

COMMIVIANND

Travis' new leader takes ...

PAGES 10-11



TAILWIND

Travis part of KC-46's first AE mission

Airman 1st Class Nilsa Garcia

22ND AIR REFUELING WING
PUBLIC AFFAIRS

MCCONNELL AIR FORCE BASE, Kan.— Airmen from the 931st Air Refueling Wing and 22nd Aircraft Maintenance Squadron participated in a Total Force mission to test capabilities of the KC-46A Pegasus during its first aeromedical evacuation on July 10.

Over the course of six flights and 17 hours, the mission, which originated at Joint Base Andrews, Maryland, transited five patients and two attendees to Naval Station Norfolk, Virginia; Patrick AFB, Florida; and Travis AFB, California. The mission was evaluated by the Air Force Operational Test and Evaluation Center.

"I don't think most people realize the amount of training and dedication the team has when they come out and do a mission like this," said Maj. Michael Murphy, 905th Air Refueling Squadron pilot. "Everyone really performed well and at a high level."

The KC-46 has undergone extensive testing this past year, led by the Air Force Operational Test and Evaluation Center, to evaluate the KC-46's capabilities to support aeromedical evacuation. After the resolution of key discrepancies, the successful completion of the first operational mission represents a significant milestone in the aircraft's ability to demonstrate one of its three mission sets: aerial refueling, airlift and aeromedical evacuation.

"Some of the things we were looking for was whether or not the aircraft could sustain patient care over a 14-hour span," said Master Sgt. Heath Hampton, Detachment 3 Initial Operational Test and Evaluations section chief for the KC-46 program. "That was proven today. It was a proof of concept that the



U.S. Air Force photo/Airman 1st Class Nilsa Garcia

U.S. Airmen from the 45th Operational Medical Readiness Squadron offload a patient July 10 at Patrick Air Force Base, Florida. The patients had recently returned from overseas to their home stations for follow-on care.

KC-46 could be used as a viable aeromedical evacuation platform."

An integral factor for the successful execution of the mission was the notable patient care provided by the aeromedical evacuation team. Aeromedical evacuation plays a significant role in the nation's globality capabilities as it provides time sensitive and mission critical patient care during transport to their home installations for follow-on care.

The total force team, which

comprised of two flight nurses and three medical technicians (all qualified on the KC-46), used a syllabus that included numerous patient scenarios and configurations to guide the execution of the training.

"It's incredible how AE touches the patient from point of injury all the way back home," said Lt. Col. Jason Arndt, 133rd Airlift Wing branch chief of aeromedical evacuation. "Throughout this whole journey there's Total Force involved. It's nice when

a whole team can come together and work seamlessly to transport patients safely and effectively."

The aircraft's interior environmental controls proved not only to be effective but ideal for patient care. For Hampton, who has been involved in the evaluation of the KC-46 over the past three years, witnessing the aircraft reach this major milestone is a feat he holds close to his heart.

"[Being a part of this mission] really meant a lot to me,"

said Hampton "We took this concept from a piece of paper all the way to patient movement. I really am proud of the whole team and proud that I had the opportunity to help make it happen."

Key features, such as increased lighting visibility, electrical power and storage capacity, allowed the team to provide quality care in the air. Since its delivery in January of 2019, there has been major headway with the aircraft's operational capacity.

Fitness center reopens with new scheduling system

Airman 1st Class Cameron Otte

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Active-duty military members can resume working out at the gym through a reservation with the Travis Fitness Center's new scheduling system at Travis Air Force Base.

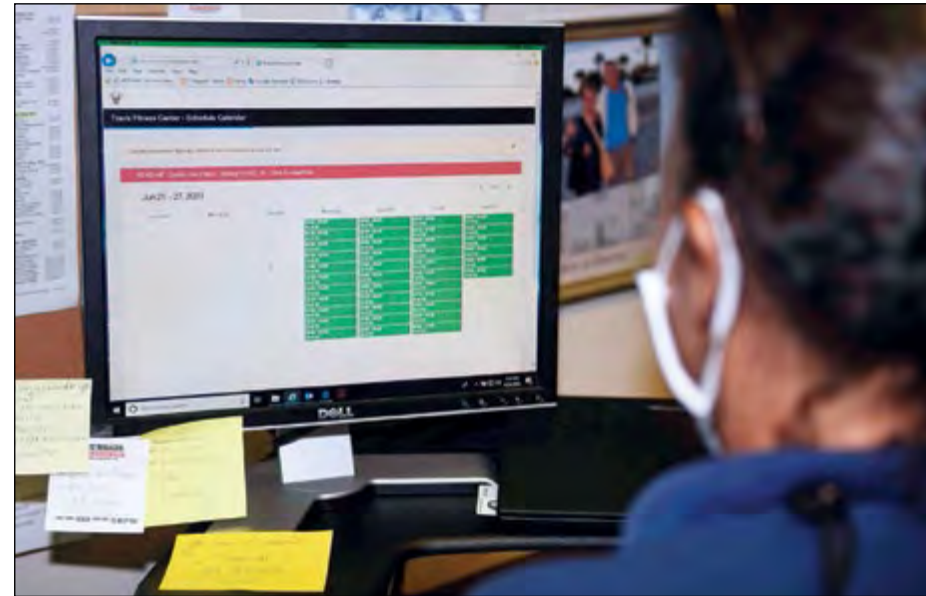
The Travis AFB fitness center closed on March 15 due to the COVID-19 pandemic but has reopened with regulations set in place by the 60th Aerospace Medicine Squadron's public health flight. Twenty-four hour access will not be available until regulations or policies set by public health are changed or re-evaluated.

