes while capturing care to the Direct CareDirect care refers to military hospitals and clinics, also known as “military treatment facilities” and “MTFs.”direct care system to support readiness, improve outcomes, and reduce purchasing costs,” she said.

Hipp said the IRMAC model “will create standardized booking practices and give the MHS the ability to leverage all available capacity using telemedicine.”

The IRMAC model is only one outgrowth of innovations during the COVID-19 pandemic that made increased use of virtual health capabilities within the MHS.



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STI

From Page 9

Health Nursing Branch at the Army Public Health Center.

“Without treatment, long-term impacts can be serious and permanent,” said Waters. “These can include infertility among men and women, chronic pain, increased risk of HIV, certain types of cancer, organ failure and potentially death. Untreated STIs can also be dangerous during pregnancy, both to the mother and her baby.”

The NAP and CDC have identified the most commonly reported STIs to be chlamydia, gonorrhea and syphilis. Reporting these STIs is mandated because they are easily spread and there are effective treatment options to prevent serious health problems. While the CDC monitors these STI cases in the U.S. population, the Army’s APHC tracks the cases among U.S. soldiers.

“In the U.S., 15-24 year olds account for almost half of these STIs,” explains Nikki Jordan, a senior APHC epidemiologist and coauthor of a recent study “A Comparative Analysis of Reported Chlamydia and Gonorrhea Cases among Army Soldiers from 2015-2019.” “Since approximately half of the Army is under 25, it is not surprising that soldiers represent a high-risk subgroup of the overall U.S. population.”

Using a condom is one way to protect against sexually transmitted infections or STIs (Army courtesy photo).

Within the Army, like in the overall U.S. population, reportable STI rates have been increasing for the past several years. But when comparing rates between the U.S. and Army populations, Jordan notes the importance of accounting for age and sex differences. This is because the U.S. population includes all ages and is generally evenly split between men and women, whereas the soldier population includes more young adults and 85 percent are men.

Jordan’s study found that after controlling for age and sex differences, Army soldiers’ chlamydia rates were almost 2 times higher than the rates in U.S. adults. The U.S. adult gonorrhea rates, however, were about 1.35

times higher than the soldier rates. Similar to U.S. population data, soldier STI rates were highest among adults under 25 years, women, and some racial and ethnic minority groups.

“There are many reasons soldiers may have greater STI risk including increased travel, excessive alcohol use, and unique job-related stresses,” said Jordan. “Cases may also be more likely to be detected among soldiers, because they have more healthcare access and STI testing than the general population.”

Waters explains that the Department of Defense annual chlamydia testing, which often includes a full panel of tests for other STIs like gonorrhea and syphilis, is only required for women under 25 years of age. This is based on recommendations from the U.S. Preventive Services Task Force.

“Since most male Soldiers do not seek STI testing unless they or their partner are

experiencing symptoms, we may not be identifying many cases among male soldiers, who can spread the infection to others. So the higher female STI rates we see in reported data may be due to their higher rates of testing,” Waters said.

Waters explains that since a majority of these STIs are asymptomatic, prevention and control are challenging, because one cannot generally tell if a person has an STI.

“Those who are infected may not know - so they have a false sense of security, don’t feel the need to practice safe sex, and continue to spread the infection,” said Waters. “Very importantly, chlamydia, gonorrhea, and syphilis STIs can all be easily detected and cured with a limited course of antibiotics. However, recovery doesn’t mean a person can’t be re-infected. And there are increasing concerns of antibiotic resistance, especially after repeated treatments.”

Recently, the Armed Forces

Health Surveillance Division reported a notable decrease in STI rates in 2020. Jordan and her colleagues say this may be partly due to soldiers having fewer social contacts during the pandemic, and – hopefully – also smarter, safer sex practices. But they also point to a decrease in health care access, STI testing, reporting, and contact tracing in 2020.

“Many medical services were put on hold or diverted to support the COVID-19 response, so we don’t really know yet if STI rates are actually starting to decrease,” said Jordan. “Regardless of the data, we know we still miss a lot of asymptomatic cases, and that STIs continue to be transmitted by millions of Americans,

including soldiers, who aren’t aware they are infected. The pandemic pointed out weaknesses in the public health system. New solutions need to be considered - like internet-based testing with at-home test kits that are increasingly being used in the civilian sector.”

“There are no vaccines for most STIs, including chlamydia, gonorrhea, and syphilis,” adds Waters. But these STIs can be easily prevented, tested and treated.

Soldiers with questions about protective measures, like condoms, testing or treatment, are encouraged to contact their medical provider or local installation.



