

Travis Airmen celebrate AAPI...

HERITAGE

PAGES 10-11





Airmen with the 621st Air Mobility Operations Squadron pose for a group photo April 24, 2021, at the newly renovated weapon system suite at Joint Base McGuire-Dix-Lakehurst, New Jersey. The weapon system suite empowers air mobility command and control experts to execute air operations remotely, supporting combatant commanders across a full range of military operations.

621st AMOS tests WSS capability during Mobility Guardian 2021

Tech. Sgt. Luther Mitchell Jr.
621ST CONTINGENCY RESPONSE WING
PUBLIC AFFAIRS

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. — Imagine having the ability to manage aircraft and 1,800 people all from 850 miles away. That's exactly what the "Mobsters" will be doing during Air Mobility Command's premier, large-scale mobility exercise.

Airmen with the 621st Air Mobility Operations Squadron will participate in exercise Mobility Guardian, which is mostly being held in Michigan, all from the squadron's newly renovated weapon system suite located at Joint Base McGuire-Dix-Lakehurst, New Jersey.

Mobility Guardian is the Air Force's largest and longest exercise ensuring readiness to move military personnel and equipment in combat operations.

The weapon system suite empowers air mobility command

and control experts to execute air operations remotely, supporting combatant commanders across a full range of military operations.

"Our WSS offers realistic training opportunities to our cadre of C2 experts as it houses many of the same systems we encounter when augmenting combatant command Air Operation Centers worldwide, thus making it the perfect platform to house the exercise All-Domain Operations Center," said Lt. Col. James Sprys, 621st AMOS commander.

The WSS opened this month and is accelerating change within the Air Force.

"As a combat systems administrator for the weapon system suite, it's astonishing to see our personnel using it so soon after opening and getting a full-scale exercise to work off of it," said Senior Airman William Finley, 621st AMOS combat systems

administrator.

Stress relief is an important element to mental health

Claudia Sanchez-Bustamante
MHS COMMUNICATIONS

Stress has become a common part of people's lives, especially in our fast-paced world where people try to balance work, family, and life to succeed in meeting goals and obligations.

And although short bursts of stress can be positive drivers to keep you safe in moments of danger or push you to meet a deadline, excessive, continuous stress limits our ability to function properly over the long term and can have detrimental effects in our overall health, according to the National Institutes of Health.

For Mental Health Awareness Month, the Military Health System focuses on healthy ways to relieve stress.

Two service members shared their perspectives about how they relieve stress – whether by seeking professional help and support when needed or by engaging in stress-relieving activities – to remain resilient and healthy.

Air Force 1st Lt. Thi Luu is a mental health nurse at Brooke Army Medical Center in Fort Sam Houston, Texas. As a mom, service member, and

mental health provider, she understands the value of mental health firsthand.

"It is imperative that anyone, which is everyone, with stress or multiple stressors to recognize it and find coping skills to help alleviate each trigger one at a time," she said.

For Army 1st Lt. Nicole Barth, a clinical nurse at Fort Carson's Evans Community Hospital in Colorado Springs, Colorado, her faith is an important element to keeping her grounded.

"It helps me to be realistic with how big my problems are compared to others' problems in the world," she said. "And it also helps me maintain a strong appreciation for a work-life balance."

In addition, Barth also engages in physical activities and

See STRESS Page 12



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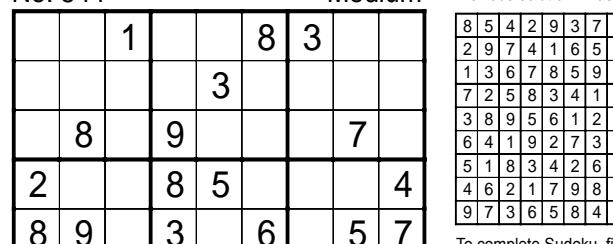


Previous solution - Tough
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How to beat Str8ts –
Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into compartments. These need to be filled in with numbers that complete a 'straight'. 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. 544 Medium



Previous solution - Easy
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To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.
For many strategies, hints and tips, visit www.sudokuwiki.org
If you like Str8ts, Sudoku and other puzzles, check out our books, iPhone/iPad Apps and much more on our store at www.str8ts.com

The solutions will be published here in the next issue.

