MARTENANCE ... celebrates KC-10's 'Black Letter' status

PAGES 10-11



Key spouse aids community during tough times

Staff Sgt. Sarah Brice 621ST CONTINGENCY RESPONSE WING

Wife, mother, pillar of support. One award-winning spouse at Travis Air Force Base, California, has been building up her family and her community for the past few years and continues to lend her strength and optimism during the COVID-19 pandemic.

Earlier this year, Yasmin, wife of Master Sgt. Christofer Galbadores, who was the former 821st Contingency Response Support Squadron commander's executive, was named the 2019 Key Spouse of the Year for the squadron thanks to her ongoing contributions to military families.

"I love to help other people," said Yasmin. "I check up on the spouses every month and see if there's anything they need help with. They probably get tired of my text messages.'

Yasmin has been helping coordinate meal trains and volunteers to cook and deliver food for families with new babies.

"It helps to not have to worry about dinner." said Yasmin.

In the beginning of the COVID-19 pandemic, families had even more to worry about, including how to keep their children safe. To help, Yasmin stepped up and re-opened her home daycare business.

"I opened up my home to families that needed care, because a lot of businesses were shutting down," said Yasmin. "I take temperatures when the kids are dropped off and make sure they don't have a fever. I do ask parents that if they're sick to not bring the kids over and to wait at least two weeks, because I want to protect my kids and other families as well.'

Yasmin has three boys of her own, two of whom are in school. She does all of this while her husband goes into the office for ago, he was diagnosed with cancer.

Tailwind



Yasmin Galbadores, left, encourages her family to stay active and involved in the community, including such activities as a walk to remember fallen security forces Airmen that took place May 14 at Travis Air Force Base, California.

mission-essential work.

"If you look up the definition of humble, you'll probably find a picture of her there," said Galbadores, who recently moved to a first sergeant position at the 9th Air Re- She reminds me that you can't live that fueling Squadron at Travis. "She doesn't way." strive to do all this stuff; it's just in her natural instincts to help other families."

Galbadores has felt the full impact of Yasmin's desire to help others. Two years

"It hits you in waves and really messes with your mental aspect," said Galbadores. "You'll wake up one day and go 'man, is this thing going to come back?'

Yasmin became her husband's support, providing mental and physical assistance, and started a challenge that focused on fitness and bringing awareness to testicular cancer.

"This was definitely a true test of her being my backbone and she didn't wither," said Galbadores. "She is the absolutely strongest woman that I know."

As a mother of three boys, Yasmin said she wanted to show them that girls can be strong, too.

"Every day that you wake up is a blessing. Tomorrow's never guaranteed," she said. "You never know who you're inspiring or motivating."

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On the cover

U.S. Air Force Senior Airman Jacob St. George. 660th Aircraft Maintenance Squadron dedicated crew chief, examines a KC-10 Extender July 13 at Travis Air Force Base, California.

U.S. Air Force photo/Senior Airman Jonathon Carnell

Tail stationed at Travis AFB

JULY 17, 2020

Shaun Eagan

Lakehurst, New Jersey. The ceremony recognized

46A Pegasus.

Wing commander.

Command's Total Force tanker enterprise.

Air Force Col. Jeffrey Nelson Senior Airman Christian Conrad 60th Air Mobility Wing commande Airman 1st Class Capt. Erica Feehan Cameron Otte Chief of command information

Travis AFB, Calif. | 60th Air Mobility Wing

Nicholas Pilch Tailwind staff

Daily Republic Nick DeCicco | Todd R. Hansen Tailwind editor Copy editor

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Boneyard bound: KC-10 first to retire

in mid-1990s

JOINT BASE MCGUIRE-DIX-LAKEHURST PUBLIC AFFAIRS

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. — The 305th and 514th Air Mobility Wings bid farewell to the first KC-10 Extender set for retirement during a ceremony July 13 at Joint Base McGuire-Dix-

the aircraft for its contributions to the Air Force over the span of more than 33 years of service, and marked the first retirement of 59 Extenders intended for eventual replacement by the KC-

"Today, we solemnly, and with an immense amount of pride, say 'farewell' to the first KC-10 in the McGuire fleet to make its journey to the 309th Aerospace Maintenance and Regeneration Group - more commonly known as the 'Bonevard," said U.S. Air Force Col. Scott Wiederholt, 305th Air Mobility

The aircraft was the first of three identified KC-10s from the Air Force's Backup-Aircraft Inventory that were congressionally approved for retirement during Fiscal Year 2020. Following the ceremony, the aircraft was flown to the 309th Aerospace Maintenance and Regeneration Group at Davis-Monthan Air Force Base, Arizona, where it will continue to support the remaining Extenders with spare parts as they are flown for several years while the KC-46A is integrated into Air Mobility

"This aircraft, like all the aircraft in our KC-10 fleet, has served honorably and providexecuting global reach," Wiederholt said. "[The aircraft] ensured that all missions, whether com-



LLS Air Force phote

KC-10 Extender tail No. 86-0036 receives a traditional water salute as U.S. Air Force Lt. Col. Mike Pillion, 514th Air Mobility Wing pilot, prepares to fly it to the 309th Aerospace Maintenance and Regeneration Group at Davis-Monthan Air Force Base, Arizona. A July 13 ceremony at Joint Base McGuire-Dix-Lakehurst, New Jersey, marked the retirement of the first of 59 Extenders intended for eventual replacement by the KC-46A Pegasus. A total of three KC-10s from the Air Force's Backup-Aircraft Inventory were congressionally approved for retirement during fiscal year 2020.

were executed in a manner like no other nation in the world is capable of doing."