The following three positions are available for immediate opening at Travis AFB.

Family Advocacy Treatment Manager (FATM)

Conducts assessment and provides clinical treatment services to families identified for spouse or child abuse.

Must have a Masters degree from (CWSE) accredited school; Must have a clinical license (LCSW); 2 yrs. exp (wi/last 3 yrs) in domestic violence; excellent communication skills; be computer literate.

Family Advocacy Program Assistant (FAPA)

Responsible for data entry related to prevention and maltreatment services provided within FAP.

Must have an Associate Degree in education, social sciences, human behavior, health care, or business. Public speaking, outreach, and/or marketing activities. Proficient in Microsoft Office and various database and software programs.

Family Advocacy Nurse (FAN)

Provide education, prevention and support to military beneficiaries within the New Parent Support Program (NPSP); related to pregnancy, post-partum, and toddler care, covering topics such as growth and development, nutrition, parenting, individual and family health.

Must have Bachelor’s Degree in Nursing (BSN), current unrestricted RN license, 2 yrs exp (wi/last 4 yrs) as a Community Health Nurse and/or Maternal Child Health Nurse.

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**NOTICE OF AVAILABILITY
DRAFT ENVIRONMENTAL ASSESSMENT AND
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THE PROPOSED RECONSTRUCTION OF RUNWAY 21R/03L
AT TRAVIS AIR FORCE BASE, CALIFORNIA**

Interested parties are hereby notified that the United States Air Force, Travis Air Force Base, California has completed a Draft Environmental Assessment (EA) that resulted in a Finding of No Significant Impact (FONSI) for the Reconstruction of Runway 21R/03L. The EA documents the proposed action components for the project- demolition of the existing runway, construction of a temporary batch plant, re-orientation of taxiways, extension of the northern overrun, re-paving, marking, and re-grading excess areas to turf. The Proposed Action would include the loss of 4.5 acres of wetlands. The Draft EA and FONSI/FONPA, dated May 2021, are available for review at the following locations:

Fairfield Civic Center Library 1150 Kentucky Street Fairfield, California 94533	Suisun City Library 601 Pintail Drive Suisun City, California 94585
Vacaville Public Library Cultural Center 1020 Ulatis Drive Vacaville, California 95688	Mitchel Memorial Library 510 Travis Boulevard Travis AFB, California 94535

The Draft EA and FONSI can also be obtained at:
<http://www.travis.af.mil/Environmental/Compliance>
and
<https://ceqanet.opr.ca.gov>

Written comments and inquiries on the Draft EA and FONSI should be directed to:

Mr. Selh Merdler
60th Civil Engineer Squadron
411 Airman Drive, Building 570
Travis AFB, CA 94535

Emailed comments can be accepted at spk-pao@usace.army.mil ATTN: Travis AFB. The public review and comment period for this EA is 30 days from the publication date of this Notice of Availability. If you have questions, please contact Mr. Merdler at (707) 424-7516.
DR# 00047990
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(Daily Republic file)

A for rent sign hangs in Rio Vista.

Tenants

From Page 6

of Rights is our assurance to our Air Force and Space Force families that we recognize their rights and their needs as tenants, and that those needs are our top priority.”

The universal lease standardizes the general contents of the privatized housing lease from installation to installation. The maintenance history provision grants prospective and existing tenants seven years of available maintenance history before a prospective tenant is asked to sign a lease or within five business days of an existing tenant's request. The formal dispute resolution process creates a structure for tenants to pursue disputes with project owners, and the rent withhold clause allows service members to withhold their housing allowance in certain instances while the dispute is being resolved.

“If tenants feel their rights are not being met, they should start by communicating the issue directly to the landlord,” said Yvonne Brabham, Air Force Housing Division technical director.

“Solving problems at the lowest level typically yields the quickest results,” Brabham said. “If the landlord hasn't resolved the issue after a follow-up call, they should escalate the issue to their military housing office.”

If the military housing office and other resources, like resident advocates, are unable to resolve the issue, the MHO can escalate the issue within both the military chain of command and the landlord's management structure. If tenants feel the issue is not

being resolved at the local level, they can contact the Air Force housing section's toll-free hotline at 800-482-6431 and AFCEC will investigate the problem.

As the DAF's housing program managers, AFCEC plays a central role in ensuring tenants are able to execute the rights outlined in the bill. Since 2019, program leaders have been executing an improvement plan consisting of 51 housing initiatives aimed at ensuring Airmen, Guardians and their families have access to safe, healthy housing.

