A photograph of Joe Biden walking at an inauguration ceremony. He is wearing a dark blue overcoat, a dark face mask, a white shirt, a blue tie, and a dark suit jacket. He is walking towards the camera. In the background, there are other people, some in military uniforms, and a flag.

Inauguration  
introduces  
Biden as  
nation's ...

# PRESIDENT

PAGES 10-11



**TAILWIND**



# CRW defender overcomes gender stereotypes

**Master Sgt. Liliana Moreno**

621ST CONTINGENCY RESPONSE WING PUBLIC AFFAIRS

When kids are told they can grow up to be anything they want, they tend to dream big.

For Catherine Nelson, becoming a police officer was her childhood dream.

She joined the military and enlisted as a security forces specialist in August 2009, when she was just 19 years old.

When she began her career in security forces, she knew the job had been traditionally male-dominated. And although this has changed over the years, Nelson said gender stereotyping still happens in the military.

“As a female in the Air Force, I think it’s safe to say my biggest challenge has been trying to prove myself to be as good as one of the boys – proving that I am as capable of shooting as good as the guys, being more physically fit or making sure my work was better than the males I worked with,” Nelson said.

“Now don’t get me wrong, I love my job and the opportunities that I have been given,” she added. “But, I wouldn’t be honest if I didn’t say that it was a challenge as a young Airman to make a name for myself other than the ‘new girl on flight.’”

Despite the challenges, Nelson remains optimistic and sees it as an opportunity to rise to the top.

“I like being the underdog and proving people wrong,” she said. “I like getting out there and showing them that I should be there, and that I’m better than what anyone maybe potentially could have thought.”

At her current job, she is assigned to the 921st Contingency Response Squadron security forces as a squad leader, and holds the rank of technical sergeant.



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

**U.S. Air Force Tech. Sgt. Catherine Nelson, 921st Contingency Response Squadron security forces squad leader, poses for a photo Dec. 14, 2020, at Travis Air Force Base, California. When she began her career in security forces, she knew the job had been traditionally male-dominated in the past. And although this has changed over the years, Nelson said gender stereotyping still happens in the military.**

Her supervisor, Tech. Sgt. Ali Williams, 921st CRS assistant flight chief, spoke highly of her and said she was without a doubt a top-tier Defender – equipped with passion, logic and the ability to continuously accomplish tasks at an extremely high level.

“Her character can be highlighted by the time she’s dedicated to her Airmen day in and day out,” Williams said. “Whether it’s assisting them with a problem, mentoring or leading members during a mission, Catherine not only excels but raises the bar for her

peers to follow.”

According to her supervisor, Nelson has earned a solid reputation among her peers. Although the males in her current job are very supportive, she does

See STEREOTYPES Page 18

## Pot at the end of the rainbow



Courtesy photo/Maj. Joshua Reno

**A C-17 Globemaster III sits on the flightline as a rainbow beams across the sky behind it Jan. 22 at Travis Air Force Base, California.**

# Air Force changes women’s hair regs

**Secretary of the Air Force Public Affairs**

ARLINGTON, Va. — As an outcome of the 101st Air Force uniform board, Air Force women will be able to wear their hair in up to two braids or a single ponytail with bulk not exceeding the width of the head and length not extending below a horizontal line running between the top of each sleeve inseam at the under arm through the shoulder blades. In addition, women’s bangs may now touch their eyebrows, but not cover their eyes.

These new changes will be effective upon publication of the new standards in Air Force Instruction 36-2903 in February.

“As I outlined in Action Order A: Airmen, this decision is a commitment to supporting the Airmen We Need and sustaining the culture and environment of excellence that will continue to make the Air Force an attractive career choice for Airmen and families,” said Air Force Chief of Staff Gen. Charles Q. Brown Jr. “I’m thankful for the feedback and research conducted

See HAIR Page 16

## Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

### Air Force

Col. Corey A. Simmons  
60th Air Mobility Wing commander

1st Lt. Jasmine Jacobs  
Chief of command information

Tech. Sgt. James Hodgman  
Senior Airman Christian Conrad  
Tailwind staff

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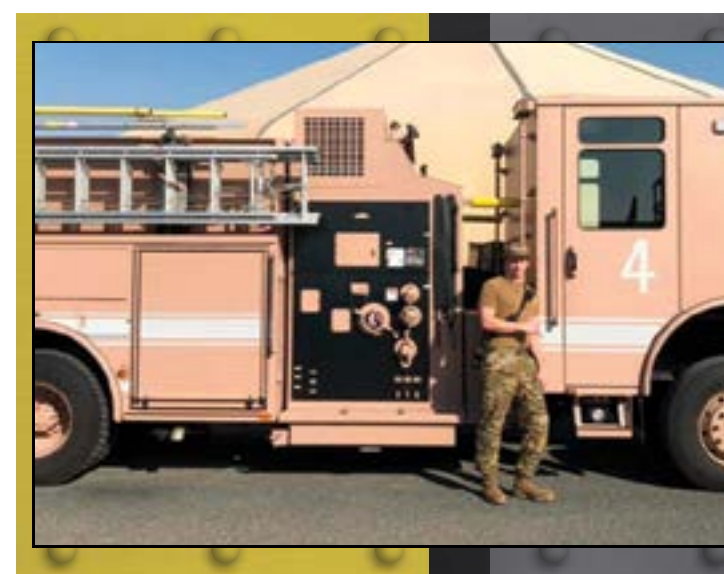
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### On the cover

**President Joseph R. Biden Jr. walks up a path to the Tomb of the Unknown Soldier as part of a wreath-laying ceremony Jan. 20 at Arlington National Cemetery in Arlington, Virginia.**

Department of Defense photo/Senior Airman Christian Conrad



Courtesy photo

## WARRIOR OF THE WEEK

<b>Name:</b> Senior Airman Cody Ferris.	<b>Time in service:</b> Two years.	<b>What are your hobbies?</b> Basketball, working out, hiking and playing with my dogs.
<b>Unit:</b> 60th Civil Engineer Squadron.	<b>Family:</b> Girlfriend, Marissa.	<b>What is your greatest achievement?</b> In ninth grade, I hit a grand slam for my baseball team to win the championship game.
<b>Duty title:</b> Firefighter.	<b>What are your goals?</b> Finish Community College of the Air Force and make staff sergeant.	
<b>Hometown:</b> Champlain, Minnesota.		



# Biden admin alters trans policy

Jim Garamone

DEPARTMENT OF DEFENSE NEWS

President Joseph R. Biden signed an executive order overturning the previous administration's ban on the service of transgender individuals in the military.

"America is stronger, at home and around the world, when it is inclusive," states a White House news release. "The military is no exception."

The order affects the Defense Department and the Department of Homeland Security for actions with the U.S. Coast Guard.

