



Port Dawgs swim with a ...

DOLPHIN

PAGES 12-13



Unleashing innovative spirit of Airmen

Commentary by
Capt. Ryan McGuire
and Capt. Lyndsey Horn
60TH AIR MOBILITY WING PUBLIC AFFAIRS

You have asked the organization to disrupt itself, yet the traditional processes of our organization are built to wring risk out of decisions, not to expedite innovations that very well could fail.

Innovators are disruptors. Disruptors understand that innovation is not just technology and widgets. Innovation is about solving problems.

While senior leaders continue to emphasize innovation, our Airmen are becoming frustrated with the pace of real progress and the disproportionate focus on innovation theater – i.e., exciting events that fail to deliver real capability.

Our rate of progress is not due to a lack of passion or intellect in our Airmen, but rather bureaucratic attempts to force innovative solutions through standard corporate processes designed in the Cold War.

Spark has failed,
learned and succeeded
Spark started as a group

Officers Commentary

of motivated, and admittedly frustrated, individuals. Frustrated with the small nuisances that plagued their day-to-day work life, and how seemingly simple solutions were right outside the gate but just out of reach. Airmen felt frustrated because a simple change was always met with a “no” or a “yes, but (insert long list of illogical barriers here).” Spark set out to change that, and did so with all thrust and little vector. The organization rapidly received attention and fed speeches. It held its first pitch session with headquarters – a meeting that failed miserably.

We failed because the first meeting did not focus on

problems. It solely looked at solutions, contracting mechanisms, return on investment, funding streams and legal reviews. While there were many advocates for change, there were even more anti-bodies who were (and are) defending their historical processes.

The trend of these pitch sessions has not changed much; however, the focus at the wing-level has evolved. The organization took a step back and returned to its roots: the Airmen and their problems. The problems encompass process, policy and, if appropriate, technology. We found solving Airmen’s problems resonates and the focus of the organization must be to empower Airmen to identify and solve problems at their level... rapidly.

Spark builds a culture of Airmen who are not going to submit their ideas to a suggestion box. As disruptors, these Airmen don’t think outside the box, they think the box is outdated and part of the problem. Spark provides Airmen either with physical space like an innovation lab, or with education and connections who can assist. The organization’s job is not to solve the problem for the Airmen, for we do not live it every day. Spark’s job is to move barriers out of the way.

This refocus led to a C-5M Super Galaxy electronic flight bag mount, adoption of 3-D printing technology in the medical field and a more efficient and effective generator prototype for Contingency Response forces. It also assisted in the adoption of radio-frequency identification, or RFID, technology for inventory and

See UNLEASHING Page 9



Challenging experiences develop character

Commentary by
Chief Master
Sgt. John W.
Steggell

22ND AIRLIFT
SQUADRON CHIEF
ENLISTED MANAGER

*“Do not pray for easy lives.
Pray to be stronger men.”*

— The Rev. Phillips Brooks

Challenging experiences present an opportunity and an occasion for personal and professional growth. When faced with these, will we let them defeat us? Will we decline the challenge? Or, will we seek them out and accept them, defeat them, and become

Chief's Commentary

stronger, more experienced and skilled individuals as a result?

If you answered no to all but the last question above, you've got the right attitude, and will continue to grow, develop, thrive and succeed, not only in today's Air Force, but in life.

On Feb. 7, 1963, President John

F. Kennedy remarked at the 11th annual Presidential Prayer Breakfast, “Let us remember the advice of my fellow Bostonian, the Rev. Phillips Brooks: ‘Do not pray for easy lives. Pray to be stronger men. Do not pray for tasks equal to your powers. Pray for powers equal to your tasks.’”

What President Kennedy reiterates in his statement above is don't sit back and hope for the good life;

but that strength, wisdom and an ability to succeed and be resilient is rooted in a life filled with challenges. Also, we should seek and accept tasks that exceed our current level of proficiency, training and expertise.

At no time in my Air Force career is it more apparent the importance of continuous self-improvement, professional development

See STEGHELL Page 18

Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

Air Force

Col. Jeff Nelson
60th Air Mobility Wing commander

2nd Lt. Rachel Brinegar
Officer in charge of command information

Tech. Sgt. Traci Keller
NCO in charge of command information

Daily Republic

Nick DeCicco
Tailwind editor

Todd R. Hansen
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

2

11/14

12-13

16-17

20-21

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

23

None hurt in gear-up landing

**60th Air Mobility Wing
Public Affairs**

A C-5M Super Galaxy landed with its nose gear up at approximately 7:45 p.m. upon returning from a contingency mission Jan. 31 at Travis Air Force Base, California.

Eleven aircrew assigned to the 349th Air Mobility Wing were on board and no injuries were reported.

Emergency responders arrived on-scene immediately to assist and secure the area.

The cause of the incident is under investigation. Travis AFB still has an operable runway.

The C-5M is a strategic transport aircraft and is the largest in the Air Force inventory, with a wingspan of more than 222 feet and a length of 247 feet.

More information will be released as it becomes available.



See photos of the plane, **PAGE 23**



U.S. Air Force photo/Tech. Sgt. James Hodgman

U.S. Air Force Senior Airman Matthew Malich, 60th Aircraft Maintenance Squadron aerospace propulsion journeyman, inspects a C-5M Super Galaxy Jan. 28 at Travis Air Force Base, Calif.

MOC essential to mission success

Tech. Sgt. James Hodgman
60TH AIR MOBILITY WING PUBLIC AFFAIRS

that capability, said Staff Sgt. Gabriel Walker, 60th MXG senior maintenance operations controller.

Since the Air Force's inception in 1947, its aircraft have delivered in one way or another.

Mobility planes have delivered munitions to support combat operations, supplies to aid natural disaster victims and in 2018, assistance to Tyndall Air Force Base, Florida, after Hurricane Michael ravaged the base.

At Travis AFB, California, home to the largest air mobility wing in the U.S. Air Force, knowing what aircraft can support a specific mission is the responsibility of the 60th Maintenance Group's Maintenance Operations Center.

The center coordinates all maintenance actions for Travis aircraft, as well as transient aircraft that stop at the base. The center, which runs 24/7, is manned by about a half-dozen Airmen who manage the maintenance needs and track the mission status for Air Force resources valued at \$13 billion.

At any given time, a commander may ask for a KC-10 Extender, C-17 Globemaster III or a C-5M Super Galaxy to support a mission somewhere in the world and the MOC helps ensure

aircraft is mission ready. Without the MOC, the mission would suffer."

Along with tracking the mission capability for aircraft at Travis, the MOC also tracks the maintenance needs for Travis aircraft operating at other locations.

Doing so enables the MOC to dispatch maintenance recovery teams to resolve issues that may arise during missions.

"Our maintenance recovery teams are in high demand," said Senior Airman David Pluskota, 60th MXG senior maintenance controller. "An MRT is a small group of maintainers who are certified to fix whatever issue one of our jets is having."

"Our MRTs are so vital because someone is waiting for that jet to deliver cargo, supplies or personnel and that can't happen unless maintenance issues are taken care of," added Walker.

In 2018, the MOC coordinated the response of numerous MRTs delivering nearly 300 mission critical parts to 302 airfields in 90 countries. During that same time frame, the center also supported more than 3,600 missions, including aerial refueling for the

See MOC Page 19

Brace for flu season with vaccination, awareness

60th Medical Group Public Health Office

Another flu season is upon us and health experts across the nation are bracing for a particularly hard-hitting season. Flu season usually peaks between December and February, but can last as late as May.

