



TAILWIND



EXERCISES

Nexus Dawn keeps reservists sharp

PAGES 12-13

Travis embraces new approach to health care

Nick DeCicco

60TH AIR MOBILITY WING PUBLIC AFFAIRS

TRAVIS AIR FORCE BASE, Calif. — In an effort to help Airmen live happier, healthier lives, Travis Air Force Base, California, is one of several bases trying a Lifestyle and Performance Medical Clinic approach to health care.

The program takes a patient-centered, evidence-based method to preventing, treating and potentially reversing the effects of diseases by looking at the entirety of an Airman's health and how various aspects such as diet, sleep, physical wellness and emotional health are intertwined.

“What we wanted to do in the Air Force is ensure we're looking at the entire person and root causes,” said Lt. Col. Jennifer Harward, 60th Medical Diagnostics and Therapeutics Squadron nutritional medicine flight commander.

The program is built upon six pillars: nutrition, physical activity, sleep, decreased use of risky substances, social connection and stress management.

Col. Daniel Murray, 60th Operational Medical Readiness Squadron master clinician and the program's physical fitness expert, said that all of the pillars feed off of each other. For example, when physical health decreases, that impacts mental health as well. When sleep



U.S. Air Force photo by Chustine Minoda

U.S. Air Force Tech. Sgt. Brandon Costello, 921st Contingency Response Squadron operations expediter, participates in a circuit training workout at the Nose Dock Gym at Travis Air Force Base, California, April 15, 2021. Travis AFB is one of the several bases trying a Lifestyle and Performance Medical Clinic approach to health care.

is disrupted, mood is affected. When someone is depressed, it may make them less inclined to exercise.

“That's what I think is different about all of this,” Murray said. “It gives us the mechanisms to get after things we talk about all of the time – obesity, depression, suicide problems. This is a way to

comprehensively address all of that. We're not trying to fix your run. Yeah, it will fix your run, but you'll also eat better and sleep better. We're doing it holistically rather than poking at these problems one at a time, which primarily is what I think makes this very different.”

In terms of nutrition, the program emphasizes a

plant-focused diet that favors minimally processed, whole foods. It also emphasizes decreasing the use of risky substances, which involves curtailing the intake of products such as tobacco, alcohol, caffeine and energy drinks.

Thus far, the benefits for individuals who participate has been measured through weight

loss and laboratory test results. Participants from the first seven-week course saw a 4.9% reduction in their weight, as well as blood-level reductions in cholesterol (5.5%), triglycerides (14.85%) and low-density lipoproteins (16.15%), according to data provided by Sahra Pak, 60th Medical Diagnostics and Therapeutics Squadron dietitian and the developer of Travis' LPMC program.

At Travis AFB, the program, which started fall 2020, has been deployed as a pair of courses lasting approximately a month and a half. Other facilities, Harward said, attempting to implement a similar program include Whiteman AFB, Missouri; Wright-Patterson AFB, Ohio; and the Air Force Academy in Colorado Springs, Colorado.

When the Air Force prioritizes the health and wellness of its Airmen, the hope is other benefits will accumulate downstream, such as cost savings in terms of health care needs and on-the-job efficiency, Pak said.

However, the results of the program aren't aimed simply at benefiting the broader service, but also on an individual level. The program strives to put Airmen on a path “for lifelong success when it comes to health, longevity and resilience,” said Col. Zachery B. Jiron, 60th Air Mobility Wing vice commander.

See HEALTH Page 24

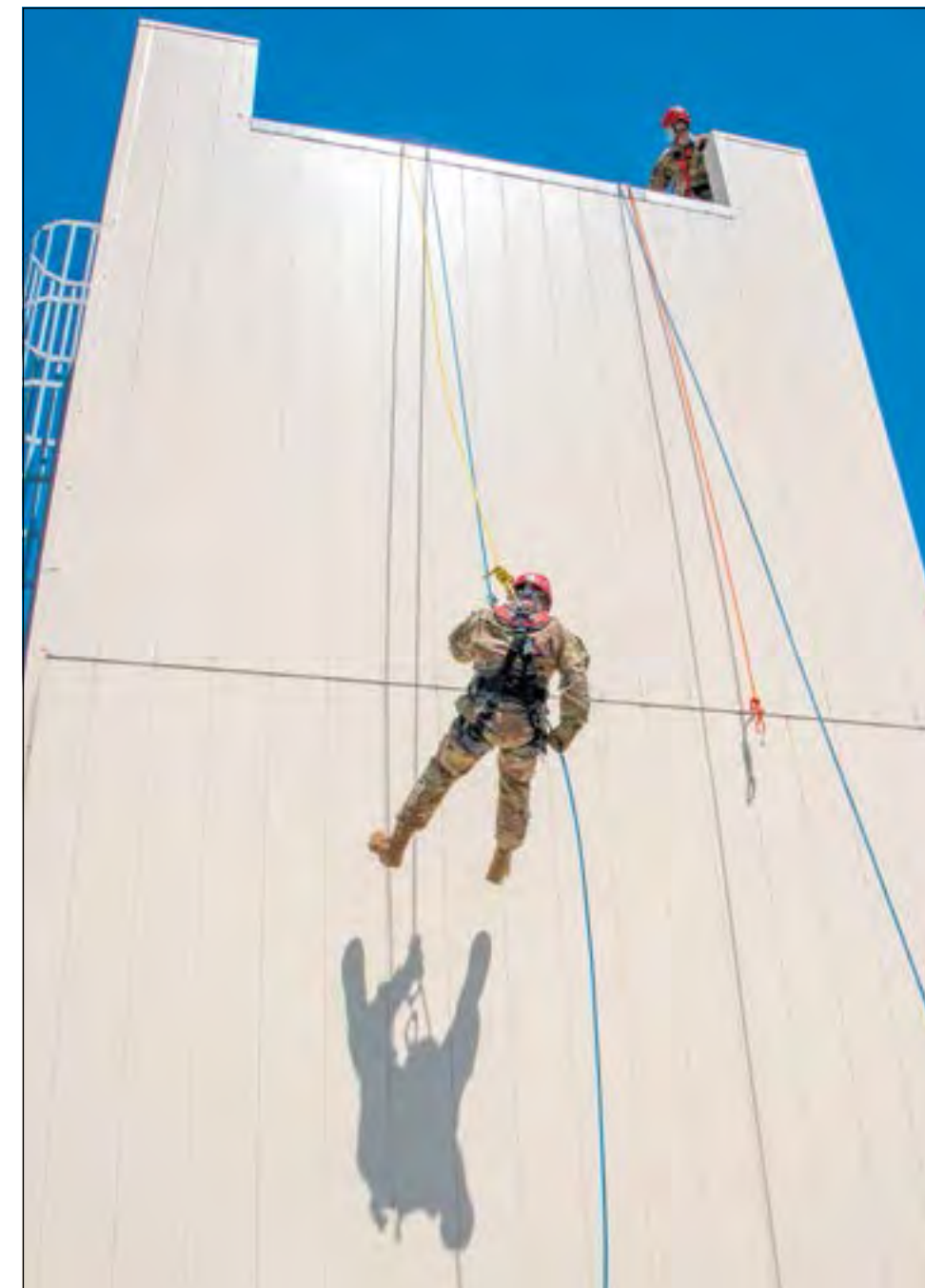
Travis firefighters demonstrate rescue capabilities



U.S. Air Force photos by Heide Couch

Top left, U.S. Air Force Staff Sgt. Daniel Robinson, left, 60th Civil Engineer Squadron lead firefighter, and Major David Schoenhardt, 60th Civil Engineer Squadron Operations commander, rappel down a structure April 19, 2021, at the Travis Fire and Emergency Services training facility at Travis Air Force Base, California. The training demonstration provided senior leadership with a clear picture of the technical rescue capabilities for multi-story building and confined space rescues conducted by Travis AFB emergency response personnel.

Right, U.S. Air Force Staff Sgt. Justin Rice, right, 60th CES lead firefighter, watches as Staff Sgt. Daniel Robinson, 60th CES lead firefighter, rappels down the structure. Bottom left, U.S. Air Force Major David Schoenhardt, 60th CES Operations commander, makes an adjustment to his safety helmet.



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

Senior Airman Cameron Otte
Tailwind staff

Daily Republic

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

The Tailwind is published by the Daily Republic, Fairfield, California, a private firm in no way connected with the U.S. Air Force.

While most of the editorial content of the Tailwind is prepared by the 60th Air Mobility Wing Public Affairs office for its Web-based product, the content for the Tailwind is edited and prepared for print by the Daily Republic staff.

Content of the Tailwind is not necessarily the official view of, nor is it endorsed by the U.S. Government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in the publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or the Daily Republic, of the products or services advertised.

Everything advertised in the publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital sta-

tus, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Correspondence can be sent to the 60th Air Mobility Wing Public Affairs staff, Tailwind, 400 Brennan Circle, Bldg. 51, Travis AFB, CA 94535-2150 or emailed to 60amwpa@us.af.mil.

Deadline for copy is 4:30 p.m. Friday for the following Friday's issue. Swap ads must be brought to Bldg. 51 by noon Monday for possible print in that Friday's issue. Emailed or faxed Swap Ads are not accepted.

Those on base wishing to receive home delivery of the Tailwind can call 427-6975 today.

For information on paid advertising and on base circulation, call 425-4646. Correspondence can be sent to: Daily Republic, 1250 Texas St., Fairfield, CA 94533 or faxed to 425-5924.

Visit the Travis public web site at <http://www.travis.af.mil>. Read the Tailwind online at <http://tailwind.dailyrepublic.net> or by accessing the Travis SharePoint.

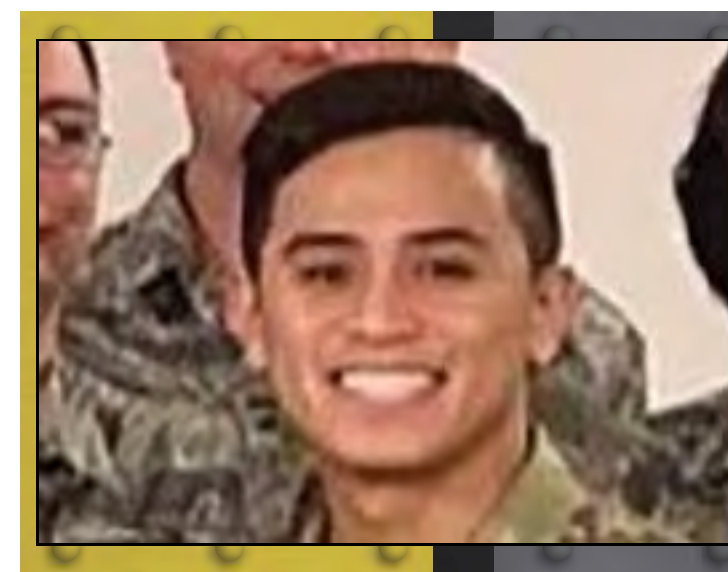
Table of contents

Cover story	12-13
Puzzles	19
Worship services	16-17
Classifieds	20
Parting Shots	23

On the cover

Aircrew of the 301st Air-lift Squadron from Travis Air Force Base, California, pick up and deliver cargo April 24 in support of Exercise Nexus Dawn.

