



TAILWIND



Exercise pushes Travis wings forward ...

TOGETHER

PAGES 10-11

Get COVID vaccine quickly, leaders say

Military Health System Communications Office

WASHINGTON, D.C. — Get a COVID-19 vaccine, and get it as soon as it's available to you.

That's the message from President Joe Biden's chief medical adviser, Dr. Anthony Fauci, and Defense Health Agency Director Army Lt. Gen (Dr.) Ron Place during recent town halls with military families addressing the safety, efficacy and availability of the vaccine.

"You're part of the solution to this outbreak," explained Fauci, emphasizing that the vaccine is needed to protect not only service members, but their families and acquaintances as well.

"You've got to think of your own health, which is really very important, but you've got to think about your societal obligation, including people close to you personally as well as other members of families of other individuals," he said.

"Because by getting infected, even though you may not know it, you may be inadvertently transmitting the infection to someone else, even though you have no symptoms," Fauci said.

Fauci and Place addressed thousands of military families during a second virtual town hall events hosted by Blue Star Families, a non-profit Military/Veteran Service Organization dedicated to military family matters, and the American Red Cross. The initial virtual town hall was held Feb. 4.

Blue Star Families CEO Kathy Roth-Douquet thanked Fauci for his participation in both town halls addressing concerns and questions of military families. "After our last town hall, we found that 63% of [Blue Star Family survey] respondents who had been opposed or undecided



Spc. William Hunter, right, administers the COVID-19 vaccine Jan. 8 to Chief Damage Controlman Solita Livingston at Navy Branch Health Clinic Chinhae in South Korea.

before they listened to us reported that the event increased their likelihood of receiving the vaccine," she told Fauci. "That's a great result ... that's why we asked you to come back."

During the March 4 town hall, Place said the Department of Defense had

administered almost 1.3 million total doses of the Pfizer and Moderna vaccines at 335 DOD sites around the world. As of March 11, this number has now increased to nearly 1.5 million vaccines administered. Additionally, more than 82,000 vaccinations have been administered to

Military Health System beneficiaries at retail pharmacies, Place said.

He agreed that there is vaccine hesitancy among military service members but asked them to "observe and think it

See **VACCINE** Page 14

DOD teams administering 50K vaccines per day

Jim Garamone DEPARTMENT OF DEFENSE NEWS

MHS Genesis health system works to archive COVID-19 vaccination data

Thomas Walsh MILITARY HEALTH SYSTEM

WASHINGTON, D.C. — MHS Genesis, the Defense Department's new electronic health record system, has recently created a

large digital record of COVID-19 vaccinations administered to service members and their families.

Referred to as 'Mass-Vax,' the digital archive will accurately track and ensure that the DOD's

patient population has received COVID-19 vaccinations, considered essential to both a ready medical force and medically ready force.

See **DATA** Page 15



U.S. Army photo/Spc. Alvin Conley

Army 2nd Lt. Martin Gore, a surgical medical nurse with Walter Reed National Military Medical Center in Bethesda, Maryland, works alongside other Army Medical Command officers and Federal Emergency Management Agency volunteer medical staff to prepare COVID-19 vaccines March 2 at the Fair Park COVID-19 Community Vaccination Center in Dallas.

WASHINGTON, D.C. — Department of Defense vaccination teams are doing their part to protect Americans, reaching the milestone of getting 500,000 shots in arms in under a month, Pentagon Press Secretary John F. Kirby said March 11.

The first vaccination team deployed to Los Angeles last month. The team soon hit its stride and were quickly inoculating 6,000 people per day. More teams – large and small – deployed since then with two more – in Chicago and Greensboro, North Carolina – beginning full operation March 11.

Yesterday, DOD personnel tallied 50,000 vaccinations given at the 17 DOD-supported sites.

These numbers will grow. Secretary of Defense Lloyd J. Austin III authorized a total of 17 teams of active duty personnel to deploy in support of the Federal Emergency Management Agency.

"We don't want to go faster than FEMA and local communities can support," Kirby said. "So, the idea of authorizing the teams in advance is to make sure that they're prepared, they're trained, they are ready to go."

This also ensures that their commands can handle their departure. The military medical facilities they work at still have patients, and the bases need to be certain the medical facilities can continue the mission.

"I couldn't predict what the number of teams on the ground is going to be next week or the week after," the press secretary said. "We can only go, and should only go, as fast as FEMA and local communities will allow us."

Given this, Kirby would not try to guess how many Americans the teams will vaccinate in the next month. "The secretary has been very clear that we're going to lean in on this," he said. "And we're going to do as much as we can to support these FEMA-led efforts around the country to get vaccines in arms."

Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

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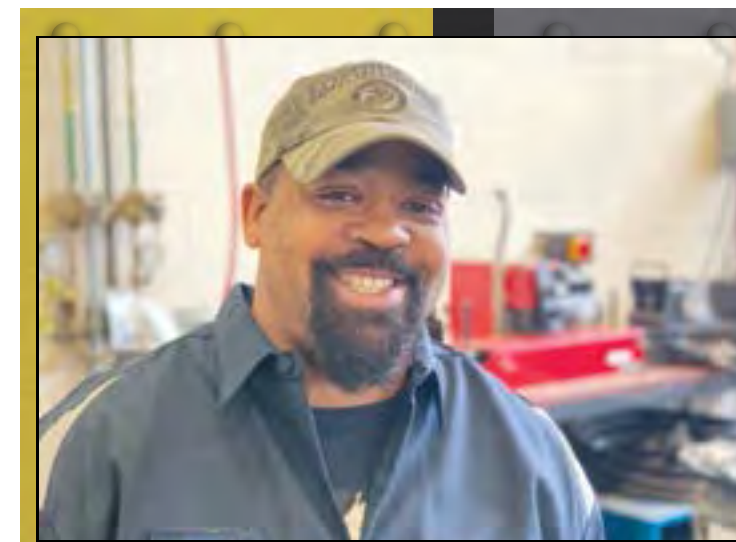
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On the cover

U.S. Air Force Airmen from the 22nd Airlift Squadron and the 821st Contingency Response Group push cargo from a C-5 Galaxy Feb. 11 at Travis Air Force Base, California.

U.S. Air Force photo/Master Sgt. Liliana Moreno



Courtesy photo

WARRIOR OF THE WEEK

Name:

Keith Widemon.

Time in service:

13 years.

degree in social work.

Unit:

60th Logistics Readiness Squadron.

Family:

Spouse, Sabra Widemon; two daughters, Zaida and Zion; expecting a third child this summer.

What are your hobbies?

Fishing, cooking and spending time with family.

Duty title:

Heavy/fire truck mechanic.

What are your goals?

Finishing a bachelor of the arts

What is your greatest achievement?

Maintaining a happy family in a crazy world.

Month bolsters cancer info

Family Medicine Residency Clinic

TRAVIS AIR FORCE BASE, Calif. — Every year in the United States, colon and rectum cancers impact close to 140,000 people and cause over 50,000 deaths.

According to the American Cancer Society, colorectal cancer is the third most prevalent and lethal cancer in both men and women. It is also the second most common cause of death by cancer.

Colorectal cancer typically increases with age, with greater than 90 percent of cases appearing in those age 50 or over, but it is becoming more frequent in those younger than 50.

The National Cancer Institute study found that, since 1994, cases of people developing colorectal cancer before age 50 increased by 51 percent.

While there is no sure way to prevent colorectal cancer, there are steps that may help to lower risk along with awareness of major risk factors.

There are many unchangeable risk factors for colon and rectum cancers such as having a history of inflammatory bowel disease to include ulcerative colitis or crohn's disease and having type 2 diabetes. According to the ACS, a family history of colorectal cancer can indicate a greater chance of developing it: one third of all people who develop colorectal cancer have other family members who have had it. The ACS also reports that African Americans have the highest colorectal cancer incidence and death rates out of

Airmen to get to the Exchange and back during breaks— this format brings the Exchange to them in a safe, sanitized and secure setting,” said Travis Exchange General Manager Phonda Bishop. “With the emergence of COVID-19, micro markets have become even more important, allowing busy Warfighters to pick up what they need in a zero-contact environment.”

Nearby Military Ocean Terminal Concord (MOT-CO), 34 miles from Travis, also features a micro market, located in Building 607.

The micro markets are among more than 100 operated by the Exchange at 50 military installations worldwide.

First introduced in 2014, micro markets are one of the Exchange's fastest-growing formats, with the number of active locations more than doubling in the past 18 months. More than 30 new Exchange micro markets are expected to open in 2021.



Army & Air Force Exchange Service Public Affairs courtesy photo

Food and beverages await customers at one of the Army and Air Force Exchange Service's micro markets.

Exchange micro markets deliver contactless convenience to Travis

Nguyen Ai Vy Tran
ARMY & AIR FORCE EXCHANGE
SERVICE PUBLIC AFFAIRS

TRAVIS AIR FORCE BASE, Calif. — The Army & Air Force Exchange Service is making it safe and easy for Airmen to stock up on food, drink and personal essentials at two self-serve micro markets at Travis Air Force Base.

Strategically positioned to serve Airmen working odd hours or in out-of-the-way locations, the

unmanned, automated convenience stores are conveniently located at Building 777, Emergency room, Building P3 PAX Terminal.

Exchange micro markets offer better-for-you options that support a BE FIT lifestyle, including assorted salads, fruit cups, protein packs, and more. Transactions are also 100% contactless, helping warfighters maintain physical distancing during the COVID-19 pandemic.

“It's not always easy for

Distinguishing severity of TBIs key to treatment

Military Health System Communications Office

WASHINGTON, D.C. — Dr. Marjorie Campbell, section chief for prevention and early intervention at the Defense Health Agency's Psychological Health Center of Excellence, says traumatic brain injuries and the psychological effects of experiencing a traumatic event can go hand in hand, but they don't have to.

Campbell, a clinical psychologist at the Silver Spring, Maryland-based PHCoE, has studied the overlap between psychological health and TBI extensively, including being embedded at Naval Hospital Camp Pendleton's Concussion Care Clinic in California. The key, she explained, is figuring out which adverse outcomes can be attributed to TBIs, which can be attributed to conditions like post-traumatic stress disorder, and where there is potential overlap.

“There are three severity levels of TBIs – mild, moderate, and severe,” Campbell said. “Over 82% of TBIs in the military are actually considered mild and are better known as concussions.”