The Centers for Disease Control and Prevention reported more than 80,000 deaths during the 2017 to 2018 flu season. The center estimates there have been 9.8 million to 11.4 million flu illnesses and 113,000 to 136,000 hospitalizations related to the flu since Oct. 1, 2018.

The high rates of hospitalizations and deaths associated with the flu is the reason public health urges the public to take precautions to protect themselves and their loved ones from seasonal flu.

The 60th Medical Group's Allergy

and Immunization Clinic at Travis Air Force Base launched a mass initiative in October 2018 to vaccinate all active-duty members, high-risk patients and TRI-CARE-eligible beneficiaries.

While the flu vaccination is mandatory for those in uniform, it is recommended for everyone ages 6 months and older and strongly recommended for populations at high risk for complications from the influenza infection, including children under 5 years of age, people ages 65 and older and pregnant women.

For a complete list of high-risk populations, visit http://www.cdc.gov/flu/about/disease/high_risk.htm.

Flu is a contagious respiratory illness caused by a variety of influenza viruses that infect the nose, throat and sometimes the lungs. It can cause mild to severe illness and, in extreme instances, be fatal.

Flu and many other respiratory viruses are primarily spread from person to person through coughing or sneezing. Also, the flu viruses can survive on hard surfaces for 24 hours so a person may become infected by touching something with the virus on it and then touching their mouth or nose.

Most adults with influenza can infect others beginning one day before symptoms develop and up to five days after becoming sick. Children and some people with weakened immune systems may be able to infect others for up to seven days or longer. Flu symptoms can begin one to four days after the virus enters the body.

In addition to getting vaccinated, another effective way to protect yourself – even if you have already been contaminated or are showing flu-like symptoms – is with basic hygiene such as, covering

your nose and mouth with a tissue or use your arm sleeve when you cough or sneeze. Throw the tissue in the trash after you use it and avoid touching your eyes, nose or mouth. Wash your hands often with soap and water, especially after coughing or sneezing, or use an alcohol-based hand cleaner. Frequently clean and disinfect commonly touched objects such as door knobs and the telephone. Try to avoid close contact with individuals who are ill.

If you are sick with flu-like symptoms such as fever, chills, headache, body aches, sore throat and a cough that lasts one to two weeks, the CDC recommends that you stay home for at least 24 hours after your fever disappears without using fever-reducing medications such as

See FLU Page 15

Airmen, volunteers keep blood flowing

**Tech. Sgt.
Christopher Hubenthal**
379TH AIR EXPEDITIONARY WING
PUBLIC AFFAIRS

AL UDEID AIR BASE, Qatar — Al Udeid Air Base's Blood Transshipment Center is a one of a kind place.

While it is the only blood transshipment center in U.S. Central Command's area of responsibility, it also houses one of the few missions on base that regularly uses volunteers from other career fields.

"We are the sole suppliers of blood units to our customers," said Air Force Tech. Sgt. Federico Arriaga, 379th Expeditionary Medical Group BTC logistics craftsman. "Because we are here, we're able to provide that blood. We're saving lives and we're able to bring our people back home."

Arriaga is one member of a four-person team who orchestrates the flow of blood products cold, taking inventory of items, and organizing them in a refrigerated storage unit by expiration date to ensure they are shipped out at the appropriate time.

responsible for sending out an average of 45 shipments and 3,500 units each month.

In order to more quickly and reliably deliver their life-saving assets, the team augments itself with Airmen across Al Udeid who volunteer their time to help.

"The volunteers speed up the process immensely," said Air Force Staff Sgt. Jessica Kinser, 379th EMDG BTC lab technician. There's only three of us that handle the blood when it comes in. Without the volunteers, the process time would be in hours. Sure we would make it work on our own, but the volunteers significantly reduce the risk. Because of the strict temperature requirements of the products, you have to be fast in order to get it back into its ideal environment. Volunteers just make it happen."

Volunteers help by building boxes that keep blood products cold, taking inventory of items, and organizing them in a refrigerated storage unit by expiration date to ensure they are shipped out at the appropriate time.



Staff Sgt. Jasmine Gates, left, and Staff Sgt. Alexis Ellingson, both 379th Expeditionary Aeromedical Evacuation Squadron aeromedical evacuation technicians, inventory and store a shipment of blood in the Blood Transshipment Center Jan. 9 at Al Udeid Air Base, Qatar.

"Having volunteers from other career fields brings ideas and insight," said Kinser. "We have a lot of volunteers who handle the blood from different arenas ... they help us ship it out so we learn how their process works and it gives us a better understanding of how to do our job. We learn the big picture which we wouldn't know if the volunteers weren't here to educate us."

Tips help build healthy smiles for every child

Tech. Sgt. Joanne Banks
60TH DENTAL SQUADRON

According to the leading source in oral health information, the American Dental Association, the average American consumes around 50 gallons of sugary drinks annually.

Excessive consumption of sugary foods and beverages with minimal nutritional value not only leads to overall health implications, like obesity or heart disease, but it can also cause destruction in oral health, especially in children.

In observance of February's National Children's Dental Health Awareness month, here are four tips to help parents build a healthy smile for their child.

Tip 1: How to protect their smile

Parents should teach and encourage their children to brush their teeth at least two times a day with fluoridated toothpaste, morning and night and floss at least once a day. Adult supervision during oral hygiene routines are important to ensure that children are safe and are adequately performing brushing and flossing techniques. Proactive measures like brushing their teeth as soon as they erupt and scheduling an annual exam with a dentist will identify cavities before they become a problem.

Tip 2: What should children snack on?

Foods and beverages high in sugar and carbohydrates can lead to cavities

because they feed the germs in the mouth that cause tooth decay. After eating, these germs release an acidic by-product in the oral cavity that attacks the enamel. Allowing children to continually snack or sip on sweet beverages and sugary foods throughout the day means that their teeth are constantly being exposed to these acid attacks leading to breakdown of their enamel.

Choosing healthy food alternatives and limiting the frequency of snacks are great ways to lessen intraoral acid attacks. Examples of healthy snacks include vegetables, fruits, cheese, milk, and nuts. When snacking, it's best for children to eat their snack in one sitting versus nibbling on them throughout the day. Beverages like

fruit juice, sodas, and sports drinks contains a lot of sugar that can cause cavities, therefore it's best to limit their consumption.

Of course, the beverage of choice should be water. However, when that's not practical and children are consuming sugary drinks, not allowing them to sip on their drink all day and having them swish with water afterwards will lessen the acid attacks, thereby decreasing the risk of tooth decay.

Tip 3: How to shield their teeth

Fluoride, a natural mineral that is found in most sources of water and certain foods, have been deemed nature's cavity

See SMILES Page 8

Fresh flowers available at BX

Army & Air Force Exchange Services

Love is in the air. The Army and Air Force Exchange Service at Travis Air Force Base is helping service members and their families shower their loved ones with flowers, gifts and candy for less this Valentine's Day. Sweethearts can find everything they need in the main store and Express locations as well as online at ShopMyExchange.com

"Expressing your love shouldn't break the bank," said Flordeliza Payton Travis Exchange general manager. "From fresh roses to great gifts to sweet treats, the Travis Air Force Base Exchange is passionate about providing servicemen, retirees and their families every opportunity to show their loved ones how much they care - while also saving them money."

