

COVID campaign shifts to...

SOUTH ASIA

PAGES 10-11



TAILWIND



New medical approach shows promising impact on Airman, Guardian readiness

Shireen Bedi

AIR FORCE SURGEON GENERAL
PUBLIC AFFAIRS

FALLS CHURCH, Va. — A new medical approach is being offered to Airmen and Guardians, which has shown to improve and sustain medical readiness and health by taking a more patient-driven, whole body approach to care.

The Air Force Medical Service endorsed the creation of Lifestyle and Performance Medicine to improve how providers address barriers to health. Currently, the new approach to health care is being formally offered at Travis Air Force Base, Whiteman Air Force Base, the U.S. Air Force Academy, and Wright-Patterson Air Force Base. However, the foundations of Lifestyle Medicine are currently being delivered by trained practitioners throughout the Air Force.

In July 2020, the Air Force Medical Service chartered a working group to address chronic disease from the readiness perspective.

“Providers across the Air Force were seeing chronic diseases that impacted the readiness of our Airmen and Guardians that weren’t being addressed through lifestyle foundations,” said Col. Mary Anne Kiel, Air Force Medical Home chief, Air Force Medical

Readiness Agency. “We determined that we would be more effective in addressing those issues long term by collaborating within the Air Force to bring Lifestyle and Performance Medicine to the forefront of how we deliver care. That is when we initiated a formal working group last year to begin the process.”

What is Lifestyle and Performance Medicine?

Lifestyle and Performance Medicine is the military’s adaptation of the existing, evidence-based Lifestyle Medicine subspecialty, which is one of the fastest growing sub-specialties in medicine. Lifestyle and Performance Medicine adds the tactical component of human performance optimization to sustain warfighter medical readiness.

“To significantly improve the performance and readiness of our active duty members, we have incorporated the six pillars of Lifestyle Medicine - nutrition, sleep, physical activity, mental health stress reduction, avoidance of risky substances, and building social connection,” said Kiel.

As Kiel explains, the approach is a departure from the traditional way of treating patients by taking a holistic

See MEDICINE Page 4



U.S. Air Force photo by Staff Sgt. Mary A. Andom

U.S. Air Force Master Sgt. Kathleen A. Myhre, 446th Airman and Family Readiness Center noncommissioned officer in charge, meditates outside the 446th Airlift Wing headquarters building on Joint Base Lewis-McChord, Washington, Feb. 12, 2020. Myhre traveled to India in 2016 to study to become an internationally certified yoga instructor. She now shares her holistic training with Reserve Citizen Airmen of the 446th AW.

DOD extends temporary USID card expiration

DOD News

The Department of Defense (DoD) remains committed to ensuring the health and safety of all DoD personnel and beneficiaries and ensuring their continued access to healthcare and all authorized benefits. In its ongoing response to the COVID-19 pandemic and its impact on identification (ID) card site operations, effective immediately, the DoD is extending temporary Uniformed Services ID (USID) card expiration policy guidance for all USID cards with expiration dates between January 1, 2020 and July 31, 2021 as follows:

- Through August 31, 2021 for all Foreign Affiliates and their dependents;
- Through October 31, 2021 for the Dependents of Active Duty uniformed Service members, and Reserve and National Guard uniformed Service members and their dependents; and
- Through January 31, 2022 for retirees and their dependents, and all other USID card populations.

ID cards that expired prior to January 1, 2020, have not been extended and must be replaced. ID cards with expiration dates after July 31, 2021, must be replaced by their expiration date.

Massive KC-46 hangar project continues at Travis

Daily Republic Staff

TRAVIS AIR FORCE BASE — Construction continues at Travis Air Force Base, California, for a new three-bay hangar to serve as the base of operations for the KC-46A Pegasus.

The base is scheduled to receive this latest air mobility mission in August 2023. It’s the first new aircraft at the base since August 2006.

Travis is one of five bases scheduled to receive the KC-46A, along with McConnell Air Force Base, Kansas; Altus Air Force Base, Oklahoma; Pease Air National Guard Base; New Hampshire; and Seymour Johnson Air Force Base, North Carolina.

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



U.S. Air Force photo by Nicholas Plich

A Walsh Construction crewman welds during construction of the KC-46A Pegasus tree-bay maintenance hangar at Travis Air Force Base, California, June 8, 2021. Various organizations involved in the building of the hangar took a tour viewing the progress of construction.

operations around the globe.

Travis was selected as the West Coast home for the Pegasus 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

See HANGAR Page 5

DOD successfully demonstrates 5G network for smart warehouses

DoD News

The Department of Defense’s (DoD) 5G-to-Next G Initiative (5GI), overseen by the Office of the Under Secretary of Defense for Research and Engineering, successfully demonstrated an advanced 5G network for logistics modernization exclusively designed and built in the United States. The \$90 million prototype, Smart Warehouse Technology Early Capabilities Demonstration, delivered high-speed downloads of 1.5 Gbps and sub 15 msec latency using 380 MHz of spectrum in the mid-band and mmWave.