U.S. Air Force photo/Senior Airman Maygan Straight



U.S. Air Force photo

WARRIOR OF THE WEEK

Name:
Staff Sgt. Daren Le

Unit:
60 AMXS Unit Training

Duty title:
Noncommissioned officer in charge of unit training

Hometown:
Stockton, California

Time in service:
6 years

Family?
Emelia (fiancé) and Kaléo (son)

What are your goals?
Submit a package for the Air Force ROTC “Professional Officer-Early Release Program” in 2022 and complete a bachelor's degree by 2023

What are your hobbies?
Basketball, working on cars and spending time with family

What is your greatest achievement?
Being a husband and father. The leadership lessons learned from this role have carried over into my program where I've been able effectively to educate my Sq leadership team comprised of 11 NCO/SNCOs on formal training management for Airman's development. In turn, my efforts enabled 222 Airmen to earn qualifications across 29 courses.



U.S. medics from the 2nd Stryker Brigade Combat Team demonstrate life-saving techniques with soldiers of the Indian Army's 11th Jammu and Kashmir Rifles Battalion, Mahajan Field Firing Range, Rajasthan, India. Feb. 13, 2021.

Army Staff Sgt. Joseph Tolliver

DoD to aid India as it copes with COVID-19 pandemic

David Vergun

DEPARTMENT OF DEFENSE NEWS

WASHINGTON D.C. — John F. Kirby, Pentagon press secretary, briefed the media today, speaking on a number of different topics, including aid to India.

“The United States deeply values our partnership with India,” Kirby said. “We are determined to help the people in India as they bravely combat this outbreak.”

The Defense Department is working closely with other U.S. agencies to rapidly deploy oxygen-related equipment, rapid COVID-19 test kits, personal protective equipment and other essential materials to India, he said.

“We are also in close communication with the government of India to ensure that we are providing India’s frontline health care workers with any support we can offer within our authority,” he added.

In the days and weeks ahead, DoD

will continue to coordinate with allies and like-minded countries to ensure that collective efforts are closely synchronized and poised to have maximal impact in mitigating the crisis, he said.

Within the next few days, the department is expected to begin making delivery of these supplies, providing the transportation and logistics necessary to make this happen as quickly as possible, he said.

Kirby noted that Secretary of Defense Lloyd J. Austin III has a busy travel schedule this week, with visits planned to U.S. Cyber Command, the National Security Agency, U.S. Space Command, U.S. Strategic Command and U.S. Indo-Pacific Command.

At Indo-Pacom, the secretary plans to attend a change of command. Kirby noted that Indo-Pacom is a prioritized combatant command for the department.

Kirby mentioned that Austin and the entire department are “incredibly saddened to hear the tragic loss of the 53



Navy Petty Officer 2nd Class Bryan Ambarita

Indonesian Air Force Col. Hilman Ambarita, chief of safety board for the 2nd Command Indonesia Air Force, center, sits in the cockpit of a US P-8A Poseidon during pre-flight checks while operating out of Bali in support of the search for KRI Nanggala April 24 at the request of the government of Indonesia.

Indonesian sailors on board the submarine. Our thoughts and prayers are with the families of those sailors and everyone in the Indonesian military as they cope with this tragedy.”

See **UPDATES** Page 15

DGMC updates complete

60th Air Mobility Wing
Public Affairs

TRAVIS AIR FORCE BASE, California — By the end of April, the six-department renovation at David Grant USAF Medical Center will be complete. The renovations accommodate the latest technologies, evolving medical practices, staffing changes and mission growth.

Construction began in November 2019 and included 25,579 square feet of renovations to Joint Radiation Oncology Center, Joint Hematology/Oncology Clinic Infusion Center, Pain Management, Pediatrics, Brace Shop and Medical Evaluation Board.

Some features of the renovation are shorter travel distances, clearer wayfinding, improved patient privacy and minimized noise. Department layouts and locations have improved proximity to diagnostic and treatment departments, like Radiology, Lab and Pharmacy. The Pain Clinic, which had been rapidly outgrowing its procedural space, was moved to a larger space, conveniently located near Orthopedics, Chiropractic and Physical Therapy. Unlike the previous space, which used to be an inpatient unit, the new department was built with the Pain Clinic’s specific goals in mind, including state-of-the-art technology. The Pain Clinic’s move and renovation signifies the completion of a decade-long effort to create a cohesive rehabilitative capability.

As part of the technology upgrades, the Joint Radiation Oncology Center now has Varian Medical Systems’ Linear Accelerator technology, which is at the forefront of cancer treatment innovation and is responsible for treating tens of thousands of cancer patients worldwide. This new

DeCA highlights patrons’ service

Defense Commissary Agency
Corporate Communications

FORT LEE, Va. — Folks can tell military members and their families “thank you for your service,” but commissaries are showing it every day through significant savings, especially during Military Appreciation Month.

“We honor our military customers throughout the year. However, in May we raise the ante on recognizing the strength, courage and sacrifices of military family members,” said Marine Sgt. Maj. Michael R. Saucedo, the Defense Commissary Agency’s senior enlisted advisor to the DeCA director. “Through Military Appreciation Month commissaries say a special ‘thank you’ through events and sales that reflect how much we appreciate their service and their patronage.”

Aside from Military Spouse Day, Mother’s Day and Armed Forces Day, a big highlight of the month, Memorial Day, is the unofficial start of summer.

Customers are reminded to visit the Reward and Savings section to get the Sales Flyer that showcases prices of products on promotion along with other useful information about food and commissary services. They should also check their store for details. Overseas stores may have substitute events for certain promotional programs.

Here are a few sales specials to consider for commissary savings:

- Military Appreciation Month Sidewalk Sales. Stateside commissaries will hold a sidewalk sale, with a few exceptions, sometime between April 29 and May 31. The sales coincide with May’s Military Appreciation Month. Weather permitting, most commissaries will have one event – a two- or three-day

See **SERVICE** Page 21



U.S. Air Force photo/Tech. Sgt. Marleah Cabano

U.S. Airmen with the 612th Air Base Squadron, prepare donations for children at the Children of Love Foundation in La Paz, Honduras, April 24 at Soto Cano Air Base, Honduras. Members with the 612th ABS donated clothing, shoes, underwear and towels in a backpack for each child, as well as toys, soap, toothpaste and school supplies to 18 orphans who live at the orphanage.

612th ABS delivers donations to orphanage in Honduras

Tech. Sgt. Marleah Cabano
JOINT TASK FORCE-BRAVO
PUBLIC AFFAIRS

SOTO CANO AIR BASE, Honduras — Airmen with the 612th Air Base Squadron traveled to the Children

of Love Foundation Orphanage in La Paz on April 25, delivering donations to 18 orphans who call the sanctuary home.

Most units on base have a local orphanage they sponsor, but for Airmen with the

612th ABS, this visit marks the second time they’ve visited their newly-sponsored orphanage.


“This particular orphanage is one my lieutenant, back at Davis-Monthan [Air Force Base, Arizona], told

me about since her and her family come to visit an orphanage, every year,” said U.S. Air Force Maj. Duane Reid, 612th ABS director of operations. “So when I got

See **HONDURAS** Page 18

PAZDEL CHIROPRACTIC, INC.

Slipped Disc?



258 Sunset Ave., Ste. I, Suisun City • 429-4861
www.PazdelChiropractic.com Se Habla Español

Let My Experience, Make Your Home Buying or Selling Experience, Your Best Experience!

CENTURY 21 Nancy Price-Branson
REALTOR®
Cal BRE #01426977
CDPE, SFR, ABR, MRP, SRES



Cellular (707) 718-1989
nprice@c21mm.com
301 Dickson Hill Road, Fairfield, CA 94533

Each Office is Independently Owned and Operated

CELEBRATING 48 YEARS
EST. 1973
FAMILY OWNED & OPERATED

VERY GREENE
Honda

MAY IS MILITARY APPRECIATION MONTH

AT AVERY GREENE HONDA

CALL FOR DETAILS

MILITARY REBATES AVAILABLE NOW!

NEW AND USED CARS ON SALE

See AVERY GREENE HONDA First!

Best Prices **AVERY GREENE Honda** **Best Selection**

800 ADMIRAL CALLAGHAN LANE VALLEJO CA 94591
EXIT REDWOOD PARKWAY

888-619-0063
www.AveryGreeneHonda.com

HONDA

Plus government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge and any emission testing charge. Expires 3/31/2021.

Exchange clears \$1M in donations

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

TRAVIS AIR FORCE BASE, Calif. — The Travis Air Force Base Exchange is family serving family—and Airmen can help their wingmen in need by donating to the Air Force Assistance Fund at the BX register.

In 2020, Exchanges worldwide donated nearly \$1 million to AFAP, an increase of almost 1,000% over 2019 donations. Beginning last year, BX shoppers were able to donate to the organization at check-out year-round. The record donations were critical in seeing Airmen and families through tough times due to the COVID-19 pandemic.

“The Exchange is grateful to our shoppers for supporting the Air Force Assistance Fund, which does incredible work for our Airmen, Guardians and their families,” said Exchange

Director/CEO Tom Shull. “As the need increased, so did our shoppers’ generosity.”

The Exchange has partnered with AFAP since 2017. AFAP provides emergency assistance, sponsors educational programs and offers community programs that make life better for Airmen and their families.

“The response from Exchange shoppers has been tremendous,” said retired Chief Master Sgt. of the Air Force Kaleth O. Wright, CEO of the Air Force Aid Society, one of four charities that benefits from AFAP. “Our partnership continues to improve the lives of Airmen, Guardians and their families.”

Travis AFB Exchange shoppers can make their donation while checking out at the BX in increments of \$1, \$5 and \$10 or can enter in a custom amount. Online shoppers can donate in \$5 increments during checkout at ShopMyExchange.com.

BX beefs up Be Fit hub

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

TRAVIS AIR FORCE BASE, Calif. — The Army & Air Force Exchange Service is refreshing its Be Fit Hub, making it even easier for every member of the Travis Air Force Base military community to stay ready and resilient.

The Be Fit Hub is now fully compatible with smartphones and tablets devices, allowing members of the military community to follow workout routines on the go.

“The Exchange’s Be Fit Hub is a one-stop resource dedicated to helping Travis AFB Airmen and their families live a healthy life,” said Travis Air Force Base Exchange General Manager Phonda Bishop. “From workout gear to nutrition information, the Be Fit Hub has the information

needed to go the distance.”