The severity of a TBI is based on factors including length of loss of consciousness and post-event amnesia, with concussions



U.S. Army photo/1st Lt. Angelo Mejia

A soldier assigned to Charlie Company, 2nd Battalion, 35th Infantry Regiment, 3rd Infantry Brigade Combat Team, 25th Infantry Division, conducts battle drill training at Schofield Barracks, Hawaii, on Feb. 10. Psychological Health Center of Excellence section chief Dr. Marjorie Campbell said injuries experienced in battle can result in both traumatic brain injury and conditions such as post-traumatic stress disorder.

being at the low end of severity.

Although technically true, referring to concussions as TBIs carries with it an expectation that there is no chance of recovery, which is usually not the

case, she explained.

“Within three weeks or so, 90% of individuals sustaining concussions will recover,” Campbell said. “Only about 10% go on to develop

post-concussion syndrome.”

Campbell specializes in studying that 10%.

“When they don't recover, we want to know why,” Campbell said. “What's in that group that's

continuing to have post-concussive symptoms versus those that get better? I strongly believe it's the psychological health component.”

She explained that the possibility likely rests in how that individual sustained the injury. A fall or a sports injury obviously does not carry with it the amount of psychological trauma that an automobile accident or an improvised explosive device explosion during combat does.

“It seems to be that element of trauma that might explain who goes on to develop longer-lasting symptoms,” Campbell said.

Symptoms like headaches, sensitivity to light and sound, malaise, fatigue, irritability, depression, anxiety, and dizziness can be associated with a TBI, but are not TBI-specific.

These symptoms are, however, more prevalent in people who have suffered both a concussion and psychological trauma at the same time, Campbell noted.

“What people don't realize is that there isn't a strict division between the consequences of experiencing a traumatic brain injury, that seem physically concrete and therefore compelling, and an emotional trauma, which

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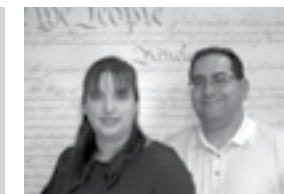
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PUBLIC AFFAIRS



JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Department of the Air Force officials have selected 1,194 master sergeants, including supplemental promotion allocation, for promotion to senior master sergeant.

A total of 17,107 were eligible, yielding a selection rate of 6.97% in the 21E8 promotion cycle, which includes supplemental promotion opportunities.

The average overall score for those selected was 400.77. Selectees' average time in grade was 4.25 years and time in service was 18.37 years.

The senior master sergeant promotion list is available on the Enlisted Promotions page of the Air Force's Personnel

Center website, the Air Force Portal and myPers. Members can access their score notices on the virtual Military Personnel Flight via the AFPC secure applications page.

For more information about Air Force personnel programs, visit the AFPC public website.

Program helps to navigate transition

Christi Spargur
375TH AIR MOBILITY WING PUBLIC AFFAIRS

SCOTT AIR FORCE BASE, Ill. — Located on the fifth floor of the base medical clinic, the Department of Veterans Affairs-St. Louis Transition and Care Management office helps retiring and separating servicemembers make the move from military to civilian life by providing VA healthcare registration services for those who are within one year of discharge or retirement.

Program coordinator, Liz Wilde, said, "Transitioning can be a very difficult time. On the one hand, individuals may be excited to start a new journey. Yet, taking off the uniform for the first time can also be pretty scary. That's where we come in. Our office takes the journey with the member.

"What we do is have the member fill out a simple form that takes about three to five minutes. With that form, I can coordinate the member's VA healthcare registration. At the same time, we can share information about other VA benefits the member is entitled to, as well as educate them on the variety of services the VA offers."

To be eligible to receive VA healthcare benefits, the member needs to have two years of consecutive, active-duty service or have been deployed under Title 10 orders. "Not all situations are the same," Wilde cautioned. "We always encourage servicemembers who are unsure about their eligibility to ask."

Wilde also emphasized that the process isn't cumbersome or lengthy.

"I think it's a myth that to apply with the VA there are a lot of barriers," said Wilde. "In reality, this isn't true. It's really a matter of less than five

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Air Force seeks to accelerate efficiency

Commentary by Corrie Poland
AIR FORCE OPERATIONAL ENERGY

WASHINGTON, D.C. — As modern warfare continues to evolve, the Air Force has renewed its focus on maintaining secure fuel networks and optimizing operations for maximized combat capability. Over the past year, the Air Force Operational Energy office targeted specific initiatives that aim to increase operational efficiency, incorporate modern technology and processes, and improve sustainment. Furthermore, these efforts have an added benefit of reducing greenhouse gas emissions, a critical aspect of the Secretary of Defense's climate change prioritization. Here is a breakdown of our latest accomplishments and how we're bringing 21st century energy solutions to the Air Force.



U.S. Air Force photo/Staff Sgt. Sean Carnes

U.S. Air Force CV-22 Ospreys fly in formation in the U.S. Central Command area of responsibility Jan. 29.

In 2020, we continued to support and fund the development and fielding of Jigsaw's auto-planning feature to further optimize tanker planning and scheduling. We estimate the automation capability will reduce planning time to less than 30 minutes and increase scheduling efficiency by another 10%, equivalent to executing an average Air Tasking Order with five fewer tankers. These efficiencies enable the Air Force to maintain the same combat sortie rate while decreasing fuel use, and reducing operational risk.