The regulations now require gym patrons to wear gym clothes that cover their body an equal amount or more than the Air Force regulation gym clothes, and they must bring a face mask, a water bottle, and a towel that is no smaller than 16 by 20 inches.

In addition to the new item requirements, the Travis Fitness Center used squadron innovation funds to develop and procure a new scheduling system that would limit the amount of people in the gym, at any given time, in order to mitigate the spread of COVID-19.

"All gyms needed to put a system in place to help regulate how many people were working out at a time and the scheduling system turned out to be perfect for the job," said Tanya McCormick, 60th Force Support Squadron fitness and sport center manager.

McCormick reached out to the Phoenix Spark Innovation Cell at Travis AFB in an



U.S. Air Force photo/Airman 1st Class Cameron Otte

Tanya McCormick, 60th Force Support Squadron fitness and sport center manager, checks the Travis Fitness Center schedule calendar June 24 at Travis Air Force Base, California. McCormick helped develop the scheduling system to enable the fitness center to reopen amid the COVID-19 pandemic while complying with public health guidelines.

effort to fund the new system.

"Tanya called us and requested funding to help develop a program that would enable Travis AFB to open the fitness center sooner than previously announced," said Senior Master Sgt. Phil Edwards, Phoenix Spark superintendent. "In less than two weeks, we were able to get approval from our leadership ... and finish funding the system."

The fitness center is open from 5 a.m. to 8 p.m. with hour-long appointment

times. In the scheduling system, active-duty members can sign up for a date and time and then receive a confirmation notification.

"This is a very simple and easy to understand system to use," said McCormick. "If you don't lock in your spot, you won't be tracked in the system, and if all the spots fill up, you will not be permitted to enter the gym at that time."

Signs featuring the new regulations are displayed inside the gym to inform

patrons about what they can and can't do during their reserved time.

"I really appreciate that the gym has opened back up, even with all the restrictions," said Airman 1st Class Anthony Herrera, 60th Aircraft Maintenance Squadron C-5M Super Galaxy crew chief. "I actually think it's smart that they started using this system; if gyms started operating like before [the pandemic] that could increase the possibilities of spreading COVID-19."

Herrera said, while the gyms were closed, he worked out at home, but it wasn't the same without all of the proper equipment.

"For the past five months I haven't been able to go to the gym, so finally being able to go back is great," Herrera said. "Even with all the barriers and signs, I don't feel restricted at all; I'm able to come in and get what I want out of my workout all the same."

After each hour-long session, the fitness center team cleans and sanitizes all of the gym equipment prior to the next session. They wipe it down with two different cleaning solutions to ensure proper sterilization.

"This system is here to stay until we are given the authorization by public health to go back to normal operations," said McCormick. "Even with the extra precautions we have in place, we strive to maintain our supplies and cleanliness to ensure those who signed up and come by have a safe environment to exercise."

To schedule a reservation visit: <http://travisfc.technicate.com/>.

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See CHPS Page 18



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4th AF command chief visits reservists



U.S. Air Force Chief Master Sgt. Cynthia Villa, 4th Air Force Command chief, visits with 349th Force Support Squadron Airmen as they complete training in a crash recovery situation July 10 at Travis Air Force Base, California. U.S. Air Force Staff Sgt. Diontae L. Edwards, 349th Force Support Squadron, stood by to assist the command chief during the visit.

Exchange to celebrate 125 years

Lorraine Harris-Ortega
ARMY & AIR FORCE EXCHANGE SERVICE
PUBLIC AFFAIRS

A big milestone deserves a big prize.

To celebrate the Army & Air Force Exchange Service's 125 years of serving the military community, the Military Star card is giving away 125,000 rewards points to 10 lucky shoppers.

Every time Travis Air Force Base military service members and their families use their cards on July 25, they will automatically be entered into the sweepstakes.

Military Star cardholders earn 2% in rewards points and a \$20 rewards card every 2,000 points, making the 125,000-point giveaway equal to \$1,250 for each winner.