Defense Secretary Lloyd J. Austin III fully supports President Biden's decision. In a written statement he said that all transgender individuals "who wish to serve in the United States military and can meet the appropriate standards shall be able to do so openly and free from discrimination."

The secretary insisted the change is not only the right thing to do, but also the smart thing. In this, he echoed the White House statement that "the all-volunteer force thrives when it is composed of diverse Americans who can meet the rigorous standards for military service, and an inclusive military strengthens our national security."

"The United States armed forces are in the business of defending our fellow citizens from our enemies, foreign and domestic," Austin said. "I believe we accomplish that mission more effectively when we represent all our fellow citizens. I also believe we should avail ourselves

See TRANS Page 16



1) U.S. Air Force Chief Master Sgt. Robert Schultz, 60th Air Mobility Wing command chief, performs an intra-oral scan for Col. Zachery Jiron, 60th AMW vice commander, inside the dental clinic of David Grant USAF Medical Center during Leadership Rounds Jan. 22 at Travis Air Force Base, California. The Leadership Rounds program provides 60th AMW leadership an opportunity to interact with Airmen and receive a detailed view of each mission performed at Travis AFB. 2) U.S. Air Force Airman 1st Class Colby Locke, center, 60th Dental Squadron dental laboratory technician, shows Jiron and Chief Master Sgt. Robert Schultz, left, 60th AMW command chief, the MC-X5 milling unit that manufactures materials for a crown inside DGMC during Leadership Rounds Jan. 22 at Travis AFB. 3) Robert Silva, center, 60th DS dental laboratory technician, presents a finished cast to Jiron and Schultz inside DGMC during Leadership Rounds Jan. 22 at Travis AFB.

## Leaders sink teeth into dental... HEALTH

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



# Commander moves base to HPCON BRAVO

60th Air Mobility Wing Public Affairs

Effective Jan. 27, the Travis Air Force Base, California, installation commander implemented HPCON BRAVO+.

Personnel should continue to report for duty and check with their chain of command for unique workplace impacts

or changes in telework policies. There are no major changes to base services or facilities.

A return to HPCON BRAVO does return the privilege of Trusted Traveler for base access. Other approved base passes can be worked through the standard channels at our Visitor's Center.

The commander's intent for our

health protection condition is to limit any impact to our ability to execute the mobility mission while safeguarding the health of our Team Travis Airmen, families, and community. Services and activities were made through data-driven decisions by the commander and our public health experts to meet these priorities.

Continue to communicate with your chain of command for specific concerns.

For additional questions on specific hospital or base services, visit [www.travis.af.mil/coronavirus](http://www.travis.af.mil/coronavirus) or follow AFMS - David Grant USAF Medical Center - 60th Medical Group, Travis AFB and Travis Force Support Squadron.

## Reserve aircrew reflect on C-17 Globemaster III as the fleet reaches 4 million flying hours

Ed Butac

446TH AIRLIFT WING PUBLIC AFFAIRS

JOINT BASE LEWIS-MCCHORD, Wash. — This month, the U.S. Air Force celebrated the four-millionth flying hour of the C-17 Globemaster III at Joint Base Charleston, South Carolina.

More than two decades ago, McChord Field received its first C-17. It has added another nearly four dozen of the cargo aircraft to its fleet since, carrying out missions supporting worldwide combat and humanitarian airlift contingencies.

The Air Force Reserve's 446th Airlift Wing here has unquestionably had more than their fair share of the 4 million flying hours. From peacekeeping missions in Bosnia-Herzegovina, Persian Gulf buildup, African relief effort, Operation Deep Freeze in Antarctica to transporting a killer whale, the airlift wing certainly added to that total.

"What a fantastic aircraft in which to have spent the last 24 years of my life. I've probably logged around 6,000 flying hours since that time," said Lt. Col. Charles Corrigan, examiner pilot for the 313th Airlift Squadron. "I've been privileged to travel to more destinations than most

See HOURS Page 12



U.S. Air Force photo

An Airman from the 791st Airlift Squadron adjusts his harness Jan. 15 on a C-17 Globemaster III above North Field North, South Carolina. Joint Base Charleston hosted and executed a ceremonial flight of the C-17 to celebrate the airframe's four-millionth flying hour. The event was a celebration of the accomplishment and a thank you to Airmen, industry partners and community leaders who made this possible.



### Fog floods flight line



U.S. Air Force photo/Chustine Minoda

Several C-17 Globemaster III aircraft are parked on the flight line Jan. 15 at Travis Air Force Base, California. The C-17 is capable of rapid strategic delivery of troops and all types of cargo to military operating bases or directly to forward operating bases in deployed environments.

## MHS looks to lower substance abuse

### Military Health System Communications Office

If there is one overriding element that Navy Lt. Cmdr. (Dr.) Eric Serpico would like you to know about National Drug & Alcohol Facts Week, it's that help is accessible, and care available.

"We will find you the correct level of care needed," said Serpico, department chief of addiction treatment services at Walter Reed National Military Medical Center in Bethesda, Maryland. "Anything we can do to break down stigma. We collaborate with command and the service member, and there is discretion and sensitivity in the process."

Treatment at WRNMMC includes detox capabilities, therapy and intensive outpatient services, and a psycho-education early intervention program. For longer inpatient needs, the hospital refers patients to facilities on other bases, such as those at nearby Fort Belvoir, or to civilian settings.

"Primarily in a military setting, we have seen alcohol as kind of the mainstay," Serpico said. "But that wouldn't preclude anyone who has used cocaine or marijuana from entering into treatment."

Regarding what's referred to as "illicit" drug use, the military's zero tolerance policy has been in place for decades, but

See ABUSE Page 20

## Blood donations remain important

### Mark Oswell

MILITARY HEALTH SYSTEM COMMUNICATIONS

Navy Hospital Corpsman 2nd Class Ashley Thompson not only advocates for the Armed Services Blood Program on a regular basis, she also participates whenever she can.

As "A" school instructor at Navy Medical Training Support Command's Hospital Corpsman School, the Navesink, New Jersey-native's primary role is to teach initial entry or fleet returnee students. This allows for mission readiness and medical readiness across the Navy and Marine Corps fleet.

In addition to her primary duties, the 10-year Navy veteran also serves as the school's blood drive liaison set up as many blood drives as possible for the Akeroyd Blood Donor Center at Joint Base San Antonio-Fort Sam Houston in Texas.

"She also provides education on the importance of our program to them, added Army Sgt. First Class Margaret Strecker, Akeroyd Blood Donor Center's noncommissioned officer in charge. "She has also organized targeted blood drives with Navy Medical Training Support."