Organized under four categories – Fitness, Nutrition, Wellness and Gear – the updated Hub lets users set calendar reminders for weekly Be Fit Live workouts hosted by the Exchange’s director of Public Health and Food Safety Master Sgt. Sonja Berry of the Air Force and Be Fit ambassador Roy Montez.

The site also features archived workouts based on specific categories: cardio, resistance, full body, high intensity, strength and interval.

The nutrition tab features tips on healthy snacking and videos that promote the Exchange’s healthy dining options by cuisine – Mexican, American and Japanese. Travis Air Force Base Exchange shoppers who click on Wellness can find fitness articles as well as tips on vision and dental health.

Pharmacies ‘Take Back’ every day

Military Health System Communications

While April 24 has officially been designated National Drug Take Back Day by the Drug Enforcement Administration, pharmacists across the Military Health System in recent years have been stressing that every day is a drug take back day.

That’s because MHS pharmacies are outfitted with MedSafe medication disposal boxes, which can accept all pills, along with properly sealed powders, liquid medications and lotions, and dermal patches. MHS pharmacies also provide mail-in envelopes for medications.

“The bins are right there when you walk into the pharmacy,” said U.S. Public Health Service Cmdr. Thien Nguyen, a pharmacist with the Market Management Branch of Pharmacy Operations for the Defense Health Agency. “We wanted to make sure that our beneficiaries knew that any time they were able to get through their medicine cabinets and put in their expired medications, or medications they don’t use anymore, they can bring it in to us any day.”

And though National Drug Take Back Day continues to be an effective means of getting an important message out for law enforcement agencies throughout the United States, the MHS has not officially participated in the program since 2016, Nguyen said. The reason? She said MHS pharmacists never want to tell service members or beneficiaries to hang on to a box of prescription drugs and wait for a designated day.

“They can just drop it right off,” she said. “Especially if it’s a situation where a beneficiary feels like maybe someone in



Bottles of emptied prescription drugs lie in a box during the Drug Take Back event hosted at Marine Corps Base Camp Lejeune, North Carolina.

their household has the potential for misuse or abuse, and they want to make sure they get that medication out of the house as soon as

possible. They can do it that very same day, to make it as efficient as possible.”

Still, the advertising of National Drug Take Back

Day and its usual designated hours of 10 a.m. to 2 p.m., is an effective reminder for civilian and military

See TAKE BACK Page 14

DeCA helps food banks

Defense Commissary Agency Corporate Communications

FORT LEE, Va. — As the rate of food bank usage has increased in recent years so has the military commissaries’ support of these institutions.

Over a six-year period, the Defense Commissary Agency has donated more than 21 million pounds of edible but unsellable food to local food banks – most recently 4.1 million pounds in 2020.

DeCA’s support comes at a critical time for food banks with the impact of the COVID-19 outbreak. The virus placed a heavier burden on food banks and significantly increased usage in 2020 with more than 13 million more people seeking free meals or free groceries from these institutions for the first time, according to a hunger blog posted March 18 on FeedingAmerica.org.

For commissaries, being a part of the solution is simply the right thing to do, said Bill Moore, DeCA director and CEO.

“We are aware the pandemic has put a tremendous strain on food banks that are already pressed to help those who need assistance,” Moore said. “I’m proud that we are connecting with food banks to help where we can.”

Currently, 174 stateside commissaries support 198 food banks designated by DOD to receive donated items certified by food inspectors as being edible but unsellable, said Randy Eller, director of the agency’s logistics directorate.

“The donated amount represents less than 1 percent of

See FOOD BANKS Page 14

Guidance updates for name changes

Secretary of the Air Force Public Affairs

ARLINGTON, Va. — Air Force Instruction 36-2608, Military Personnel Records Systems, Chapter 4, paragraph 4.4.3, currently states when entering the name change into MilPDS, do not include hyphens, apostrophes, or spaces between sections of a compound name.

Effectively immediately,

spaces between compound names are allowed when accomplishing name changes in MilPDS. There is no change to policy regarding the use of hyphens or apostrophes.

This guidance will be incorporated into the revision of AFI 36-2608.

For questions regarding name changes, please email AFPC/DP2SSM at afpc.dp2ssm.ARMSTier2SME@us.af.



U.S. Air Force photo by Airman 1st Class Thomas S. Keisler IV

Aircraft from several countries participating in Iniochos 21 perform an elephant walk April 18 at Andravida Air Base, Greece. The 510th Fighter Squadron participated in Iniochos 21, a Hellenic air force-led, large force flying exercise. Participation in Iniochos 21 allowed U.S. Air Force pilots the opportunity to develop and improve air readiness and interoperability with allied and partner air forces.

Airmen conclude Iniochos 21

Staff Sgt. Valerie Halbert

31ST FIGHTER WING PUBLIC AFFAIRS

ANDRAVIDA AIR BASE, Greece — U.S. Airmen and F-16 Fighting Falcons assigned to the 31st Fighter Wing, Aviano Air Base, Italy, participated in exercise Iniochos 21 at Andravida Air Base April 12–22.

The exercise was a Hellenic air force-sponsored operational and tactical level field training exercise, hosted by the Hellenic Air Tactics Center at Greece's fighter weapons school. The aim was to enhance combat readiness and fighting capability, while providing participants the opportunity to develop capabilities planning and conduct complex air operations in a multinational, joint-force environment.

Along with Greek and U.S. participants, Canada, Cyprus, Israel, Slovenia, Spain and the United Arab Emirates also supported Iniochos 21.

During the exercise, the 510th Fighter Squadron conducted a multitude of joint operations and air defense training to include air-to-ground strike missions, defensive counter-air

and close air support, also known as CAS. The 510th FS dropped approximately 170 inert munitions, fired 8,300 training rounds on Greek live-fire ranges and completed more than 200 sorties.

On the ground, five tactical air control party Airmen assigned to the 2nd Air Support Operations Squadron, Vilseck, Germany, completed 14 close air support missions and worked with aircraft from the U.S., France, Greece and Cyprus. These missions culminated with U.S. Air Force Staff Sgt. Ryne Moody, 2nd ASOS TACP specialist, providing CAS for two Hellenic air force F-4s, allowing for a Cyprus search and rescue helicopter to evacuate a Greek search and rescue team.

Additional U.S. forces participating included KC-135 Stratotanker aircraft assigned to the 100th Air Refueling Wing, RAF Mildenhall, United Kingdom.

Iniochos 21 will continue to improve U.S. and participating nation interoperability, allowing participants to demonstrate their own unique roles in contributing to regional and

global security.

During the exercise, U.S. Air Force Gen. Jeff Harrigan, U.S. Air Forces in Europe and Air Forces Africa commander, and U.S. Ambassador to the Hellenic Republic Geoffrey Pyatt, visited Andravida Air Base to meet with Prime Minister of Greece Kyriakos Mitsotakis, Hellenic air force leadership, and key defense leaders in the region.

Hellenic air force leadership in attendance included Chief of Hellenic National Defense General Staff Gen. Konstantinos Floros, Chief of Hellenic Air Force General Staff Lt. Gen. George Blioumis and Col. Nikolaos Kokonis, Hellenic Air Tactics Center commander.

During their remarks, the key defense leaders spoke of the success of the exercise and thanked all the countries involved for their participation and commitment to the NATO alliance.

"Iniochos is an important opportunity for our Airmen to train alongside and learn from our Greek allies as well as the other exercise participants," Harrigan said.

BATMAN flies to rescue in combat survival potential

Leslie Heck

AIR FORCE RESEARCH LABORATORY PUBLIC AFFAIRS

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — The Air Force Research Laboratory's Battlefield Air Targeting Man-Aided Knowledge team, referred to as BATMAN, lent its effort to the Air and Space Forces' Small Business Innovation Research program to make a few former Airmen's dreams come true and potentially deliver a needed survival radio charger to the warfighter.

These former Airmen formed Combat Power Solutions, a service-disabled, veteran-owned small business, to develop

innovative technology that solves real-life warfighter challenges, such as those they'd seen as special warfare Airmen. Their company, CPS, had only been in operation for a little over a year when they submitted an idea to SBIR and were invited to present their idea at the very first SBIR/Small Business Technology Transfer Pitch Day in New York City March 6-7, 2019.

The Air Force held Pitch Day to introduce a faster, smarter method to get cutting-edge technologies and capabilities into the hands of warfighters by speeding up the investment and Defense Department process. Chris Larkin, CPS

managing partner, said that he, with his business partners, presented their pitch in a 10-minute format much like the TV show, "Shark Tank."

"The process that the Air Force use(s) (in Pitch Day) is really innovative," Larkin said. "Companies presented their technology concepts, (the government panel) did a small huddle to decide whether they were going to select us or not, we went next door, the government swiped their credit card, and we had money in our account — here we are, a small business with no inbound revenue before that."

The average contract award time and

payment during Pitch Day took 15 minutes, and over \$131 million in total was awarded through various contracts during Pitch Day events.

"What is really unique about this opportunity is that the Air Force has invested heavily in the SBIR program because they want to build up and increase the relationships in the military-industrial base and take advantage of the innovative spirit of Americans," Larkin said. "It's a really cool kind of win-win story where former Air Force guys are taking advantage of an Air Force program to help solve warfighter capability gaps."

See BATMAN Page 14

US builds bridge with Japan

Pacific Air Forces Public Affairs

TINKER AIR FORCE BASE, Okla. — Members of U.S. Pacific Air Forces and Japan Air Self-Defense Force visited the 552nd Air Control Networks Squadron to build cyber-defense capacity, April 4-10.

The 552nd ACNS is the Air Force lead Mission Defense Team for tactical command and control systems, including the E-3 Sentry Airborne Warning and Control System and ground-based Control and Reporting Centers. They are the only MDT in the Air Force to perform missions inside the skin of an aircraft, defending against adversaries in cyberspace.

"The knowledge and experience gained by visiting the 552nd ACNS will help shape the overall cyber defense strategy for the Japanese Weapon Systems," said U.S. Air Force Capt. Ali Syed, Pacific Air Forces Cyber Defense and Mission Assurance deputy chief. "At PACAF we will incorporate the knowledge gained into our command's MDT force array and employment concepts as we execute our staff mission to organize, train, and equip."



Air Force photo by Kimberly Woodruff

Senior Airman Gabriel Coleman, 552nd Air Control Networks Squadron, and Master Sgt. Christopher Bailey, Pacific Air Command A3/6, explain the capabilities of the deployable cyber defense weapon system to Lt. Col. Akio Ohigashi and Capt. Shumpei Kawano from the Japanese Air Self-Defense Force, April 8 at Ticker Air Force Base, Oklahoma.

Koku-Jieitai, JASDF, Lt. Col. Akio Ohigashi, is a liaison to PACAF Headquarters from Air Defense Command, deployed for coordination and information sharing about network operations with PACAF staff.