Rewards cards can be used anywhere Exchange gift cards are accepted.

"The more Travis Air Force Base Army and Air Force Exchange shoppers use their Military Star card on July 25, the more chances they'll have to win," said Phonda Bishop, Exchange general manager. "It's a great way to thank our shoppers and celebrate 125 years of serving the best customers in the world."

Shoppers can use their Military Star card and earn entries at any military exchange or commissary, ShopMyExchange.com, myNavyExchange.com and ShopCGX.com.

Other benefits of the Military Star card include:

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upon account approval.

- No annual, late or over-limit fees.

- Ten percent discount on first day's purchases for new Military Star accounts.

- Free shipping on all ShopMyExchange.com and myNavyExchange.com orders.

- Reduced-interest deployment plan with no payments required for eligible customers.

Honorably discharged veterans who have verified their eligibility to shop the Exchange online are eligible to win, too, as are all disabled Veterans with in-store shopping privileges.

Veterans can find out more on the Exchange's community Hub page at <https://bit.ly/Vet-s4Life>

Winners will be notified by Aug. 31.

Airmen complete FTAC



U.S. Air Force photo

Congratulations to the latest Airmen to complete the First Term Airman Center course. Alphabetically: Airman 1st Class Ayman Ahmad, 60th Dental Squadron; Airman 1st Class Anthony Andrade, 60th Aerial Port Squadron; Airman Liliana Ballon, 60th Comptroller Squadron; Airman 1st Class Kevin Banh, 60th Inpatient Squadron; Airman Rodrigo Benitez, 60th Security Forces Squadron; Airman 1st Class Cameron Burrell, 921st Contingency Response Squadron; Airman 1st Class Daniela Carmona, 60th Medical Diagnostics and Therapeutics Squadron; Airman 1st Class Joshua Celeste, 60th Civil Engineer Squadron; Airman Javon Coleman, 60th CES; Airman 1st Class Vladimir Eischens, 860th AMXS; Airman 1st Class Macey Falletti, 60th Aerospace Medicine Squadron; Airman 1st Class Timothy Findley, 660th AMXS; Airman 1st Class Tiffany Fishburn, 60th Air Mobility Wing Chaplain Office; Airman 1st Class Christopher Flores, 60th Communications Squadron; Airman 1st Class Devin Giddings, 60th AMDS; Airman 1st Class Nicholas Gill, 60th CES; Airman Basic Ernesto Gomez, 860th AMXS; Airman 1st Class Kassoum Ilboudo, 660th AMXS; Airman 1st Class Jacquelyn Jones, 60th MDTs; Airman Martine Kilongan, 60th APS; Airman Roman Krasnobaeiv, 60th Operations Support Squadron; Airman 1st Class Jason Kuhlman, 60th MDTs; Airman 1st Class Colleen Kuntz, 60th SFS; Airman Joshua Lacap, 60th SFS; Airman 1st Class Stephanie Lekakis, 60th CES; Airman 1st Class Devante Logan, 60th SFS; Airman 1st Class Brian Martinez, 60th SFS; Airman 1st Class Gustavo Martinez, 660th AMXS; Airman 1st Class Jared May, 60th Aircraft Maintenance Squadron; Airman Mary McCrea, 60th MDTs; Airman 1st Class Chloe Miller, 60th Medical Support Squadron; Airman 1st Class Jamar Moore, 60th CES; Airman Kiazah Moreland, 60th APS; Airman 1st Class Alexis Navas, 60th MDTs; Airman 1st Class Tristan Nguyen, 60th AMXS; Airman 1st Class Elena O'Connor-Rua, 60th Air Mobility Wing; Airman Basic Stever Ofori-Adumatti, 60th AMXS; Airman 1st Class Jaylyn Overcash, 60th Medical Support Squadron; Airman Matthew Parra, 60th CES; Airman 1st Class Nathan Petersen, 860th AMXS; Airman Jeanvic Philogene, 60th CS; Airman 1st Class Angelo Ramos, 60th MDTs; Airman Madalena Rocha, 60th CES; Airman 1st Class Jesse Salazar, 60th CES; Airman Basic Joshua M. Salgueiro, 60th Maintenance Squadron; Airman Brent Sarte, 60th OSS; Airman 1st Class Elliot Schabarker, 660th AMXS; Airman Basic Savannah Sheppard, 60th APS; Airman Jonathon Jawon Sisco, 60th APS; Airman 1st Class Cierra Smith, 60th OSS; Airman Basic Sean P. Stewart II, 60th MXS; Airman 1st Class Jonathon Stribley, 60th CES; Airman Azriele Tingle, 60th AMDS; Airman 1st Class Alexander Trevellian, 660th AMXS; Airman Basic Evagelina Vazquez, 6th Air Refueling Squadron; Airman Tiffanie White, 60th AMDS; Airman Dynaeja Woodberry, 60th MDTs; and Airman Kelvis Yera-Alonso, 60th CES.