According to the 305th AMW historian Stuart Lockhart, the aircraft, tail number 86-0036, originally entered service at Seymour Johnson AFB, North Carolina, in December 1986. After its involvement in Operations Desert Shield and Desert Storm, the aircraft temporarily relocated to Travis AFB, California, before finding its permanent home at JBMDL in 1997.

Altogether, the aircraft flew 33.017 flight hours supporting missions in six different continents and refueled more than 125,000 aircraft from 25 different countries, Lockhart said. He also stated that nearly 11,000 aired life-saving fuel to warfighters crew members have flown the aircraft, while another 12,000 maintainers took care of it.

"Airmen of both the 305th



LLS Air Force photo/Staff Sot Sean Evan

KC-10 Extender No. 86-0036 takes to the skies for its final mission to the 309th Aerospace Maintenance and Regeneration Group at Davis-Monthan Air Force Base, Arizona, following its retirement July 13 at Joint Base McGuire-Dix-Lakehurst, New Jersey.

airplane in the face of our na- National Command Authorities tion's enemies," said U.S. Air and enabled soldiers and Ma-Force Col. Thomas Pemberton, rines in enemy contact a safe ha-514th Air Mobility Wing com- ven as KC-10s refueled their air mander. "Without fail, they enabled the strategic effects of combatant commanders, ex- 10s have helped secure globbat, re-supply or humanitarian, and the 514th have flown this tended the powerful reach of the al reach for America, providing

support and air cover overhead."

For nearly four decades, KC-

in-flight refueling to U.S. and coalition aircraft, from Operations Desert Shield and Desert Storm to Operation Inherent Resolve.

The retirement comes as the Air Force begins preparing for integrating the KC-46 into the Total Force tanker enterprise. Select portions of the legacy tanker fleet will be gradually divested, which allows for the recapitalization of the aging tanker fleet, while also maintaining its aerial refueling capability and capacity for the warfighter.

"Thank you for your dedication to this mission, aircraft and to all the Airmen who plaved a role in ensuring its prominent place in the finest Air Force in the world," Wiederholt said. "This is an exciting time to be part of our Air Force, and I look forward to watching this total force team soar to new heights in the coming years."



Retiree

pandemic.

ing health conditions.

email.

and survivor benefits.

book page.

The office currently interchanges ideas for expanding information, service and outreach with Beale AFB RAO's director, Dave Johnson. Beale has its own Facebook page retirees in the service area are encouraged to visit their page. For those using a personal Facebook account, visit the Travis Air Force Base Retiree

Members of the 621st Contingency Response Wing leadership listen and take notes to diversity and inclusion guest speaker Risha Grant during a one-hour diversity and inclusion meeting June 30 at Joint Base McGuire-Dix-Lakehurst, New Jersey.

Devil Raiders double down on diversity

621st Contingency Response Wing **Public Affairs**

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. — With mounting tensions in today's political climate, leadership within the 621st Contingency Response Wing are taking extra measures to understand and help imtheir Airmen.

One such initiative invited Risha Grant, international motivational speaker, to discuss the hot topic of diversity and race in the workplace with command teams from the 621st CRW at the headquarters building, those goals.

Joint Base McGuire-Dix-Lakehurst, N.J. Leaders on the East Coast as well as the West Coast at Travis Air Force Base, California, participated in the event in person or via video teleconference

"Our roundtable discussion with Ms. Grant today was just one step of many in the right direction for our prove the workplace environment for leadership teams' quest to build and foster a culture rife with diversity and inclusion," said Chief Master Sgt. Tony Jenkins, 621st CRW command chief.

The Air Force is working on diversity and inclusion initiatives, and discussions like these are a step toward

"Talking to leadership is where it's anything to us." at with diversity and inclusion policy because the people in entry level and up are looking to you to guide them in this journey," said Grant.

Grant is known as a renowned diversity, inclusion and bias expert. She is a divorced African-American bisexual black woman who is a small business owner and basketball coach. At the leadership meeting, she explained that bias is a roadblock to acceptance and inclusion.

"I have learned how to separate unconscious bias from facts," said Grant. "We go through life having these feelings about people who have never done any fear of bias or discrimination."

During the discussion, leaders opened up about their own experiences with and thoughts on unconscious bias as well as their concerns about the future of the Air Force. Many expressed their hopes that conversations like this will help drive a culture of belonging and inclusivity within their units.

"Our leadership teams care deeply about their Airmen," said Jenkins. "We need to keep these conversations going so that hopefully, one day, all our Airmen feel valued, comfortable, and connected in an environment without

WFH setup can cause neck, back pain

Robert Goetz

502ND AIR BASE WING PUBLIC AFFAIRS

NIO-RANDOLPH, Texas -"There's no place like home" may be an appropriate sentiment for people who favor working from the comfort of home during the novel coronavirus pandemic.

for those teleworkers who are feeling more pain than comfort because their home office leaves much to be desired.

"I would have to say the most common complaint of teleworkers is neck and upper back pain between the shoulder blades," said Jason Wheeler, 559th Medical Squadron physical therapist.

Wheeler has seen his share of what he called "interesting" home setups for teleworkers.

"I had someone who has been sitting in a beach lounger with a laptop on their lap, someone sitting on their floor with the laptop on a coffee table and a lot of people using kitchen counters or dining room tables without proper chairs for the task," he said.

is less than ideal, Wheeler admitted.