Fresh flowers are slated to become available at the Travis

See FLOWERS Page 22

**NAVY
FEDERAL**
Credit Union

Federally insured by NCUA. As of 2/18, rates range from 11.24% APR to 18% APR, based on product type and creditworthiness, and will vary with the market based on the U.S. Prime Rate. ATM cash advance fees: Non-if performed at a Navy Federal branch or ATM, otherwise, \$0.50 per domestic transaction or \$1.00 per foreign transaction. \$49 annual fee for Visa Signature® Rewards Reward. Application must be submitted by 2/28/19. Offer valid for balances transferred from non-Navy Federal credit cards within 30 days of account opening. Balance transfers are not eligible to earn rewards. Navy Federal reserves the right to refuse duplicate balance transfer requests. Maximum total transfer amount is limited to your approved credit line, but no single balance transfer can be greater than \$50,000. Balance transfers using convenience checks are excluded from this offer. If you transfer a balance with this offer, interest will be charged on purchases made with your credit card unless your purchases have a 0% APR or you pay the entire balance (including any transferred balances) in full each month by the payment due date. To avoid paying interest on purchases, you must pay your entire balance by the next due date, including balances transferred under this promotion. Offer excludes Navy Federal Rewards® Secured, Platinum, Business and Home Equity Line/Potential credit cards. © 2018 Navy Federal NCUA 10480 (1-18)

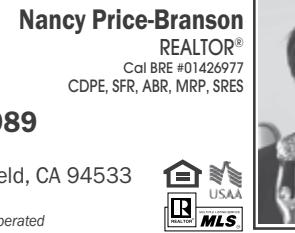
Not a member?
Confirm eligibility and join today.
navyfederal.org

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

Century 21
M&M and Associates

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

Each Office is independently Owned and Operated



As part of a military family, I am dedicated to serving those who serve our country. A luxury experience at every price point.

**KW
KELLER WILLIAMS**

AMY BURNS

REALTOR®

(707) 718-6802

amy.realluxury@gmail.com
www.realluxury.estate

811 Coombs Street, Suite A
Napa, CA 94559

Each office is independently owned and operated



kw
KELLER WILLIAMS

AMY BURNS

REALTOR®

(707) 718-6802

amy.realluxury@gmail.com
www.realluxury.estate

811 Coombs Street, Suite A
Napa, CA 94559

Each office is independently owned and operated

Four Seasons SELF STORAGE
Located off Hwy 12 @ Walters Road

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

- On Site Management
- Security Cameras
- Individually Alarmed Units
- Private Gate Codes
- Well Lit Wide Hallways
- Drive-Up Units Available

Coupid's Choice

50% OFF
1st MONTH

ON MOST SIZES. NOT VALID WITH ANY OTHER OFFER.
EXPIRES 2/28/19.

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

Make Post Photo/Video Album Live Video

Follow Travis at facebook.com/TravisAirForceBase

Road Trip BAR & GRILL™

Join us in
February

SERVED TIL 12NOON
BREAKFAST SPECIALS
PRIME RIB + EGGS
EGGS BENEDICT

DINNER STARTS 2PM
DINNER SPECIAL
SURF+TURF
LOBSTER TAIL WITH CHOICE
OF PRIME RIB, RIBEYE OR
NEW YORK STEAK

MAKING YOUR RESERVATIONS TODAY!
THURSDAY 2/14
VALENTINE'S DAY

The Annual
Almond Festival
WEEKEND CELEBRATION
FEBRUARY 23 - 24

SATURDAY, 2/23
JIM HUNTER
12PM - 4PM

SUNDAY, 2/24
RACHEL STEELE
12PM - 4PM

Serving Breakfast, Lunch & Dinner
CLOSED MONDAY & TUESDAY

24989 STATE HWY. 16 CAPAY [530] 796-3777
WWW.ROADTRIPBG.COM

You Served. You Save.

CAL ROOFING SYSTEMS



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

www.calroofingsystems.com

NORTH BAY TRUCK CENTER



1245 Illinois St
Fairfield, Ca
94533
(707) 427-1386

www.northbaytruckcenter.com

SELF STORAGE OF VACAVILLE



Military Discounts
Climate Controlled
201 Leisure Town Road
Vacaville, CA
707-368-4933

SelfStorageOfVacaville.com

Spring Medical Clinic Vacaville



1671 E. Monte Vista
Suite #213
Vacaville
(707) 999-4602

www.healthyweightlossvacaville.com

Save with Military Discounts from these fine businesses!

TRAVIS FITNESS CENTER is open 6 a.m. to 8 p.m.
Monday through Friday and 8 a.m. to 6 p.m. Saturday and Sunday.

Smiles

From Page 6

fighter and here's why. Fluoride prevents the formation of cavities by strengthening the outer surface of the teeth making it less susceptible to breakdown. When brushing their teeth, no more than a pea-sized amount of fluoride toothpaste is recommended for children between the ages of 3 to 6. To prevent stomach aches, children should be instructed to spit out most of the toothpaste after brushing.

According to the Centers for Disease Control and Prevention, not only has research proven that fluoride is safe and effective, it's revealed that the United States has benefited from consumption of fluoridated water for 70 years and continues to do so. Although the efficacy of fluoride has had mixed reviews in the past, its use, especially in the community drinking water, has led to better dental health for both children and adults. Common sources of fluoride for oral health are toothpaste, fluoridated drinking water and some over-the-counter mouth rinses. Fluoride works by slowing down the breakdown of enamel, thereby increasing the tooth's remineralization process. If plaque, a sticky film that contains acid-producing bacteria, is not properly removed from the teeth, weak spots on the tooth can develop and eventually lead

to cavities. If treated early, weakened spots on the enamel can be remineralized with fluoride use and prevent cavities from fully evolving.

For more information, seek your dental health professionals.

Benicia Grill II



Monday - Friday
ANY ITEM
on Special Menu
\$9.99 • 3-5pm

Wednesday thru Saturday
KARAOKE
6pm-Close
No Cover Charge

FREE
With the purchase
of 2 drinks.

Up to \$8.99 value. One coupon per table. Not good with any other offers or on Senior menu items. Must present coupon. Offer expires 2/28/19.

Dinner Special
Buy One Get One
50% Off

With the purchase
of 2 lesser value.
Not good with any other offers or on Senior menu items. Must present coupon. Offer expires 2/28/19.

Mon & Tue 6am-3pm • Wed & Thurs 6am-9pm
Fri & Sat 6am-10pm • Sun 6am-8pm

(707) 428-0555 • 2390 North Texas Street, Fairfield

321 MERCHANT ST. • VACAVILLE • 451-4049

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

under some agency, directorate or entity with no unique authorities.

Travis Spark fell victim to this realization internally. We didn't solve problems rapidly, we attempted to control people's time while discovering solutions and we didn't prioritize "the how" of innovation and culture change. We overcame our deficiencies through constantly explaining intent, restructuring our processes, allocating separate lines of resourcing and aligning directly under an O-6 champion.

It isn't perfect, but it's a start.

However, if the Air Force is to truly harness the power of innovation, our innovators need your help.

**What Spark cells need –
Theater is important,
driving staffs and
processes is imperative**

Senior leader advocacy, innovation competitions, public affairs stories (the irony of which is not lost on us) and new facilities for innovation are avenues for displaying commitment; however, they do not drive staffs or change our culture. These avenues do not address the fact that there are still multiple layers of people empowered to say "no" to the simplest idea. It doesn't address that innovation programs charged with supporting the unit-level initiative get buried

through our experience, we found Spark cells only need one thing to succeed: a commitment to follow-through and willingness to find a way.