AAFES seeks to help Airmen

Lorraine Harris-Ortega
ARMY & AIR FORCE EXCHANGE SERVICE
PUBLIC AFFAIRS

Helping those in need is always in season – and now Army & Air Force Exchange Service shoppers can donate any amount to military relief funds year-round at the Travis Army and Air Force Exchange.

Military Service Members and other authorized shoppers can donate to Army Emergency Relief or the Air Force Assistance Fund at the register at the Travis Army and Air Force Exchange.

Shoppers have the option to donate in increments of \$1, \$5 and \$10 or can enter in a custom amount. Online donations


can be made in \$5 increments during checkout at ShopMyExchange.com.

"AER and AFAF take exceptional care of Soldiers, Airmen and families navigating difficult times, such as during the recent upheaval caused by the COVID-19 pandemic,"

said Tom Shull, exchange director and CEO. "We've seen our military community grow stronger by standing together through the pandemic, and now Exchange shoppers can continue to support the important work of these relief funds anytime they shop."

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Puzzles

STR8TS

No. 500

Medium

						1		
	8							3
			6				4	8
		8				4		
		9			3			
					4			
4			1	3				5
				6			8	
		5			6			

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

Previous solution - Tough

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

How to beat Str8ts –

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

SUDOKU

No. 500

Medium

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

The solutions will be published here in the next issue.

Previous solution - Easy

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

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

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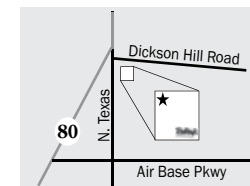
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Texas firefighters set for battle during COVID-19

Courtney Strzelczyk

AIR FORCE INSTALLATION AND
MISSION SUPPORT CENTER PUBLIC AFFAIRS

JOINT-BASE SAN ANTONIO-LACKLAND, Texas — The Air Force Civil Engineer Center's Wildland Fire Branch hasn't let the COVID-19 pandemic stop it from protecting Airmen and their families, as well as wildlife during this year's severe fire season.

"The Air Force recognizes the growing threat of wildfires to our installations caused by training and testing operations and naturally occurring fires in wildland areas on Air Force

property," said Jeff Domm, director of AFCEC's Environmental Directorate. "Wildfires are expensive to control and can negatively impact sensitive and protected habitats and disrupt mission activity."

Along with the pandemic, some installations have had to cope with the threat of wildfires damaging training areas and shutting down bombing ranges. In an effort to continue its mission, the Wildland Fire program reprioritized its goals for the year and enacted COVID-19 safety protocols for its firefighters to follow, said Michelle Steinman, Wildland Fire

branch chief.

"We have prevented COVID-19 from derailing our performance and efforts to support mission activity by utilizing air resources, such as helicopters, to attack wildfires from above and implementing procedures to keep our firefighters healthy, so they can keep Airmen and their families safe," Steinman said.

For example, Steinman said a contract helicopter crew assisted the Eglin Air Force Base, Florida wildland support module to suppress a May wildfire caused by a downed aircraft at the merging of the two streams

providing habitat for the threatened Okaloosa Darter on the Eglin AFB range. The helicopter crew released water-bucket drops over the crash site while Eglin AFB bulldozer operators worked on the ground to contain the wildfire to 91 acres with only minor disturbance to the darter.

The Wildland Fire Branch is leveraging technology to mitigate COVID-19 by conducting virtual training sessions and encouraging the firefighters in the WSMs to practice social distancing, reducing fire vehicle capacity and following Centers for Disease Control and Prevention guidance. The Avon Park WSM in Florida is following safety protocols in the office as well as at home to maintain a fully-staffed crew. So far,

the seven-member team has completed 16 prescribed burns across 3,400 acres and managed 12 wildfires across 1,044 acres.

"We have taken every precautionary step to ensure that our crew stays healthy because if one person gets sick, then the whole crew is out, which could stop Air Force missions," said Frank Gibbs, Avon Park WSM team lead. "We have been very fortunate to be isolated on a range and keep our firefighters safe so that we can continue to do what we do best."

The Joint Base Elmendorf-Richardson, Alaska WSM is also following protocol to remain healthy in case there is a need to protect their local community. Recently, the module

See **FIREFIGHTERS** Page 18

Sleep studies address snoozing among military

**Military Health System
Communications Office**

Sleep complications are common in the military, from the early-rise culture that can disrupt normal sleeping patterns to the bouts of insomnia resulting from night operations, early morning physical therapy workouts, sustained combat operations, and other such disruption. Researchers and doctors within the Military Health System work to address these concerns and improve the efficiency of service members suffering from sleep complications.