For Thompson, donating is personal, "My Dad has donated blood for as long as I could remember, and I always went with him. I wanted to donate as soon as I was old enough. It took me to just shy of my 30th birthday to donate, and I have never

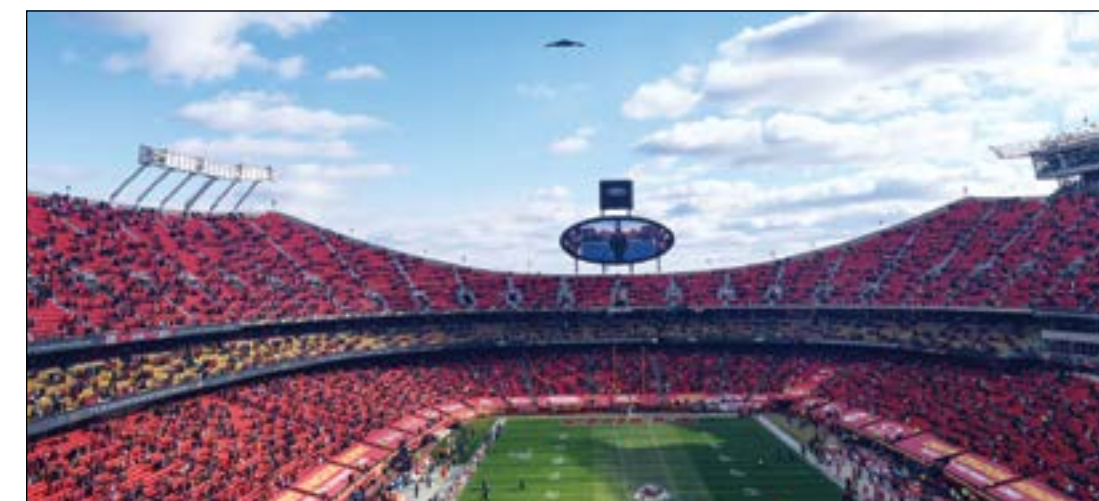
looked back. Sometimes I am unable to donate for one reason or another, but once my deferral period is over, I go right back to screen and donate!"

Getting new sailors to understand the blood donation process and the importance comes easily to this corpsman, "I explain why blood donation is so important, and how quickly it can be done," impressed Thompson. "That they can keep donating over the years and help save countless lives."

Donating blood remains very safe, even during the COVID-19 era, according to Strecker. "The need for blood is always there. We have all taken special precautions to ensure donors feel safe and comfortable while in our building."

"Find your local blood donation center, get a few friends together and go donate! If you have never donated before, find out if you CAN donate, and donate at least once," advised Thompson, who's donated at least nine times in her military career. "If you can donate more, keep going! Saving lives one donation at a time is something you can hold onto forever. If you cannot donate for any reason, spread the word to others who can! It all makes an impact."

To learn more about donating blood to Soldiers, Sailors, Airmen and Marines check out the Armed Service Blood Program webpage at <https://bit.ly/3prmpNx> and to find out if there is a blood donor center near you, check their maps at <https://bit.ly/39o4GKS>.



U.S. Air Force photo/Tech. Sgt. Heather Salazar

A B-2 Spirit, assigned to Whiteman Air Force Base, performs a flyover at Arrowhead Stadium during the National Anthem prior to the start of the AFC Divisional Playoffs Jan. 17 at Arrowhead Stadium in Kansas City, Missouri.

## Aircraft to fly over Super Bowl

### Secretary of the Air Force Public Affairs

ARLINGTON, Va. — Three different Air Force Global Strike Command bombers will conduct a first-of-its-kind trifecta flyover during the National Anthem performance at the 55th Super Bowl, Feb. 7, over Raymond James Stadium in Tampa, Florida.

"Supporting this event is a tremendous honor for our command and the U.S. Air Force," said Gen. Tim Ray, AFGSC commander. "We look

forward to this opportunity to showcase the reliability, flexibility and precision of our bomber fleet to the nation during this exciting event."

The bomber flyover, will feature:

- B-1B Lancer from Ellsworth Air Force Base, South Dakota.
- B-2 Spirit from Whiteman AFB, Missouri.
- B-52 Stratofortress from Minot AFB, North Dakota.

The aircraft will take off for the Super Bowl LV flyover from their respective

bases, join up for the flyover, and return to base following the event, demonstrating the flexibility of AFGSC's bombers and their ability to deploy anywhere in the world from the continental United States.

The U.S. Air Force performs close to 1,000 flyovers a year, which serves as a way to showcase the capabilities of its aircraft while also inspiring patriotism and future generations of aviation enthusiasts.

The flyovers are done at no additional cost to the taxpayer.

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# Recruiting launches E.C.H.O. to test cognitive skills

**Master Sgt. Chance Babin**

AIR FORCE RECRUITING SERVICE PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Air Force recruiting is continually innovating to better reach potential recruits. Harnessing technology to improve the recruiting process, the Air Force is releasing a new online, interactive gaming experience, E.C.H.O. - Enhanced Cognitive Human Ops.

This new recruiting tool helps engage and build awareness of different opportunities in the Air Force that recruiters can send out to target audiences. The experience takes players through three different challenges, testing a variety of cognitive skills that Airmen use every day. At the end of the experience, the results will highlight which Air Force career paths would be viable based on their performance and how they can continue to improve their cognitive skills.

“We always say, ‘Airmen are our

greatest weapon system,’” said Maj. Jason Wyche, Air Force Recruiting Service national events chief. “While the Air Force has the most advanced technology in the world, an Airman’s cognitive skills are still the key to effectively employing that technology. E.C.H.O. is a fun way to showcase the cognitive skill sets needed by our Airmen, while educating players on the various career fields the Air Force has to offer.”

While the initial launch of E.C.H.O. will be an online version, AFRS plans to have a mobile asset for events with a virtual reality experience for fans.

“While the pandemic has put a pause on live experiences, we are pushing the needle on what is possible with virtual options,” said Master Sgt. Zachary Atkinson, AFRS events marketing superintendent. “We’re excited to bring a test of skills to players across the country who may end up being the next generation of Airmen in the U.S. Air Force. The mobile asset with the game should be out in the field as soon



U.S. Air Force courtesy graphic

**Harnessing technology to improve the recruiting process, the Air Force is releasing a new online, interactive gaming experience: E.C.H.O. - Enhanced Cognitive Human Ops.**

as we are safely able to resume events.”

The E.C.H.O. game has the ability to test people’s skills. The hologram of a real Airman will walk users through

the gaming experience comprising three different missions where they will be tested on how they perform through each challenge.

“Through a series of challenges, players’ cognitive skills will be tested, measured and given feedback on so they can develop further,” Atkinson said. “It’s up to the participants to combat task saturation by working strategically and efficiently to accomplish each challenge and, of course, have fun while they’re at it.”