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DeCA Corporate Communications

FORT LEE, Va. — As America remembers the sacrifices of fallen service members during Memorial Day, the Defense Commissary Agency is taking this time to redouble its efforts in serving the military, the agency director said.

"Memorial Day reminds us that we can never forget the sacrifices of our military members who paid the ultimate price in service of our country," said Bill Moore, DeCA director and CEO. "On this day, we rededicate our efforts to be THE grocery provider of choice for our eligible patrons – delivering a vital

benefit exclusively for our military community and their families."

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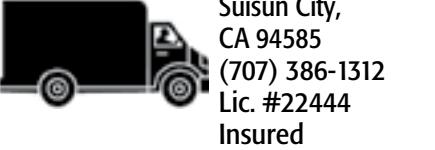


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Airman creates women's self-defense course

Staff Sgt. Christian Conrad
60TH AIR MOBILITY WING PUBLIC AFFAIRS

TRAVIS AIR FORCE BASE, Calif.— Amid the cacophony of dull, padded thuds and sharp-sounding snaps, a voice rings out.

"Be sure to really lean those elbows into those pads," it yells. "A solid elbow to someone's solar plexus can drop 'em like a sack of potatoes."

As Tech. Sgt. Emanuel Espino-Mata, 60th Operations Support Squadron survival, evasion, resistance and escape specialist, paces the mat from pad partners to pad partners, he stops to fine-tune each woman's technique.

From foot position to breathing, each soft thud soon turned into a mighty pop.

"I think a lot of it comes down to confidence," he said. "We have a lot of relative newcomers here and with repetition, they get more comfortable throwing those punches or those kicks. It's a muscle memory thing."

Espino-Mata was asked to lead the combatives portion of a women's self-defense course held May 6, 2021, at Travis Air Force Base, California.

The course, the brainchild of Airman 1st Class Tiffany Fishburn, 60th Air Mobility Wing religious affairs Airman, was held to teach women the fundamentals of self-protection and in Fishburn's words, "reclaim their power."

"With there, unfortunately, being the amount of sexual assaults as there have been in the military, I more so wanted to give women the chance to fight back," she said. "Being a sexual assault survivor myself, I also feel there's a certain amount of yourself that gets lost from that trauma, so it's nice to feel that you've regained that control and that power that might've been stolen from you."

The Travis AFB Sexual Assault Prevention Response office can be reached at 707-424-1105 or 707-424-1098 or e-mail 60AMW/CVS@us.af.mil.

"We haven't had anything

like this at Travis for a while," she said. "Thankfully, the base makes it easy for Airmen to give their initiatives legs and get them going. All I really had to do was contact the Ravens office with the 60th SFS and secure a location for the training.

After that, I contacted my own unit's first sergeant who was kind enough to spread word around to get us a good amount of volunteers who wanted to participate."

When asked if he'd lead the training, Espino-Mata, who has over 20 years of experience in martial arts from Muay Thai to Brazilian Jiu Jitsu, said he jumped at the opportunity.

"It doesn't take a wild imagination to understand the benefits of learning combative fundamentals," he said. "More than getting into specific techniques and getting real into the weeds, I wanted to help these women establish a base. That way, if they decide to push forward with more learning, they can build off of it. That meant going over techniques that can cause the most amount of reliable damage and the correct execution of those techniques."

Above: Heather Lewis, 60th Air Mobility Wing Public Affairs

office manager, readies a punch during a women's self-defense course held May 6, 2021, at Travis Air Force Base, California. The course implemented techniques from various martial arts including Muay Thai and Brazilian Jiu Jitsu in an effort to lay the framework for basic combatives competency.

Right: U.S. Air Force Tech. Sgt. Emanuel Espino-Mata, 60th

Operations Support Squadron, demonstrates a ground-fighting technique during a women's self-defense course at Travis Air Force Base, California.