Once completed, the prototype will deploy in Marine Corps Logistics Base Albany, Georgia as a private 5G network and use up to 750 MHz of available bandwidth for higher performance.

The very high speed and ultra-low latency capabilities realized by 5G, and the specialized equipment built to handle them, will deliver significant

See 5G Page 16

Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

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60th Air Mobility Wing commander

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Deadline for copy is 4:30 p.m. Friday for the following Friday’s issue. Swap ads must be brought to Bldg. 51 by noon Monday for possible print in that Friday’s issue. Emailed or faxed Swap Ads are not accepted.

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Visit the Travis public web site at <http://www.travis.af.mil>. Read the Tailwind online at <http://tailwind.dailyrepublic.net> or by accessing the Travis SharePoint.

Table of contents

Puzzles	9
Cover story	10-11
Worship services	13-14
Classifieds	17
Parting Shots	19

On the cover

Marvin Huntsman, Transient Alert servicer, marshals a Kalitta Air 747 into a parking space on the flight line at Travis Air Force Base, California, June 2, 2021.

U.S. Air Force photo/ Nicholas Plich



WARRIOR OF THE WEEK

Name:

SrA Lolita Komleva

Unit:

60 MDTs/Satellite Pharmacy

Duty title:

4P051/Pharmacy Technician

Hometown:

Dublin, CA

Time in service:

3 Years 10 months

Family:

Pregnant with first son

What are your goals?

Make SSgt first time, get Bachelor’s degree in Psychology, adapt to motherhood

What are your hobbies?

Spending time with family and working out

What is your greatest achievement?

Being selected to fill NCOIC at Satellite Pharmacy as a SrA and being a well-rounded pharmacy technician and taking care of those she works with.

DoD announces \$226.3M in industrial base expansion actions

DOD News

Over the last two days, the Department of Defense, on behalf of and in coordination with the Department of Health and Human Services, awarded \$226.3 million in contracts and contract modifications to increase domestic production capacity of nitrile gloves and SARS CoV 2 antibody tests.

DoD's Defense Assisted

Acquisition Cell (DA2) led these efforts in coordination with the Department of the Air Force Acquisition COV-ID-19 Task Force (DAF ACT). HHS' Assistant Secretary for Preparedness and Response (ASPR) funded these efforts through the Coronavirus Response and Relief Supplemental Appropriations (CRRSA) Act and the Health Care Enhancement Act (HCEA) to

support industrial base expansion for critical medical resources.

DoD Awards \$63.6 Million Contract to US Medical Glove Company, LLC. to Increase Domestic Production Capacity of Nitrile Gloves

On May 27, 2021, the Department of Defense, on behalf of and in coordination with the Department of Health and Human Services (HHS), awarded

a \$63.6 million contract to US Medical Glove Company, LLC. to increase domestic production capacity of nitrile gloves.

This industrial base expansion effort will allow US Medical Glove to increase production capacity of nitrile gloves by 2.31 billion gloves per year in Fort Knox, Kentucky, by May 2023. The award will facilitate the production of 24 new production lines to support

domestic nitrile exam glove manufacturing.

DoD Awards \$123.1 Million Contract to Blue Star NBR, LLC to Increase Domestic Production Capacity of Nitrile Butadiene Rubber

On May 28, 2021, the Department of Defense, on behalf of and in coordination with the Department of Health

See CONTRACTS Page 16

Medicine

From Page 2

approach to care and addressing the root cause of health concerns. Care begins by addressing the patient's personal health goals, identifying what is most important to the patient, and by developing a treatment plan that includes addressing the foundations of Lifestyle Medicine.

Providers across several medical specialties may work in partnership with the patient and can include providers like primary care, dietitians, exercise physiologists, physical therapists, behavioral health specialists, as well as other specialty providers who have training in Lifestyle Medicine.

"It is different than what we have done in the past where the primary care provider will see the patient, recommend the patient see a specialist who may not have any training in Lifestyle Medicine, and both providing a treatment plan that is more in line with conventional medicine. That patient may then see another provider who may also prescribe another treatment plan," said Kiel. "We want providers speaking the same language about the treatment plan through Lifestyle Medicine foundations to better address the patient's personal health goals. This new approach provides a more impactful way to sustain health and readiness."

Having providers on the same page when it comes to a patient's treatment plan is key to sustaining the long-term health of the patient.