At the end of each challenge, the results will highlight which Air Force career path would be viable based on their play and how their cognitive skills can be optimally used. Participants are permitted to retake the challenges in order to improve and compare scores.

“E.C.H.O. gives potential Airmen confidence that they have what it takes,” Atkinson said.

The online version of E.C.H.O. can be found <http://airforceecho.com/>.

## Virtual Reality Maintenance Center to enhance training

**Senior Airman Kristine Gruwell**  
19TH AIRLIFT WING PUBLIC AFFAIRS

LITTLE ROCK AIR FORCE BASE, Ark. — The shift toward embracing virtual reality as a core training method took another step forward, Jan. 8, with the official opening of Little Rock Air Force Base’s Virtual Reality Maintenance Center.

In total, the installation now boasts 10 VR training stations that will afford maintenance Airmen the ability to become more proficient on mission-essential tasks; all within a controlled environment.

Since the initial push to

implement the VR center in early 2020, Little Rock and Dyess Air Force Base instructors and training developers have been working with software manufacturers from Mass Virtual to validate and certify tasks within the program.

Although direct training on the C-130J Super Hercules airframe still remains a foundational component to overall upgrade training (UGT), instructors here said the features enabled by VR go far beyond what can be accomplished in the physical world.

“It’s pretty unlimited to what tasks we can complete

See **TRAINING** Page 15

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# Red Flag 21-1 kicks off at Nellis AFB

**Nellis Air Force Base  
Public Affairs**

NELLIS AIR FORCE BASE, Nev. — Southern Nevada residents may notice an increase in military aircraft activity from Jan. 25 through Feb. 12 as Nellis Air Force Base begins exercise Red Flag 21-1, one of the U.S. Air Force’s largest combat training exercises.

The 57th Wing’s 414th Combat Training Squadron conducts Red Flag exercises to provide aircrews the experience of multiple, intensive air combat sorties in the safety of a training environment.

Each Red Flag exercise is unique and Red Flag 21-1 is no different.

“As Red Flag is aligned with our National Defense Strategy in support of the United States Air Force Warfare Center’s great power competition priority, we expanded the fight airspace, unleashed our aggressor forces to challenge the training audience’s plan and punish their mistakes, and made it significantly more difficult to achieve desired effects on surface targets,” said Col. William Reese, 414th CTS commander. “This Red Flag is a much better training opportunity and will galvanize our coalition force readiness to meet any high-end threat.”

Starting off the 2021 season, Red Flag 21-1 is hosting about 2,400 participants from nearly 20 states, three nations and several sister services and will include an array of aircraft such as the F-22 Raptor, F-35 Lightning II, F-16 Fighting Falcon, EA-18G Growler, F-15E Strike Eagle and A-10 Thunderbolt II. The 509th Bomb Wing will take the lead wing position, and the B-1B Lancer and B-2 Spirit will integrate into the training, increasing interoperability.

The mission of the 414th



U.S. Air Force photo/Senior Airman Dylan Murakami

**An Airman assigned to the 509th Bomb Wing, Whiteman Air Force Base, Missouri, walks across a B-2 Spirit Jan. 22 at Nellis Air Force Base, Nevada. The B-2 is a multi-role bomber capable of delivering both conventional and nuclear munitions. Several B-2s are participating in Red Flag 21-1 to demonstrate the capability of U.S. global strike assets.**

CTS is to maximize the combat readiness, capability and survivability of participating units. Red Flag exercises provide realistic, multi-domain training in a combined air, ground, space and electronic threat environment while providing opportunity for a free exchange of ideas between forces.

“Red Flag gives participating units with different mission sets an opportunity to train together during a large-force, joint

interoperability live-fly exercise,” said Senior Master Sgt. Michael Consigny, 414th CTS superintendent. “This experience provides our Combat Air Forces combat-ready squadrons that are prepared to integrate down range for today’s fight or any future near-peer conflict.”

Concurrent to Red Flag, the U.S. Air Force Warfare Center’s 57th Wing is administering Green Flag-West, an air-land integration combat training exercise conducted

in conjunction with the U.S. Army Combat Training Center at Fort Irwin, California.

The 549th Combat Training Squadron will direct, monitor and instruct air operations in support of ground forces while the 12th Combat Training Squadron will ready tactical air control parties, weather teams and brigade combat teams to execute decisive, worldwide multi-spectrum combat operations.

“The 57th Wing is

charged to provide world-class training to U.S. and allied aircrews year-round, COVID or not,” said Brig. Gen. Michael Drowley, 57th Wing commander. “Our team’s mission to prepare participants for the high-end fight and great power competition continues unabated, and we’re confident the months of coordination and logistical planning we’ve poured into both Flags will enable their effective, simultaneous success.”

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# Inauguration introduces Biden, Harris as nation's new leaders



1) Department of Defense photo/U.S. Air Force Senior Airman Christian Conrad



2) Department of Defense photo/U.S. Air Force Senior Airman Christian Conrad



3) Department of Defense photo/Senior Airman Jonathon Carnell



4) Department of Defense photo/U.S. Air Force Senior Airman Christian Conrad



5) Department of Defense photo/U.S. Air Force Senior Airman Christian Conrad

1) From left to right, former first lady Michelle Obama, former President Barack Obama, former first lady Laura Bush, former President George W. Bush, former Secretary of State Hillary Clinton and former President Bill Clinton attend a wreath-laying ceremony Jan. 20 at Arlington National Cemetery in Arlington, Virginia. The ceremony was part of the 59th Presidential Inauguration during which Obama's former vice president, Joseph R. Biden Jr., was sworn in as the 46th president of the United States. 2) Biden and Vice President Kamala Harris pay their respect to a wreath laid at the foot of the Tomb of the Unknown Soldier Jan. 20 at Arlington National Cemetery. 3) Presidential escorts march down 15th Street during a 59th Presidential Inauguration rehearsal Jan. 18 in Washington, D.C. 4) Laura Bush and George W. Bush walk down the stairs of the Memorial Amphitheater as part of a wreath-laying ceremony Jan. 20 at Arlington National Cemetery. 5) Biden, Harris and U.S. Army Maj. Gen. Omar J. Jones IV, commanding general Joint Task Force-National Capital Region, pay their respects to the Tomb of the Unknown Soldier Jan. 20 at Arlington National Cemetery.

**Terri Moon Cronk**

DEPARTMENT OF DEFENSE NEWS

WASHINGTON, D.C. — Unity of the American people will lead to a path forward as the country starts afresh, said President Joe Biden, who today was inaugurated as the country's 46th president along with Vice President Kamala Harris, the first Black woman and the first person of South Asian descent to be elected to the vice presidency.