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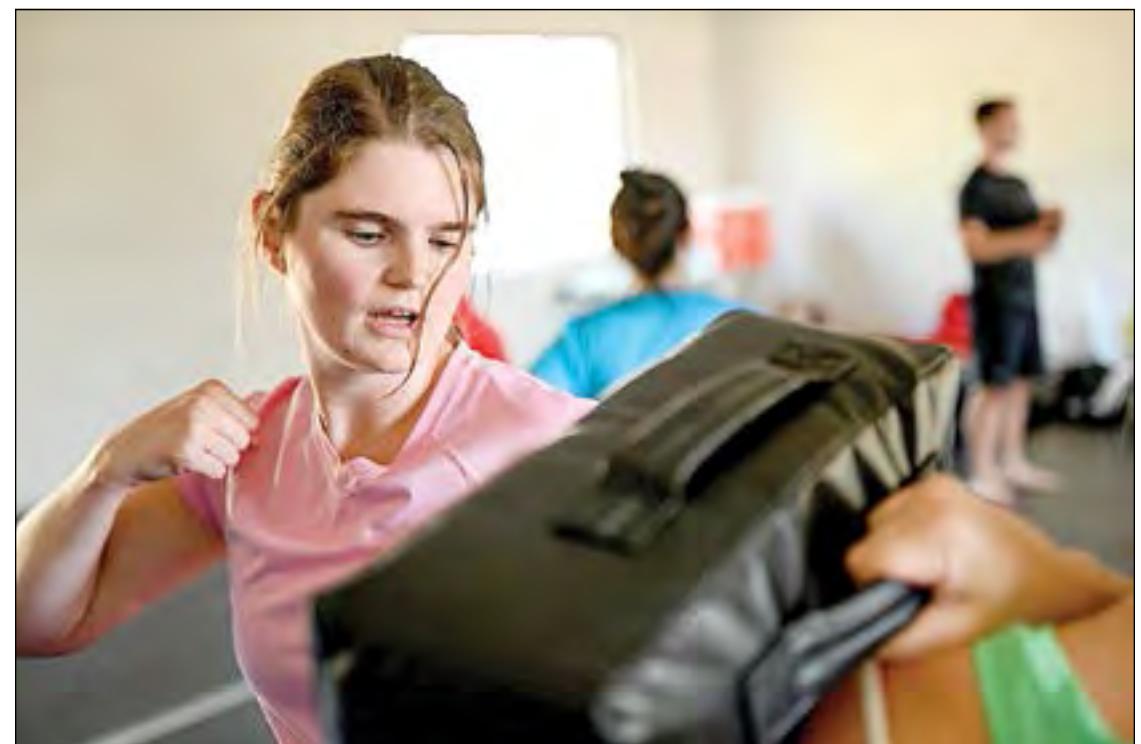
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U.S. Air Force photo by Staff Sgt. Christian Conrad



Paramedics at DGMC are always ready

Nicholas Pilch
60TH AIR MOBILITY WING PUBLIC AFFAIRS

TRAVIS AIR FORCE BASE, Calif.— "Typically, we get 911 calls, but our real job starts before the 911 calls," said Tech. Sgt. James Martin, 60th Medical Operations Squadron paramedic.

Airmen from the 60th MDOS deliver fast and responsive care at David Grant USAF Medical Center— "We come in first thing in the morning and we do a full prep," said Martin.

The morning prep is crucial because an emergency call could come at a moment's notice and time is of the essence.

"Once we're back in the ambulance, that's when we put in maybe an intravenous catheter for fluids or medication — we're doing this while driving down the road in the ambulance," Martin explained.

This is what makes being a paramedic unique, he added.

Martin works with a large department of doctors, nurses and other paramedics in the emergency room at DGMC, but it's only a small group who responds to a call.

After receiving the call, a paramedic and technician within the department will go

to that call, either provide care on scene or formulate a care plan depending on a number of contingencies, Martin explained.

"Over the radio on the way to the location, we get the basic information — was there a car accident or is there a fire? Will security forces be on the scene or the fire department? All of this factors into the care we give on the scene," he said.

Based on the patient's status, they will discuss quick options for them, like coming to the ER or providing on-site care. Martin said most patients prefer going to the ER.

"We make sure all of our equipment, our ambulances ... it's all ready to go," he said. "We have our jump bags, our monitors, our radios ... we'll get a radio call: 'stand by district two for medical' — we leave within three minutes of that call."

"That care continues; we ask questions, get history or give medications and try to improve their condition," he said. "Then we're going to head back to DGMC or depending on severity of care, we may take them downtown for a few injuries or situations."

Martin was recently selected to promote to the rank of Master Sergeant. His leadership explained that it is because of his dedication, leadership and expertise.

"He's always willing to work, stay late, be here early — I have to kick him out most of the time," said Master Sgt. Renelyn Pagan, emergency department flight chief. "He's our subject matter expert here, from equipment to meds to training and our vehicles."