"Through the Lifestyle and Performance Medicine approach, I can manage my

patients' health, help them actively reverse disease, and set the patients up for success," said Maj. Regan Stiegmann, flight surgeon and Lifestyle and Performance Medicine physician, 10th Operational Medical Readiness Squadron at the U.S. Air Force Academy, Colorado. "We are not just treating the disease, but also reversing diseases and taking patients off medication because we are addressing the root cause of the chronic disease. We are not just slapping on a temporary pharmaceutical fix for disease symptoms. We actively work to address the core causes of chronic diseases, such as high cholesterol, high blood pressure, and pre-diabetes, so patients no longer have to rely on managing symptoms with medications."

Impact on Airman and Guardian Readiness

According to Kiel, this approach plays a vital role in readiness by addressing some of the biggest hurdles to deployability head on.

"People have a sense that active duty Airmen and Guardians are healthy because that's our job," said Kiel. "But we know our members are not as healthy as they could be. This is impacting their performance in a big way. We are also seeing these same health concerns among potential recruits. We not only want to recruit healthy individuals, we want to retain them. The Lifestyle and Performance Medicine approach can serve as a key way to address that."

At the U.S. Air Force Academy, Stiegmann has seen various ways this approach has improved the lives of her patients, in addition to significantly

improving their performance and ability to support the mission.

One of the key things she recommends to her patients is a shift to a predominantly whole food, plant-based diet.

"We see that when members increase their intake of vegetables, fruits, beans, legumes, nuts, and natural high-fiber foods, we are seeing improved optimization of their health in many ways," said Stiegmann. "This food paradigm shift towards eating more plant-based foods leads to better control of weight, cholesterol, diabetes, and it can even help offset some of the contributors to dementia and many cancers."

One of Stiegmann's patients, Maj. Grant Scholl, the 70th Flying Training Squadron Operations Manager, initially came in for a consultation when he was dealing with health issues such as high cholesterol and pre-diabetes.

"I had always prided myself on eating right, working out and being all-around healthy, but seeing my labs and pre-diabetic indicators really shocked my conceptions of where I believed my health to be," said Grant. "With a few minor changes to the way I eat, within three months, I was able to reset all of my health metrics well into the normal health investment zone."

Grant was able to reduce his bad cholesterol levels, reverse his pre-diabetes, lose weight, improve his energy levels and improve his sleep.

"I told [Grant] when he initially came in that I could address each of these issues separately with pharmaceuticals, which will only serve as a temporary, superficial fix. The other

option was to change his diet," said Stiegmann. "The greatest thing he achieved by adopting a predominantly plant-based diet is that it allowed his body to heal, which helped him put his pre-diabetes and high cholesterol diagnoses into remission."

Many patients often believe they are taking the necessary steps to stay healthy and remain deployable. Patients are frequently shocked when they are met with lab values that indicate otherwise. This was the case for Maj. Chris Cherry with the 557th Flying Training Squadron.

"I never thought I'd have issues with high cholesterol," said Cherry. "I thought I ate well enough, and had a good body weight. I have always been active - I even ran a Boston-qualifying marathon. So I was surprised to hear my cholesterol levels were high."

After meeting with Stiegmann, Cherry noticed an improvement in his cholesterol levels while improving other aspects of his overall health and performance.

"After my annual flight physical last year, I decided to take control of my diet by eating almost an entirely plant-based diet and cutting out most processed foods," said Cherry. "I definitely just felt better. I had more energy, I felt more in control of my appetite, and I was experiencing more stability mentally and emotionally."

For Cherry, this improvement was not just felt, but also seen in his lab results. His low-density lipoprotein, or LDL cholesterol levels, lowered from 225 to 178 when he moved away from a high fat diet. His LDL levels lowered a year after that

to 136 when he reduced the amounts of animal products and processed foods he consumed. His LDL levels then dropped down to 115 after a week of going on a completely whole food, plant-based diet.

"I'm not saying everyone needs to cut out all animal products and processed foods, but in my experience, the more closely I've adhered to a whole-food, plant-based diet, the better I've felt and the lower my LDL levels have dropped."

Not only can this approach provide steps patients can take to improve their overall health, they also work on addressing causes of poor health and barriers to changing health outcomes.

"When we look at the patient from a multi-angled perspective, we start seeing if, for example, a patient has an emotional relationship with food or if they are prone to binge eating when stressed," said Stiegmann. "In partnering with behavioral health specialists, we can help the patient re-assess and truly process how they developed this relationship with food and better help the patient achieve long-term health goals."

Additionally, Lifestyle and Performance Medicine providers can help identify environmental contributors that could negatively impact a patient's health. As Kiel explains, providers can work with the patient to address sources of stress and some of the social and workplace challenges so they can make healthier choices in the long run.