Army Lt. Col. (Dr.) Vincent Capaldi, sleep medicine consultant to the surgeon general and chief of behavioral biology at the Walter Reed Army Institute of Research in Silver Spring, Maryland, stressed the importance of the military perspective when addressing sleep

concerns in service members. Capaldi pointed out that while proper sleep is necessary for mission effectiveness in the field, 62% of service members sleep less than six hours a night on average – resulting in chronic sleep deprivation and insomnia.

"When people are chronically sleep deprived and do a sleep study in the civilian sector, we found that they're being diagnosed with narcolepsy at significantly higher raters compared to those diagnosed in the Military Health System," Capaldi said. "We're able to take a more nuanced approach in the MHS to evaluate what's causing their difficulty and prevent a misdiagnosis that can result in a service member getting medically boarded."

Doctors at the Walter Reed National Military Medical Center in Bethesda, Maryland, use a variety of techniques

See **SLEEP** Page 12



8th Army photo

A good night's sleep is essential to mission success in the military, but is often hard to come by. The Military Health System offers a variety of sleep studies to diagnose problems with sleep and amplify sleep for better daytime performance.

Orientation adjusts during pandemic

Marisa Alia-Novobilski

AIR FORCE MATERIEL COMMAND

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — More than 50 first-time commanders and civilian materiel leaders were prepped for success during the first virtual Air Force Materiel Command Squadron Leader Orientation, July 7-17.

"Let me assure you that as you step into this role, you are ready," said Gen. Arnold W. Bunch Jr., commander of AFMC, in his opening remarks to the attendees. "Lead. You set the tone. You are the example your Airmen are going to follow. You don't have to know everything, but if you use the resources around you, you

are going to be successful."

The event, held for the first time ever in a completely online format, included briefings on AFMC and subordinate center missions, panel discussions, mentorship sessions and workshops on topics ranging from leadership expectations to information on legal, financial and support programs and resources, diversity and more.

"Typically this is a brick-and-mortar event held at AFMC headquarters, but due to the coronavirus pandemic, we needed to find a creative way to ensure our new command leaders were set for success. We developed a hybrid-virtual concept for

See **ORIENTATION** Page 15

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Travis AFB welcomes new wing commander



1) U.S. Air Force Col. Corey Simmons, incoming 60th Air Mobility Wing commander, right, salutes Maj. Gen. Sam Barrett, 18th Air Force commander, left, to assume command of the 60th AMW, as Chief Master Sgt. Robert Schultz, new 60th AMW command chief, holds the guidon during a change of command ceremony July 17 at Travis Air Force Base, California.

60th Air Mobility Wing Public Affairs

Col. Corey Simmons took the helm of the 60th Air Mobility Wing July 17 during a change of command ceremony at Travis Air Force Base.

Simmons, who previously commanded the 71st Flying Training Wing at Vance AFB, Oklahoma, took command of the wing from Col. Jeff Nelson, who is Pentagon-bound for his next assignment.

“Corey is an accomplished leader, and he’s well prepared for this next adventure,” said Maj. Gen. Sam Barrett, 18th Air Force commander, Scott AFB, Illinois, who presided over the ceremony.

The ceremony included the presentation of colors, the transfer of authority and responsibility of the wing from Nelson to Simmons, static displays of the C-5M Super Galaxy, KC-10 Extender and C-17 Globemaster III and a limited audience. The limited number of attendees and participants maintained social distancing and wore face coverings to maintain COVID-19 mitigation measures while celebrating the historic event.

Simmons is now responsible for the combined efforts of all wing operations and support activities associated with the worldwide air mobility mission here. He is also accountable for ensuring the readiness and well-being of more than 26,100 active duty, Reserve, civilian personnel and their families.

“I want to thank each member of Team Travis for your selfless devotion to duty,” said Simmons, a command pilot with more than 3,000 hours in the C-17 and various trainer aircraft. “You have a rich heritage of rapidly projecting American power – anytime, anywhere, and I am extremely excited to be a part of this amazing team and to continue your legacy of excellence.”

Simmons offered six promises to the Team Travis community, and said trust between leaders and Airmen is foundational to unit success.

“Trust is foundational to everything we, the military, do,” said Simmons. “Trust is a two-way street, trust that we have your back

... and in turn, we hope you will trust your leadership team to have Team Travis’ best interests in mind.

The new commander further intends to foster an environment of professionalism, dignity and respect, and he plans to instill pride in his team – while focusing on Airmen, their families and unit readiness.

“With these six promises, Chief Schultz and I want to continue fostering a culture where we have the right Airmen, with the best training, who trust each other so much that we have zero excuses in continuing the legacy of excellence that is Team Travis,” he said.

Simmons takes command during the recent, unprecedented challenges of a global pandemic, where Travis AFB has led the way for support and operations within Air Mobility Command. In his farewell speech, Nelson reflected on the character of the 60th AMW Airmen in the face of this adversity.