We must also focus on how we leverage the talent that we

Cancer

From Page 3

"I have good friends who've had a longer and harder road than what I went through," he said. "I am blessed to know them, because their strength has inspired me."

Galbadores considers himself lucky and wants to help raise awareness not only for testicular cancer, but for other topics he feels men generally don't want to talk about, such as mental health, suicide and prostate cancer.

"My cancer is not my crutch," he said. "I will use it to raise awareness. I will use it the same way one of my friends reached out to help me. I will use it to let everybody going through it know they are still strong no matter what."

321 MERCHANT ST. • VACAVILLE • 451-4049

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

Download free app in
your phone's app store

877-995-5247

Sexual Assault Support for the DoD Community

\$500,000

YEAR OF FORTUNE

'til February 17

\$8,888 winner

every Sat & Sun at 6pm & 9pm

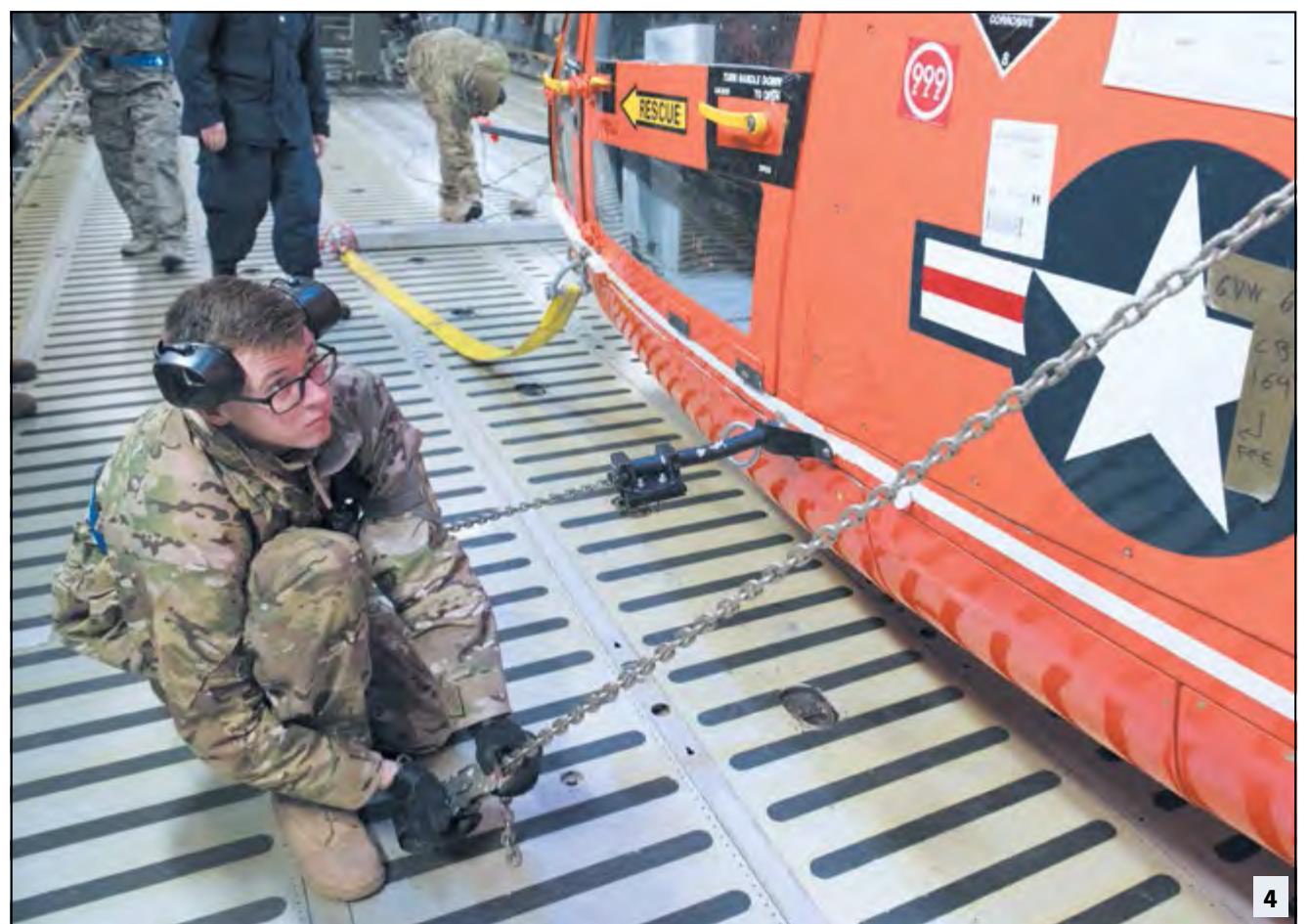
plus

on Feb 17th at 9pm someone will win . . .



2019 Lexus

CACHE CREEK
CASINO RESORT
cachecreek.com



Airmen, Coast Guard team up

U.S. Air Force photos by Lan Kim



Swap Ads

For rent

3/2 home, very clean, 3 mins. to Travis. Living room, dining room, family room, fire place, dishwasher, microwave, custom draperies. Top-of-the-line carpet. 3 patios. A/C. No pets, no Sec. 8. \$2,000 plus deposit. 707-425-5679.

Puzzles

STR8TS

No. 424

Medium

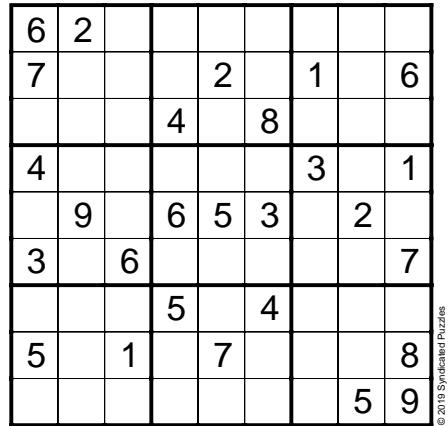


You can find more help, tips and hints at www.str8ts.com

SUDOKU

No. 424

Medium



The solutions will be published here in the next issue.

Previous solution - Easy



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

Retiree Corner

Learn more about TRICARE prescription drug types.

The TRICARE Pharmacy Program provides you the same prescription drug coverage with most TRI-CARE health plans. If you use the U.S. Family Health Plan, you have a separate pharmacy coverage. As always, active duty service members pay nothing out

of pocket for their covered prescription drugs.

To learn more about your pharmacy benefit, visit the TRICARE Pharmacy. Or download the TRICARE Pharmacy Program Handbook and TRICARE Pharmacy Program Overview there. To view your pharmacy costs, visit Costs on the TRICARE website.

— TRICARE.mil

Chapel programs

News notes

Position available.

The Travis AFB Protestant parish coordinator position requires highly motivated applicants with experience coordinating workflow, advertising and programming in large organizations. Contact the Twin Peaks Chapel at 424-3217 for bid documents, including a copy of the Statement of Work. Bids are due to the Twin Peaks Chapel office by noon Feb. 19. For more information, contact Capt. Kevin Hostettler at 707-424-4633.

Recurring events

Air Force Office of Special Investigations. To report a crime, get a foreign travel brief or request information on joining AFOSI, report to Bldg. 380B, second floor. Send correspondence to AFOSI Detachment 303, 510 Airlift CR, Travis AFB, 94535. For more information, call 707-424-3115 or DSN: 837-3115.