Disposition of personal effects

Maj. Kyle F. Neuendorf is authorized to make disposition of the personal property of Senior Airman Zulema Gonzalez-Romero, deceased, 60th Surgical Operations Squadron, as stated in AFI 34-501.

Any person having claims for or against the deceased person please contact Neuendorf by phone at 707-423-3906 or email kyle. neuendorf.1@us.af.mil.

> - 60th Force Support Squadron

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Jason Wheeler, 559th Medical Squadron physical therapist, works with a patient at the Joint Base San Antonio-Randolph Physical Therapy Clinic. Neck and upper back pain are common complaints for teleworkers whose home office conditions are less than ideal. with a desk and office chair, but don't adjust a few things," he it is set for my wife's height, so said. "I do this for a living and

for me, which is causing head- ing positions from what I rec- possible.

Wheeler's template for an ideal home setup is something the desk appears way too tall still catch myself in compromis- as close to a good office setup as

See PAIN Page 15

U.S. Air Force photo



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JOINT BASE SAN ANTO-

However, it doesn't ring true



Even his own home office

"I am using a home office aches and low back pain if I ommend to patients."





The Travis Air Force Base Retiree Activities Office established a Facebook page and two Facebook groups to expand services during the COVID-19

Currently, the office is closed to walk-ins due to shelter-in-place protocols as well as the fact that most of its volunteers and many customers are in the high-risk group for those over 65 years of age with vary-

The main page gives the RAO a place to post items of interest for military retirees living in our service area. The two group pages give military retirees living in Northern California a central location to post comments, or request help from their servicing RAOs by

The RAO also posts PDFformatted copies of the Afterburner, the RAO quarterly newsletter, forms, updates and other documents retirees may need to update military pay accounts, establish an estate plan choose a health care/Federal Employees Dental/Vision Program insurance plan or change beneficiaries for arrears of pay

Retirees also have an option to request help from the RAO page by sending the office an email directly from the Face-

See RETIREE Page 15

JULY 17, 2020

Critical care nurse joins Reserve at age 50

even though it broke his heart.

Master Sgt. Chance Babin AIR FORCE RECRUITING SERVICE PUBLIC AFFAIRS

SCOTT AIR FORCE BASE, Ill. — In 12-plus years of working at a Veteran's Affairs Hospital, Capt. Jennifer McGuigan has heard many heart-wrenching stories from family members of those in her care as a critical care nurse.

She remembers one story in particular that changed her life II veteran, shared with me how and inspired her to join the Air Force Reserve at the age of 50.

a Vietnam veteran who had suf- his son would experience, and fered cardiac arrest at home." McGuigan said. "The first responders were able to get his heart beating, but he never did breathe on his own. He was brought to our ICU (intensive care unit), and we cared for him for about a week until his family decided to withdraw life-sustaining treatments.

"While he was in our ICU, his father, who was a World War difficult it was for him when his son volunteered to serve in Viet-"Many years ago, I cared for nam. He knew firsthand what

he felt he had to honor his son's decision and support his desire to serve ' It was stories like this one that made McGuigan feel par-

ticularly close to the families of the veterans in her care. Her children were only 8 and 9 at the time, but his words forever changed how she viewed the families of the veterans under her care.

"My kids are now old enough to join the military themselves, and even though they have not, I think of that World War II vet often," she said. "I want to be able to help care for those serving our country for all of those parents who have had to struggle through the same situation as that World War II vet."

With her children grown, Mc-Guigan decided the time was right to do something about her desire to help those families. So, at the age of 48, she set out to become a critical care nurse in the Air Force Reserve.

"I had heard from friends in the Reserve that there was a need for critical care nurses," McGuigan said. "My husband served in the Air Force for 10 years, and loved it. When we discussed it, he was extremely supportive and excited that I wanted to serve in the Reserve."

Next, she had to tell her kids of her plans, and to her surprise, ty breathing and were placed



U.S. Air Force Capt. Jennifer McGuigan, left, poses with her medical coworker, Iris Appenrodt, July 7, at Scott Air Force Base, Illinois. Facing a shortage of critical care nurses, the Air Force Reserve granted an age waiver for McGuigan, who is 50.

they were equally supportive.

The Air Force Reserve does indeed have a dire need for crit-ID-19 pandemic.

"The need for critical care nurses was highlighted during the response to COVID-19," said Col. Sherry Hemby, Air Force Reserve Command's command nurse and career field manager. "Many patients diagnosed with COVID-19 had difficul-

on ventilators to assist in their recovery. Critical care nurses, with their amazing attention ical care nurses. These nurses to detail, were needed to watch have an important mission dur- every minute. They assessed ing wartime and have also been changes in their patient's condiin high demand during the COV- tion and reacted with the most skilled care.

"They pulled patients through the COVID crisis. They held the hands of their patients when their family members could not, encouraging and cheering their patients on to fight for recovery."

See NURSE Page 18





could improve the health and readiness of U.S. forces.