“What I have witnessed firsthand over my time here was our innate ability to rise together as one ... to put one foot in front of the other ... to fight the good fight,” said Nelson. “It has been a gift to work alongside such an extraordinary team.”

Simmons’ change of command occurred simultaneously as Chief Master Sgt. Rob Schulz also joined Team Travis as the new 60th AMW command chief. Nelson, who has known Simmons for 15 years, expressed his excitement and confidence in the new command team.

“They are the right people to lead this wing at this time,” said Nelson. “Team Travis is lucky to have them take the helm today.”

Simmons also bid farewell to the outgoing commander.

“Thank you to Col. Nelson and his wife, Courtney for the warm welcome you gave my family upon arrival here,” Simmons said. “You have led Team Travis through tough, uncertain times with steady purpose and calm resolve - and now hand me the flag of a unit, thriving in the business of air mobility. Your imprint is everywhere on Travis. We will do our best to continue what you started.”



U.S. Air Force photo/Senior Airman Christian Conrad



U.S. Air Force photo/Senior Airman Christian Conrad



U.S. Air Force photo/Senior Airman Christian Conrad

2) Airmen and civilians from Travis stand alongside community members from the surrounding Solano County area stand during the playing of the national anthem at the 60th Air Mobility Wing change of command July 17 at Travis. 3) U.S. Air Force Col. Corey Simmons, incoming 60th AMW commander, returns his first salute from Col. Zachery Jiron, 60th AMW vice commander, during the ceremony July 17 at Travis. 4) Simmons addresses Airmen and civilians during the ceremony July 17 at Travis.

Barrett visits JB Langley-Eustis

Airman 1st Class Sarah Dowe
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JOINT BASE LANGLEY-EUSTIS, Va. — Secretary of the Air Force Barbara Barrett learned firsthand how Joint Base Langley-Eustis stays mission-ready through the capabilities of Airmen and their assets during a visit to the installation July 16-17.

During the tour, Barrett saw what efforts are being made to modernize the Air Force, boost morale and continue to encourage diversity and inclusion within the Air Force family.

“Air and space superiority requires continuous technological advancement,” Barrett said. “To protect American interests at home and abroad, the Total Force team at Joint Base Langley-Eustis is committed to fortifying its capabilities and maintaining a technological edge over adversaries.”

During her visit, Barrett was able to familiarize herself with the characteristics and capabilities of the F-22 Raptor by observing a flight simulator and touring the 1st Fighter Wing. She also visited the 363rd and 480th Intelligence, Surveillance and Reconnaissance Wings to learn about



U.S. Air Force photo/Senior Airman Marcus M. Bullock

Secretary of the Air Force Barbara Barrett is briefed on an F-22 Raptor static display at the 94th Aircraft Maintenance Unit July 17 at Joint Base Langley-Eustis, Virginia.

their capabilities.

“From the pioneering F-22s on the ramp to persistent intelligence, surveillance and reconnaissance resources, Airmen deliver for joint-force partners around the globe,” Barrett said.

While in the units, Barrett greeted and coined Airmen who were nominated by their leadership for outstanding performance. She also met with joint officers, civilians and enlisted to hear their thoughts on

diversity and inclusion efforts.

Gen. Mike Holmes, commander of Air Combat Command, and Col. Clinton Ross, JB Langley-Eustis installation commander, were among other leaders and Airmen to welcome Barrett during her first visit.

“We are honored to host the Secretary of the Air Force Barbara Barrett and to be able to showcase some of the great capabilities we have here at JB Langley-Eustis,” Ross said.

Sleep

From Page 9

to diagnose sleeping problems. WRNMMC’s chief of sleep medicine, Lt. Col. (Dr.) Meagan Rizzo, stated that due to the COVID-19 pandemic, using respiratory sleep tests—such as positive airway pressure titration studies—have been temporarily halted to prevent the potential spread of COVID-19. Rizzo did note that WRNMMC’s Sleep Laboratory is still open for some in-lab diagnostic sleep studies. The laboratory also offers sleep tests that patients take home and bring back for further study.

“Home sleep tests can be good at picking up moderate and severe obstructive sleep apnea in high-risk patients,” Rizzo said. “It’s a good starting point, and something we can use while our labs are closed to still offer insight into sleep remotely.”

The home sleep tests can lead to further testing, like the multiple sleep latency test, administered through a medical device comparable to an activity tracking device that patients wear on their wrists at home to track sleep and check for signs of narcolepsy. Overnight pulse oximetry is also offered, which measures a patient’s pulse and the oxygen content in their blood to make sure that oxygen levels don’t drop too low during sleep.