"Ministry of Defense is currently conducting the study of technology for responding to cyber attacks

targeting intelligence processing system within equipment," Ohigashi said. "The achievement from this visit will make JASDF's future cyber defense posture strong."

During the visit, members of the 552nd ACNS MDT composed of cyber operators from a variety of backgrounds, explained the

capabilities of a deployable cyber defense weapon system, Cyberspace Vulnerability Assessment/Hunter.

When a cyber-defense mission is tasked, a MDT crew plans and briefs the mission before operating on an AWACS or Control and Reporting Center cyber terrain, just like an aircrew.

Disparity review survey deadline extended

Secretary of the Air Force Public Affairs

ARLINGTON, Va. — The Department of the Air Force is extending the participation deadline for the Inspector General Disparity Review until May 9. Due to a significant response rate, the survey, which began April 9, will remain open to facilitate maximum feedback from Airmen and Guardians.

The survey is part of the second ongoing Inspector General Disparity Review which expands its focus to gender and ethnicity, including Hispanics, Latinos, Asians, American Indians, Alaska Natives, Native Hawaiians and other Pacific Islanders.

Survey results are anonymous and will be analyzed alongside targeted interviews, more than 100 small-group discussions with airmen and guardians across the DAF, targeted small-group surveys and a comprehensive review of available data.

HELMUS OPTOMETRY
Downtown Davis Since 1986
We accept TRICARE and TriWest insurance
Call or text to schedule!
(530) 758-2122
Saturday appointments available
353 2nd Street, Davis | www.HelmusOptometry.com

Star Tech European
HONEST, ETHICAL & PERSONAL
AUTOMOTIVE SERVICE & REPAIR SPECIALISTS
Specializing in:
Mercedes-Benz, BMW, Porsche, Jaguar, Audi, Volkswagen, Volvo & more.
Family owned and operated. We offer dealer quality service without the hassle or the price.
Owner...Don Westhaver, Over 45 Years Experience, Proud Military Parents. Factory trained, we use OEM parts.
First Time Customers: Bring ad in for visual 26 pt inspection
23 Union Way • Vacaville, CA • 707-455-8870 • star-tech-european.com

Visit Travis' **FACEBOOK** page for up-to-date information.
facebook.com/TravisAirForceBase

Air Force unveils paint scheme for auto races

Master Sgt. Chance Babin
AIR FORCE RECRUITING SERVICE
PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Air Force Recruiting Service and their partners at Richard Petty Motorsports and Ed Carpenter Racing, introduced their newest paint scheme April 20, which pays homage to the original trailblazers, the Tuskegee Airmen. The red tails, yellow stripes, and star emblem aren't just a visual cue, but a reminder great things can happen when we celebrate our differences.

"Our partnerships with Richard Petty Motorsports and Ed Carpenter Racing provide the Air Force with platforms

to reach large audiences" said Maj. Jason Wyche, Air Force Recruiting Service National Events branch chief. "We're excited to leverage these platforms to pay tribute to the Tuskegee Airmen. It's more than just a paint scheme; it's an incredible opportunity to educate millions on the history behind the Red Tails. We hope individuals find inspiration from the Tuskegee Airmen and their story."

The Tuskegee Airmen were the first Black military aviators in the U.S. Army Air Corps, a precursor of the U.S. Air Force. Pilots, navigators, maintainers, bombardiers, instructors and support staff all trained at the Tuskegee Army Air Field in Alabama. The Tuskegee Airmen

flew more than 15,000 sorties during World War II in Europe and North Africa.

The paint scheme is inspired by the Tuskegee Airmen's P-51 Mustang used during World War II. The iconic red tail and the red and yellow stripes on the nose of the aircraft are prominent on the cars. The paint scheme will make its track debut this season first at NASCAR's 2021 Geico 500 at Talladega Superspeedway, Florida, April 25 and then at the 105th Indy 500 at the Indianapolis Motor Speedway, Indiana, May 30.

The Air Force has been a partner with ECR since 2020 and involved with INDYCAR since 2018.



Courtesy image

Air Force Recruiting Service and their partners at Richard Petty Motorsports and Ed Carpenter Racing introduced their newest paint scheme to honor the Tuskegee Airmen for the 2021 race season, April 20. The paint scheme is inspired by the Tuskegee Airmen's P-51 Mustang used during World War II.




DR. JEFFREY BROOKS
Board Certified and Fellowship
Trained Vascular Surgeon

**VARICOSE VEINS? LEG ULCERS?
LEG PAIN? LEG SWELLING?**

**LEG CRAMPS? LEG HEAVINESS? BURNING SENSATION?
SKIN COLOR CHANGES? RESTLESS LEGS?**



**FREE CONSULTATION! WE CAN HELP!
CALL TODAY! (707) 392-2500**

• Major Insurance, MediCal, Medicare, Covered CA and Care Credit Accepted
• Se Habla Español

OUR OFFICES:

935 Trancas Street, Suite 2C, Napa, CA 94558
1460 N Camino Alto, Suite 101, Vallejo, CA 94589
1261 Travis Blvd., Suite 150, Fairfield, CA 94533

1360 Burton Drive, Suite 160, Vacaville, CA 95687
5120 Manzanita Ave. #105, Carmichael, CA 95608

www.TreatYourLegs.com

Ask About Our **MILITARY DISCOUNT**

Four Seasons SELF STORAGE
Located off Hwy 12 @ Walters Road

SIZES TO FIT EVERY NEED!
Household • Commercial • Warehousing • Boat & RV

- New Manager Onsite
- Security Cameras
- Individually Alarmed Units
- Private Gate Codes
- Well Lit Wide Hallways
- Drive-Up Units Available

Spring Into Savings

COUPON
10x10 Units 50% OFF
First 3 Months
NOT VALID WITH ANY OTHER OFFER.
NEW CUSTOMERS ONLY. EXPIRES 4/30/2021

1600 Petersen Road • Suisun
(707) 439-0605
www.4ssonline.com

BAW/G seeks to improve diversity, inclusion

**Secretary of the Air Force
Public Affairs**

ARLINGTON, Va. — The Lesbian, Gay, Bisexual, Transgender and Queer/Questioning Initiative Team and the Indigenous Nations Equality Teams were recently formally established by the Department of the Air Force under the umbrella of its Barrier Analysis Working Group.

The establishment of these two teams builds on the successes of the Department of the Air Force's other teams and allows the Department of the Air Force to identify and address the issues impacting diversity and inclusion for Airmen and Guardians.

The LGBTQ Initiative Team focuses on the LGBTQ community and identifies and works to resolve the issues that disproportionately impede the success of LGBTQ Airmen and Guardians.

The creation of this team comes 10 years after the repeal of Don't Ask Don't Tell, the legislation that prohibited LGB service members from serving openly. For many of the senior-ranking military members, some of whom served under DADT for nearly two decades, the creation of LIT is a watershed event.

Maj. Gen. Leah Lauderback, one of the group's founders and its military officer champion, reports a lot of excitement about the LIT, "I expect our group will grow—our community and allies want to help!"

Airmen or Guardians interested in getting involved with the Barrier Analysis Working Group should contact SAF/ODI at SAF.ODI.Workflow@us.af.mil.



U.S. Air Force photo by Airman 1st Class Faith Schaefer

A Royal Australian Air Force C-17 Globemaster III prepares to land March 13 at Dover Air Force Base, Delaware. The U.S. and Australia maintain a robust relationship underpinned by shared democratic values, common interests and cultural bonds. The U.S.-Australia alliance is an anchor for peace and stability in the Indo-Pacific region and around the world.

US, Australia team up at Dover

Master Sgt. Chuck Broadway
436TH AIRLIFT WING PUBLIC AFFAIRS

DOVER AIR FORCE BASE, Del. — The U.S. government's Foreign Military Sales program is a form of partnership the United States has with more than 180 countries and international organizations to transfer defense articles, services and training to international partners.

One of the steps in the FMS program is the procurement of materials by a partner country. Due to its strategic geographic location, Dover Air Force Base, Delaware, regularly supports FMS operations through the 436th Aerial Port Squadron. The "Super Port," as it is known, is the largest aerial port in the DoD and supports approximately \$3.5 billion worth of FMS cases annually.

Last month, Australia completed an FMS transfer of materials at Dover AFB,

in just the latest example of the steadfast, 80-year partnership with the U.S. armed forces.

"We cooperate closely with Australia to advance security and stability across the Indo-Pacific region," said U.S. Air Force Brig. Gen. Todd Dozier, Director of Regional Affairs for the Deputy Under Secretary of the Air Force, International Affairs. "The FMS program is an important part of that. It fosters long-term relationships that deepen interoperability and create a stronger combined warfighting team."

The cargo consisted of precision-guided weapons for use by the Royal Australian Navy and Royal Australian Air Force, to include replenishment of munitions employed during recent testing, training and operational deployment.

"Australia has an extensive history of FMS with the United States, including many engagements

between the Australian Defense Force and United States Department of Defense," said Squadron Leader Brett Aaker, executive officer for the RAAF No. 36 Squadron, the unit that carried the cargo back to Australia from Dover AFB. "The RAAF is extremely well-supported throughout global U.S. Department of Defense establishments. Being another C-17A hub, Dover Air Force Base possesses an adept group of talented individuals who consistently make us feel at home."

As a partner in the Indo-Pacific region, the Royal Australian Air Force also operates a fleet of eight C-17A Globemaster III aircraft, which were purchased via FMS, providing Australia with an unprecedented capacity for strategic airlift to rapidly deploy troops, supplies, combat vehicles, and heavy equipment anywhere in the world.

"The sheer expanse of

Travis' Reserve wing focal point of Nexus Dawn exercise



U.S. Air Force photo by Dennis Santarinola



U.S. Air Force Reserve photo by Senior Airman Maygan Straight

1) Aircrew from the 70th Air Refueling Squadron at Travis Air Force Base, California, refueled a KC-10 Extender and four F-15 Eagles April 27 in support of Exercise Nexus Dawn. Nexus Dawn is a readiness exercise designed to test the ability of multiple Air Force Reserve and California Air National Guard units to generate, employ and sustain air operations in a simulated combat environment. 2) A Litter Station Augmentation Set sits on the flight line at Travis AFB prior to being loaded on to a C-17 Globemaster III April 26 during Nexus Dawn. 3) Aircrew of the 301st Airlift Squadron at Travis AFB pick up and deliver cargo in support of Exercise Nexus Dawn on April 24.

Nick DeCicco
DAILY REPUBLIC

TRAVIS AIR FORCE BASE, Calif. — When Travis Air Force Base tests Airmen's abilities with trainings and exercises, it's almost always the active-duty folks running the show.

Almost. The base's Reserve unit, the 349th Air Mobility Wing, took the lead this week on Nexus Dawn, a three-day exercise Monday through Wednesday that brought together multiple services as well as Airmen from five other Air Force bases.