"We have suggested that patients keep go-to healthy snack options nearby to avoid going

See MEDICINE Page 18



U.S. Air Force photo by Nicholas Pilch

Walsh Construction crews make progress on the construction of the KC-46A Pegasus three-bay maintenance hangar June 8, 2021, at Travis Air Force Base, California. Different organizations involved in the construction of the hangar recently took a tour to see the progress of the work.

Hangar

From Page 3

resources or did not previously exist, 1st Lt. Alexander Bellows, KC-46 program integration office bed down project manager, has said.

Work to support the new airframe is taking place at Travis; Joint Base McGuire-Dix-Lakehurst, New Jersey; and Tinker Air Force Base, Oklahoma.

The Air Force Civil Engineer Center awarded a contract in December 2019 for a three-bay maintenance hangar at Travis. The \$137

million project is the biggest item in an estimated \$188 million list of construction, repair and modernization projects designed to get Travis ready for the new tanker.

A ceremony to break ground for the three-bay hangar took place Dec. 14, 2018. Construction is underway after being delayed last year by the Covid-19 pandemic.

The hangar project began last year with the demolition of three facilities to make way for the new hangar. The construction is projected for completion in February 2023.

Travis was chosen as a host base for the KC-46 in January 2017.



Left: Tony Choate, Walsh Construction project manager, briefs participants in a recent tour on the current progress of construction of the KC-46A Pegasus 3-Bay Maintenance Hangar June 8, 2021, at Travis Air Force Base, California.

U.S. Air Force photo by Nicholas Pilch

Former leaders discuss future of AMC at Mobility Statesmen

Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, Ill. — Former commanders and command chiefs of Air Mobility Command met with Gen. Jacqueline Van Ovost, AMC commander, and Chief Master Sgt. Brian Kruzelnick, AMC command chief, during the Mobility Senior Statesmen and Mobility Enlisted Statesmen symposiums at Scott Air Force Base, Illinois on May 27.

“I’m excited and humbled to welcome back so many great leaders not only for AMC, but also for our Air Force and Joint Force,” said Van Ovost.

During the symposium, the group discussed

the Mobility Air Forces’ growing role and progress made in ongoing Joint All Domain Operations experiments, received a programmatic update from planners on the MAF roadmap, and looked at some innovative initiatives like Condition-Based Maintenance Plus.

“Competing across the spectrum in this digital age requires a culture change and we cannot do that without strong officer and enlisted leadership,” said Van Ovost. “I learned from the many great leadership teams that have led throughout this command, so I am very excited to have the Mobility Enlisted Senior Statesmen join us!”

This is the first year

the two groups combined to listen and collaborate on efforts concerning the development of mobility Airmen, projection of the joint force and advancement of warfighter capabilities.

“Each leader shaped and sharpened this command along the way, adapting to the strategic and operational environment at that particular time and vectoring the MAF in the right direction,” said Van Ovost. “Their continued support and mentorship is invaluable to our continued progress.”

The former commanders and chiefs provided insight based on their wide-breadth of experience during their Air



Air Force courtesy photo

Gen. Jacqueline Van Ovost, Air Mobility Command commander, far left, and Chief Master Sgt. Brian Kruzelnick, AMC command chief, far right, gather with former AMC senior leaders at Scott Air Force Base, Illinois, May 27, 2021.

Force careers, as well as valuable perspective based on their current involvement with industry

or academia.

“I’m thankful they were all able to make it in-person to listen to what we

are working on, where we are headed and provide immeasurable expertise,” said VanOvost.

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DoD officials testify on Defense Environmental Restoration Program

David Vergun DOD NEWS

The deputy assistant secretary of defense for Environment and Energy Resilience, Richard Kidd, provided testimony on May 26 at a virtual House Appropriations Subcommittee on Defense hearing on the defense environmental restoration program, also known as DERP.

For over thirty years, DoD has conducted cleanup for its current and former installations, following the existing federal cleanup law and long-standing U.S. Environmental Protection Agency regulations for all chemicals in the cleanup program. “The department has been able to establish and maintain a mature, effective cleanup program,” Kidd said.

While the hearing covered the entire DoD environmental cleanup program, many of the questions focused on PFAS, or perfluoroalkyl and polyfluoroalkyl substances. PFOS, which is perfluorooctane sulfonate, and PFOA, or perfluorooctanoic acid, are two chemicals in the larger PFAS class. PFAS are found in many consumer products, as well as in a certain firefighting foam called aqueous film-forming foam. The foam is used by the Defense Department, civilian firefighting organizations and many industries to rapidly extinguish fuel fires and protect against catastrophic loss of life and property.

As of March 31, the department had identified 698 installations where the Defense Department used or potentially released PFAS, Kidd said. “We have completed the preliminary assessment and site investigation on 129 of these installations. Of these, 63 were found to require no further action, while 66 are proceeding to the remedial investigation and feasibility study.” Kidd added that he expects all of the preliminary assessments and site investigations on all installations to be completed by the first quarter of 2024.