With more than 13 years of experience in the medical career field, Martin enjoys working in emergency services the most.

"I enjoy this job," Martin said. "EMS has been my niche that I've fallen into since I joined and I like it because it's an adrenaline rush. People call me on their worst day, even if I don't think it's their worst, to them it is their worst day... they are asking for some help and it's exciting for me to be able to help."



U.S. Air Force Tech. Sgt. James Martin, 60th Medical Operations Squadron paramedic, stands in front of an ambulance May 19, 2021, at David Grant USAF Medical Center, Travis Air Force Base, California. Martin has recently been recognized as a top performer in the 60th MDOS and has a line number for master sergeant.

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Travis AFB Airmen fly in to celebrate AAPI Heritage Month, aid community outreach



U.S. Air Force photo by Lan Kim

Above: U.S. Air Force Capt. Aaron Kim, 6th Air Refueling Squadron KC-10 Extender co-pilot, interacts with children in the KC-10 flight deck May 15, 2021, at King County International Airport-Boeing Field, Seattle, Washington. In observance of Asian American and Pacific Islander Heritage Month, an aircrew from Travis Air Force Base, California, mostly made up of AAPI Airmen, showcased the KC-10 to the local community.

Right: A U.S. Air Force aircrew stands next to a KC-10 Extender May 16, 2021, at King County International Airport-Boeing Field, Seattle, Washington.



Lan Kim
60TH AIR MOBILITY WING PUBLIC AFFAIRS

SEATTLE, Wash. — In recognition of Asian American and Pacific Islander Heritage Month, a predominantly AAPI aircrew from Travis Air Force Base, California, flew a heritage mission May 14-16 to King County International Airport-Boeing Field, Seattle, Washington.

The aircrew partnered with a local fixed-based operator — an organization stationed at an airport to provide fueling, parking and other aviation logistical support — at Boeing Field to host a fly-in event May 15 for Seattle locals to tour a KC-10 Extender and interact with Airmen.

A sense of pride was prevalent among the crew as they interacted with community members because it's rare to see a team of aviators that look like them and representation is important.

"When this heritage flight came to fruition, I thought back on the seven years that I've been in the Air Force ... this is the first time this kind of opportunity came to me, and that honestly shocked me," said Staff Sgt. Calvin Kim, 6th Air Refueling Squadron instructor boom operator.

"I couldn't remember the last time that an AAPI crew was put together to fly a mission," Kim said. "It made me feel like we need to do this more often to show that everyone comes from different backgrounds (and) ethnicities, and that is what makes us stronger and better as a team."

Other crew members shared that same sentiment and a common understanding that representation in the Air Force matters when it comes to diversity and inclusion.

"Exposure is the first step," said Capt. Stephen Lin, 9th Air Refueling Squadron KC-10 instructor pilot. "I don't think I've seen any Asian pilots prior to becoming a pilot."

Events like this fly-in are the kind of exposure to the AAPI community that may inspire other members of the community to see themselves in the Air Force, Lin said.

"Thinking back to my ROTC days, talking to a pilot was awesome," he said.

For one U.S. Army soldier in attendance, the opportunity to see the KC-10 up close and to interact with the aircrew one-on-one was a meaningful experience.

"I have a dream to become a pilot," said Wongi Lee, a Washington-native stationed at nearby Joint Base Lewis-McChord.

Lee said it was important to speak to the Airmen about what their day-to-day life is like in the Air Force and what resources are available to help him fulfill his pilot aspirations.

"Providing this kind of opportunity gives a lot of hope to future generations," Lee said.



U.S. Air Force photo by Lan Kim



Above: U.S. Air Force Capt. Aaron Kim, 6th ARS KC-10 Extender co-pilot, flies a KC-10 en route back to Travis Air Force Base, California, May 16, 2021. In observance of Asian American and Pacific Islander Heritage Month, an aircrew from Travis Air Force Base, California, mostly made up of AAPI Airmen, showcased the KC-10 to the local community at a fly-in event May 15, 2021, at King County International Airport-Boeing Field, Seattle, Washington.

Left: A KC-10 Extender from Travis Air Force Base, California, lands on the runway May 14, 2021, at King County International Airport-Boeing Field, Seattle, Washington.

Courtesy photo

Stress

From Page 6

surrounds herself with a support network.