The exercise took place across the western seaboard. The aims were to test and improve the training, equipment and combat readiness of the units, which also included members of the Air National Guard and U.S. Marine Corps.

The goal is to mimic the kinds of scenarios Airmen, Marines and guard members might face in a real-world situation. Among the skills tested were aeromedical evacuation, cargo and personnel airlift, aerial refueling, deployment processing, aerial port operations and command-and-control skills.

"The intent of this is to train like we fight, meaning that Airmen across different career fields — aeromedical evacuation, aerial port squadron, our aircrews in the C-5, KC-10, C-17, Security Forces, Force Support — all of them are going to be tested and evaluated to determine their readiness and their skills levels, how they work together and how they're able to innovate to get past a robust set of challenges," said Ken Wright, 349th Air Mobility Wing public affairs chief.

All three of the airframes stationed at Travis — the KC-10 Extender, C-17 Globemaster III and C-5M Super Galaxy — participated, as well as an upcoming addition to the fleet in 2023, the KC-46 Pegasus. Also involved were KC-135 Stratotankers.

"This exercise is a significant demonstration of your ability to plan and execute a major event from the unit level," said

Brig. Gen. Jeffrey Pennington, commander of the 4th Air Force, which oversees the Reserve wing at Travis.

Tech. Sgt. Jennifer Spencer, who works with the 349th Air Mobility Wing Inspector General for Inspections office, said the exercise is a great opportunity to inform Airmen about different aspects of their mission as well as the missions of other branches of the service, an especially rare opportunity for the Reserve unit.

"I'm getting to learn a lot about the different functions that I didn't necessarily know too intimately about," Spencer said. "Also, we're working with several different planning agencies, so being able to say we put something together with a guard unit and operating out of five different locations across California, it's pretty incredible."

Capt. Amir Jennaty, who works with the 349th Aeromedical Staging Squadron, said that part of the aim is to get members of the armed forces from different bases and different working atmospheres communicating so they're more effective when and if they face real-world situations.

"In a deployed environment, you're working with groups you don't know and you're asked to execute the mission with these people," he said. "You deal with operations issues because people are trained in different ways. You're also dealing with emotional issues, personality issues, different kinds of conflicts and the emotions that just come from being human."

The human element was a big component of Nexus Dawn, said Maj. Jami Gunnels, 349th Air Mobility Wing chief of operations plans. As a wing exercise coordinator for Nexus Dawn, Gunnels spent months helping plan the exercise at the highest levels of coordination such as the obstacles Airmen would face during the training.

But Gunnels said Covid-19 considerations forced the Reservists to plan the exercise down to the minute details such



U.S. Air Force Reserve photo by Senior Airman Maygan Straight

4) Aircrew from the 301st Airlift Squadron at Travis Air Force Base, California, pick up and deliver cargo April 24 in support of Exercise Nexus Dawn. Nexus Dawn is a readiness exercise designed to test the ability of multiple Air Force Reserve and California Air National Guard units to generate, employ and sustain air operations in a simulated combat environment. 5) Reserve citizen Airmen assigned to the 446th Airlift Wing board a C-17 Globemaster III aircraft April 25 in support of exercise Nexus Dawn at Joint Base Lewis-McChord, Washington.



U.S. Air Force photo by Tech. Sgt. Heather Cozad Staley

as hotel transportation, limiting the seating capacity on buses to 75% and requiring masks.

Gunnels said that her role in the exercise — which she speculated might be the biggest undertaking by a Reserve wing in years — expanded her knowledge about the Air Force and the branches of the service partnering with them.

"We need to know how well we can complete our mission," she said. "Putting it all together gives us more visibility to see what we can do and learn some lessons along the way."

Gunnels estimated approximately 500 service members across the service branches were involved this week with Nexus Dawn.

Jennaty was impressed by the scope of the exercise.

"Just in terms of actually pulling off this exercise, the level of involvement, the resiliency from the Airmen who want to deploy . . . it's really eye-opening to be part of a group where everybody wants to work together to execute our mission," Jennaty said. "I'm at a loss for words."

The exercise included Airmen

from Travis' 349th Air Mobility Wing, the 446th Airlift Wing at Joint Base Lewis-McChord, Washington; the 940th Air Refueling Wing from Beale Air Force Base near Marysville; the 452nd Air Mobility Wing from March Air Reserve Base near Riverside; the 931st Air Refueling Wing from McConnell Air Force Base, Kansas; and the 512th Airlift Wing from Dover Air Force Base, Delaware; as well as the California Air National Guard's 144th Fighter Wing at the Fresno Air National Guard Base and U.S. Marines from Camp Pendleton.

BATMAN

From Page 9

With the above swipe alone, CPS was given \$150,000 for a six-month, Phase I contract to develop a large prototype of an in-line charging system for the Combat Survivor Evader Locator radio. The desired function of this system is to specifically power and charge the battery of the CSEL radio, a device already included in ejection-seat-housed survival kits used by downed pilots.

While Air Force Life Cycle Management Center's Special Warfare Systems Program Office at Wright-Patterson Air Force Base awarded and managed the contract, it turned to the BATMAN program in AFRL's 711th Human Performance Wing for a technical point of contact. The BATMAN team includes experts in a wide range of disciplines such as electrical, mechanical and biomedical engineering as well as software, who develop technologies for the Air Force's special warfare personnel, such as combat controllers and tactical air control. Lt. Patrick Assef, who had experience working on a previous CSEL battery project at a university in Michigan, served as the initial TPOC until very recently. Because the CSEL radio is a controlled item, he was vital in obtaining a mock CSEL radio from Air Combat Command for CPS to use and reference as they worked to develop a smaller charger prototype that would precisely fit the



Photo courtesy of Combat Power Solutions LLC

The 711th Human Performance Wing's Battlefield Air Targeting Man-Aided Knowledge team aided contractor Combat Power Solutions' Small Business Innovation Research project to develop a much-needed warfighter capability: a portable charging device, shown by itself here in its final prototype, for a radio that is critical during combat survival.

radio, Larkin said.

As a result of the successful SBIR Phase I effort, CPS applied for and was awarded a SBIR Phase II contract in order to further refine the functionality and size of the prototype. This development took place over an 18-month period, which saw CPS's Surge Tactical Charger device evolve through five different prototypes. Assef and the BATMAN team helped coordinate collaboration with other Air Force organizations for the testing of these prototypes.

The evolution of the prototypes resulted from obtaining end user feedback from 20-25

different Air Force customers and three different testing situations, including bringing ACC personnel out to Nellis AFB to run prototypes through exercises with pararescue jumpers and survival evasion, resistance and escape personnel in the 57th Wing and the 414th "Red Flag" Combat Training Squadron. The feedback received allowed CPS to adjust things like the placement of the Surge charger's crank handle and add a strap to the device so that a downed pilot with a broken arm or dislocated shoulder could move the crank with one hand.

Assef and BATMAN personnel also helped connect CPS with acoustics experts, such as Drs. Frank Mobley and Brian Simpson, also of AFRL's 711 HPW, to test and help mitigate sound generated by the Surge charger.

"When we built the first prototype, it was horrendously loud," Larkin said. "So, we've slowly but surely made the device lighter, smaller, quieter, and really the success is we're building a capability that can potentially solve a warfighter capability gap in terms of giving an isolated person unlimited power in an escape and evade situation. Unprecedented. Never before have we had that."

A quieter Surge charging solution and its ability to keep a radio powered can be critical to a pilot who is hiding and trying to evade capture after being shot down deep in combat mission, Sedillo said, a former survival teacher and retired active-duty Air Force aircrew life support member.

"This might make a difference between whether an isolated person gets rescued or not, whether that IP becomes a POW," Sedillo said. "We're not just going to go get an IP like we've been doing in Afghanistan. The IP is going to be there for a while. We've realized we better come up with a solution, and simply adding more batteries [to the survival kit] isn't the answer because if we add anything, something else has to come out. There's no more room in that survival kit."

Food banks

From Page 7

our sales, but every bit helps for those who need it," Eller said. "We've seen a steady rate of donated products going to local food banks after the word went out that they could register as a DOD-designated organization."

According to DOD policy, commissary food can only be donated to organizations designated as follows:

A nonprofit, charitable food bank exempt from federal income taxation and designated by the Assistant Secretary of Defense for Manpower and Reserve Affairs or the Secretary of Health and Human Services to receive such donations

A state or local agency authorized to receive donations from the U.S. Department of Agriculture Food and Nutrition Service Food Distribution Division

A chapter or other local unit of a recognized national veterans' organization that provides services to veterans without adequate shelter and has been designated by the Secretary of Veterans Affairs as authorized to receive such donations or

A not-for-profit organization that provides care for homeless veterans and has been designated by the Secretary of Veterans Affairs as authorized to receive such donations

DeCA's support to food banks is also manifested through the annual USDA-sponsored Feds Feed Families campaign that runs June through October.

Take back

From Page 7

populations to take a good look not just in one's medicine cabinet, but in kitchen drawers and bedroom dressers, or even car glove compartments - anyplace that forgotten prescriptions might be hiding - and turn them in safely.

Slogans such as "Don't be the Dealer," and disturbing images such as a small child handling a bottle of dangerous pain killers have a way of reminding the public to take action sooner rather than later.

Unintended pings

There's another important reason to take a close look at the fine print on

medication labels that have been around for a while. Not only can others get ahold of dangerous substances, but there's a chance that a medication might be used improperly by the very person it was prescribed to in the first place. For active-duty service members, this danger is especially acute.

According to a Department of Defense instruction issued in June 2020 relating to technical procedures for the military's drug abuse testing program, "prescriptions for substances included on Schedules II through V of Section 812 of Title 21, United States Code, will be considered expired 6 months after the most recent date of filling, as indicated on the prescription label."

Said Nguyen: "Outside of that time frame, if the service member pings positive for a drug, they can't say, 'It's

because I have this prescription.' Because if that prescription is older than six months, they're going to know that doesn't count — it's no longer allowed."

Nguyen noted the new DOD instruction was necessary because until then there had not been a sufficient, explicitly written policy addressing such a scenario.

Meanwhile, national results of the October 19, 2020, National Take Back Day were impressive. As they do every six months or so, thousands of law enforcement agencies took part, establishing 4,587 collection sites that culled nearly 493 tons of prescription drugs, the DEA reported. (Many of those police collection sites are permanent, too.)

National Drug Take Back Day "addresses a crucial public safety and public health issue," the DEA states on

its drug take back web site. "According to the 2019 National Survey on Drug Use and Health, 9.7 million people misused prescription pain relievers, 4.9 million people misused prescription stimulants, and 5.9 million people misused prescription tranquilizers or sedatives in 2019. The survey also showed that a majority of misused prescription drugs were obtained from family and friends, often from the home medicine cabinet."

At MHS facilities alone, Nguyen said that from January 2016 to December 2020, the DOD collected roughly 510,000 pounds of drugs for disposal through its collection receptacles and mail-back envelopes.