“We've worked hard to overhaul the housing program to rectify shortfalls and strengthen our commitment to Airmen, Guardians and families,” Brabham said. “Today's program has more oversight and leadership involvement, clear policies, better communication and puts more power in tenants' hands.”

“With policy guidance now in place for the final four rights, the department is closing in on the finish line to fully implement all 51 improvement actions enterprise wide,” said Robert Moriarty, Deputy Assistant Secretary of the Air Force for Installations.

“We've implemented all measures at most of our installations and are working with those project owners to create state-specific addenda to ensure the final rights comply with state and local law,” Moriarty said.

The Air Force is continuing to work with project owners to obtain agreements on the final provisions at the remaining installations and with few exceptions, expect those rights to be accessible for all tenants across the DAF by October.

Assault

From Page 2

Rosenthal said the recommendation that sexual assaults be prosecuted outside the chain of the command is in part because commanders themselves are not equipped to handle the complexity of a sexual assault scenario. The military justice system itself is also not ready for that, she said.

“These crimes are interpersonal in nature and have the potential to be re-traumatizing for victims as their cases move forward, so they need specialized care and handling,” she said.

When it comes to caring for victims, Rosenthal said, victims' advocates are largely collateral duty roles — they have another job in the military besides taking care of sexual assault victims. The IRC recommended changes there as well.

“Those recommendations include shifting sexual assault coordinators and victim advocates out of the command structure — largely eliminating collateral duty victim advocates — although you might need them in isolated deployed environments or on ships,” she said. “This kind of independent advocacy, where someone is 100% focused on the victim and reporting outside of the command structure, is a best practice. It's what victims need — somebody 100% on their side.”

Austin said he's directed Deputy Secretary of Defense Kathleen H. Hicks to prepare a roadmap to implement recommendations from the IRC. Following his approval of that roadmap, he said, it will be the role of the undersecretary of defense for personnel and readiness to oversee the implementation of recommendations.

“Our most critical asset as a department is our people, and our people and readiness are inextricably linked,” Austin said. “We will remain the pre-eminent fighting force in the world because we strive to take care of our people. Our values and expectations remain at the core of addressing this problem and I have every confidence that our force will get this right.”



DoD photo by U.S. Air Force Staff Sgt. Jack Sanders

Lynn Rosenthal, the chairperson of the Pentagon's new sexual assault independent review committee, briefs the media at the Pentagon, Washington, D.C., July 2, 2021.

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60th AES conducts first training on C-5M SUPER GALAXY



Video screenshots from Senior Airman Jonathon Camell/60th AMW Public Affairs

TRAVIS AIR FORCE BASE, Calif. - The 60th Aeromedical Evacuation Squadron partnered with the 22nd Airlift Squadron to conduct their first-ever training mission on a C-5M Super Galaxy, June 22-25, 2021. The four-day mission spanned locations from Travis Air Force Base, California, to Minneapolis, Minnesota.

Gig Eagle

From Page 7

looking for his or her particular skill sets.

The idea, Sumner said, is not to pull the person out of their military occupational specialty or away from their civilian job. Instead, it will be to meet short-term needs, which would fill the time the reservist would normally commit to their military job. Which is why the term "gig" is used in the app's title.

The other thing about Gig Eagle is that it's strictly voluntary, Sumner said, noting that it's very likely that a lot of reservists would like to take advantage of the app to see what might particularly interest them and what might contribute to their personal development.

Christopher "CJ" Johnson, the senior individual mobilization augmentee for Cross-Mission Ground and Communications Enterprise, Space and Missile Systems Center, Space Force, said the SMC is particularly interested in Gig Eagle for finding citizen airmen with highly technical skills to

augment its digital workforce.

The SMC is the main acquisition organization for the Space Force, he said. "As you can imagine, we have a lot of needs related to engineering, data and cybersecurity and information network disciplines."

Gig Eagle will be a revolutionary way to leverage the talent, Johnson noted. There are tremendous market inefficiencies on finding talent, not just within the DOD but also within the private sector.

Sumner said that earlier this year, DIU spent a couple of months talking about this project with potential vendors and getting feedback from the commercial sector to determine what might be possible. On June 11, the DIU posted an area of interest, which is a solicitation for industry partnering. The post closed June 25.

The DIU will invite potential vendors to give pitches later this summer, he said. The team is looking to test the selected prototypes later this year.

Congress set aside \$3 million in the fiscal year 2021 National Defense Authorization Act that will be used to develop the initial prototype, Sumner said.

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