Airmen complete FTAC course



U.S. Air Force phot

Congratulations to the latest Airmen to complete the First-Term Airman Center course. Alphabetically: ; Airman Arturo Acosta, 60th Security Forces Squadron; Airman 1st Class Andre Alexander, 60th Operations Support Squadron; Airman 1st Class Kiara Arrington, 60th SFS; Airman 1st Class Mason Barnette, 60th Civil Engineer Squadron; Airman Joseph Behneman, 60th Aerial Port Squadron; Airman 1st Class Fernando Beltran, 60th APS; Airman Basic Brock Berech, 60th OSS; Airman 1st Class Preston Billups, 860th Aircraft Maintenance Squadron; Airman Basic Tyler Boda, 60th Maintenance Squadron; Airman Basic Paul Bonomi, 60th APS; Airman 1st Class Alisa Boyle, 60th Medical Diagnostics and Therapeutics Squadron; Airman 1st Class Andrew Briggs, 60th CES; Airman 1st Class Jayden Brush, 60th Force Support Squadron; Airman 1st Class Myles Charlton, 60th MXS; Airman 1st Class Tevondra Cheatham, 60th APS; Airman 1st Class Keenan Coleman, 60th MXS; Airman Sarah Marie Cramer, 60th APS; Airman Bradley Crysler, 60th CES; Airman 1st Class Kamron Cuff, 9th Air Refueling Squadron; Airman 1st Class Gabriella Cunningham, 22nd Airlift Squadron; Airman 1st Class Robert Dancer, 60th APS; Airman 1st Class Russell David, 60th MXS; Airman Basic Cyrus Dyck, 660th AMXS; Airman 1st Class Tatiana Elizondo, 60th MXS; Airman 1st Class Johnathan Flores, 660th AMXS; Airman Basic Lucas Fry, 60th MXS; Airman Antonio Garibay, 60th MXS; Airman 1st Class Paloma Guerrero, 60th SFS; Airman 1st Class Ameer Haddad, 22nd AS; Airman 1st Class Tamera Henry, 60th Surgical Operations Squadron; Airman 1st Class Kristopher Hill, 60th MXS; Airman 1st Class Asa Hof, 60th APS; Airman 1st Class Jamie Elizabeth Hoffman, 60th APS; Airman 1st Class Jacob Holwegner, 60th OSS; Airman 1st Class Nowai Horace, 60th MDTS; Airman 1st Class Jenesis Kelly, 860th AMXS; Airman Basic Devin Kramer, 60th APS; Airman 1st Class Jakub Lopez, 60th MDTS; Airman 1st Class Jacqueline Lopez Rivera, 9th ARS ; Airman 1st Class Jazmyne Manolias, 60th SFS; Airman Luis Martinez, 60th OSS; Airman 1st Class Michael Mitchell, 60th Medical Operations Squadron; Airman 1st Class La'runce Moffett, 660th AMXS; Airman 1st Class Jalyn Moore Kelley, 60th APS; Airman 1st Class Ethan Myers, 60th MDOS; Airman Ivan Francis Offemaria, 60th CES; Airman 1st Class Kaitlin Olack, 60th Dental Squadron; Airman 1st Class Novi Price, 60th APS; Airman Kyle Ramaker, 60th CES; Airman Brianna Ramirez, 60th Logistics Readiness Squadron; Airman Basic Jacob Rees, 860th AMXS; Airman Dylan Rhodes, 60th MXS; Airman Ryan Rojas-Bravo, 60th DS; Airman 1st Class Ryan Russell, 22nd AS; Airman 1st Class Diana Sandoval, 60th APS; Airman Alejandro Santiago, 60th Communications Squadron; Airman Mikaela Scott, 60th SFS; Airman 1st Class Jaeci Simmons, 60th OSS; Airman 1st Class Marilyn Sossa, 660th AMXS; Airman Ivan Stephens, 21st Airlift Squadron; Airman Jacob Thompson, 60th APS; Airman 1st Class Chase Turner, 860th AMXS; Airman 1st Class Kayla Torres, 60th DS; Airman 1st Class Asani Wheatley, 60th DS; and Airman 1st Class Roma Yi, 60th DS.

Team up seeks to boost sleep

Defense and Veterans Brain Injury Center

Newly released guidelines from the Defense and Veterans Brain Injury Center will help health care providers manage sleep disturbances among service members and veterans diagnosed with concussions, and should provide measures that

The expanded recommendations identify additional sleep disturbances through a streamlined process of diagnosis and management; and provide medication dosing and specialty referral recommendations, when appropriate. DVBIC is a division

Research and Development Di- Gary McKinney, DVBIC's secrectorate, and is the Defense tion chief for clinical prac-Department's center of excel- tice and clinical recommendalence for traumatic brain injury.

"Our recommendations are developed with the primary

of the Defense Health Agency care provider in mind," said tions. "One goal is assisting with

See SLEEP Page 12



Se Habla Español

Puzzles

STR8TS



Previous solution - Medium

Like Sudoku, no single number ca 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 se of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black ells remove that number as an option n that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

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

SUDOKU

No.	No. 499							
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9	4			2		7		

Previous solution - Verv Hard

7	2	4	5	6	1	3	8
4	5	8	3	2	6	7	9
6	7	5	1	4	9	8	3
8	1	3	9	7	4	2	6
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To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely

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

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

The solutions will be published here in the next issue.



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Virtual reality revolutionizes aircrew training



U.S. Air Force photo/Master Sgt. Ted Daigle

Served You Sa

U.S. Air Force Maj. Justin Stephenson, 11th Bomb Squadron chief pilot and chief of innovations, practices July 7 with the Virtual Reality Program Trainer at StrikeWerx in Bossier City, Louisiana.

Master Sgt. Ted Daigle 307TH BOMB WING

BARKSDALE AIR FORCE BASE, La. — A new virtual reality trainer is one step closer to potentially transforming the way B-52 Stratofortress studentpilots train for combat.