On the West side of the U.S. Capitol, Supreme Court Justice John Roberts delivered the oath of office just before noon to the new president, and Supreme Court Justice Sonia Sotomayor swore in the vice president. In the audience were three former U.S. presidents, former Vice President Mike Pence, members of Congress, the Supreme Court justices and family members of Biden and Harris.

Snow flurries encircled some 25,000 National Guard members and thousands of law enforcement officers who stood sentry around the U.S. Capitol grounds and the National Mall to ensure safety for the hallowed 59th presidential inauguration.

The Armed Forces Color Guard presented the colors, and singer Lady Gaga sang the national anthem. Entertainer Jennifer Lopez sang a medley of "This Land Is My Land" and "America the Beautiful," while country singer Garth Brooks sang "Amazing Grace," the U.S. Marine Band accompanied each of them.

"This is America's day. This is democracy day, a day of history and hope, of renewal and resolve," Biden said in his inaugural speech. Democracy is precious and fragile, he added.

The American story depends on all citizens and "we the people who seek a more perfect union," he said, adding "because we still have far to go."

We will press forward with speed and urgency, Biden said. He added that there is much to repair and restore in the nation, much to build and much to gain in these challenging times because of the pandemic, social and racial unrest, unemployment and a fragile economy.

He denounced extremism, domestic terrorism and white supremacy as he stood on the Capitol's west balcony, which was stormed by a violent mob two weeks ago. "We must confront – and we will defeat – these challenges to restore the soul and security of America," Biden said.

The new president called for a



6) Department of Defense photo/U.S. Air Force Senior Airman Christian Conrad

6) Members of various military honor guards stand at the Tomb of the Unknown Soldier during a rehearsal of the 59th Presidential Inauguration Full Honor Wreath-Laying Ceremony at Arlington National Cemetery Jan. 18 in Arlington, Virginia. The rehearsal ceremony, held to honor America's fallen service members, began after a 21-gun cannon salute and was followed by the national anthem, the wreath-laying, the playing of "Taps" and a moment of silence.

moment of silent prayer for the 400,000 U.S. lives lost to COVID-19 and their families.

He praised former President Jimmy Carter, the only living president who could not attend the inauguration, and said he had spoken by phone to the 96-year-old Carter.

Biden asked every American to join him in the cause of unifying the United States.

"I ask every American to join me in this cause. Uniting to fight the common foes we face: anger, resentment, hatred, extremism, lawlessness, violence, disease, joblessness, hopelessness. With unity, we can do great things, important things," he said.

We can right wrongs, work in good jobs, teach our children in safe schools, overcome the deadly COVID-19 virus and rebuild the middle class and make health care secure for all, he told attendees.

Americans can see each other not as adversaries, but as neighbors. We can

treat each other with dignity and respect and join forces to stop the shouting and lower the temperature, Biden said, adding that, otherwise, there is no peace or progress for our nation.

Biden said Americans must end the "uncivil war." He said that can be done by opening our souls and leading by example.

"If we do that, I guarantee we will not fail. We have never ever, ever, ever failed in America. We've acted together. And so today, at this time, in this place, let's start afresh – all of us. Listen to one another again. Show respect to one another. [Politics] doesn't have to be a raging fire," the new president said.

Every disagreement doesn't have to be a cause for total war, he added. "We must reject the culture in which facts themselves are manipulated and even manufactured. Americans, we have to be different than this. America has to be better than this."

Biden said he will be a president for all people – not just for those who voted

for him. He promised to fight as hard for the people who didn't vote for him. "Every hour as we move forward, measure me and my heart," he said. "If you still disagree, so be it. That's democracy. That's America."

What are the finest objects Americans love? he asked. "I think we know – opportunity, security, liberty, dignity, respect, honor, and, yes, the truth ... We can do this if we open our souls instead of hardening our hearts."

"Together, we will write an American story of hope, and not fear of unity, and not division of light or darkness. It will be a story of decency and dignity, love and healing [and] greatness and goodness," Biden said.

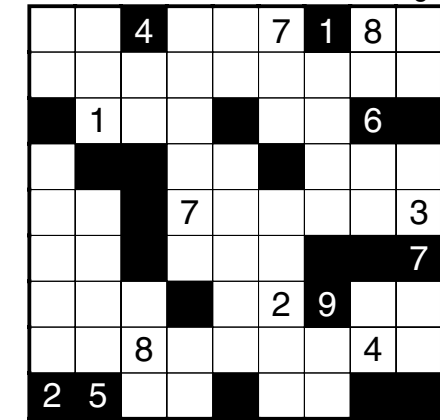
Biden, Harris and the three former presidents left the U.S. Capitol following the inauguration and traveled to Arlington National Cemetery. After a lone bugler played "Taps," the president and vice president lay a wreath at the Tomb of the Unknown Soldier.



## Puzzles

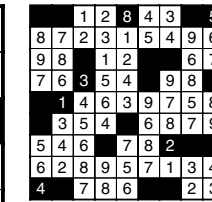
### STR8TS

No. 527 Tough



You can find more help, tips and hints at [www.str8ts.com](http://www.str8ts.com)

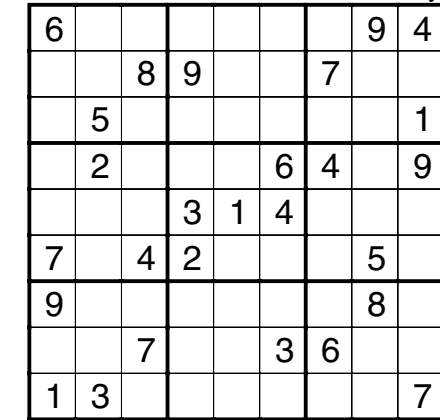
Previous solution - Medium



**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.

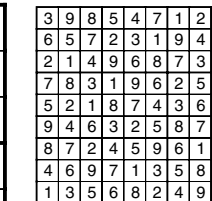
### SUDOKU

No. 527 Easy



The solutions will be published here in the next issue.