“The department has also taken quick action to address PFAS chemicals in drinking water, both on and off base. We are confident that no one



Photo By: David Vergun

Stan Karwoski, a senior fire test technician at the Naval Research Laboratory, tests the effectiveness of aqueous film-forming foam by spraying it on a gasoline fire in a 28-square foot container. The test took place at the laboratory in Chesapeake Beach, Md., Oct. 25, 2019.

is drinking water with PFOS or PFOA above the EPA’s lifetime health advisory of 70 parts per trillion, where the Department of Defense is the known source,” he said.

Additionally, the department has a strong internal governance body in the form of the PFAS Task Force, and a record of serious engagement on this topic, Kidd added.

The Defense Department will also expand community outreach regarding its activities to address PFAS, the deputy assistant secretary of defense for environment and energy resilience said.

“Frankly, the most important outreach occurs at the local level. But it’s important that senior leaders demonstrate their commitment and lead by example. I will start this on

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DoD gives update on tenant bill of rights for privatized housing

DoD News

The Defense Department has made strides toward ensuring that service members and their families have safe, quality housing that's well-maintained by privatized housing companies, a top DoD housing official said.

Paul Cramer, who's performing the duties of the assistant defense secretary for sustainment and chief housing officer, said the DoD has prioritized reforms under the Military Housing Privatization Initiative, as well as reforms to rebuild tenant trust and help maintain the financial viability of MHPI housing projects. According to Cramer, the initial phase has focused on implementing the MHPI Tenant Bill of Rights as a visible commitment to military members and their families.

"The department has issued the policy guidance necessary to implement all 18 tenant rights at all MHPI housing projects," Cramer said. "Through negotiation and lots of work with our privatized housing partners, nearly all of the MHPI companies have agreed to implement all 18 tenant rights at their existing privatized housing projects," he added.

Congress recognized in the fiscal year 2020 National Defense Authorization Act that the retroactive application of the 18 tenant rights at existing projects requires voluntary agreement by the respective MHPI companies. The DOD can't unilaterally change the terms of the complex, public-private partnerships that established the MHPI projects.

Cramer confirmed that, with few exceptions, the DoD expects all 18 tenant rights to be fully available at all installations with privatized housing by the end of fiscal year 2021, noting that a number of MHPI housing projects have already incorporated those rights and many are providing all but the final right — standard documentation, focused on a universal lease framework.

"Military members and their families who are tenants of MHPI housing should check with the property manager or



A little girl rides a bike in front of military housing at Seymour Johnson Air Force Base, N.C.

Photo By: Air Force Airman Shawna L. Keyes

the government's installation housing office to confirm which of the tenant rights have been implemented at their installation," Cramer said.

The universal lease framework will standardize the general content of the MHPI tenant lease to the maximum extent possible given the need for tenant leases to comply with state and local requirements. MHPI housing projects at most installations will start using the

new universal lease framework for prospective tenants entering a lease for new MHPI housing, typically when tenants have their next, permanent change-of-station move.

In addition to issuing the policies to implement all 18 tenant rights, the DoD has issued housing policies to strengthen the department's oversight of MHPI housing projects. Secretary of Defense Lloyd J. Austin III has also established a

deputy assistant defense secretary for housing to support the chief housing officer in oversight of the MHPI program.

"The department's priority going forward is to implement additional MHPI reforms that improve [the] safety, quality

and maintenance of the privatized housing, and to ensure accountability at all levels within DoD and MHPI companies to perform housing oversight as originally intended at the outset of the MHPI program," Cramer said.

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Puzzles

STR8TS

No. 547 Tough

			1				
9		4		6			
	5			8			
1	3						
4							
	8						2
	5						4
			7				

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

Previous solution - Medium

3	8	7	1	2	4	5		
7	8	6	2	1	5	3	4	
8	6	9	7	5	4	1	3	
7		5	4	6	1	2		
6	5		3	4	1	2	7	
9	4	5	8	3	2			
	4	3	5	6	7	8		
1	2	3	4	6	8	7	5	9
2	1		7	9	8	6		

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. 547 Easy

4			8	2		7		
8			4					5
	1	7	6				1	
		3						
	5						6	
		8				9		
				2	5	4		
7			9					3
	4		3	8				7

The solutions will be published here in the next issue.