Air Force Recruiting Office. Now open at the Solano Town Center mall. Learn more about what the Air Force has to offer, such as up to 100-percent tuition assistance, 30 days paid vacation per year, free medical and dental care, tax-free housing and food allowance and much more. Contact Tech. Sgt. George Yardley at 707-889-3088 or stop by the office located at 1350 Travis Blvd., Suite P2, Fairfield, in the Solano Town Chapel.

Catholic
Twin Peaks Chapel
• Roman Catholic Mass: 9 a.m. and noon Sunday.
• Children's Church: 10:15 a.m. Sunday.
• Sacrament of Reconciliation/Confession: 4:30 to 5:30 p.m. Wednesday or upon appointment.
• Infant Baptism Prep Class: Two classes. Registration required. 6 to 7 p.m., quarterly.
• Youth Choir: 1 p.m. Sunday.
• Children's Choir: 2 p.m. Sunday.
• Adult Choir: 4 p.m. Sunday.
• Women's Bible Study: 10 a.m. (at First Street Chapel).

Government no-fee passports. All submissions of applications for government no-fee passports must now include: 1) A photocopy of Military Identification Card front and back; 2) Passport photo taken in the past six months; 3) Supporting document(s), proof of U.S. citizenship certified copy with state or county seal, if it involved a name change submit a court order or marriage certificate. Passport application cannot be handwritten and printed back to back and must be completed online with 2D barcode at website <https://ppftpm.state.gov> and/or <https://travel.state.gov>. For more information, call 707-424-3905.

Air Force Sergeants Association "Walter E. Scott" Chapter 1320. General membership meetings are at 2 p.m. the second Friday of every month at Wingman's in the Delta Breeze Club and includes a free meal. For more information, contact Master Sgt. Reynaldo Rios or Master Sgt. Rosel Agapay.

DGMC Chapel
• Roman Catholic Mass: Noon to 12:35 p.m. Monday through Thursday, except for federal holidays.

The Church of Jesus Christ of Latter-day Saints
• Sacrament Services: 9 and noon Sunday at Church of Jesus Christ of Latter-day Saints Fairfield Stake Center, 2700 Camrose Ave., Fairfield.

Alzheimer's Caregiver Support Group. Meetings take place from 1 to 2:30 p.m. the third Thursday of the month in the diabetic education classroom on the first floor in Internal Medicine at David Grant USAF Medical Center. For more information, call 707-557-4646.

DGMC Chapel
• Latter-day Saints Service: 4 to 4:30 p.m. Sunday at DGMC Medical Center Chapel.

Base emergency numbers. Mobile phone users must dial 707-424-4911 if they have an emergency on base. Those using government or home phones can call 911. For more information, call the Travis Air Force Base Fire Prevention Office at 707-424-3683.

Base illicit discharge number. To report sewage/water leaks or illegal dumping, call 707-424-2575. For hazardous chemical/material spills, call the base emergency numbers.

Civilian Health Promotion Services. Will perform free wellness screenings from 7:30 to 9:30 a.m. every Monday for all DoD federal civilians. Screenings include cholesterol, glucose, blood pressure and body composition analysis. For more information, visit www.AFCWellness.com or contact CHPS at 707-424-CHPS or CHPSTravis@foh.hhs.gov.

On-base child care. The Air Force requires on-base residents to be licensed by the 60th Mission Support Group if they provide more than 10 hours of care per week in their homes. For more information, call 707-424-8104 or 707-424-4596 or stop by Bldg. 380B.

Twin Peaks Chapel
• Protestant Women of the Chapel: 9:30 to 11 a.m. Tuesday.

DGMC Chapel
• Protestant Traditional Service: 10 to 11 a.m. Sunday.

Employee-Vehicle Certification and

Airmen's Ministry Center

• The Peak is open from 5:30 p.m. to 9 p.m. Monday through Friday at Bldg. 1348. Home-cooked meal from 6:30 p.m. to 7:30 p.m. Tuesdays followed by Bible study. ◆◆◆

For more information about chapel programs, call Twin Peaks Chapel at 707-424-3217.

Recurring

Air Force Office of Special Investigations.

To report a crime, get a foreign travel brief or request information on joining AFOSI, report to Bldg. 380B, second floor. Send correspondence to AFOSI Detachment 303, 510 Airlift CR, Travis AFB, 94535. For more information, call 707-424-3115 or DSN: 837-3115.

Family Advocacy Parent/Child play groups. Toddlers to the Max play group for children ages 1 to 3 meets from 9:30 to 11 a.m. Wednesdays at the First Street Chapel Annex. The Rattles to Raspberries play group for infants 8 weeks to 1 year meets 9:30 to 11 a.m. Thursdays at the First Street Chapel Annex. For more information, call 707-423-5168.

Family and Friends Combat Stress Peer Support Group. Meets from noon to 1 p.m. the first Tuesday of every month at the Balfour Beatty Community Center and from 1 to 2 p.m. the third Thursday of each month at The Peak. For more information, contact Amber Quirate and Jessica Soto at 501-231-7756 or email travspcombtapsd@gmail.com.

Retiree Activities Office. Openings for volunteers. Customers are retired American service members and their family members. It is the RAO's responsibility to maintain open communication and to ensure retirees receive the service and the respect they deserve. If you would like to apply for a volunteer slot and have three hours or more to give, call 707-424-3905.

Solano/Napa Habitat for Humanity. This organization welcomes volunteers and supporters from all backgrounds. There are recurring events Tuesday through Saturday. For more information, email Staff Sgt. Mathew Clayton at mclawhen@us.af.mil.

Government no-fee passports. All submissions of applications for government no-fee passports must now include: 1) A photocopy of Military Identification Card front and back; 2) Passport photo taken in the past six months; 3) Supporting document(s), proof of U.S. citizenship certified copy with state or county seal, if it involved a name change submit a court order or marriage certificate. Passport application cannot be handwritten and printed back to back and must be completed online with 2D barcode at website <https://ppftpm.state.gov> and/or <https://travel.state.gov>. For more information, call 707-424-3905.

Air Force Sergeants Association "Walter E. Scott" Chapter 1320. General membership meetings are at 2 p.m. the second Friday of every month at Wingman's in the Delta Breeze Club and includes a free meal. For more information, contact Master Sgt. Reynaldo Rios or Master Sgt. Rosel Agapay.

First Street Chapel
• Mom's Group: 9 to 11:30 a.m. Thursday and Friday.

Hometown News Releases. To submit a Hometown News Release, visit <https://jhns.release.dma.mil/public> and fill out the information.

Mare Island Museum. Open 10 a.m. to 2 p.m. Monday through Friday and 10 a.m. to 4 p.m. Saturdays. 1100 Railroad Ave. in Vallejo. For more information, contact 707-424-3966 or recruiting@squadron22-cap.us, visit during a UTA or check out squadron22-cap.us.

M-50 Gas Mask Fit Testing. Takes place from 9 a.m. to 3 p.m. every Wednesday at Bldg. 791. All deployers are fit as necessary. For more information, call 707-424-2689.

Mitchell Memorial Library. Open 9 a.m. to 7 p.m. Monday through Thursday, 9 a.m. to 5 p.m. Friday, 10 a.m. to 5 p.m. Saturday and closed Sunday.

Montezuma Shrine Club. Meets every third Thursday of the month at the Masonic Center, 412 Travis Blvd., Fairfield. For more information, call Mike Michaelis at 707-427-2573 or Cal Gitsham at 707-424-0060.

RE **Illicit discharge number.** To report sewage/water leaks or illegal dumping, call 707-424-2575. For hazardous chemical/material spills, call the base emergency numbers.