Previous solution - Very Hard



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](http://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](http://www.str8ts.com)

## Airmen complete FTAC



U.S. Air Force photo/Airman 1st Class Karla Parra

**Congratulations to the latest Airmen to complete the First Term Airman Center course. Alphabetically: Airman 1st Class Nicholas Ashe, 22nd Airlift Squadron; Airman 1st Class Mason Burt, 22nd AS; Airman Keenean Bass, 60th Operational Medical Readiness Squadron; Airman Basic Henri Desroches, 60th Aircraft Maintenance Squadron; Airman 1st Class Karl Flores, 21st Airlift Squadron; Airman 1st Class Alejandra Garcia Benitez, 60th Surgical Operations Squadron; Airman Mercy Gonzales, 60th Security Forces Squadron; Airman Benjamin Karnes, 60th Civil Engineer Squadron; Airman 1st Class Ben Murrish, 22nd AS; Airman 1st Class Darren Rabaya, 60th Force Support Squadron; Airman 1st Class PrinceDylannova Ritson, 821st Contingency Response Squadron; Airman Jaquaya Smith, 60th Logistics Readiness Squadron; Airman 1st Class Angel Soto, 860th AMXS; Airman 1st Class Jason Sui, 60th Operations Support Squadron; Airman 1st Class Yugen Takii, 60th CES; Airman 1st Class Nicolette Trischler, 60th SGCS; Airman 1st Class Luke Vanguilder, 60th Maintenance Squadron; and Airman 1st Class Jace Wolkow, 21st AS.**

## Voluntary Leave Transfer Program

The following Travis employees are approved as leave recipients through the Voluntary Leave Transfer Program:

- Rebecca Austria, 60th Maintenance Group;
- John Butler, Special Tactics Training Squadron;
- Jaqualynn Cabanlit, Travis AFB Commissary;
- Neftaly Clark, 1st Special Operations Force Support Squadron;
- David Duncan, 319th Reconnaissance Wing, Grand Forks AFB;
- Rabiye Hamilton, Travis AFB Commissary;
- Patrick Hodge, United States Transportation Command, Scott AFB;
- Mark Holmes, 10th

Contracting Squadron;

- Dina Patterson-Steward, 60th Aerial Port Squadron;
- Jason Perkins, Grand Forks AFB;
- Gina Silva, Air Force Academy headquarters;
- Jean Sommer, Travis AFB Commissary;
- Maria Thammasen, 60th Force Support Squadron; and
- Dennis Weaver, Air Force Manpower Agency.

The VLTP allows an employee who has a medical emergency or is affected by a medical emergency of a family member and is without available paid leave to receive transferred annual leave directly from other employees. For more information, call 707-424-1720.

Visit Travis at [FACEBOOK.com/TravisAirForceBase](https://www.facebook.com/TravisAirForceBase)

## Hours

From Page 5

of the population will ever know or care about, but I think the camaraderie with the folks I travel with trumps everything else.”

“We truly have the best crew community on the planet. We stick together and support each other to get the job done through thick and thin, highs and lows.”

A C-17 can execute the strategic delivery of troops and cargo to forward areas, perform tactical airlift and airdrop missions, and transport litters and ambulatory patients.

In the cargo aircraft, Corrigan and other aircrew members have experienced many things.

“I (and we) have been solemnly privileged to repatriate fallen military service members from North Korea, Iraq, and Afghanistan,” Corrigan said. “Equally importantly, we’ve given life-saving flights

to those gravely injured in battle so that they may receive care outside the combat zone. I’ve been honored to fly U.S. presidential support into combat zones. And I’ve been fortunate to have supported the U.S.’ Antarctic program with flights to Antarctica.”

On March 26, 2003, nearly 1,000 U.S. service members were parachuted into the Kurdish-controlled area of northern Iraq in Operation Northern Delay in support of Operation Iraqi Freedom. This was the first combat insertion of paratroopers using the C-17.

“The large airdrop, Operation Northern Delay, in northern Iraq was one of the most memorable flights I’ve had on the C-17,” said Chief Master Sgt. Derek Bryant, chief loadmaster for the 728th Airlift Squadron. “And I have more than 8,290 flight hours and counting on the C-17.”

The Boeing-built aircraft is designed to fly longer, carry

more and land on shorter runways than any of its predecessors.

“My overall experience as a C-17 loadmaster has been nothing short of amazing,” added Bryant. “I was a loadmaster on the C-141 Starlifter and the C-17 came along and opened up doors to the career enlisted aviator field that I would never have imagined.”

“From special mission certifications to career broadening to promotions to leadership and circling back to my serving the newly enlisted Airmen in our Air Force.”

At 174 feet in length, 55 feet high, with a wingspan of just under 170 feet and a maximum gross takeoff weight of 585,000 pounds which can land on a runway as short as 3,500 feet, the C-17 remains flexible.

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  - KID'z CHURCH Grades K-5th
  - 10:00 AM WEDNESDAY SENIOR PRAYER
  - 7:00 PM WEDNESDAY NIGHT Adult Bible Study
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**Tuesday**  
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**Email:** [stpaulcfairfield@comcast.net](mailto:stpaulcfairfield@comcast.net)  
**Church Phone:** 707-422-2003

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**CORE Bible Studies 12:30 & 5:00 pm**  
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**WEDNESDAY**  
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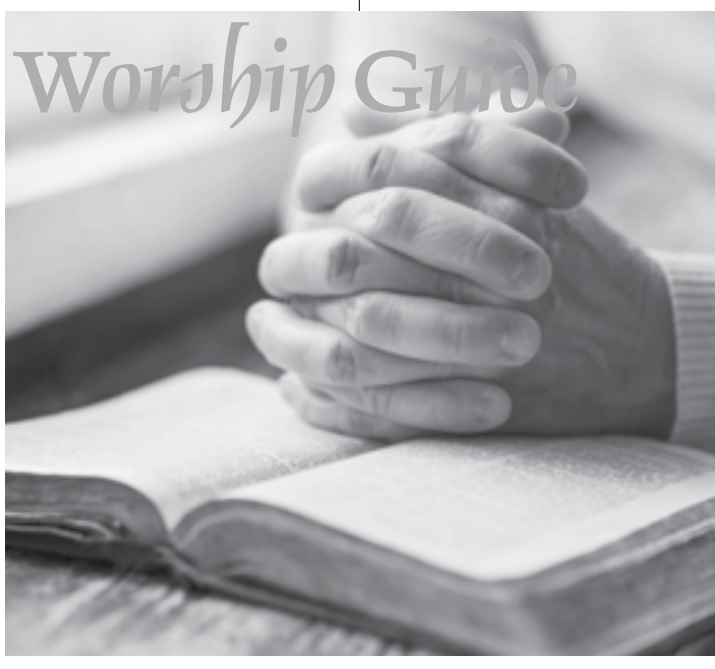
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# Training

From Page 8

in VR,” said Master Sgt. Nick Massingill, 19th Maintenance Group development and instruction section chief. “Currently we have fully immersive interactive maintenance tasks as well as some “glassaway” theory of operation tasks.”

The term glassaway is used to describe the ability to look through the skin of the aircraft to see how fluids, electricity, environmental systems, and other internal systems flow through the aircraft and interact with their respective components.

Simply stated, it allows for an immersive 3D view of the systems of the aircraft in order to facilitate a visual understanding of how the systems operate and connect to

one another.