Additionally, we funded the purchase of security software for the Aloha Spark Innovation Cell, TRON to accelerate mobile app development, data collection, and migration to digital

forms. Implemented this past October, the software, NowSecure, meets Department of Defense requirements for secure software development and will enable TRON to fast-track app transition to the operational environment, getting tools into the hands of warfighters faster and facilitating collection of fuel use and flight currency data.

Likewise, Magellan, the global mobility allocation tool we began funding and supporting in 2019 became an Air Mobility Command system of record this past year. The software merged multiple manual processes into a collaborative, transparent platform for the Readiness Driven Allocation Process and saves planners an estimated 300 hours per month.

The tool reached initial operating capability in July 2020 and is now the sole data source for allocation decisions at Air Mobility Command.

Integrated data-analytics inform operations

Using the Air Force cloud computing platform, we helped develop real-time analytic pipelines to provide insight into aviation fuel usage and productivity, integrating multiple data sources to produce actionable insights into major weapon systems. These pipelines are a critical component of the Operational Energy Data Collection Strategy and expand visibility into Air Force operations. The data has already led to insights into how fuel planning affects

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Sword Athena vital to evolving Air Force standards

Capt. Tisha Yates

AIR COMBAT COMMAND PUBLIC AFFAIRS

JOINT BASE LANGLEY-EUSTIS, Va. — Recent updates to Air Force dress and appearance standards were a win for Airmen who advocated for a broader set of professional hairstyles for women in uniform.

These changes, along with normalizing support to nursing mothers, identifying improperly fitting equipment, and demystifying seeking mental health assistance were among the central issues of Air Combat Command's inaugural Sword Athena event last year. Sword

Athena is designed to identify, tackle and present solutions to female and family-centric barriers to readiness using crowd-sourced topics and a Mission Area Working Group model.

The Workplace and Training MAWG partnered with the DAF Barrier Analysis Working Group Women's Initiative Team's and Warrior Braids' multi-year effort to champion a proposal for women to wear low ponytails and braids. Together, they presented a well-researched, convincing case to retired Gen. Mike Holmes, then the Commander of Air Combat Command. Holmes supported the proposal and personally

sent a signed memorandum to the Air Force Uniform Board and other senior Air Force leaders.

"Most women in their tactical action of duty had to wear their hair out of regulations to have the gear fit them, and we presented a better solution," said Capt. Jessie "FONIX" James, Workplace and Training MAWG co-chair. Additional concerns of the existing hair regulations included long-term hair damage, migraines and creating an inclusive service environment for all Airmen.

Participating in SA2020 helped the MAWG members better define their

issue and what would be required to make a change. Topics considered: funding, if the change could be implemented either through a signed memo or policy change and whether additional support and advocacy were required.

"By presenting a well-researched, clearly defined problem, solution and ask, change becomes more possible," said James.

Other SA2020 results included nursing pods in unit areas and designating Child Development Centers as No Hat, No Salute zones.

See ATHENA Page 13

Air Force receives new fighter F-15EX

Brian Brackens

AIR FORCE LIFE CYCLE MANAGEMENT CENTER PUBLIC AFFAIRS

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — The U.S. Air Force officially accepted the first F-15EX from the Boeing Co. March 10 at the company's St. Louis facility.

The new fighter is a two-seat aircraft — though operable by a single pilot — with fly-by-wire flight controls, digital cockpit displays, and advanced avionics systems, to include the Eagle Passive/Active Warning and Survivability System, an electronic warfare upgrade also being fielded on F-15E Strike Eagle models.

"This is a big moment for the Air Force," said Col. Sean Dorey, F-15EX program manager with the Air Force Life Cycle Management Center's Fighters and Advanced Aircraft Directorate, responsible for the acquisition, modernization and sustainment of the aircraft. "With its large weapons capacity, digital backbone, and open architecture, the F-15EX will be a key element of our tactical fighter fleet and complement 5th-generation assets. In addition, it's capable of carrying hypersonic weapons, giving it a niche



U.S. Air Force photo/Samuel King Jr.

The F-15EX, the Air Force's newest fighter aircraft, arrives March 11 at Eglin Air Force Base, Florida. The aircraft will be the first Air Force aircraft to be tested and fielded from beginning to end through combined developmental and operational tests. The 40th Flight Test Squadron and the 85th Test and Evaluation Squadron personnel are responsible for testing the aircraft.

role in future near-peer conflicts."

The Air Force plans to acquire 144 F-15EXs from Boeing, to replace F-15C/D models and refresh the F-15 fleet.

At an average age of more than 37 years, the F-15C/D fleet is fast approaching the end of its useful life and operating on the margins of structural integrity. The F-15EX

provides a cost-effective and expedient solution to refresh the F-15C/D fleet and augment the F-15E fleet to meet National Defense Strategy capability and capacity requirements well into the 2040s, while preserving aircraft availability from significant impacts that service life extension and modernization programs would have on the

F-15C/D fleet.

The process to acquire the F-15EX aircraft started in February 2019, when Gen. David Goldfein, then-Air Force chief of staff, signed the F-15EX Rapid Fielding Requirement Document to address readiness issues with an aging F-15 fleet. From there, the directorate's F-15 Program Office developed the

acquisition strategy, awarded the contract, conducted design and verification reviews, and worked with Boeing to manufacture and test the aircraft in record time.

"It has taken a team effort to get to this point," Dorey added. "I'm extremely proud of the team, to include members of the Propulsion Directorate, Simulators Program Office, Air Combat Command, Air National Guard, Air Force Materiel Command, Defense Contract Management Agency, the Air Staff, and our industry partners for achieving this first aircraft delivery milestone."