Details on the MHS' Drug Take Back Program can be found <https://bit.ly/3aOBpcF>.

Updates

From Page 4

technology will allow staff to treat patients with higher precision and speed, highly accurate imaging, tumor tracking in real time and multiple layers of safety features.

Additionally, the renovation improved energy efficiency, replacing and upgrading the mechanical infrastructure system. This included plumbing updates to conserve water, stronger insulation and new air handling units. Ultimately reducing maintenance costs, these sustainable upgrades will be a long-term benefit to the

medical center.

On top of the extensive medical equipment and mechanical upgrades, the medical center also has an improved security system. A new communications room was built with top-of-the-line

technology for security and communications, while reserving enough space for growth.

The 60th Medical Group is grateful to patients, guests and staff for their patience throughout construction and looks forward to continuing to provide the highest quality of care in the newly renovated space.

The 60th Medical Group operates the David Grant Medical Center, the flagship hospital in the Air Force Medical Service.

Providing VA Loans Locally!

Fulfilling the dream of Homeownership for our Veterans since 1994

We can EASILY close a VA loan transaction in 19 - 22 days here locally, So if you want to get it done Quickly at a Great Rate and Low Fees, with the same person from the beginning till the end, Let's Talk.

We have NO OVERLAYS! We can do a VA Loan 2 yrs after a Short Sale, Foreclosure or Bankruptcy AND we can do scores down to 580 and ratios up to 65%!

We have been able to successfully get COE's approved when other companies cannot get your eligibility restored!

We regularly beat other lenders quotes and we are right here Locally near the 'In and Out Burger'.



We DO Your VA IRRL's at the Very Lowest Rate available, Quicker than anyone else! No Appraisal, No Fuss, Just a quick REFINANCE into the lower 2's to save you \$200-\$500 a month! We can also do a VA JUMBO purchase anywhere in CA to 1.5Million at \$0 Down!

JUMBO VA Rates now in the Low 2% Range!



George R. Kalis

Broker/Owner

707.759.5129

We can use ANY Bank or Investors Wholesale dept. we are not confined to just one source!



1300 Oliver Rd., Ste. 140 • Fairfield • George@NIMBLoan.com • NMLS #270402 • DRE#02077932 • NMLS #1859425

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

Ramon Santos
NMLS 237037 | #3094
Branch Manager | Sr. Mgr. Advisor
FHA • VA • Conventional

Buying or Refinancing - Call Me
Together, possibilities
are endless!
707.427.1400

301 County Airport Road, Suite 208, Vacaville, CA 95688

**SCANDINAVIAN
DESIGNS**
FURNITURE

VISIT OUR VACAVILLE STORE
AND ASK ABOUT OUR

**15%
MILITARY
DISCOUNT***

*APPLIES TO REGULAR PRICED PURCHASE ONLY.
TERMS APPLY VISIT STORE FOR DETAILS.

STORE HOURS
MONDAY - SATURDAY: 10AM - 6PM
SUNDAY: 11AM - 6PM

www.scandinaviandesigns.com



266-A Bella Vista Road, Vacaville, CA 95687 | 707.447.4449

DIRECTORY OF local worship services

For advertising information about this directory, call Classifieds at 707-427-6973 or email: lvargas@dailyrepublic.net

ASSEMBLY OF GOD

**First Assembly Of God
of Fairfield**

- Lead Pastor: C. Eric Lura**
- 9:15 AM SUNDAY SCHOOL
 - 10:30 AM * MORNING WORSHIP
 - KID'z CHURCH Grades K-5th
 - 10:00 AM WEDNESDAY SENIOR PRAYER
 - 7:00 PM WEDNESDAY NIGHT Adult Bible Study
Girl's Club
Royal Rangers
Revolution Youth
*Nursery Care Provided

707 425-3612

2207 UNION AVE., FAIRFIELD
www.1agff.org
email: info@1agff.org
Live Stream on:



BAPTIST

**Worship
With Us...
St. Paul
Baptist Church**

1405 Kentucky Street
Fairfield, CA 94533
Rev. Dr. Terry Long, Pastor
Sunday
Sunday School: 11:00 a.m.
Morning Worship Service: 12:00 p.m.
Children's Church: 11:30 a.m.
Tuesday
Prayer Meeting: 6:30-7:00 p.m.
Bible Study: 7:00-8:00 p.m.
Web Site: www.stpaulfairfield.org
Email: stpaulbfairfield@comcast.net
Church Phone: 707-422-2003

BAPTIST



**MOUNT CALVARY
BAPTIST CHURCH**

Dr. Clayton Lca, Jr. - Senior Pastor

Fairfield Campus
1735 Enterprise Drive, Bldg. 3
Fairfield, CA 94533

Sunday Worship Services
7:00am & 9:30am.

Bible Study
Tuesdays @ 7:00pm (Youth Sanctuary)

Suisun Campus
601 Whispering Bay Lane,
Suisun City, CA 94585

Sunday Worship Services, 11:00am

Bible Study
Tuesdays @ 12:00noon

707-425-1849

www.mcbsfc.org for more information

Live Stream on:



BAPTIST



**Live stream at:
itsallaboutfamilies.org**
301 N. Orchard Ave., Vacaville
707.448.5848

SUNDAY

Classes for all ages..... 10:00 am
Worship..... 11:00 am
CORE Bible Studies 12:30 & 5:00 pm
(2nd & 4th Sunday)

WEDNESDAY

Adult Studies.....2:00 pm
AWANA for Kids.....6:15 pm
Adult & Youth Studies.....6:30 pm

LUTHERAN

**TRINITY
LUTHERAN CHURCH**

Tired of gimmicks and games?
Want a Bible-believing traditional church?
Need a loving church family?

You are invited to:

TRINITY LUTHERAN CHURCH - LCMS

Traditional Worship: 10 AM
Children's Church during 10 AM Service
Adult Bible Study: 8:45 AM
2075 Dover Ave., Fairfield
(2 blocks south of Airbase Pkwy.)

(707) 425-2944

www.tlcp.org

Rev. Dr. Dan Molyneux, Pastor

CHURCH OF CHRIST

YOU are the one that God loves the most
Come worship with us so we can learn
from **YOU**.



**Services Temporarily
Suspended**

~~Sunday Morning Bible Study 9 AM
Sunday Morning Worship 10 AM
Sunday Evening Worship 6 PM
Wed. Evening Bible Study 7 PM
Homeless ministry at Mission Solano
Rescue Mission 1st Friday of month 6-8 PM~~

CHURCH OF CHRIST - SOLANO

101 Marshall Road, Vacaville, CA 95687
707-451-9301 • www.churchofchristisolano.com

CHURCH OF JESUS CHRIST

**THE CHURCH OF
JESUS CHRIST
of LATTER-DAY SAINTS**

Fairfield Stake Center
2700 Camrose Ave.
Sacramento Services Sunday
1000 and 1200

Base Sacramento Services
DGMC Chapel
or North Courtyard
(1st Floor North entrance)
Sunday 1600-1630

Inquires: Call LDS Military
Relations Missionaries
707-535-6979

EPISCOPAL



**Grace Episcopal
Church**

1405 Kentucky Street
Fairfield, CA 94533

**Sunday
10:00 AM
Live Online
on our Facebook Page**

For additional information
www.gracechurchfairfield.org
or contact the office at 425-4481

Welcome home to an Open,
Caring, Christian Community

**Worship
Guide**



DIRECTORY OF Local worship services

For advertising information about this directory, call Classifieds at 707-427-6973 or email: lvargas@dailyrepublic.net

NAZARENE



SonRise
Community Fellowship

9:30 am Sunday
310 Parker Street
Vacaville, CA 95688

Visit sonrise-vv.org for info

CHURCH - NAZARENE

NON-DENOMINATIONAL

Church of Christ

1500 Alamo Drive
Vacaville, CA 95687

Services Temporarily Suspended

Sunday Morning
Bible Classes.....9:30 am
Assembly Worship.....10:45 am
Evening Assembly Worship.....5:00 pm

Wednesday Evening
Bible Classes.....7:00 pm

Classes also by appointment
Elders:
Mark McCallister (707) 446-7477
Ed Sanderson Sr. (707) 446-0536

NON-DENOMINATIONAL



FAITH
Community Church
To God be the Glory

Bible-Based Expository Preaching
Sunday Worship Services
9 AM, 10:30 AM

Registration required at vacavillefaith.org

Pastor Jon Kile
192 Bella Vista Road, Vacaville
707-451-2026

Sunday school provided during the second service:
Grades K-2 and 3-5
Registration required.
Grades 6-8 and 9-12
Registration required.

Check our website for information on other ministries offered at www.vacavillefaith.org

NON-DENOMINATIONAL

Vacaville Church of Christ

401 Fir St., Vacaville, CA 95688
(707) 448-5085

Minister: Ryan Brewer

Sunday Morning Bible Study
9:30 AM

Sunday Morning Worship
10:30 AM

Sunday Evening Worship
6:00 PM

Wed. Evening Bible Study
7:00 PM

www.vacavillecocf.com

If you would like to take a free Bible correspondence course contact:
Know Your Bible Program
401 Fir Street • Vacaville, CA 95688
(707) 448-5085

UNITED METHODIST



"The People of
The United Methodist Church™"
**COMMUNITY UNITED
METHODIST CHURCH**

1875 Fairfield Avenue, Fairfield
Phone: 707-426-2944
Email: info@cumcfairfield.ca.org
Website: cumcfairfield.ca.org
YouTube CUMC Fairfield

Pastor Anne Choy
Online Worship Service 10:15 a.m.

Communion - 1st Sunday of each month

Children, Adult and Bell Choirs
Young Adult Ministries
Adult Bible and Book Study Classes
United Methodist Women
United Methodist Men
Online Sunday School for Children
facebook.com/cumcfairfieldca

NON-DENOMINATIONAL



calvary chapel Solano

PASTOR JOSEPH PRODHOMME
1180 Western Street
Fairfield, CA 94503
707-424-7781

Prayer Works

Sundays
9:00am • 10:00am • 6:00pm
Spanish translations available


Tuesday & Thursday
Home Fellowship Groups
Fairfield/Suisun/Vacaville

Ministries

- Men/Ladies' Fellowships
- Silver Saints
- Youth Group (Jr./Sr. High)
- Family Fellowship
- Motorcycle Fellowship

190 Butcher Road, Vacaville, CA 95687
(off of Alamo, Just South of I-80)

NON-DENOMINATIONAL



Crossroads
CHRISTIAN CHURCH

A Passion to...
Worship God • Love People • Share Christ
A Non-Denominational Bible Teaching Church

Services Held Indoors
8:30 am, 10 am and 11:30 am
Social Distancing Practiced
Face Masks Recommended
Register for a service at cccv.me.