Moreover, routine tasks such as powering on and off the aircraft, auxiliary power units operations as well as landing gear and brake removal and installation can now be accomplished an unlimited number of times without ever taking an aircraft away from its operational mission.

“Not only does it allow students to learn the tasks without the risk of damaging an aircraft or getting hurt, but it also reduces aircraft downtime for students to train on,” Massingill said. “The idea is that a student can learn and complete a task in VR as many times as they want, allowing them to gain that muscle memory and builds confidence. This, in turn, reduces the amount of time on the aircraft for training.”

Students and those in UGT still must certify their training

tasks on the actual aircraft to be certified.

LRAFB is the host installation for the Air Force’s largest fleet of C-130J aircraft in the world. Additionally, the 314th Airlift Wing is home to the C-130J maintenance schoolhouse. As such, LRAFB functioned as a key conduit to roll out the VR training curriculum across the C-130 enterprise.

“This has been a really great collaborative partnership with wings across the globe,” said Master Sgt. Gary Armstrong, 19th Maintenance Group training management section chief. “While we have the trainers [here at Little Rock AFB] and facilities to help maintainers grow their knowledge on the plane, most units do not, and the entire community was looking for a better way to train their Airmen.”

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# Hair

From Page 3

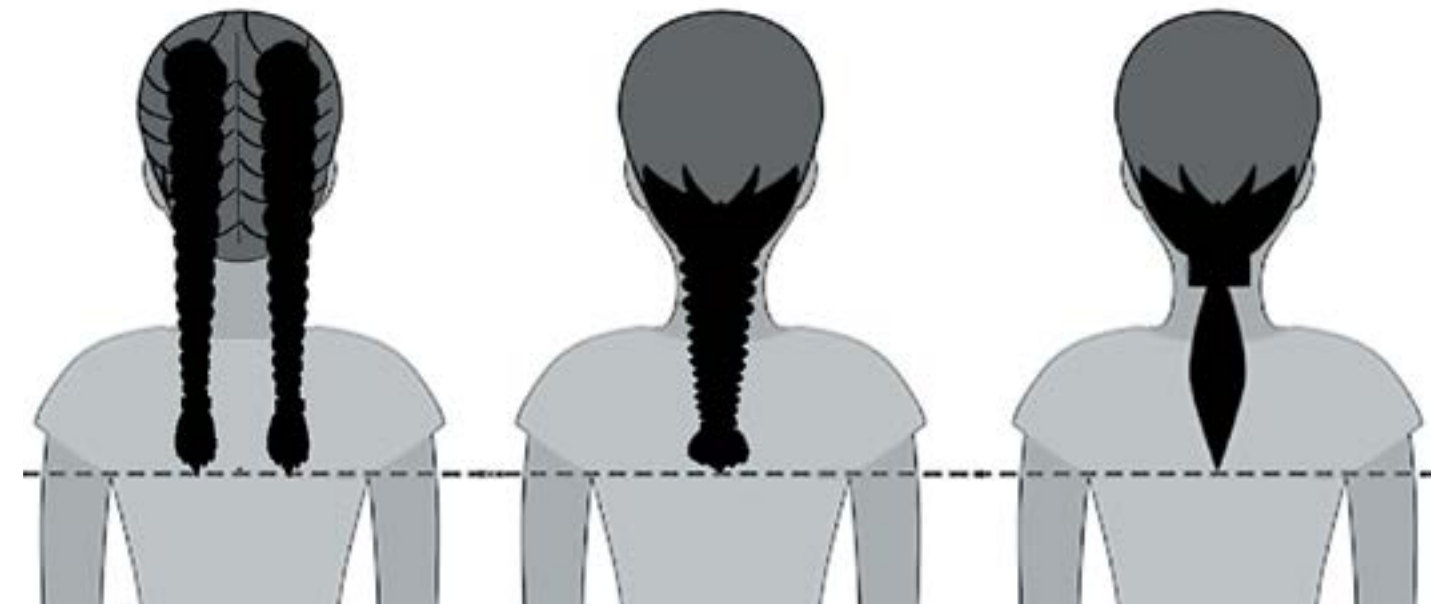
from a number of women leaders, the Women’s Initiative Team, the Air Force uniform board, and our joint teammates.”

The Air Force uniform board convened virtually in November 2020 to discuss ideas sourced from Airmen across the Air Force who participated in a dress and appearance crowdsourcing campaign. Participants on the board included 19 diverse Airmen of various ranks from across the major commands and headquarters directorates.

The board reviewed all ideas including a recommendation from the Air Force’s Women’s Initiative Team. Thousands of women across the Air Force provided feedback to the Women’s Initiative Team, stating constraints to hair grooming standards resulted in damage to hair, migraines and in some cases, hair loss. The detailed work done by the Women’s Initiative Team to research and support the recommendation was greatly appreciated by the uniform board.

“In addition to the health concerns we have for our Airmen, not all women have the same hair type, and our hair standards should reflect our diverse force,” said Chief Master Sergeant of the Air Force JoAnne S. Bass. “I am pleased we could make this important change for our women service members.”

In addition to addressing issues associated with personal health and hair loss, adjusting female hair standards supports ongoing efforts to address diversity and inclusion in the ranks. Earlier this year and in her role leading the Defense Department’s Diversity Board,



U.S. Air Force graphic/ Corey Parrish

**Beginning in February, female Airmen will be able to wear their hair in up to two braids or a single ponytail with bulk not exceeding the width of the head and length not extending below a horizontal line running between the top of each sleeve inseam at the under arm through the shoulder blades. In addition, women’s bangs may now touch their eyebrows, but not cover their eyes.**

then-Secretary of the Air Force Barbara M. Barrett played a prominent role in supporting these types of adjustments to ensure a more inclusive culture in the services.

The Air Force chief of staff approved the policy after considering feedback from the force, the uniform board recommendation, and the professional image and standards of the Air Force and U.S. military.

“We remain committed to removing barriers to service,” said Lt. Gen. Brian Kelly, Air Force deputy chief of staff for manpower, personnel and services. “In an all-volunteer force, we want fully qualified volunteers who are representative of

the nation to see us as a great opportunity to maximize their talent and serve.”

Members must adhere to current occupational safety, fire and health guidance, and mishap prevention procedures emphasizing when and how to mitigate the potential for injury from hair of varying lengths around machinery, equipment, power transmission apparatus or moving parts. Airmen are encouraged to reach out to their safety office for assistance in analyzing any potential hazards, as applicable.

Another idea considered by the board related to beard wear for men. Unlike with women’s hair standards, there are no known health or hair loss issues

associated with current male grooming standard compliance. As such, the Air Force plans to continue under the current male grooming standards without adjustments. Beards are currently permitted in conjunction with medical exceptions such as shaving waivers or for approved religious accommodations.