Military medical professionals recognize that there are also military concerns that contribute to diagnosing sleep problems, like post-traumatic stress disorder and traumatic brain injury. Army Lt. Col. (Dr.) Scott

Williams, director for medicine at Fort Belvoir Community Hospital in Virginia, explained the link between these conditions: “When you disrupt the brain either because of PTSD or TBI, it lowers a patient’s arousal threshold, making it easier to wake them up, so what someone might otherwise sleep through before their injury, like a snoring episode or a mild sleep apnea, now wakes them up.”

Gradually treating TBI and PTSD can have positive effects on the resulting sleep complications. But Carla York, who specializes in behavioral sleep medicine at WRNMMC, stated that treating one does not always eliminate the other.

“As we improve sleep, we can improve management of a psychiatric condition like PTSD, but we often find that even when there’s an improvement in PTSD symptoms, sleep problems like insomnia can still persist,” York said. “So thinking about a psychiatric diagnosis and a sleep problem as being the same thing isn’t helpful. We have to treat both conditions concurrently for optimal improvement.”

WRNMMC, FBCH, and other military medical treatment facilities use cognitive behavioral therapy for insomnia, or CBT-i, to treat patients with chronic insomnia. CBT-i uses stimulus control, sleep hygiene, sleep restriction, relaxation training, and cognitive therapy to provide patients with tools and resources to better manage their sleep. The U. S. Department of Veterans Affairs also offers a free mobile app called CBT-i Coach that walks patients through some of these techniques.



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U.S. Air Force photo/Senior Airman Jonathon Carnell
U.S. Airmen assigned to the 22nd Airlift Squadron, Travis Air Force Base, California, off-load a T6 container July 18 at Soto Cano Air Base, Honduras. The T6 container held 17,000 pounds of COVID-19 medical supplies for Honduras communities.

Honduras

From Page 3

humanitarian mission was an example of the base's support to global reach for the Air Force. "Giving help, giving aid and knowing that Travis Air Force Base is the one that provided the opportunity to do that for individuals shows how big our footprint is locally and abroad," Williams continued.

Transporting aid bolsters

relationships with partners in Central America and Joint Task Force Bravo has been executing that mission for 38 years, Uherka said. Additionally, according to Uherka, the humanitarian aid has the potential to reach tens of thousands of people in Honduras communities.

"This couldn't be done without Travis," Uherka said. "We very much appreciate the support of Travis and the United States Air Force for our mission."

Orientation

From Page 9

the event that would provide both the education and tools our new leaders need to be successful as well as the opportunity to interact with other command leaders," said Kathy Goforth, AFMC officer development program manager. "This course is key to preparing our new squadron leaders to meet command responsibilities as they execute their mission, lead people, manage resources and improve their units for the future."

During the first week of training, attendees viewed a series of prerecorded, virtual briefings, with the opportunity to ask questions and provide feedback to the briefers through the course platform. The following week, the new leaders attended a series of interactive, livestream events including briefings by AFMC senior leaders, short lectures on leadership from guest speakers

and command mentors, an interactive panel with senior enlisted leaders, and breakout sessions on select topic areas. Keynote presentations included senior leader perspectives on command, the civilian workforce perspective, the importance of building trust, suicide, private-sector outlooks on customer support, interactive vignettes on personnel challenges frequently faced by leaders and more.

"By providing both prerecorded as well as live training, we felt we could cover topics more in-depth and provide our leaders with the opportunity to refer back to the training in the future," Goforth said.

The final day of the SLO focused on diversity, with a briefing on unconscious bias and a diversity and inclusion sensing panel hosted by Bunch, Maj. Gen. Stacey Hawkins, AFMC Logistics, Civil Engineering, Force Protection and Nuclear Integration director, and Teresa Bickett, AFMC Financial Management deputy director.

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

Copy Acceptance•Cancellations
Payment•Adjustments

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Where To Find An Ad

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

CHPS

From Page 5

Virtual health and wellness consultations:

- Interact with CHPS staff on one via phone or email.
- Receive help with health and wellness concerns and questions.
- Get connected to local and virtual health and wellness resources

Free interactive website
Visit USAFwellness.com to:

- Complete your Health Risk Assessment and take advantage of resources to help in your growth toward healthy lifestyle changes.

- Health risk assessments provide instant results upon completion – helps identify health issues, current health risks, and specific ways to improve health.

- Online personal improvement tools allow participants to track daily workouts, steps, personal metrics, food intake with the help of an accurate calorie count for calorie intake and burn and track progress towards health goals.

Access a wide variety of health information and resources in the Health Library.

To schedule a virtual health education class or health and wellness consult contact Travis CHPS at elisa.k.meggs.ctr@mail.mil.

Firefighters

From Page 8

teamed up with the JB Elmen-dorf-Richardson Fire Department and a crew to prevent an intense wildfire from spreading and damaging critical infrastructure.

The fire was ignited from a ricocheted round during military training. Two weeks before the fire, the JB Elmen-dorf-Richardson WSM conducted prescribed burns surrounding the area where the wildfire took place. These burns stopped the progression of the fire and helped the crews contain the wildfire to fewer than five acres. The fire was extinguished in three days, and the crews removed all hazards to prevent reignition.