"I commend the dedicated efforts of the entire team for bringing this platform online in record time and in the middle of a global pandemic," said Gen. Arnold W. Bunch Jr., commander of Air Force Materiel Command. "With its open mission systems architecture and weapons capacity, the F-15EX will provide an outstanding capability for our nation for years to come."

Following its acceptance, the new aircraft will be flown to Eglin Air Force Base, Florida, for testing. A second F-15EX will be delivered to Eglin AFB by the end of April 2021.

Air Force unveils diversity strategy

Capt. Kenya Pettway

AIR EDUCATION AND TRAINING COMMAND PUBLIC AFFAIRS

WASHINGTON — Air Force leaders officially released the service's Rated Diversity Improvement Strategy March 17, marking the force's ongoing commitment to attract, recruit, develop and retain a diverse rated corps.

Acting Secretary of the Air Force John P. Roth, Air Force Chief of Staff Gen. Charles Q. Brown, Jr. and Chief Master Sergeant of the Air Force Joanne S. Bass signed the newly released RDI Strategy, co-sponsored by Air Education and Training Command's Rated Diversity Improvement team headquartered at Joint Base San Antonio-Randolph, Texas.

The RDI Strategy is the Air Force's flight plan to strengthen diversity within rated career fields through three overarching goals:

- Attract and recruit the best talent from diverse backgrounds to cultivate a high performing and innovative Air Force reflective of the best of our nation.

- Develop and retain the Air Force's best-rated aircrew by harnessing diversity as a force-multiplier and fostering a culture of inclusion.

- Optimize diversity advancement efforts by leveraging data driven approaches.

Rated Air Force career fields consist of pilots (manned and unmanned aircraft), air battle managers and combat systems officers.

"Our aviation community remains one of the very least diverse in our Air Force," Brown said. "In order to change this, we need to do a better job of providing young people from diverse backgrounds an exposure to aviation career fields much earlier. I've always believed young people only aspire to be what they can see."

The RDI Strategy is a collaborative effort with the Total Force recruiting enterprise, aerial demonstration teams, affinity groups and other community organizations to increase awareness and cultivate engagement among qualified Airmen and youth, with a focus on those of underrepresented groups — the outcome being an agile and diverse workforce that approaches challenges from varying perspectives.

"The RDI Strategy is part of the Air Force's broader initiative to improve diversity and inclusion across the entirety of the force," Bass said. "We will continue to take action in ensuring diversity, inclusion and equal opportunity for all service members, generations to come."

While RDI is part of an Air Force-wide initiative, AETC plays a key role in its success, as AETC leadership is responsible for integrating, synchronizing and ensuring implementation of the RDI Strategy across the force.

"AETC is focused on accelerating the Department of the Air Force efforts to improve the diversity of our rated career fields," said Lt. Gen. Brad Webb, AETC commander.

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Wings unite to quicken loadmaster qualification training



U.S. Air Force photo/Master Sgt. Liliana Moreno



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

1) Senior Airman Dion Fleming, 921st Contingency Response Squadron aerial porter, checks aircraft clearance while unloading cargo from a C-5M Super Galaxy Feb. 11 at Travis Air Force Base, California. Members of the 22nd Airlift Squadron teamed up with Devil Raiders from the 821st Contingency Response Group to quicken the loadmaster qualification process, while at the same time providing training and experience for the CRG's air transportation specialists. 2) Airman 1st Class Natalie Proctor, 22nd AS loadmaster apprentice, checks the levels of an oxygen tank Feb. 17 at Travis AFB. Proctor performed loading and offloading aircraft functions and completed pre-flight and post-flight preparations for C-5M aircraft systems.

Master Sgt. David W. Carbajal
621ST CONTINGENCY RESPONSE WING
PUBLIC AFFAIRS

TRAVIS AIR FORCE BASE, Calif. — Members of the 22nd Airlift Squadron have teamed up with Devil Raiders from the 821st Contingency Response Group to quicken the loadmaster qualification process, while, at the same time, providing training and experience for the CRG's air transportation specialists.

Since the training partnership began at the end of 2020, the 22nd AS has seen up to a 450 percent increase in qualification processing times for their new C-5 Galaxy loadmasters, which comes at an ideal time, as the squadron saw an increase in loadmasters coming into the squadron from their initial training.

"We gained about 18 'unqualified' loads (loadmasters) over about a six-month period, which is about a 30 percent increase from normal," said U.S. Air Force Staff Sgt. Kevin Robinson, 22nd AS noncommissioned officer in charge of loadmaster training.

This increase in loadmasters made it more challenging to get all Airmen qualified in the allotted six-month timeframe.

"We just didn't have enough training opportunities to go around, especially with COVID," Robinson said.

This is where the partnership began. As part of a continuing effort to maintain proficiency and readiness, Airmen from the 821st CRG jumped at the opportunity to help.

"This is definitely a 'win-win' scenario," said U.S. Air Force Capt. Sean Bryant, 821st Contingency Response Squadron aerial port flight commander. "This partnership helps the 22nd (Airlift Squadron), it helps us, which means it helps Team Travis."

In the beginning of the partnership, the units coordinated days to conduct training using a static C-5. Air Mobility Command allocates one mission-capable C-5 for about 10 days a month to help facilitate training opportunities, such as this.