Previous solution - Very Hard

4	5	3	6	9	2	1	7	8
9	7	6	8	1	5	3	4	2
8	2	1	4	7	3	5	6	9
5	1	4	9	3	8	6	2	7
6	3	2	7	4	1	8	9	5
7	8	9	2	5	6	4	1	3
3	9	7	5	6	4	2	8	1
2	4	5	1	8	9	7	3	6
1	6	8	3	2	7	9	5	4

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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Travis provides more COVID relief to South Asian countries



Far left: Airmen from the 60th Aerial Port Squadron load pallets onto a Kalitta Air 747 June 2, 2021, on the flight line at Travis Air Force Base, California. The United States government, through USAID, donated medical supplies to assist the countries of Pakistan, Maldives and Sri Lanka in their ongoing fights against COVID-19.

Above: U.S. Staff Sgts. Angel Arambula, left, and Edwin Mitchell, both 60th APS ramp services, load a pallet onto a Kalitta Air 747 June 2, 2021, on the flight line at Travis Air Force Base, California.

Left: Airman 1st Class Adrian White, 60th APS ramp services, loads pallets onto a Kalitta Air 747 June 2, 2021, on the flight line at Travis Air Force Base, California.

U.S. Air Force photos by Nicholas Pilch

Army & Air Force Exchange Service shoppers generate \$546,500 for community

TRAVIS AIR FORCE BASE — It matters where Airmen and their families shop, and authorized Army & Air Force Exchange Service shoppers are doing their part to strengthen the Travis Air Force Base community. In 2020, Exchange shoppers generated \$546,500 for critical Quality-of-Life programs at Travis Air Force Base.

The dividend helps support Armed Forces Recreation Centers and other programs critical to readiness and resiliency.

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- KID'z CHURCH Grades K-5th
- 10:00 AM WEDNESDAY SENIOR PRAYER
- 7:00 PM WEDNESDAY NIGHT Adult Bible Study
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 Bible Study
 Tuesdays @ 7:00pm (Youth Sanctuary)

Suisun Campus
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 Suisun City, CA 94585
 Sunday Worship Services, 11:00am
 Bible Study
 Tuesdays @ 12:00noon
 707-425-1849
www.mcbcf.org for more information
 Live Stream on:

BAPTIST

Live stream at: itsallaboutfamilies.org
 301 N. Orchard Ave., Vacaville
 707.448.5848

SUNDAY
 Classes for all ages..... 10:00 am
 Worship..... 11:00 am
 CORE Bible Studies 12:30 & 5:00 pm
 (2nd & 4th Sunday)

WEDNESDAY
 Adult Studies.....2:00 pm
 AWANA for Kids.....6:15 pm
 Adult & Youth Studies.....6:30 pm

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Services Temporarily Suspended

Sunday Morning Bible Study 9 AM
 Sunday Morning Worship 10 AM
 Sunday Evening Worship 6 PM
 Wed. Evening Bible Study 7 PM
Homeless ministry at Mission Solano
 Rescue Mission 1st Friday of month 6-8 PM

CHURCH OF CHRIST - SOLANO
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 Morning Worship Service: 12:00 p.m.
 Children's Church: 11:30 a.m.

Tuesday
 Prayer Meeting: 6:30-7:00 p.m.
 Bible Study: 7:00-8:00 p.m.

Web Site: www.stpaulfairfield.org
Email: stpaulbcfairfield@comcast.net
Church Phone: 707-422-2003

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CHURCH - NAZARENE

NON-DENOMINATIONAL

Church of Christ
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 Vacaville, CA 95687

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Sunday Morning Bible Classes.....9:30 am
 Assembly Worship.....10:45 am
 Evening Assembly Worship .5:00 pm
 Wednesday Evening Bible Classes.....7:00 pm

Classes also by appointment
 Elders:
 Mark McCallister (707) 446-7477
 Ed Sanderson Sr. (707) 446-0536

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 401 Fir St., Vacaville, CA 95688
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 Minister: Ryan Brewer

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 Sunday Morning Worship 10:30 AM
 Sunday Evening Worship 6:00 PM
 Wed. Evening Bible Study 7:00 PM
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 Evening Worship 5pm

Thursday Service:
 Prayer Meeting 7pm

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office@vacavillebiblechurch.com
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 7:00 pm Contemplative Prayer

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DHA's training provides tools to improve leadership

Terry J. Goodman
MHS COMMUNICATIONS

The Defense Health Agency's Education and Training Directorate (J-7) provides professional and leadership courses to service members, civilians and contractors within the agency and its military treatment facilities as part of its Enterprise Professional Development Program.

The seven training opportunities available range from leading in a virtual environment to implementing change management.

According to Yolanda Mose', enterprise professional development department lead, with the transition of military treatment facilities ramping up again, supervisors and those they lead will benefit by attending the next course in the skills-based training series, "Change Management II: Leading People through Change", June 24 from 11 a.m. to 12 p.m.

The focus of the training is to assist attendees with developing

a change leadership toolkit, assist them to analyze previous actions in the development of new goals.