"We have evacuated thousands of people and that's chaotic," said Jon Glover, JB Elmen-dorf-Richardson WSM team lead. "This pandemic is just a different type of chaos that we have learned to manage and have adjusted to. Firefighters are problem solvers and we will look at every solution to get the job done safely and effectively."



Courtesy photo

Wildland support module members apply water using an established hose laid along the perimeter of a prescribed burn April 27 at Joint Base Elmendorf-Richardson, Alaska.

The Wildland Fire Branch, established in 2012, ensures military mission capability and increases lethality and readiness by reducing the threat of wildfires across 72 installations. The branch includes 14 wildland support modules composed of qualified and equipped

personnel who conduct prescribed burns, mechanical fuel reduction and wildfire suppression response at installations within their area of responsibility. Across the U.S., the branch averages 140,000 acres of prescribed fires and responds to more than 100 wildfires.

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1) U.S. Air Force Academy Class of 2024 basic cadets complete the assault course July 14 at the U.S. Air Force Academy in Colorado Springs, Colorado. The course is part of phase two of training which takes place in Jacks Valley at the academy. Due to the COVID-19 pandemic, cadets maintained a safe social distance on the course at all times. 2) A KC-46 Pegasus assigned to the 931st Air Refueling Wing, McConnell Air Force Base, Kansas, lines up to refuel a U.S. Navy Blue Angels F/A-18 Hornet, July 1 over South Dakota. This marks the first time the 931st ARW refueled the Blue Angels using a KC-46. 3) Airmen assigned to the 911th Maintenance Squadron perform a home-station check inspection of a C-17 Globemaster III July 7 at the Pittsburgh International Airport Air Reserve Station, Pennsylvania.

U.S. Air Force photo/Trevor Cokley

Around the world, Air Force makes a ...

BIG SPLASH



U.S. Air Force photo/Joshua J. Seybert

Patient

From Page 2

and civilians who remain in foreign countries as a result of the COVID-19 virus.

This mission, call sign Reach 444, was comprised of a full TIS force package, which includes one C-17 and aircrew carrying two TIS modules and medical support personnel, consisting of AE specialists, Critical Care Air Transport Team (CCATT) members, infectious diseases doctors and technicians, and TIS operators.

The TIS is a biocontainment unit designed to minimize risk to aircrew, medical attendants, and the airframe, while allowing medical care to be provided to patients in-flight. It was originally developed during the 2014 Ebola outbreak in West Africa.

Additionally, the execution of this mission, which required two trans-Pacific flights, would not have been possible without the effort of the 515th Air Mobility Operations Wing at Joint Base Pearl Harbor-Hickam, Hawaii.

The Airmen of the 735th Air Mobility Squadron are always responsible for coordinating a multitude of items in preparation for aircraft arrival at an en route location including directing teams for ground items and maintenance, managing parking with Maintenance



U.S. Air Force photo/Tech. Sgt. Anthony Nelson Jr.

Airmen from the 735th Air Mobility Squadron support a Transport Isolation System operation July 17 at Joint Base Pearl Harbor-Hickam, Hawaii. Several U.S. Air Force units came together to rapidly deploy the bio-containment capability for the first time in the Indo-Pacific theater in support of a COVID-19 aeromedical evacuation mission.

Operations Control Center, communicating with higher headquarters on any critical matters and alerting the next aircrew that their aircraft is ready for launch.

This mission was no exception.

Knowing the stakes were high, Staff Sgt. Sarah Myers, a 735th AMS Command and Control Operations Controller, with support from her team, the 647th Security Forces and 15th Medical Group Public Health, received and

even had a back-up aircraft prepared to ensure the mission never missed a beat.

“The 515th AMOW’s support to the first TIS deployment within the USIN-DOPACOM area of responsibility included flightline and maintenance operations to ensure the aircraft, patient and crews landed and departed safely while minimizing ground time,” according to Col. Jason Terry, 515th AMOW commander. “In situations like these, Mobility Airmen persistently forward deployed to these strategic en route locations at a high readiness level with the right expertise and equipment was critical to ensuring the global reach needed to get the patient in the hands of higher level care as quick as possible.”

Lt. Col. Penny Cunningham, Pacific Air Forces Command flight nurse, also noted the quick coordination that took place to execute the mission.

“This mission was a great display of how aeromedical evacuation operates, from our logistics team procuring personnel protective equipment kits for pilots and other personnel to ensuring crew bed-down and transportation was firmly established,” she said. “No matter what AOR we are in, we always have AE members that will support and ensure the mission and crew are taken care of.”

This multi-unit effort was part of Air Mobility Command and the Air Force’s continued response to the coronavirus outbreak.

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