- Men's & Women's Bible Studies
- Prime Timers (Seniors Ministry)
- In Home Mid-Week Bible Studies
- Celebrate Recovery

Ruce Gallaher, Lead Pastor
707-446-9838
www.cccv.me

NON-DENOMINATIONAL



VACAVILLE BIBLE CHURCH

"To know Him, and to make Him known"

490 Brown Street
Vacaville, CA 95688
707-446-8684

Sunday Services:
Sunday School 9:45am
Morning Worship 11am
Evening Worship 5pm

Thursday Service:
Prayer Meeting 7pm
Bible Studies throughout the week

Pastor Ben Smith
www.vacavillebiblechurch.com
office@vacavillebiblechurch.com

Live Stream on:  

NON-DENOMINATIONAL



LIBERTY CHURCH


ONE CHURCH
TWO LOCATIONS

FAIRFIELD
2641 N. Texas St.

SUISUN
611 Village Dr.

Visit us online for service times.
LibertyFairfield.com
707-425-9673

NON-DENOMINATIONAL



unity
of the Valley
Spiritual Center



Celebrating our oneness, honoring our diversity

350 N. Orchard Ave,
Vacaville - 447-0521
unityvv@pacbell.net
www.unityvacaville.org

Sunday Morning
8:00 am Coffee with God
10:00 am Contemporary
Celebration with Youth Education

Wednesday Evening
6:30 pm Non-Denominational
Meditation Time
7:00 pm Contemplative Prayer

Come Home to Unity
It's Like Blue Jeans for the Soul
Affiliated with publisher of Daily Word®

NON-DENOMINATIONAL



THE FATHER'S HOUSE

The Father's House
4800 Horse Creek Drive
Vacaville, CA 95688
(707) 455-7790
www.tfh.org

Service Times
Saturday: 6pm
Sunday: 9am & 11am

Live Stream at  



Ron DuPratt USED CARS in Vacaville

Shower of Savings

Only minutes to Vacaville for Super Spring Savings!

2017 NISSAN ALTIMA 2.5 SV \$12,712	2011 FORD MUSTANG GT \$19,954
2015 HONDA ODYSSEY TOURING \$20,948	2016 DODGE CHALLENGER SXT \$21,919
2019 NISSAN ALTIMA 2.5 SL \$22,717	2018 FORD MUSTANG ECOBOOST® \$23,965
2017 TOYOTA TACOMA SR \$32,316	2019 ACURA MDX 3.5L \$37,512

OVER 100 CARS TO CHOOSE FROM!
Finding You the Right Car at the Right Price!

Ron DuPratt USED CARS in Vacaville
1385 E. Monte Vista Avenue • Vacaville, CA
877.756.6441 • www.ronduprattusedcars.com

All prices plus government fees and taxes, any finance charges, any dealer government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. All prices good through close of business on 5/3/21.

Honduras

From Page 5

orders to go here, she told me about the orphanage in La Paz and I reached out to them to see if they already had a sponsorship—they did not.”

Units then go through the chapel on base that vets each orphanage to ensure the integrity of their operations. Once approved, the units are cleared to sponsor their orphanage of choice.

“It’s all about trying to be a part of the community,” Reid said. “We want to reach out because we understand that the area we’re in is a very poor area and we want to give back where we can.”

With help from the U.S., children at the orphanage received donations of clothing, shoes, underwear, and towels in their own backpack, as well

as toys, soap, toothpaste, and school supplies that were delivered in large boxes.

“Most of the donations came from the 355th Operations Support Squadron, Davis-Monthan AFB,” Reid said. “The other ones, we took donations from the squadron and went to Tegucigalpa and bought them.”

The Children of Love Foundation Orphanage has been running for 28 years, feeding and clothing the children who live there with most of the donations coming from the U.S.

“This gives our members opportunities to see and be grateful for the stuff that they have,” said U.S. Air Force Tech. Sgt. Chelsea Johnson, 612th ABS noncommissioned officer in charge of personnel programs. “These opportunities provide insight on the things that we may take for granted and create a relationship of gratefulness between us and other nations.”



Given the opportunity to serve you will be a *win Winn* situation!

The Keys to your Dream Home are within reach.
The market is HOT! To get moving, call me

Monica Winn
REALTOR® DRE# 1971960

 (707) 344-4237 



BRYAN SCOTT
ORTHODONTICS

“We Go The Extra SMILE”

- Orthodontics for Children & Adults
- Cosmetic (Clear) Braces
- Invisalign
- Early Intervention Treatment
- Financing Options Available
- Military Discounts

Bryan C. Scott, D.M.D.
Specialist in Orthodontics

 Voted Best Orthodontist

www.scott-ortho.com

1360 Burton Drive, Ste 100, Vacaville, (707) 451-2292

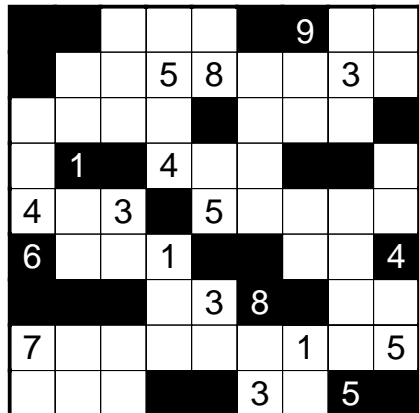
Dispositions of personal effects

Capt. Samantha Garrido is authorized to make disposition of the personal property of Tech. Sgt. Aaron Cardin, deceased, 860th Aircraft Maintenance Squadron, as stated in AFI 34-501.

Puzzles

STR8TS

No. 540 Medium

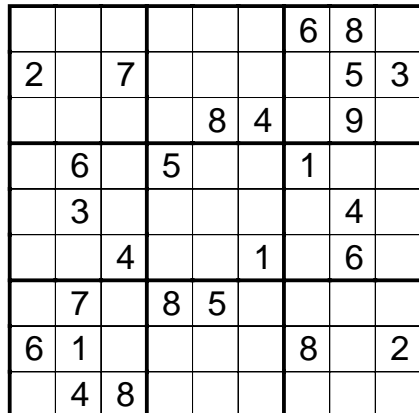


Previous solution - Tough. A 9x9 grid with numbers 1-9.

How to beat Str8ts - Like Sudoku, no single number can repeat in any row or column.

SUDOKU

No. 540 Medium



Previous solution - Easy. A 9x9 grid with numbers 1-9.

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

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; 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.

Congratulations Class of 2021

Graduation time is here. With the extended length of time due to the pandemic, most graduation ceremonies will again this year be virtual.

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.

Make sure your graduate is memorialized in this special section. Include a self-addressed, stamped envelope for return.

Photo & Ad Submission Deadline: Friday, June 4th at 1pm.

Include a self-addressed, stamped envelope for return. Or go to www.dailyrepublic.com to submit.

Class of 2021



Mary Smith Yourtown High School

Congratulations, Mary! It's been a wild ride, but you made it. You're graduating! We are so proud of you and thrilled to watch as you begin a new journey! We love you!

Love, Mom & Dad

\$20 Graduate Photo Greeting Please supply your graduate's name, school, photo and maximum of 40 words of text for your message.

Student's Name _____ School Attending _____ Message _____ Daytime Phone _____ Credit Card # _____ Exp _____ CVC Code _____

These are special and unique pages that will long be remembered by all those who participate. Please fill out the information above and mail in your photo with payment (Include name on back of photo), or go to https://www.dailyrepublic.com/tools/celebrate-your-graduate-from-the-class-of-2021/ to submit.

*All Grad Ads are Pre-Paid by Check, or Major Credit Card

Questions? Call us at 427-6936 1250 Texas Street, Fairfield, CA 94533

TAILWIND Classified 427-6936

Service Source DIRECTORY

Pennella Concrete Driveways, Patios, Walks Colored & Stamped. FREE Estimates (707) 422-2296 Cell 326-7429

Dennis & Son Concrete DRIVEWAYS - PATIOS - FOUNDATION PAVERS - COLORED & STAMPED. 800-201-2183

M.C. MANZO CUSTOM CONCRETE PATIOS • DRIVEWAYS, SIDEWALKS • GARAGE SLABS. 707-689-7980

A GUY HOME REPAIR Move-ins, Move-outs, Interior, Exterior. & PRESSURE WASHING up to 4000 PSI

0343 ROOMS FOR RENT Beautiful home. Very close to park. Very safe. \$250 mo. + 1st mo. & last mo. rent. Call (707) 631-1540

0677 PETS & SUPPLIES Pringles York Po-Pop, & M&M's 3 Females. 707-454-6933

0712 RV STORAGE SPACE FOR RENT 2000 sq. ft. RV Storage, Boat, or Vehicle Storage. 707-499-3000

H120 HAULING When You Want it Gone... call John JOHN'S HAULING (707) 422-4285

H160 HOUSE CLEANING A & A Professional Cleaning Services Carpet & Upholstery, Kitchen & Baths, Windows, Etc. 707-386-3004

H110 HANDYMAN A GUY HOME REPAIR Move-ins, Move-outs, Interior, Exterior. (707) 689-7980

H120 HAULING MITCHELL'S HAULING HAULING, CLEANING, ORGANIZING, PACKING & DOWNSIZING. 707-386-1312

H120 HAULING JOHN'S HAULING (707) 422-4285

H160 HOUSE CLEANING A & A Professional Cleaning Services

H110 HANDYMAN A GUY HOME REPAIR

H120 HAULING MITCHELL'S HAULING

L105 LANDSCAPING YARD SERVICES Free Estimates (707) 425-7284

L105 LANDSCAPING T & T TREE & LANDSCAPING SERVICE 30 Years Experience

L105 LANDSCAPING Gastelum Tree Service & Landscaping Licensed and Insured

L105 LANDSCAPING FOUR BROTHERS Yard Service • Clean Up Hauling • Trees • Fencing Maintenance 707-426-4819

L105 LANDSCAPING LANDSCAPING GARDENING • Yard Maintenance, Trimming • New Lawn (Seed & Sand) • Sprinkler Systems

L105 LANDSCAPING FRANK'S LANDSCAPING • New Lawn • Artificial Lawn • Irrigation • Fences • Retaining Wall

L105 LANDSCAPING EXCELLENT PAINTING Residential • Commercial 707-426-3411

F100 PAINTING BELLA PAINTING Superior Quality & Craftsmanship (707) 631-6601

F100 PAINTING #1 ANDY SUNRISE Int./Ext. Acoustic Removed & Textured 707-425-7542

F130 ROOFING GUTIERREZ ROOFING TILE REPAIR • SHINGLE REPAIR • CLEAN GUTTERS

F110 LANDSCAPING MAINTENANCE SONG LANDSCAPING SERVICE • Lawn Care • Pruning, Ground Cover

F110 LANDSCAPING MAINTENANCE SONG LANDSCAPING SERVICE • Lawn Care • Pruning, Ground Cover

F140 LOCKSMITH FAIRFIELD SAFE & LOCK CO KEYS • LOCKS • SAFES

F100 PAINTING EXCELLENT PAINTING Residential • Commercial 707-426-3411

F100 PAINTING J&B TILEWORKS 30 Years Experience (707) 365-2244

For Service Source Information, Call Classifieds Today At (707) 427-6936

Service

From Page 5

outdoor weekend sidewalk sale – featuring extra savings on a variety of everyday items. As a bonus, over 60 Commissary Store Brand items will be offered with average savings of 20 percent over already low prices. Selection and sale dates will vary by store and event dates are subject to change. Patrons are encouraged to check their store's web page for sale dates and hours or talk to their store manager for more details or updates. Overseas stores may have their own special sales based on what they have on hand.