"We have excellent, qualified instructors to ensure our learners leave with a solid change plan and how to put it into action," Mose' said.

Currently, all courses are offered virtually.

Anita Lyons, MTF operations chief for J-7, said "providing training during COVID-19 posed a challenge. However, the division offered training, virtually before the pandemic, her team did a terrific job transitioning to an all-virtual teaching environment."

"We were already offering courses virtually, so that wasn't a significant challenge for my team," Lyons added. The challenge was ensuring they were able to perform their duties remotely in support of our education and training mission and maintaining the same quality, and they did that."

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Contracts

From Page 4

and Human Services (HHS), awarded a \$123.1 million contract to Blue Star NBR, LLC to increase domestic production capacity of nitrile butadiene rubber (NBR), a key raw material in producing nitrile exam gloves.

This industrial base expansion effort will allow Blue Star to increase production capacity of NBR by standing up a new production facility in Virginia. This effort will increase NBR production by 90,000 metric tons per year by August 2022 to support domestic nitrile exam glove manufacturing.

DoD Awards \$35 Million Contract to Renco Corporation to Increase Domestic Production Capacity of Nitrile Gloves

On May 28, 2021, the Department of Defense, on behalf of and in coordination with the Department of Health and Human Services (HHS), awarded a \$35 million contract modification to Renco Corporation to increase domestic production capacity of nitrile gloves.

This industrial base expansion effort will allow Renco to increase production capacity of nitrile gloves in Houston, Texas, and Colebrook,

New Hampshire, standing up 10 high-speed dip lines (glove manufacturing equipment lines). This effort will increase nitrile glove production by 166.7 million gloves per month by November 2022.

DoD Awards \$4.6 Million Contract to DiaSorin Incorporated to Increase Production of COVID-19 Tests

On May 28, 2021, the Department of Defense, on behalf of and in coordination with the Department of Health and Human Services (HHS), awarded a \$4.6 million contract to DiaSorin Incorporated to increase production capacity of LIAISON® SARS CoV 2 TrimericS IgG antibody tests to support domestic COVID-19 testing.

The LIAISON® SARS CoV 2 TrimericS IgG antibody tests are an essential component of the LIAISON® SARS-CoV-2 laboratory-based testing portfolio.

This industrial base expansion effort will allow DiaSorin Incorporated to increase production capacity of LIAISON® SARS-CoV-2 TrimericS IgG tests in its Stillwater, Minnesota, facility from 1.3 million tests per month to 10 million per month by May 2022.

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5G

From Page 3

enhancements in the operation of autonomous vehicles for inventory management, machine learning for inventory tracking, and augmented/virtual reality applications for improved workforce efficiency in warehouse operations in support of the DoD.

The prototype 5G network is built on the next generation of Open Radio Network standards and designed to comply with DoD specifications for zero-trust architecture for native security and secure connectivity with other networks. These standards and the approach to network design recognize the increasingly ubiquitous presence of connected devices in the Internet of Things era and their growing risks to the security of systems and networks.

This prototype is the first

progress demonstration in the first round (or "Tranche 1") of 5G projects, a more than \$500 million DoD investment in advanced 5G technology that also includes: a second smart warehouse project at Naval Base Coronado in California; a dynamic spectrum-sharing project at Hill Air Force Base in Utah; and an augmented reality / virtual reality training project at Joint Base Lewis-McChord in Washington.

"Advanced telecommunications are critical to the U.S. economy and our way of networked warfighting. The Initiative is a major DoD program that is intended to ensure U.S. leadership in 5G and beyond", said Dr. Joe Evans, Principal Director of DoD's 5G Initiative.

The 5G Initiative consists of three "thrusts": Accelerate - to stimulate the use of 5G technology through experimentation and advanced prototyping of dual-use applications; Operate Through - to develop

technology to secure 5G and enable the secure use of non-secure networks; and Innovate - to perform the research and development necessary to win at 6G and beyond.

"This is a unique opportunity to apply the latest 5G technologies to a traditional but mission critical support area for our warfighters. Warehousing and logistical support is the lifeline for the Marine's Expeditionary Advanced Base Operations. A tremendous amount of planning, preparation and continuous execution is applied to ensure the necessary materiel is pre-positioned around the world and available at a moment's notice to support our Marines. 5G technologies deliver the fidelity, speed and security needed to accomplish this mission," said the prototype's program manager, John Larson, Naval Information Warfare Center Atlantic.

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Navy Petty Officer 3rd Class Manuel Najera

Naval Research Lab Chemical Engineer Gopal Ananth and Research Chemist Spencer Giles test an experimental aqueous film-forming foam at the NRL in Washington, Sept. 23, 2019. NRL scientists are conducting research to support the Defense Department's effort to replace firefighting foams containing fluorine.