The Virtual Reality Procedures Trainer, released during a milestone demonstration of its capabilities on July 7 at StrikeWerx in Bossier City, Louisiana, may even change the entire Air Force bomber community's approach to training.

The VRPT is the brainchild

Strike Command, Maj. Brandon Squadron, and Maj. Justin Stephenson, 11th Bomb Squadron chief pilot and chief of innovations.

"Our adversaries are getting much better, much faster," Budgeon said. "This system has the potential to revolutionize the entire training process and make our student graduates better."

The three Airmen teamed up with King Crow Studios, a virtual reality training company from Baton Rouge, Louisiana, to develop it as part of a larger learning management system that uses virtual reality with an embedded instructor to teach and grade B-52 student pilots.

of Maj. Mark Budgeon, current- Bomb Wing, 2nd BW and Air ly assigned to Air Force Global Force Global Strike Command watched as a demonstrator from Wolf, 307th Operations Support King Crow Studios put on virtual reality goggles to access a 360-degree, virtual replica of the jet's cockpit.

The demonstrator was able to practice going through the entire ground procedures checklist just as a student pilot would prior to take-off.

During the demonstration, Budgeon, an active-duty Airman, and Wolf, a Reserve Airman, explained several ways the VRPT can improve current training practices.

Practice makes perfect

The main advantages of the VRPT are its potential to reduce human bias in instruction,







hours of labor.

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8 TAILWIND

Drones make environmental program take off

Lori A. Bultman

502ND AIR BASE WING PUBLIC AFFAIRS

JOINT BASE SAN ANTO-NIO-LACKLAND, Texas — What began as a project to improve land surveying, floodplain mapping, vegetation classification and endangered species management at Joint Base San Antonio-Camp Bullis has become a revolutionary innovation that could save the Air Force millions of dollars and countless

The Air Force Installation and Mission Support Center's unmanned aerial system project was initiated in late 2019. Then, in March of this year, the Air Force presented a \$3 million Small Business Innovation Research Program award for the

ness, brings the amount of gov-

venture capitalists the small business secured, this brings the total investment in the project to \$56 million.

That funding has kicked the project, which began as an effort to protect the habitat of an endangered species, into high gear.

"The entire project revolves around the golden-cheeked warbler, which is present on JBSA-Camp Bullis," said Paul Jurena, natural resources specialist, Air Force Civil Engineer Center. "Nesting of this species occurs here, and in the central region in Texas."

Taking responsibility for protecting the birds' habitat is something JBSA environmental specialists take very seriously.

"As a federal agency, the U.S. The award, which was pre- Air Force is responsible for resented to a selected small busi- porting any activities that could impact the species, especially ernment investments in the during breeding season, March program to \$6 million over four through June, to the U.S. Fish

years. Added to the \$50 million and Wildlife Service. They are in funding from industry and responsible for enforcement of the Endangered Species Act," Jurena said.

> Prior to the AFIMSC project. surveying the habitat conditions at JB San Antonio-Camp Bullis was a timely process.

"Sending government or contract representatives physically into an environment to examine and study the habitat can be grueling work, as well as costly," said Dustin Dickens, AFIM-SC Innovation Office UAS project manager.

Through regular testing of the project's UAS capabilities, which last took place July 9. surveying the habitat should soon become exponentially easier.

See DRONES Page 19



An unmanned aerial system is set up in preparation for a test flight, July 9, at Joint Base San Antonio-Camp Bullis, Texas.

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Travis maintainers launch 'Black Letter' flight with KC-10

4) U.S. Air Force Senior Airman Jacob St. George, 660th Aircraft **Maintenance Squadron** dedicated crew chief. poses for a photo in front of his KC-10 Extender, tail No. 91946, at Travis Air Force Base, California July 13. St. George signed off the aircraft forms with zero discrepancies before flight, deeming the flight as a "Black Letter." 5) A KC-10 is parked on the installation flight line July 13 at Travis.





Story and photos by **Senior Airman Jonathon Carnell** 60TH AIR MOBILITY WING PUBLIC AFFAIRS

The 660th Aircraft Maintenance Squadron launched a 'Black Letter' aircraft July 13 at Travis Air Force Base, California.

The KC-10 Extender was signed-off for flight with zero discrepancies or scheduled delayed modifications due, awarding it the status of a 'Black Letter' aircraft

The phrase black -letter flight or aircraft stems from the maintenance forms. When there is

a discrepancy or scheduled inspection, it is denoted with an x, is doing their absolute best to crew chiefs are key players in a dash or a forward slash in red ink. Zero discrepancies or scheduled inspections means zero red ink, deeming the status of the aircraft 'Black Letter.'

"I've been a crew chief on a KC-10 for almost eight years, and this is the first 'Black Letter' flight I've ever signed-off," said Senior Airman Jacob St. George, 660th AMXS dedicated crew chief. "It wasn't just me, though, this was definitely a team effort."

Pride in this accomplishment extended beyond the maintainers to the aircrew for the mission.

stop the hands of time and work on these aircraft non-stop to keep them in the fight and accomplishing our various missions," said Lt. Col. Danny Avila, KC-10 pilot and 60th Operations ticular, for the KC-10 formal training unit, that means keeping myself, my instructor force, and my students in the air as we teach new KC-10 crewmembers how to accomplish their job safely."

According to Capt. Gregory Thomas, 660th AMXS

"Our maintenance team here operations officer, the aircraft's making this happen.