- Mother's Day floral delights. Mother's Day floral selections will start appearing in stores around April 27. Fresh-cut flower bouquets consisting of colorful roses and vibrant bloomers, special single "preserved roses" that last two years without any maintenance (red, white, purple, yellow, dark pink) and potted plants with a wide range of options such as succulents, orchids, lilies, hanging baskets, azaleas, violets, hydrangeas and even strawberry plants.

- "Thank Guac It's Cinco." Fresh produce promotion will offer significant savings on Mission Tortilla shells or chips, May 3-9.

- "Celebrate the Savings." Commissary customers can get \$25 off their next shopping trip when they buy \$75 in participating Procter and Gamble products and scan their Commissary Rewards Card at check-out. Qualifying purchases must be made in a single transaction from May 24 to June 13. The \$25-off digital coupon will be added to their rewards card and must be redeemed by June 30.

- Fisher House eGaming Promotion Sales Contest. P&G and ProCamps are collaborating with the Fisher House Foundation and Operation Homefront to energize installations through an eGaming Event "Battle of the Bases" as a part of P&G's "Start Strong/Stay Strong" cause platform. Through May 30, commissary customers will see in-store promotional displays. Sales of participating P&G products will help determine the top four installation to compete against each other in an eGaming

tournament for service members and their families. The last team standing will square off against a "pro" for the gaming title.

- Commissary Store Brand promotions: Throughout May, stateside stores only, Freedom's Choice products will be on sale while supplies last: 48-ounce ice cream varieties; 4-pound Boneless Skinless Chicken Breast; 16-ounce bottled dressings; and 12-ounce Pasta Shells & Cheese and Mac & Cheese Deluxe Dinners. Additionally, select Freedom's Choice enhanced purified water products will be promoted through May 15, and select K Cup and other coffee products and select mayonnaise and assorted marinades through May 9.

- Featured 'dietitian-approved' recipes. To help customers build healthier habits by planning and cooking more meals at home, DeCA offers a full library of dietitian-approved recipes. Customers can save up to 20 percent on select ingredients in the Sales Flyer on commissaries.com: Each two-week promotional period has three featured dietitian-approved recipes – Produce Corner, which also offers tips for storage and selection and fun facts; Meat Case; and Thinking Outside the Box, which also offers nutrition information. Applicable for CONUS stores only.

- Organic meat savings. Deal of the Week (April 30 - May 4) promotions will be available in stateside stores, including Alaska and Hawaii. Stores will be promoting organic tenderloins, ribeye, and striploins while quantities last.

- Fresh meat savings through Power Box purchases. Commissary customers can save up to an additional 25 percent on the following beef and pork packages. Check with your meat department to learn more about these sizzling offers:

- Tailgate Special Power Box offers about 19 pounds of different cuts of beef and pork.

- Economy Power Box offers about 15 pounds of different cuts of beef and pork.

- Healthy Alternative Power Box offers about 16 pounds of different cuts of beef and pork.

- Fix it and Forget It Power Box offers about 15 pounds of different cuts of beef.

Solano County's Largest Full Service Truck Shop



NBTC
North Bay Truck Center

We service all makes and models of RV motorhome, 5th Wheel and Trailer Chassis, brakes, lights, engine, HVAC, transmission, steering, axles, bearings, suspension, tires etc. We also repair and service all trucks from a pick up truck to a Class 8 Big Rig.

Our team of Technician's have over 150 years combined repair and diagnostic experience. We treat your vehicle like it is ours. There is no job too big or small, we invite them all.

Give us a call to schedule an appointment or just stop by we always have coffee brewed and popcorn popped. We look forward to meeting you and providing you with excellent customer service.

(707) 427-1386

Mon.-Fri., 7:30AM-5:30PM
Sat., 7:30AM-4:00PM
1245 Illinois St., Fairfield, CA

Present This Ad for 10% Discount off any Repair or Service!

You Served. You Save.

CAL ROOFING SYSTEMS



Vacaville, CA 95688
(707) 447-3132
Lic. #560708
www.calroofingsystems.com

DIXON LANDSCAPE MATERIALS



150 E. H St.
Dixon, CA 95620
(707) 678-8200
www.dixonlandscapematerials.com

MITCHELL'S

HAULING, CLEANING, ORGANIZING,
PACKING, & HOUSE CLEANING



Suisun City,
CA 94585
(707) 386-1312
Lic. #22444
Insured

DO YOU OFFER A MILITARY DISCOUNT?
PLACE YOUR AD HERE. \$40/MONTH CALL 707-425-4646

Save with Military Discounts from these fine businesses!



BIG TOBACCO IS KILLING US

WITH MENTHOL

This ends now. Learn how to fight back at WeAreNotProfitSolano.org



WE ARE NOT PROFIT SOLANO COUNTY

© 2021 California Department of Public Health | Sponsored by VibeSolano

Big tobacco is making a killing across Solano County.

How? Menthol, flavors and new products you've never seen before.

It's a fact: menthol cigarettes, flavored vape and cigarillos are cheaper in Black, Latino and lower income neighborhoods.

Big Tobacco targets our communities with in-your-face advertising, coupons and discounts because they think we are easy money.

They get cash. We get killed.

Big Tobacco only sees our money, not our worth.

Solano must fight back.



U.S. Air Force photo by Nicholas Pilch
1) Airman 1st Class Jocelyn Ortiz, right, 60th Diagnostics and Therapeutics Squadron ultrasound student, gives a hands-on demonstration for ultrasounds to U.S. Air Force Col. Zachary Jiron, center, 60th Air Mobility Wing vice commander, while A1C Elani Fitch, 60th MDTS ultrasound student, lays on the patient bed April 23, 2021, during Leadership Rounds at David Grant USAF Medical Center, 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 Staff Sgt. Robert Gyergek, left, 60th MDTS nuclear medicine technician, gives a hands-on demonstration for computed tomography to Col. Zachary Jiron, 60th AMW vice commander, during Leadership Rounds. 3) Airman 1st Class Angela McCollam, center, 60th MDTS diagnostics imaging technologist, demonstrates procedures to line up a patient for x-rays with Col. Zachary Jiron, right, 60th AMW vice commander, and Chief Master Sgt. Stephen Scofield, 60th MXG superintendent, procedures to line up a patient for x-rays, during Leadership Rounds.

Airmen learn the secrets of ultrasounds HANDS-ON



Health

From Page 2

“Throughout my career, I’ve found that the Air Force brings relatively healthy members into the force, but then does not provide them with current, expert-informed information on optimizing diet, nutrition, sleep, etc., so they can live their best lives and, most importantly for the Air Force, be fully combat-ready for what the nation expects of them,” Jiron said. “I want Airmen to be at peak fitness during their time in service while developing the mindset and habits that will ensure they live long, healthy lives well beyond their Air Force careers. The LPMC program underpins both of these.”

Lt. Col. Joe Sky, 60th Surgical Operations Squadron associate chief of medical staff and a cardiologist, echoed Jiron’s observations, saying he has been an advocate for this style of health care for years. “The goal is to show we can improve readiness, to show we have more (physical training) passes, that we’re making a difference in people’s lives,” Sky said. “I don’t tell people, ‘I’m going to put you on a



U.S. Air Force photo by Christine Minoda
U.S. Air Force Col. Daniel Murray, left, 60th Operational Medical Readiness Squadron master clinician, leads a circuit training workout at the Nose Dock Gym at Travis Air Force Base, California, April 15, 2021. Travis AFB is one of the several bases trying a Lifestyle and Performance Medical Clinic approach to health care.

different diet.’ I tell people to think about what your goals are for how you’re going to eat.”

Sky said both private and public-sector health care providers are embracing this approach, although results tend to come in the longer term, making the program difficult to institute. That’s where

he and Pak agreed leadership-level support has been vital. In addition to Jiron’s backing, Pak said she recently briefed Chief Master Sergeant of the Air Force JoAnne Bass on the program during her visit to Travis AFB.

“From the top of the Air Force, we’re really trying to change the culture of fitness and what that means,” Pak said. “It’s about changing the culture, changing the mindset. It’s not a temporary fix to pass a PT test, but it’s about long-term health.”

Sky talked about the “80/20 concept,” a notion that health care providers are just one component of a person’s health care, with 80% of health based on the choices patients make for themselves while just 20% comes from health care professionals.

“Medical doctors have known for years that we don’t provide everything that matters,” Sky said. “This is an attempt to bring evidence-based science to providing our patients with the best options to control the components of health care that they can control.”

Harward said giving patients that control isn’t beneficial to just individuals, but also to the broader Air Force.

“People don’t correlate the lifestyle

behaviors that they do day to day to how they’re performing throughout the day, right?” Harward said. “So, if you’re not eating well, not taking care of yourself, you start performing not very well and that impacts the mission. ... If we can make better choices throughout the day, we are going to be a much happier person, have more energy and be able to perform more throughout the day compared to if we were to make the bad choices.”

To participate in the program’s next course, which Pak said is expected to launch in mid-May, active-duty members can self-refer or talk to their doctor about being enrolled in the program.

Also connected to the program are multiple, recurring fitness training sessions each week, which its coordinators call “Yoda’s Performance Clinic.” The sessions include, but are not limited to participants in the Lifestyle Medicine program. The running group, organized by Murray, meets at 9 a.m. on Saturdays at the red track (formerly the blue track), by the Duck Pond. The strength training conditioning group, which is run by others, meets at 8 a.m. and 4:30 p.m. Tuesdays and Thursdays at the Nose Dock Gym.

MADE FOR GETTING IT RIGHT

When it comes to the important stuff in life, you’re not one to take shortcuts or settle for less than the best. And you know one size doesn’t always fit all, especially when it comes to home and auto insurance.

Roger that. We’ll take the time to help you get the coverage you need and the discounts you deserve, backed by award-winning service.



USAA.COM/INSURANCE
 AUTO | HOME | RENTERS

No Department of Defense or government agency endorsement. Membership equality and product restrictions apply and are subject to change. Property and casualty insurance provided by United Services Automobile Association, and its affiliate property and casualty insurance companies is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. © 2021 USAA. 275948-1220