Civilian Health Promotion Services. Will perform free wellness screenings from 7:30 to 9:30 a.m. every Monday for all DoD federal civilians.

Screenings include cholesterol, glucose, blood pressure and body composition analysis. For more information, visit www.AFCWellness.com or contact CHPS at 707-424-CHPS or CHPSTravis@foh.hhs.gov.

MP self-renewal program. Did you know that dependents can now renew their ID cards online? To participate in this program, visit <http://bitly/2mR1g2>. This program is limited only for renewing dependents' IDs. For all other services, visit MPF during duty hours or call 707-424-8483.

On-base child care. The Air Force requires on-base residents to be licensed by the 60th Mission Support Group if they provide more than 10 hours of care per week in their homes. For more information, call 707-424-8104 or 707-424-4596 or stop by Bldg. 380B.

Twin Peaks Chapel
• Protestant Women of the Chapel: 9:30 to 11 a.m. Tuesday.

DGMC Chapel
• Protestant Traditional Service: 10 to 11 a.m. Sunday.

Employee-Vehicle Certification and

Reporting System.

Civilian and military personnel must maintain emissions information with the Web-based ECARS system. For more information, call Xuyen Lieu at 707-424-5103.

Exceptional Family Member Program

Sensory Play Group. This group meets from 2 to 4 p.m. the second and fourth Wednesdays at the Balfour Beatty Community Center. For more information, call 707-424-4342 or visit the Facebook page "EFMP Travis AFB."

Family Advocacy Parent/Child play groups.

Toddlers to the Max play group for children ages 1 to 3 meets from 9:30 to 11 a.m. Wednesdays at the First Street Chapel Annex. The Rattles to Raspberries play group for infants 8 weeks to 1 year meets 9:30 to 11 a.m. Thursdays at the First Street Chapel Annex. For more information, call 707-423-5168.

Family and Friends Combat Stress Peer Support Group.

Meets from noon to 1 p.m. the first Tuesday of every month at the Balfour Beatty Community Center and from 1 to 2 p.m. the third Thursday of each month at The Peak. For more information, contact Amber Quirate and Jessica Soto at 501-231-7756 or email travspcombtapsd@gmail.com.

Professional Loadmaster Association.

The Professional Loadmaster Association meets at 7 p.m. the first Tuesday of each month at the Delta Breeze Club.

This year's theme is a "Night in the City." Military members can wear the mess-dress or semi-formal uniform and civilians should wear formal attire. Tickets cost \$10 for E-1 to E-4, \$20 for E-5 to E-6 and \$35 for E-7 to E-9, all officers and civilians. To purchase tickets, contact Master Sgt. Brandy Jones at 707-424-5875 or Master Sgt. Robert Sigmon at 707-816-3132.

City Sports Bar and Grill.

Music begins at 9 p.m.: Blackrock Project, Feb. 8-9; Ghost Town Rebellion, Feb. 8; 7155 Browns Valley Parkway, Vacaville, 455-7827; www.starstrecreation.com.

Downtown Theatre.

Solano Symphony Orchestra: Salute to Youth, 8 p.m. Feb. 9; 1035 Texas St., Fairfield. www.downtowntheatre.com.

Empress Theatre.

West Coast Songwriters Competition, 7:30 p.m. Feb. 11; Joyce Grant Returns, 7:30 p.m. Feb. 13; An Evening of

Heartbeats, 7:30 p.m. Feb. 14; Smooth Jazz Valentine Show with Najee, 8 p.m. Feb. 16; 330 Virginia St., Vallejo, 552-2400, www.empresstheatre.org.

FIRST STREET CAFE.

Kale Alderson, 7 p.m. Feb. 8; Private Practice, 8 p.m. Feb. 9; Open Mic Night, 7 p.m. Feb. 16; Gaby Castro & April Gilbert, 7 p.m. Feb. 22; 440 First St., Benicia, 745-1400, www.firststreetcafe.com.

THE RELIX TAVERN.

Live music begins at 9 p.m.: Strange Brew, Feb. 8; Gumbostew, Feb. 9;

BourbonFix, Feb. 15; Neon Velvet, Feb. 16; 726 First St., Benicia, 746-1137, www.thereliktaVERN.com.

SOLANO SYMPHONY.

Salute to Youth, 8 p.m. Feb. 9, Downtown Theatre, 1035 Texas St., Fairfield;

Flu

From Page 5

ibuprofen or acetaminophen.

Unit commanders and supervisors can grant Airmen up to 24 hours in sick status if they are ill or have an injury that does not require a visit to a military treatment facility, according to Air Force Instruction 41-210, "TRICARE Operations and Patient Administration Functions," paragraph 4.14.6. After that time, the member must seek medical treatment and subsequent clinical examination.

If you are feeling ill, there are things you can do such as get lots of rest and drink plenty of liquids. Avoid using alcohol and tobacco products and stay home to prevent spreading the illness. One sick Airmen could potentially spread illness through an entire unit and affect mission capability and readiness.

Most people will recover from the flu without complications, but seek medical attention if you have difficulty breathing, have shortness of breath, experience pain or pressure in the chest or abdomen, have sudden dizziness or become confused, have severe or persistent vomiting, or if flu-like symptoms disappear but return with fever and cough.

Seek urgent medical care for a child who has fast breathing, trouble breathing or whose skin color turns bluish; if the child does not drink enough fluids, does not wake up or interact when awake or doesn't want to be held. Also, seek medical help if the child has flu-like symptoms that improve but return with fever, severe cough or fever with a rash.

In addition to the signs above, get medical help right away for an infant who is unable to eat, has trouble breathing, cries without tears or has significantly fewer wet diapers than normal.

Younger and older populations are more susceptible to complications and hospitalizations so keep an eye on them.

If you have questions about flu season, contact the Public Health Clinic at 707-423-5470. If you have any questions about the flu vaccine, contact the Allergy and Immunization Clinic at 707-423-5107.



Turn to Travis

for quick closing and hometown service
from auto to home loans.

Keep Travis with you when you PCS.

Visit us online or in a branch for loan products that meet your busy lifestyle.

With our online applications it's easy to get what you need and our Online

Banking means you can take us wherever the military sends you.



traviscu.org (707) 449-4000 or (800) 877-8328

Federally Insured by NCUA. Everyone who lives, works, worships or attends school in our 12-county area is eligible to join. Certain membership eligibility requirements may apply. Equal Housing Opportunity. NMLS #643926. ©

"Like" what you're seeing! Visit Travis at [FACEBOOK.com/TravisAirForceBase](https://www.facebook.com/TravisAirForceBase)