"I love to be active, whether that means hiking, traveling, or playing football – I play on a woman's professional tackle football team, and we hit the field at least four times a week," she said. "I have a very strong support system consisting of civilian and military friends that I reach out to frequently – they listen to me when I just need to vent some days."

Many times, however, professional guidance and support can provide better solutions. The Department of Defense has several resources available for personnel to get support, including the Military Crisis Line, which offers confidential, 24/7 support via text-messaging, online chat, and phone service, and the Real Warriors campaign, which advocates to reduce the stigma of mental health care in the military.

"Real Warriors is the DOD's official anti-stigma campaign around mental health care and mental-health care seeking," said Nicholas Polizzi, who holds a doctorate in psychology and serves at the Defense Health Agency's Psychological Health Center of Excellence. The campaign's goals also include "increasing the literacy, education, or understanding of psychological health or health topics and increasing access points to care, particularly for those who don't know how to engage in behavioral health."

"I don't know them personally and they are not connected to my job, so there is confidentiality that makes me feel secure to express myself," she said. "Second, just having professional guidance that reinforces that what I am going through is not rare and there are things that are helpful in reducing my anxiety."

In his role leading the Real Warriors campaign, Polizzi works to "normalize psychological health care as everyday health care."

For Lua, in addition to engaging in activities on her own and with her family, getting evidence-based, professional mental health treatment is an important aspect to maintaining her overall health.

"I see my therapist at least once every two weeks and also see a psychiatrist twice a month regarding progress

or effectiveness of my current treatment and just to make sure I'm doing well," she said. "They educate or introduce new ways for me to help cope with issues I'm dealing with."

This is important for her because it is an unbiased source of support that helps her in two ways.

"I don't know them personally and they are not connected to my job, so there is confidentiality that makes me feel secure to express myself," she said. "Second, just having professional guidance that reinforces that what I am going through is not rare and there are things that are helpful in reducing my anxiety."

As in the case of the Military Crisis Line, Real Warriors is for the entire DOD community, including veterans, active-duty service members, Coast Guard, reserves, their family members, their providers or clinicians, their leaders, and those who care about them, said Polizzi.

"We understand that there are various symptoms that we all experience which may or may not be related to a mental health concern or issue," he said. "But we know that treatment works - for the vast majority, the right type of treatment will help you feel better."

And with the right treatment to help you feel better, "it

also means the military is going to get the very best you," he said.

Lua echoed his thoughts: "Mental health treatment is important because not all patients are successful in dealing with life and its many stressors without help," she said. "Without a mind, the body does not exist."

Her message to those who are reticent about seeking mental health care is, "you are not alone."

If they feel uncomfortable reaching out to any of the resources, such as the suicide hotline, chaplain, or any available means that are out there," Lua said, "support groups can pave a way to find and connect with people who are feeling the same way they are."

Barth recommends seeking help, too.

"Not everyone's coping mechanisms are the same but talking to a professional can at least help you find what works best for you," she said. "Please give yourself some self-love and make yourself a priority."

Donations

From Page 3

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Exchange shoppers' generosity was the helping hand many Army families needed this past year, especially with the COVID-19 pandemic," said Travis AFB Exchange General Manager Phonda Bishop. "The Exchange is honored to continue our partnership with Army Emergency Relief and support the wonderful work they do."



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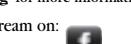


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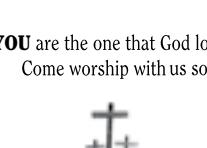
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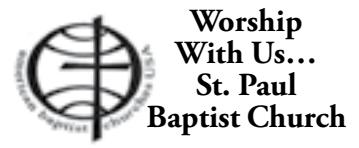
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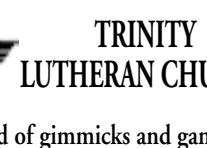
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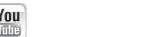
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DoD continues to vaccinate service members, nation

David Vergun
DOD NEWS

Dr. Terry Adirim, acting assistant secretary of defense for health affairs; Army Lt. Gen. Ronald J. Place, director of the Defense Health Agency; and surgeons general from the services testified Tuesday, May 25, 2021, about 2022 defense health and medical readiness.

Adirim said that the most significant issue facing the Defense Department over the last year has been the COVID-19 pandemic. "The department has and will continue to act boldly and quickly to support federal government efforts to defeat this disease."