At this time, Guardians will adhere to the female grooming standards of the Air Force. Eventually, the U.S. Space Force will develop its own policy.

Numerous other ideas from the board are still under consideration for implementation and will be released in the future. For more information, consult AFI 36-2903 Dress and Appearance.

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# Trans

From Page 4

of the best possible talent in our population, regardless of gender identity. We would be rendering ourselves less fit to the task if we excluded from our ranks people who meet our standards and who have the skills and the devotion to serve in uniform.”

The secretary told the military departments to immediately ensure individuals who identify as transgender are eligible to enter and serve in their self-identified gender.

In the order, Biden directed the defense secretary and the secretary of homeland security to ensure that all directives, orders, regulations and policies of their respective departments are consistent with the

**“We would be rendering ourselves less fit to the task if we excluded from our ranks people who meet our standards and who have the skills and the devotion to serve in uniform.”**

— Defense Secretary Lloyd J. Austin III

new order. “This means no one will be separated or discharged, or denied re-enlistment, solely on the basis of gender identity,” the White House news release said. “Prospective recruits may serve in their self-identified gender when they have met the appropriate standards for accession into the military services.”

The policy also ensures all medically necessary transition related care authorized by law is available to all service members.

The executive order also

immediately prohibits “involuntary separations, discharges and denials of re-enlistment or continuation of service on the basis of gender identity. It also calls for an immediate start to the identification and examination of the records of service members who have been involuntarily separated, discharged or denied re-enlistment or continuation of service on the basis of gender identity. It provides for the correction of military records.



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## Stereotypes

From Page 2

sometimes feel that there are times she has to work a little harder, not for them, but for herself.

Nelson said the missions in the 621st Contingency Response Wing are completely different than what security forces members normally get to do. "I love the CRW life," she said. "I never thought I would be working beside the port flight to get my troops certified to drive a forklift or that I would be working beside maintenance to do sling load operations while on a training mission. The people that have come into my life here at the CRW have become a family to me and I am truly blessed for this experience."

But perhaps one of Nelson's most memorable experiences in the CRW was during her deployment with the airfield assessment team to help with hurricane relief in the Bahamas.

"I've always wanted to serve and help people in need," she



Contingency Response Forces assigned to the 821st Contingency Response Group out of Travis Air Force Base, California, respond to a simulated gunfire attack at the Geronimo Landing Zone during a mission in support of Green Flag Little Rock exercise, Feb. 11, 2019, Fort Polk, Louisiana.

said. "It was truly humbling and beautiful to watch people come from all over to deliver supplies, aid, or just anything they could fit into their planes."

For the future, Nelson wants to finish her bachelor's degree and has even thought of potentially becoming an officer.

"If this doesn't happen for me, I would love to teach at the Air Force Academy. The saying goes, 'if you can't do it, then teach it,'" she said. "I would love to make an impact on someone's life, which could have a huge impact on the Air Force in the future."

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# 921st CRS and 22nd AS conduct joint... TRAINING

U.S. Air Force photos by Chustine Minoda



1) Aerial porters assigned to the 921st Contingency Response Squadron and loadmasters assigned to the 22nd Airlift Squadron load a forklift into a C-5M Super Galaxy Jan. 15 at Travis Air Force Base, California. The 921st CRS and 22nd AS trained together on a C-5M to qualify loadmasters and aerial porters on a range of duties. 2) U.S. Air Force Airman 1st Class Joshua Beam, 22nd AS loadmaster, secures a forklift with a MB-2 chain to the cargo deck of a C-5M Jan. 15 at Travis Air Force Base, California. 3) U.S. Air Force Airman 1st Class Zinwyne Edwinson, 22nd AS loadmaster, secures a forklift with a MB-2 chain to the cargo deck of a C-5M Jan. 15 at Travis AFB.



## Abuse

From Page 6

the different branches handle addiction and substance use disorder in different ways. And there are different means to get help – via command referral, medical referral, and self-referral. Overall, the approach to care is growing and evolving, Serpico explained.

“There’s increased sensitivity, and I would say, support,” he said. “We have seen junior enlisted to senior enlisted to officers all come through our program. They’re actually being supported by their command to attend these treatments. I do believe there’s been a shift in the culture to promote entry into our type of programs.”

Even those to be punished with removal from the service might still be offered treatment, Serpico added, per the discretion of the commanding officer.

In the meantime, as with the population overall, COVID-19 is wreaking havoc on the armed forces, which historically have had a large subset of heavy drinkers, doctors interviewed for this story said. In a 2019 “Health of the [Department of Defense] Force” report on behavioral health, 13.3% of active service members screened positive on the Alcohol Use Disorders Identification Test-Consumption, which records only voluntary information from subjects,

often post-deployment.

“It’s very early in the process to see a pattern of how it’s currently impacting – [or] when we come out of this pandemic, what likely might be the result,” Serpico said. “We’re in a unique time period, and it can become a challenge in finding healthy coping mechanisms to use, rather than substitutes like alcohol.”

From a clinical standpoint, Serpico repeated what everyone from yoga teachers to late-night comedians have been saying since last spring: It’s a challenge to be resilient in the face of a widespread pandemic and its accompanying fear and isolation. Reaching for a bottle of the hard stuff might be easy in the short term. But it’s not going to help.

Substance abuse has some strong “comorbidities,” or accompanying maladies, that are always a threat, such as depression and anxiety. In times of COVID-19, a source of global stress, those dangers are exacerbated even more by drug or alcohol use, Serpico said. The impacts of isolation can be felt on all aspects of personal life: relationships, career, finances, physical health, you name it.

“You can accumulate risk factors in this pandemic,” he said. “There is a susceptibility.”

Patrick DeLeon, Serpico’s deputy service chief at WRNMMC and a licensed clinical social worker, said there are about one-third more military members in treatment now than in pre-COVID-19 times.



U.S. Air Force photo/Senior Airman Curt Beach

The Alcohol and Drug Abuse Prevention and Treatment program at Joint Base Elmendorf-Richardson, Alaska, provides preventive avenues to active duty members and National Guard and Reserve members on active duty status who may be struggling with alcohol or substance abuse. The program strives to help individuals receive treatment and prevention services for substance abuse, as well as decrease stigma associated with it.

“Many of our newer folks legitimately did not have an issue prior to March,” he said. “This is something that has spiked for them, particularly in the March-April-May early time frame, when folks were very isolated, removed from work, and just out of their rhythms, and out of their social supports.”

DeLeon stated that most of the new

faces were a result of alcohol use by those forced to stay at home. And though unemployment is not an issue for active-duty service members, many had nonetheless found their identity and purpose diminished, and missed the camaraderie of normal work life. DeLeon called it, “the ripple effects of that missed human connection, that fellowship.”



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