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	BAPTIST	BAPTIST	CHURCH OF CHRIST	LUTHERAN
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	TRINITY baptist church Southern Baptist Convention orchard Baptist Church 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 <i>A home for Military families since 1960</i>	TRINITY baptist church Southern Baptist Convention orchard Baptist Church 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 <i>A home for Military families since 1960</i>	CHURCH of CHRIST Meets at Rockville Cemetery Stone Chapel 4221 Suisun Valley Rd, Fairfield 9:00 a.m. Sunday Morning Bible Study 9:50 a.m. Sunday Morning Worship 5:30 p.m. Sunday Evening Worship 7:00 p.m. Wednesday Evening Bible Study We welcome and encourage you to come and hear the good news of the gospel of Christ, and to learn about eternal salvation for all mankind that is offered through Jesus. <i>"And there is salvation in no one else; for there is no other name under heaven that has been given among men by which we must be saved." Acts 4:12</i> Bring a heart and mind willing to hear God's Word and to do His great will.... For more information or directions, please visit our website at www.rockvillecofc.com	BETHANY LUTHERAN MINISTRIES 621 South Orchard Ave. Vacaville, CA 95688 (707) 451-6675 mychurch@gobethany.com Worship Services: Sunday: 10:00am with Bible Studies and Sunday School for all ages at 9:00am Fellowship: 11:15am Communion on the 1st and 3rd Sundays of the month @ 621 S. Orchard Ave., VV Bethany Lutheran Preschool 451-6678 mypreschool@gobethany.com www.gobethany.com Bethany Lutheran School 1011 Ulatis Drive Vacaville, CA 95687 451-6683 ph • 359-2230 Fax myschool@gobethany.com www.gobethany.com
BAPTIST Worship With Us... St. Paul Baptist Church 2500 N Texas Street, Suite H Fairfield, CA 94533 Rev. Dr. Terry Long, Pastor Sunday Sunday School: 10:00 a.m. Morning Worship Service: 11:00 a.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.com Email: stpaulbcfairfield@comcast.net Church Phone: 707-422-2003 www.mcbcs.org for more information	MOUNT CALVARY BAPTIST CHURCH Dr. Clayton Lea, 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 CHURCH OF CHRIST - SOLANO 1201 Marshall Road, Vacaville, CA 95687 707-451-9301 • www.churchofchristsolano.com	First Baptist Church of Vacaville The All Together Different Church Senior Pastor Wyatt Duncan Sunday Services: 8am and 11am Nursery available during 8am and 11am service Sunday School for all ages at 9:30am Awana on Wednesdays at 6pm 1127 Davis Street, Vacaville 707-448-6209 www.fbcvv.com	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.) Rescue Mission 1st Friday of month 6-8 PM 707 425-1849 www.tlcp.org Rev. Dr. Dan Molyneux, Pastor	

DIRECTORY OF local worship services

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

NON-DENOMINATIONAL	NON-DENOMINATIONAL	NON-DENOMINATIONAL	NON-DENOMINATIONAL	UNITED METHODIST
Church of Christ 1500 Alamo Drive Vacaville, CA 95687 (707) 448-8838 www.vacavillechurchofchristalamodrive.com 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 McAllister (707) 446-7477 Ed Sanderson Sr. (707) 446-0536	FAITH Community Church To God be the Glory 1500 Alamo Drive Vacaville, CA 95687 (707) 448-8838 www.vacavillechurchofchristalamodrive.com 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	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 Communion is held the 1st Sunday of every month 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	Crossroads CHRISTIAN CHURCH A Passion to... Worship God • Love People • Share Christ A Non-Denominational Bible Teaching Church Sunday Worship Services 8:15am • 9:45am • 11:15am 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.) We offer: • Nursery • Children's Classes • Youth Ministries • AWANA Program • Men's & Women's Bible Studies • Prime Timers (Seniors Ministry) • In Home Mid-Week Bible Studies • Celebrate Recovery Bruce Gallaher, Lead Pastor 707-446-9838 www.cccv.me FOR LIVE AUDIO CALL (614) 715-3640 access code=673293#	THE CHURCH OF JESUS CHRIST of LATTER DAY SAINTS Fairfield Stake Center 2700 Camrose Ave. Sacrament Services Sunday 0900 and 1200 Base Sacrament Services DGMC Chapel (1st Floor North entrance) Sunday 1600-1630 Inquires: Call LDS Military Relations Missionaries 707-535-6979
Word of Faith Christian Center Pastors Melba & Lenon Nears Jr 650 Parker Road, Fairfield, CA 94535 (707) 437-2257 www.wocfcfairfield.com We are a culturally diverse ministry with a mandate to: Win the lost, Teach Disciples of Christ, Equip, Release and Mentor Men and Women for greater ministry. SUNDAYS Pre Service Prayer - 10:30AM Praise & Worship Ministry in the Word Children's Ministry THURSDAYS Prayer - 6:00PM Family time in the Word - 7:00PM Kingdom Men - Men's Ministry TNT - Women's Ministry New Beginnings Youth Ministry Children's Ministry LIVE STREAMING www.facebook.com/wocfcfairfield	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 Come Home to Unity It's Like Blue Jeans for the Soul Affiliated with publisher of Daily Word®			

Steggell

From Page 2

and an overall demonstration of sustained exceptional performance. This cannot be accomplished without accepting

challenges, including those that the Air Force deliberately levies upon us such as off-duty education and professional military education.

President Kennedy went on to state, "We are builders of the future." This applies today just as it did then.

SUNRISE DENTAL
General and Cosmetic Dentistry for the entire family.

CUSTOM AT HOME TEETH WHITENING
\$50 value
after cleaning, exam and necessary x-rays
*New patients only.

Jeffery S. Webb, DDS

EVENING APPOINTMENTS AVAILABLE

Call Today for an Appointment
707.422.8282

We accept military dependents & most insurance plans

Visit our website at Sunrisedental.net
2750 North Texas St., Ste 360 • Fairfield

A+ rating with the Better Business Bureau

★ — SELF STORAGE — ★ MILITARY DISCOUNTS

- ★ TEMPERATURE CONTROLLED
- ★ SURVEILLANCE & SECURITY
- ★ PERSONAL MAILBOXES
- ★ FREE ONLINE BILL PAY

SELF STORAGE OF VACAVILLE

www.selfstorageofvacaville.com

Offering The Highest Level Of Customer Service In Self Storage For Solano County

201 Leisure Town Road, Vacaville ★ CALL US TODAY! 707.368.4933



SUNRISE DENTAL
General and Cosmetic Dentistry for the entire family.

CUSTOM AT HOME TEETH WHITENING
\$50 value
after cleaning, exam and necessary x-rays
*New patients only.

Jeffery S. Webb, DDS

EVENING APPOINTMENTS AVAILABLE

Call Today for an Appointment
707.422.8282

We accept military dependents & most insurance plans

Visit our website at Sunrisedental.net
2750 North Texas St., Ste 360 • Fairfield

A+ rating with the Better Business Bureau

We must accept the challenges of our generation, and in the context of our Air Force service, this means doing what we are asked, even if it is not necessarily in our area of expertise, or specific to our current job. We must avail ourselves to challenges, accept them and

prepare ourselves for execution of the mission. Whatever that happens to be. My challenge to you is this: place yourself outside your comfort zone in any capacity of life. Know where your own mental, emotional, physical and intellectual capacities lie. And if you don't know these limits, find them! Otherwise, how will you ever know what you are capable of?

My message is this: Don't

MOC

From Page 4

president of the United States and the return of Korean War POW/MIA remains.

One reason the MOC is able to coordinate all those missions is because of its location, said Master Sgt. Michael Pester, 60th MXG MOC section chief.

"One of the unique things about Travis' MOC is that it is collocated with the Command Post and the Air Terminal Operations Center," he said. "Using this to our benefit is critical to mission

effectiveness and overall success of Travis airframes both here and at deployed locations. Several other bases in Air Mobility Command, as well as other commands, are starting to look to the Travis' model and implement it in some fashion for themselves."

"Having that tight-knit working relationship with those agencies cuts down drastically on miscommunication and saves anywhere from 30 minutes to two hours in potential delays for each flight," said Pester. "All this translates into the controllers being better able to do their jobs and communicate between the flight

line maintainers and AMC when they're looking for updates."

It feels good to be part of such an important mission, said Pluskota.