"For brand-new loadmasters, repetition and familiarity is critical," said U.S. Air Force Staff Sgt.

Anthony Green, 22nd AS instructor loadmaster. "With the help of CRG's aerial porters, we can provide our loadmasters real onloading and offloading scenarios."

These scenarios provide opportunities for loadmasters to become more familiar with load plans, the process to load rolling and palletized cargo, as well as tie down procedures, Green said.

During a typical loading or unloading of an aircraft, the loadmaster works with aerial porters, who use heavy equipment such as forklifts and 25K Halvorsen loaders to transport cargo.

"Loadmasters and aerial porters work together as a team," Green said. "They have to learn to speak the same language and they both need to understand they're working toward a common goal: get the cargo loaded or unloaded safely and efficiently."

Prior to working with the 22nd AS, 821st CRG aerial porters would augment the 60th Aerial Port Squadron with material handling equipment, pallet building, and pallet loading and unloading.

"Due to COVID, the 60 APS has, understandably, had to reduce the time our CRG members train with them, so this partnership helps make up part of that difference," Bryant said. "It has also allowed 15 members of my flight getting load training they would not otherwise have access to."

The success of the on-going partnership has both units looking forward to the future and units even see opportunities to enhance the training.

"We have scheduled an off station trainer during the last week of March to Altus, Oklahoma, which will benefit the aircrew and aerial porters conducting engine-running offloads, and cross-functional training with some of our crew chiefs and communications personnel," said Bryant. "We are also looping in the Air Education and Training Command porters at Altus, who rarely get to work C-5 operations. As Agile Combat Employment becomes more important in today's Air Force, we look forward to increasing the CRG's partnership with the 22nd AS."



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

3) Airman 1st Class Aluko Adedeji, 821st Contingency Response Support Squadron aerial port journeyman, maneuvers a K-6 loader inside a C-5M Super Galaxy Feb. 17 at Travis Air Force Base, California. Airmen from the 621st Contingency Response Wing and 22nd Airlift Squadron trained together loading four pallets and two motorized vehicles onto the C-5M. 4) Senior Airman Jeremy Schultz, 921st CRS aerial porter, guides the 25K Halvorsen loader Feb. 11 at Travis AFB. 5) U.S. Air Force Staff Sgt. Charles Thrash, 22nd AS loadmaster, guides a forklift on a C-5M Feb. 11 at Travis AFB.



U.S. Air Force photo/Master Sgt. Liliana Moreno



U.S. Air Force photo/Master Sgt. Liliana Moreno



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Cancer

From Page 4

all groups in the United States.

Knowing the above facts, it's important to learn about the risk factors that are controllable.

Weight plays a role, so maintaining a healthy weight and avoid weight gain can significantly lower the risk of colorectal cancer. Placing an emphasis on at least regular moderate physical activity also lowers the risk. Vigorous activity may even have a far greater benefit. Diets that predominantly feature fruits, vegetables, and whole grains, and have a lower intake of red meat, are linked with lower colorectal cancer risk. Avoiding excessive alcohol consumption has also been linked

to greater risk of colorectal cancer.

It's important to know the risk factors, and know what preventative measures are controllable. Another effective way to prevent cancer is through screening and the colonoscopy procedure. People 45 years old and above need to talk with a doctor about getting screened.

There are several types of tests that can be used, and medical provider can go over the best options for each situation.

Considering the risks involved, what are the signs and symptoms of colorectal cancer? According to the ACS, symptoms such as changes in bowel habits, such as diarrhea, constipation, or narrowing of the stool lasting more than a few days, feeling the need to have a bowel movement that

is not relieved by having one, bright red rectal bleeding, a bloody stool giving a darker appearance, cramping, abdominal pain, weakness, fatigue, and unintended weight loss should prompt seeking medical care.

Remember that colorectal cancer may not cause any symptoms initially, or even for longer periods of time. Also, many of these symptoms can be caused by other conditions, so it's important to get treated as soon as possible. It may take as long as 15 years before abnormal cells develop into colorectal cancer. A healthy 20 year old today may be battling stage IV colorectal cancer at age 35, which is why knowing the risk factors and engaging in preventive behaviors and screening can make all the difference.



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U.S. Air Force photo/Senior Airman Jaylen Molden

U.S. Air Force Capt. Kate “Flare” Archer, F-22 Pilot with the 27th Fighter Squadron, prepares her gear before stepping out to the flight line Feb. 25 at Joint Base Langley-Eustis, Virginia. The female hair regulation change in AFI 36-2903, allows ponytails and braids in uniform. Before the change, most women would have to wear their hair out of regulation in order for their gear to fit them properly.

Athena

From Page 8

“Do not give up,” said Master Sgt. Johnathon Lind, a WIT, Warrior Braids, and also a Workplace and Training MAWG member. “There is personal risk in attempting to make changes. Be brave and follow your heart (and the evidence). Research and provide your leadership with evidence and facts that they can reflect

on to make the right decision.”
Sword Athena 2021 is launching later this month and the SA2021 MAWGS welcome your ideas to communicate on the following topics: Reducing Predictable Stressors for Airmen in Relation to Mental Health, Creating a Safe Psychological Space, Workplace and Training, Family and Children, Spouse Inclusivity, and ACC Total Force.
To contribute to the topics, visit <https://bit.ly/3rX12yt>.