See VACCINE Page 16

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Navy Seaman Emily Ammann administers a COVID-19 vaccine in Queens, N.Y., May 18, 2021.

Vaccine

From Page 15

response continued to accumulate. She said the FY21 mid-year review of the defense health program identified likely shortfalls as part of the ongoing pandemic response, which the department is working to resolve.

In addition, the financial impact of DOD's support to Federal Emergency Management Agency missions, which remain ongoing, are still being assessed, she said.

Place noted that one thing the services and DHA have learned during the pandemic is that telehealth works, and the department will most likely retain its use.

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Graduation time is here. With the extended length of time due to the pandemic, most graduation ceremonies will again this year be virtual. The Daily Republic would like to help the class of 2021 capture their memories for a lifetime.

On Sunday, June 13th the Daily Republic will publish our annual Graduation keepsake section which will include photo pages honoring this year's graduates, from Preschool through College/Tech Schools.

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Mary Smith

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Air Force releases updated fitness test score breakdown

**Secretary of the Air Force
Public Affairs**

WASHINGTON (AFNS) — The Air Force will resume physical fitness testing July 1 with only three components: push-ups, sit-ups and the 1.5-mile run.

Without the waist measurement as a scored component, push-ups and sit-ups will increase from 10 to 20 points each, while the 1.5-mile run will remain at 60 points. Scoring will fall into five-year age groups, as opposed to the previous 10. Updated charts can be found here.

The waist measurement will no longer be required as part of the physical fitness test but a separate assessment of body composition, as required by DoD Instruction 1308.3, will continue starting in October. Testing for body composition may continue to use some form of waist measurement and may be administered during PT testing to reduce scheduling and administrative burdens, but body composition will not be a component of the PT test itself. Further details on the body composition program will be released at a later date.

The Air Force has also worked on alternative strength and cardiovascular testing exercise options with plans to announce them in the coming weeks. Once announced, members and fitness monitors will have approximately six months to familiarize themselves with use and execution of the

alternative testing options prior to having them available in January 2022. Members will have a choice of which testing options they choose for their physical fitness assessment components. The six-month timeline will help ensure fitness assessment cells are prepared to train physical training leaders to administer tests using the new options.

"We are moving away from a one-size-fits-all model," said Air Force Chief of Staff Gen. CQ Brown, Jr. "More testing options will put flexibility in the hands of our Airmen – where it belongs. We know not all Airmen maintain their fitness the same way and may excel in different areas. Alternate components provide choices while still providing a mechanism to determine overall fitness."

These changes align under the Air Force's Action Order Airmen, people-first approach.

"Physical fitness is an important part of our everyday lives, it's more than just a test – it's a way of life, our readiness and ultimately our future success," said Chief Master Sgt. of the Air Force JoAnne S. Bass. "July 1st is a chance to refocus on building a lifestyle of fitness and health, and I know our Airmen will be ready."

For additional information, Airmen can visit myPers or the Air Force's Personnel Center's fitness program page.

The Space Force will follow these policies until service-specific fitness policies are developed and fielded.

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Left: Airmen from the 349th Air Mobility Wing coordinate the loading of equipment during Exercise Nexus Dawn at Travis Air Force Base, California, April 25, 2021. Through exercises like Nexus Dawn, Reserve Citizen Airmen hone their readiness and effectiveness so they can support the nation with air power anytime, anywhere.

Bottom left: Air Reserve members take part in a medical emergency scenario during Exercise Nexus Dawn at March Air Reserve Base in California, April 27, 2021. Nexus Dawn was a readiness exercise designed to test the ability of certain Air Force Reserve units to generate, employ and sustain air operations in a simulated combat environment. Missions included in Nexus Dawn include aeromedical evacuation, airlift for cargo and personnel, aerial refueling, deployment processing, aerial port operations, and command and control.

Bottom right: Airmen from the 349th AMW board a C-17 Globemaster III during Exercise Nexus Dawn at Travis Air Force Base, California, April 25, 2021.

U.S. Air Force photo by Airman 1st Class Brady Penn

Travis Airmen wrap up Exercise... **NEXUS DAWN**



U.S. Air Force Reserve photo by Staff Sergeant Ryan Green



U.S. Air Force photo by Airman 1st Class Brady Penn

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