"St. George's aircraft is one of the oldest in Travis' fleet," Thomas said. "With closing on four decades of flying time, achieving a jet with zero defects Support Squadron chief. "In par- is extremely impressive and takes a lot of personal dedication from the dedicated crew chief to make it happen."

> St. George said it is an incredible achievement to have a 'Black Letter' aircraft. This achievement is not just a reflection of crew chiefs but the entire maintenance team.

"Maintaining our aircraft is crucial for mission readiness," St. George said. "I have two Airmen who work under me on this aircraft, and we treat this aircraft like it's ours."

While a rare achievement for any maintenance unit, this milestone also occurred only one day after the 40th anniversary of the first KC-10 Extender flight on July 12, 1980.

"It takes a village to do what we do, and the fact that I get to be a part of it and witness the day to day interactions of these Airmen is an amazing opportunity," said Thomas.

Virtual

From Page 8

provide better access to training for student pilots, and give students immediate feedback that lessens the chance they develop poor habits in the early phases of training.

Wolf explained that the current technology used in student pilot training limits hands-on training opportunities. Due to logistical concerns, student pilots don't have 24hour access to instructors or training tools.

to eliminate that problem.

goggles, a computer and two hand controls. These portable items can be used almost anywhere to generate the virtual B-52 cockpit.

"It would be accessible to them all the time, so they can all incoming B-52 student pitake it home and practice." Wolf said. "They become familiar with it, and we won't get that deer-in-headlights moment when they first get in the the jet's weapons systems offisimulator or B-52." The program also has the





The VRPT has the potential It employs virtual reality

capacity to collect data on student performance with timestamps that show speed and errors. That data can be used by

instructors to provide immediate feedback. "It catches mistakes ear-

ly on a human might miss so that instructors can create a process for correcting them," Wolf said.

The three pilots also stressed ease of use with the new system.

"Its operating system is intuitive, so all we have to do is hand it to them and say 'go'," Budgeon said.

King Crow Studios is scheduled to produce a complete VRPT prototype later this vear.

Budgeon, Wolf and Stephenson hope the trainer moves into the third phase of the contracting process and is adopted by the 307th Bomb Wing to train lots for the Air Force.

If adopted, the three Airmen are eager to press forward with similar trainers for cers and electronic warfare officers.

Sleep From Page 7

making treatment and specialty

referral decisions." Sleep disturbances are a widely reported symptom among service members and veterans diagnosed with concussion, also known as mild traumatic brain injury. Nearly 12 percent of service members were diagnosed with at least one sleep disorder in 2018, the latest figures available from the DoD Health of the Force. The most commonly diagnosed sleep disorders were sleep apnea and insomnia.

In October 2019, the Defense Department and the Department of Veterans Affairs released a clinical practice guideline on the management of chronic insomnia disorder and obstructive sleep apnea, which noted the high prevalence of sleep disorders in active-duty service members and veterans. In addition, a study by the VA San Diego Health Care system found more than half of the veterans seeking treatment at that VA had insomnia symptoms.

At a recent TBI symposium at the National Institutes of Health, University of Maryland School of Medicine clinical psychology professor and sleep disorder specialist Emerson Wickwire explained that conditions following a TBI such already been done for you. That walking.

as headaches, dizziness and makes life a lot easier for [the] poor balance can be affected by clinician. That's the goal." sleep disturbances and "if providers knew more about sleep, it would have a huge impact on TBI care." Wickwire served as a member of DVBIC's expert working group that developed the clinical recommendations.

Twenty four experts in sleep medicine, neurology, psychiatry, psychology, and pharmacology participated in the working group that developed the updated clinical recommendation. Experts represented the Army, Air Force and Navy, the Uniformed Service University of the Health Sciences, the Department of Veterans Affairs, and the civilian sector including the University of Maryland. The clinical recommendations align with the DoD/VA clinical practice guideline.

Practice guidelines have multiple advantages for the practitioners. "They sort of cludes screening questions, standardize the care...so everybody, if they are following gent symptoms, diagnostic crithe guidelines, they are gener- teria, and recommended evalually doing the same thing for ations. the same sort of situation," said Army Col. (Dr.) Brian Robertson, the chief of sleep medicine service at Walter Reed National Military Medical Center. Because those who design guidelines have both clinical experience and knowledge of the scientific literature, "a lot of that work on deciding what to do has

"Medical students get a onehour lecture on sleep for their entire medical training," said Risa Nakase-Richardson, a neuropsychologist and scientific research director at the Tampa DVBIC-VA site. Because of that, "the CR will provide an outstanding reference tool for sleep for primary care physicians to help evaluate and make clinical decisions about managing sleep for persons with TBI."

Known as the "Management of Sleep Disturbances Following Concussion/Mild Traumatic Brain Injury: Guidance for Primary Care Management in Deployed and Non-Deployed Settings," the recommendations are tailored to assist practitioners managing sleep and concussion in the primary care setting. To inform appropriate clinical interventions, it inguidance on potentially emer-

Like its 2014 predecessor, the new recommendations cover insomnia, obstructive sleep apnea, and irregular sleep-wake patterns. They also address excessive davtime sleepiness, insufficient sleep syndrome, restless legs syndrome, and other unusual events during sleep, such as nightmares and sleep-



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Pain

From Page 5

"The problem is that any office furniture, whether it's at home or on base, is usually made as a one-size-fits-all design, and while most are adjustable, it just doesn't fit certain body types and heights," he said. "The ideal setup actually should be set for the individual so their body is supported to avoid poor posture for prolonged times."