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Transition

From Page 7

minutes – meeting face-to-face, bringing a picture ID, and filling out an application – to start the process.”

Like Wilde, who served in the Army, many VA employees are prior military, come from a military family, or are still serving as Guardsmen and Reservists. Having a military background gives them an insider’s understanding about what servicemembers are feeling as they transition to a civilian life out of uniform.

“We understand the military culture,” said Wilde. “We are here to help make the transition from military life to civilian life seamless.”

“Servicemembers in transition have our support. We can take care of some of the things on the out processing checklist. We can be the first



Veterans Affairs photo

Liz Wilde is the St. Louis Department of Veterans Affairs’ program coordinator for Transition and Care Management.

person military members see and sometimes we are,” said Wilde. “We provide the navigation support and help get them connected with the right points of contact for any of the VA programs and services.”

In addition to assisting transitioning service members, the office can also help with post-discharge enrollments. For more information, contact the office at (314) 289-7641.

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Poland

From Page 7

aircraft availability and the impact of fuel efficiency improvements on tanker operational efficiency.

For example, we evaluated 10 years of data on fuel planning and aircraft availability for the C-17 Globemaster III and the KC-135 Stratotanker. The results showed that precision fuel planning increases aircraft availability by reducing stress on aircraft components and related maintenance requirements, improving the time the aircraft is available for training or operational missions. Carrying just 10,000 lbs. less fuel through precision fuel planning has historically been associated with aircraft availability rates about 1% higher than the current baseline.

Similarly, using the Aerial Refueling Model, we identified a link between fuel efficiency and improvements in endurance, fuel offload, and receivers and tankers required to fulfill



U.S. Air Force photo/Heide Couch

A C-17 Globemaster III parks on the ramp in 2018 at Travis Air Force Base, California. The aircraft were part of a weeklong base wide readiness exercise which evaluated the base’s readiness and ability to execute and sustain rapid global mobility around the world.

the mission. In this scenario, operational efficiency resulted in: tanker offload increased by roughly twice the fuel efficiency gain, extended time-on-station, and multiplied the engineering effect of reduced fuel burn.

Modernizing engine sustainment

Our office, along with AF-WERX, Air Force Special Operations Command and industry, sponsored two programs to demonstrate how nucleated foam washing on the CV-22 Osprey and KC-135 engines

reduces specific fuel consumption and exhaust gas temperature, lowers maintenance costs, decreases carbon dioxide emissions, and extends time-on-wing. Preliminary results from the KC-135 testing, which occurred in November 2020 at Rickenbacker Air National Guard Base, Ohio, indicate a significant reduction in engine temperature using nucleated foam as opposed to water; a good indication of the potential for improved engine performance. Testing and analysis of the CV-22 foam wash began

in December at Hurlburt Field, Florida, and is expected to continue through December 2021.

Vaccine

From Page 2

over. Speaking as a physician, the safety and effectiveness of the approved vaccines are exceptional,” he said. “And every passing week the evidence only grows stronger ... I’m certain that we will continue to see increased confidence with every passing week.”

While supply is increasing and the DoD continues to limit vaccines to certain groups under Tier 1 of the distribution plan, Place said he expects that most DOD vaccination sites will move to Tier 2 by April. Tier 2 means the vaccines will be available to MHS families in the DOD.

“When your tier comes up, no matter where you are, in the United States, OCONUS (outside the continental United States), coming from OCONUS to the United States, when your tier comes up you get the vaccine,” Place said.

Fauci emphasized that family members “are very important in encouraging vaccination” in military service members. “Young, strong healthy men and women’s chances are very, very small in getting COVID-19, but we have examples. Some get only a moderate degree of symptoms, but they linger.”

Severity

From Page 5

between the consequences of experiencing a traumatic brain injury, that seem physically concrete and therefore compelling, and an emotional trauma, which is invisible and might seem ‘airy-fairy,’” Campbell said.

Watching the World Trade Center fall, being in a motor vehicle accident or experiencing an intense firefight while in combat have the potential to change the brain “without being hit on the head,” Campbell explained.

“Trauma alone can change the brain, but when you have the double whammy of a traumatic event and a concussion, determining to which degree psychological aspects versus brain aspects affect them can be difficult to figure out.” Campbell said. “We try and do that, and what research has found is that it’s the psychological health component that causes these lingering symptoms.”

The tendency, she said, is to separate the two, and this does a disservice to everyone, especially the patient.

“The psychological component is probably the bigger burden in terms of outcomes. If you compare someone with post-traumatic stress disorder, or PTSD, and someone with PTSD and a concussion, the person with PTSD and a concussion generally does worse,” Campbell said. “But it’s counterproductive to over-focus on the concussion when they should have recovered from the acute effects within the first month. If they’re not recovering, there’s a different reason than the concussion.”

Campbell also said that the study of psychological health is integral to the study of TBI and understanding what TBI is.

Her advice to anyone who experiences the short-term impacts of a concussion, whether that be the individual or those around them, is that the symptoms should go away. If they don’t, that may be an indicator of another issue.

Asked whether holding off until a specific vaccine becomes available is a good strategy, Fauci advised: “Get the one you can get now.” Janssen’s one-shot vaccine recently received Food and Drug Administration emergency use authorization, so now there are three vaccines available to the public.