Environment

From Page 7

July 14, representing the department at a public town hall [meeting]," Kidd said.

Kidd also shared his assessment of the challenge in PFAS cleanup.

"The rate of progress is defined primarily by the rules that govern our physical world. Physics, chemistry and science, establish the realm of the possible and dictate the parameters within which we work. Based on what we know today, and known technologies, frankly, it will be years before we fully define the scope of the problem. ... And after that, probably decades before cleanup is complete," he said.

Kidd said that the remaining cleanup cost for all sites in the DERP, including those with

PFAS, is about \$29 billion, but that figure is likely to rise as additional PFAS investigations are completed and the scope of the problem is better understood.

Speaking about the department's overall cleanup program, Kidd concluded, "The program is legally and technically complex, but its purpose is simple: to preserve the trust with the American people, and protect the environmental bounty of this great land for current and future generations. I'm committed to this effort."

Also testifying were Amy Borman, deputy assistant secretary of the Army for environment, safety and occupational health; Karnig Ohannessian, deputy assistant secretary of the Navy for environment; and Mark Correll, deputy assistant secretary of the Air Force for environment, safety and infrastructure.

Medicine

From Page 4

to the vending machine," said Kiel. "We have also suggested patients spend some time each day to practice mindfulness or meditation, take a short walk on their lunch break to de-stress, prepare their bedroom to improve their sleep quality, set up a bedtime routine to wind down, and decrease screen time."

Health care culture shift

While relatively new, the implementation of Lifestyle and Performance Medicine has led to consistent improvements in the patients who have received consultations. For Stiegmann, adoption throughout the Military Health System will lead to necessary changes in health

care culture.

"We have to look beyond a disease management system to promote and practice true health maintenance with our patients," said Stiegmann. "This is what health sustainability actually looks like. We have to change the dialogue we have with our patients and give them the option to become active participants in their own health."

Kiel eventually wants to see this approach grow across the Department of Defense.

"We are partnering with other clinics and our graduate medical education programs to train our physicians, nurses and allied health providers in the foundations of Lifestyle and Performance Medicine," said Kiel. "Over time, we can integrate Lifestyle Medicine foundations in military domains outside of the medical

arena, such as in military training programs, workplace environments and military installations. This emphasis on human performance can then become the way we approach our military personnel and be more accessible to our service members.

"This will be a long-term endeavor, but necessary to improve the health of our warfighters," said Stiegmann.

"Lifestyle and Performance Medicine will not only lead to higher numbers of deployment-ready service members, but we are going to be greatly reducing the chronic disease burden and side-effects that are so prevalent among many Americans in uniform. We are going to see healthier, happier service members who are stronger and better able to support the mission."

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Left: M Shahidul Islam, Bangladeshi ambassador to the United States, third from left, and S M Khurshid Ul Alam, Bangladeshi commercial counsellor, right, tour the aerial port at Travis Air Force Base, California, with Travis AFB Airmen June 4, 2021. Islam and Alam viewed the outbound shipment of COVID-19 aid supplies Travis AFB was tasked with delivering to their country.

Bottom left: M Shahidul Islam, Bangladeshi ambassador to the United States, right, meets with Senior Airman Anthony Sauma, 60th Aerial Port Squadron air transportation apprentice, center, and U.S. Air Force 2nd Lt. Lucas Lange, officer in charge of ramp operations, in front of a shipment of COVID-19 aid supplies bound for Bangladesh June 4, 2021, at Travis Air Force Base, California. The supplies, provided by the United States Agency for International Development, were delivered amid a recent increase in COVID-19 cases in Bangladesh.

Bottom right: M Shahidul Islam, Bangladeshi ambassador to the United States, right, speaks with U.S. Air Force Col. Zachery Jiron, 60th Air Mobility Wing vice commander, ahead of a tour of COVID-19 aid supplies bound for Bangladesh at Travis Air Force Base, California, June 4, 2021.

(U.S. Air Force photos by Staff Sgt. Christian Conrad)

Your kids are home. You're not. Where's the alcohol?

Keep your kids safe. Lock up your liquor. Keep track of your wine and beer.

Hand-"BORROWED" BEVERAGE
DAD'S MISSING CAN OF BEER
"I DIDN'T THINK HE'D NOTICE"
BROUGHT TO YOU BY AN UNLOCKED COOLER
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With teens spending more time at home, the temptation to have a few sips of liquor or sneak a beer is ever present. The best way to stop youth alcohol abuse, drunk driving and other risky behavior is prevention.

Secure your alcohol in a locked cabinet, keep track of what's in your fridge and talk to your kids about the consequences.

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Learn more tips on how to keep your family safe at:
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Ambassador visits Travis as part of COVID ...

RESPONSE