Wheeler recommends people raise their armrest so their shoulders feel slightly shrugged up to the ceiling in a relaxed position, sit with their hips slightly above their knees, and avoid a forward head position.

"An ideal chair would generally be as adjustable as possible, with a locking back, adjustable armrests in all directions, not just up and down, and adjustable height," he said. "I also recommend that some people place a phone book or small stool at their feet so they can alter their foot position while they are sitting."

In addition to using ergonomically sound furniture. desk workers can keep physical in posture exercises throughout the workday, Wheeler said. These include exercises such as back extensions, chin tucks ommended in a handout produced for last year's 59th Medical Wing Health Rally at Joint Base San Antonio-Randolph.

Taking breaks is one of the most important things someone with a desk job can do, whether at home or the office, Wheeler said.

"Breaks don't have to be a complete stoppage of work; prolonged sitting is that one's they can be having a standing desk and switching positions two to three times an hour, and they can also be five repetitions of a simple exercise that can be they want to see perfect sitting done hourly," he said. "I try to set a timer on my phone for 15 by pediatrics to see 3-year-olds minutes after my last patient of the morning and afternoon, when I am stuck on my computer typing notes. Otherwise, I end up in poor posture with headaches and shoulder pain."

Exercises and taking breaks benefit. help office workers avoid prolonged positions, which are not ideal for the body, Wheeler said.

prolonged positions for many problems at bay by engaging reasons," he said. "In sitting, a lot of underlying issues that aren't painful when standing or working out can become problematic and spread to other asand shoulder shrugs - all rec- pects of life. The hips are usually flexed close to end range. which compresses a lot of structures, and the shoulders round forward when we slouch, which causes the head to protrude forward. Add a computer monitor and office chair with a soft back to the mix and all of this tends to be made much worse."

One of the problems with posture gets worse over time due to weakness and flexibility issues, Wheeler said.

"I tell my patients that if posture, then they should go who haven't been in a classroom yet," he said.

Although teleworking can take a greater toll on the body due to inadequate home office conditions, Wheeler sees one

"If anything, people with a chronic issue now have time to finish up their work and then book some appointments to "Sitting is one of the worst take care of things," he said,

Retiree

From Page 5

Activities Office Facebook page by typing in Travis AFB Retiree Activities Office.

To access the groups, expand the navigation bar on the left-hand side of the Travis AFB CA Retirees Activities page. You will see two group names appear in a dialog box. Here are the groups:

• Northern CA and Bay Area Military Retirees.

• Northern CA Military Retirees.

Right click on the group facing military retirees and name to visit it and request to join.

These are closed groups, so retirees, 100 percent disabled veterans and Purple Heart recipients will have to request membership on the initial visit to the group pages to gain access to group posts.

The RAO administrator will groups. It is a great way for review the request and approve them to communicate with the membership. After member- Travis RAO and keep current ship is approved, the new group on the issues that affect them in member can post comments, retired life.

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about the Travis Air Force

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the new Facebook page at

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From Page 6

nel recommended McGuigan to Hemby and the command nurse reached out to the critical care nurse.

"I wanted to make sure she realized what was required for the job," Hemby said. "When we talked about deployments, required training and physical demands, she was all in. She told me that fitness had always been important to her and she had no doubt she could pass the fitness requirements."

recruiter, was McGuigan's recruiter for most of the process.

attitude and was on top of anything I needed from her. The biggest challenge was the agewaiver process.

"Many times, the older leads are already in management/administrative positions and don't meet the hands-on experience needed," Mintz said. "As a Reservist, you need to be able to

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A retired Air Force colo-

Master Sgt. Felicia Mintz, an AFRC health professions "Capt. McGuigan was wonderful to work with," Mintz said. "She always had a positive

maintain your critical care certifications through your civilian employment. If you're not working in a critical care environment, you will not be able to do this."

Another challenge is being physically qualified through a Military Entrance Processing Station, or MEPS.

"It doesn't matter what age the applicant is, they have to meet the same physical requirements for entry as an 18 or 20-vear-old." Mintz said.

"The process of joining was bit like running a race," Mc-Guigan said. "A lot of it is mental endurance. Going to MEPS was one of the bigger challenges. If I remember correctly, the paperwork went back and forth at least three times before I had my appointment. My favorite part of MEPS was when I was referred to as 'a person of advanced age.' That made me laugh out loud."

In total, the process that led to McGuigan's oath took more than a year and a half, but she of her. never wavered in her desire to serve.

She was sworn into the Reserve June 6 via video teleconference

to join the Reserve, the day had finally arrived.

"After all the ups and down, I think there was a part of me that wasn't entirely sure it would happen," she said. "After I took the oath and everyone started calling me captain. I think I giggled every time. It was such an amazing honor that Col. Hamby was able to do my oath by Zoom meeting and that my family and friends were able to be there."

Mintz found inspiration working with McGuigan.

"Her determination is extremely motivating," Mintz said. "Capt. McGuigan is a great example to the younger generation about perseverance. There was never any guarantee she was going to be able to join. but her mindset was to keep moving forward in the process until she either couldn't go anymore or she was able to oath in."

Now that McGuire is officially a Reserve Airman, she is ready to do whatever is asked

"I don't have expectations other than to serve where I am most needed and where my skill set can be of the most help," she said. "I will proud-After 18 months of striving ly serve in whatever way I can."