He also said to not wait to get vaccinated because of fear of the COVID-19 variants from South Africa, Brazil, and Great Britain. “Get vaccinated and get a high enough titer (a measure of antibodies in the blood). That will give enough of a cushion to protect against the variants.”

To further allay hesitancy among service members to get vaccinated, he called the likelihood of serious adverse reactions to the vaccines “vanishingly small.”

During a video message aired at the town hall, Secretary of Defense Lloyd J. Austin III stressed the “need to know the facts” but acknowledged it is sometimes hard to know whom to believe when it comes to COVID-19.

NOTICE OF AVAILABILITY

DRAFT BASE CIVIL ENGINEERING COMPLEX ENVIRONMENTAL ASSESSMENT AND FINDING OF NO SIGNIFICANT IMPACT FOR TRAVIS AIR FORCE BASE, CALIFORNIA

Interested parties are hereby notified that the United States Air Force, Travis Air Force Base, California has completed a Draft Base Civil Engineer Complex Environmental Assessment (EA) that resulted in a Finding of No Significant Impact (FONSI). The EA and FONSI documents the proposed action to build a new soccer field within an outdoor track and to construct a parking lot to support that complex

The Draft EA and FONSI, dated February 2021, are available for review at the following locations:

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

The Draft EA and FONSI can also be obtained at:
<https://www.travis.af.mil/Environment/Compliance/>

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

Mr. Seth Merdler
60th Civil Engineer Squadron
411 Airmen Drive, Building 570
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Comments may also be faxed to the attention of Mr. Merdler at (707) 424-2948. Emailed comments will not be accepted. The public review and comment period for this EA is 30 days from the publication date of this Notice of Availability. If you have questions, please contact Mr. Merdler at (707) 424-7516.
DR# 00045529
Published: March 19, 2021

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Data

From Page 3

Air Force Col. (Dr.) Thomas Cantilina, chief health informatics officer for the Defense Health Agency, said the DOD partnered with Cerner Corp., the company that designed the still-evolving MHS Genesis, to develop the new capability.

“MassVax is designed to help us quickly record who gave what vaccine, as well as when and where it was given,” Cantilina said. “Additionally, and more importantly, MHS Genesis and its MassVax capability have enhanced safety and efficiency at our COVID-19 vaccine sites, through its ability to provide clinicians with patient data related to drug and allergy interactions – prior to vaccines being administered.”

There is plenty to keep track of. According to the Defense Department, as of March 5, 84% of vaccines received by the DOD have been administered, accounting for nearly 1.3 million total doses given at 335 sites; additionally, 81,256 vaccinations at retail pharmacies were administered to MHS beneficiaries. And the newly approved single-shot Janssen COVID-19 vaccine (also known as Johnson & Johnson) was being prepared for immediate DOD roll-out.

MassVax went live at Naval Hospital Twentynine Palms in California in September 2020, giving staff sufficient time to become proficient with the new system and recognize the powerful tool they had to administer vaccinations on a massive scale, touted Dave Marks, public affairs officer at NHTP. The facility supports the Marine Corps Air Ground Combat Center in the Mojave Desert, the largest Marine Corps base in the world. “Because an average Marine

battalion is around 1,000 members strong, we needed something that was quick and efficient,” Danielle Vasquez, a licensed vocational nurse and the Twentynine Palms COVID-19 vaccine program manager, said. “We’ve had great success with our through-put. We can vaccinate up to 150 [service members] per hour, and that’s not even using MassVax at its full capability.”

Developing, pre- and post-pandemic

MassVax is speeding up the patient intake process by pre-populating registration data directly from a patient’s electronic health record, or EHR, saving valuable time and allowing teams to focus on getting shots in arms, added Cantilina, who also serves as the Military Health System’s deputy EHR functional champion. Patients have their identification cards scanned, rather than filling out traditional intake forms. Providers can quickly administer shots while scanning to record the exact moment a specific medication is given to a patient.

“As far as the post-pandemic use of MassVax is concerned, we not only plan on using it, but the capability was being developed for our use prior to the COVID-19 outbreak,” he said. “In fact, our teams were particularly interested in using MassVax to facilitate the rapid administration of vaccines to troops preparing to deploy, as well as quickly administering vaccines to new recruits preparing for boot camp.”

In its development cycle, MassVax is akin to the COVID-19 vaccines. The technologies to deliver similar products were in development long before March 2020 but were accelerated with additional resources set to respond to the pressing emergency of the deadly virus.

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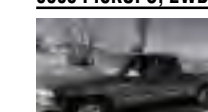
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1) U.S. Air Force Master Sgt. Shawn Dougherty, right, 60th Aircraft Maintenance Squadron aerospace ground equipment flight chief, salutes Col. Corey Simmons, 60th Air Mobility Wing commander, during Leadership Rounds March 12 at Travis Air Force Base, California. Dougherty was coined for participating in interviews discussing the new suicide and prevention virtual reality training. Six additional individuals were also recognized for their participation in showcasing Team Travis' new suicide and prevention, virtual reality training. 2) A virtual reality headset sits on a table during Leadership Rounds March 12 at Travis AFB. 3) Airmen assigned to Travis AFB and Kirk Whitman, installation violence prevention integrator, pose during Leadership Rounds March 12 at Travis AFB.

Travis leaders give suicide prevention trainers a ... SALUTE

U.S. Air Force photos by Airman 1st Class Alexander Merchak



2



3

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