AFCENT welcomes familiar face as new commander

U.S. Air Force Central **Command Public Affairs**

AL UDEID AIR BASE, Oatar — U.S. Air Force Lt. Gen. Gregory Guillot became the 17th commander in U.S. Air Forces Central Command history July 16 as he took command from U.S. Air Force Lt. Gen. Joseph Guastella during a change of command ceremony at Al Udeid Air Base. U.S. Marine Corps Gen. Kenneth McKenzie, commander of U.S. CENTCOM, presided over the ceremony.

"(Guillot) is inheriting a high-functioning command that is operating on all cylinders," McKenzie said. "I have full faith and confidence in his leadership capabilities, and I know he will continue the tradition of excellence this command has achieved."

Guillot will serve a dualhatted role as both commander of AFCENT as well as the combined forces air component commander. As AFCENT commander and CFACC, the 31-year veteran is charged with working closely with coalition, joint, and interagency partners to lead a combined force that delivers decisive air and space power, and promotes security throughout U.S. CENTCOM's 20-nation area of responsibility.

"The cornerstone of AF-CENT's operational success and more capable of defendover the years has been the ing ourselves from the air than unbreakable bond shared be- we have ever been, and it's between our regional partners," cause of the coalition."

Guillot said. "I assure all partners that we will remain unified in our efforts to deter adversaries and combat terrorism and extremism in order to bring lasting stability.

Prior to this assignment, Guillot served as the director of operations for U.S. Northern Command at Peterson Air Force Base, Colorado, AF-CENT is familiar territory for Guillot, as he served as both deputy commander and deputy combined forces air component commander from April 2018 to May 2019.

"The CENTCOM staff and components comprise a great war fighting team, and I'm privileged to rejoin that team," Guillot said. "I promise to be a trusted and reliable teammate as we support each other across the region."

Guastella departs AFCENT after more than two years in command. Under his leadership. AFCENT flew more than 45,000 sorties in direct support of Operation Inherent Resolve and Resolute Support as well as providing a credible deterrent force for U.S. CENTCOM.

"There are 18 airpower nations represented right here at this (Combined Air Operations Center) that have come together to handle the threats in this theater." Guastella said. "We are more lethal, more precise,





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Drones

From Page 9

"Sending Unmanned Aerial Systems instead can usually accomplish mapping and studies of the habitat much faster and more efficiently, which in turn provides a cost saving," Dickens said.

While saving time and money is an important part of the project, making sure assessments are accurate is essential to continuing military training activities at JB San Antonio-Camp Bullis.

"The biological opinion provided by USFWS to Camp Bullis dictates the minimum size of habitat needed for this species, as well as the basic biologic parameters to measure," Jurena said. "It requires JBSA to assure a minimum of 5.000 acres of suitable habitat based upon tree size, species, and density parame- lis. ters. With the new UAS technology access should be faster, and much more accurate."

"The UAVs, depending on their sen- na said. sors, can identify and determine parameters that the human just cannot, which has involved a small-scale UAS with

specific habitats," Dickens said. "The systems also support machine learning algorithms, or artificial intelligence programs, that can learn from data and improve from experience, without human intervention."

The ability to achieve repeated results is also important to the effectiveness of the project.

"By having data about the habitat that is repeatable, and can be easily gathered through a UAS, makes for easier determinations on where the breeding habitats are, and thereby, benefiting JBSA and their training mission," Jurena said. "This platform can give installation biologists better ideas of where the habitats are and can identify those areas that need further evaluation."

This information is important to those who train at JB San Antonio-Camp Bul-

"Once the habitats are assessed, the quired through the SBIR award, the pro- location and identification of habitats give mission and training personnel knowledge of where they need to avoid," Jure-

The testing accomplished thus far

tion and ranging, or LiDAR, sensors to classify habitat suitability for the goldencheeked warbler, Jurena said.

During a recent outing with the UAS. July 9 and 10, the results were positive.

"Overall, the flights were a success and the results are very promising," Dickens said. "AFIMSC and Air Force Civil Engineer Center are working toward a path for additional testing. Once complete will have a better understanding of the needs and feasibility for widescale implementation."

The ability to utilize the technology and the data collected across a wide variety of agencies is what makes the completion of testing and beginning of implementation so important.

"Once fully operational, the cloudbased platform utilized with the UAS will allow multiple users to access and use the information collected for their requirements," Dickens said.

"The UAS platform itself is modular in design that can be customized for flight controls and components," Jurena said. "The payload attachment is also cus- tine inspections," Jurena said. "This retomized that can accept a variety of sen- ally is a win-win for the Air Force and the sors with minimal tools and equipment Department of Defense.

increases accuracy and identification of multi-spectral imagery and light detec- modifications. In short, the UAS platform flown is adaptable to both flight components and payload attachments with minimal downtime."

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As testing continues, the UAS' capabilities will continue to improve and will broaden to expand its usefulness.

"The UAS platform flown July 9 and 10 provided LiDAR data for further refinement of habitat classification that was not possible with just regular and multispectral imagery from last year's UAS flights," Jurena said.

Once all processes are proven, Jurena said the team's innovation will quickly be shared with others who may benefit.

"If the UAS/UAV methodology works well here, it could help other Department of Defense installations," he said. "It can provide another survey tool for USFWS and state biologists to assess this species at their refuge sites, as well as multiple other uses."

In addition, future classifications of the program's UAS could include their use for infrastructure inspections, to detect water and fuel leaks, and other rou-

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