"I know what I do matters," he said.

"I know where each aircraft will go and the impact it has on the mission. Airmen often tend to focus on doing their jobs and may not notice the impact they truly have. Serving in the MOC has opened my eyes to see we have an incredible impact every day."

Pluskota echoed Walker's sentiment.

"The show time for one of our KC-10s is about 12 hours before departure, so our maintainers will show up around 5 a.m. for a mission that's supposed to fly at 5 p.m.," said Pluskota. "They ensure each aircraft is ready and they're out there rain or shine."

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.
Owner...Don Westhaver,
Over 45 Years Experience
Proud Military Parents

We offer dealer quality service without the hassle or the price.
Factory trained, we use OEM parts.

BOSCH Service

First Time Customers:
Bring ad in for visual 26 pt inspection

23 Union Way • Vacaville, CA • 707-455-8870 • star-tech-european.com

Family Eye Doctors near Travis AFB

ATTENTION: ALL MILITARY SPOUSES & DEPENDENTS AND ALL RETIREES, SPOUSES & DEPENDENTS

WHY WAIT WEEKS FOR AN EYE EXAM?

We Accept **TRICARE / TRICARE For Life**

Who can be seen at our Eye Clinic?
All Military Spouses and their Dependents with Tricare Prime,
All Retirees with Tricare Prime,
All Retirees and their Spouses with Tricare for Life / Medicare,
and All members needing Contact Lenses Prescriptions

Dr. Larry Huey • Dr. Don Hsiao
Optometrists

Travis Family Optometry
301 Dickson Hill Road Ste. B
Fairfield, CA 94533
(707) 437-9600

Located 1 mile north of Air Base Parkway,
in the Raley's Plaza
on the corner of N. Texas St. & Dickson Hill Rd.

RENEW WITH MASSAGE

REFRESH WITH FACIALS

REBOUND WITH STRETCH

You Serve You Save!

We understand your family sacrifices too.
They save even more!
Come to Massage Envy - Cordelia and get special Membership Rates for you and your family!

*Offer valid for first-time guests only. All session times include up to a total of 10 minutes for consultation and/or dressing, which occurs both pre and post service. Prices subject to change. Rates and services may vary by franchised location and session. Additional local taxes and fees may apply. Not all Massage Envy locations offer all services. For a specific list of services available or additional information about joining as a member, check with the specific location or see MassageEnvy.com. Each location is independently owned and operated. ©2018 Massage Envy Franchising, LLC.

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.scandinaviadesigns.com



HOME • BUSINESS • SERVICES Source DIRECTORY

CLASSIFIEDS

FEBRUARY 8, 2019

A100 A/C & HEATING
FAIRFIELD HEATING & AIR CONDITIONING
 REPAIR & INSTALLATION
 RESIDENTIAL & COMMERCIAL
 20 YEARS IN BUSINESS

SAVE ON REPAIRS!

Solano Co. Residents 10% OFF Repairs

Military 15% OFF Repairs

Seniors 20% OFF Repairs

Proudly Serving Solano County Since 1998. Expires 2/28/19.

707.422.9200 St. Lic. 749563

BEST PRICES IN SOLANO COUNTY!

Non-commission Service Technicians

FINANCING AVAILABLE O.A.C.

FREE SERVICE CALL

WITH REPAIR. Expires 2/28/19.

B129 BATH REMODELING

Kitchen & Bath Experts
 Tile & Cultured Marble,
 Dry Rot & Leak Repair,
 Remodels, Additions,
 Whole House Rehabs
 Design to Finish, One Call Does It All!

707-425-4382

www.alltradesimprovement.com

Lic #546681

C110 CARPENTRY

Quality Carpentry
 • Doors
 • Install & Repair
 • Int & Ext Moldings & Trim
 • Cabinets Installed
 • Closet Shelving
 • Window Replacement
 • Decking & More
 Credit Cards Accepted.

Just Like the Name
 We Do Quality Work!

Call Today
(707) 688-7072

Emergency 24 Hour Service Available
 Visit Our Showroom

405 D Railroad Ave., Suisun City

Contractor License #937158

Ph: 707.732.6764

Off: 707.718.6936

www.jcgargedoorcenter.com

C190 CONCRETE WORK

Pennella Concrete
 Driveways, Patios, Walks
 Colored & Stamped

FREE Estimates

(707) 422-2296

Cell 326-7429

Lic. #605558

C190 CONCRETE WORK

M.C. MANZO CUSTOM CONCRETE
 • PATIOS • DRIVEWAYS,
 • SIDEWALKS • GARAGE SLABS
 • COLORED • STAMPED
 • REMOVE & REPLACE
 • BROOM FINISH

LIC#859823

FREE ESTIMATES!

707-689-7980

Get News Anytime!
www.dailyrepublic.com

C190 CONCRETE WORK

Dennis & Son Concrete
 Since 1982

DRIVEWAYS - PATIOS - FOUNDATION
 PAVERS - COLORED & STAMPED

St. Lic# 476689 A+BBB Insured

800-201-2183

We'll beat any licensed contractors bid

D130 DRYWALL

DRYWALL PATCHES IN A DAY!
JKS PAINTING
 CUSTOM • RESIDENTIAL • COMMERCIAL

LIC# 00872112 • OVER 25 YEARS EXP. • INSURED • BONDED

707-421-1929

jkspainting@att.net

G100 GARAGE DOORS

Quality is not Expensive. It's Priceless!

• GARAGE DOORS • OPENERS

• REPAIRS • INSTALLATIONS

JC GARAGE DOOR CENTER

FREE ESTIMATES • Over 25 Years Of Experience

Se Habla Espanol

Emergency 24 Hour Service Available

Visit Our Showroom

405 D Railroad Ave., Suisun City

Contractor License #937158

Ph: 707.732.6764

Off: 707.718.6936

www.jcgargedoorcenter.com

G110 HAULING

When You Want It Gone... call John

JOHN'S HAULING

(707) 422-4285

FREE Estimate • Same Day Svc

Insured License #04000359

Credit Cards Accepted

www.422haul.com

G120 HAULING

T & T TREE & LANDSCAPING SERVICE

20 Years Experience

Complete Professional Tree Service

Tree & Stump Removal Any Size

Trimming • Pruning • Shaping

Landscape • Sod Installation

Irrigation Systems & Sprinkler Repair

Insured & Free Estimates

707-426-1251 • 707-290-2679

Specials can end at any time. Rooms measuring 12'x12'. Heavily soiled areas will be extra.

Lic. #Ins • Bonded **707-631-8877**

CARPET SPOTTING • PET ODOR REMOVAL • CARPET PROTECTOR

MOVE-IN / MOVE-OUT CLEANING

HOME • APARTMENT • CONDOS

G132 GENERAL SERVICES

C & G CARPET CLEANING & JANITORIAL SERVICE

SPECIAL 3 ROOMS for \$99⁹⁵

5 ROOMS for \$159⁹⁵

Specials can end at any time. Rooms measuring 12'x12'.

Heavily soiled areas will be extra.

Lic. #Ins • Bonded **707-631-8877**

CARPET SPOTTING • PET ODOR REMOVAL • CARPET PROTECTOR

MOVE-IN / MOVE-OUT CLEANING

HOME • APARTMENT • CONDOS

G140 GUTTERS

PROFESSIONAL GUTTER CLEANING

& Quality Leaf Guards

(707) 803-2395

LIC#859823

FREE ESTIMATES!

707-689-7980

G160 HOUSE CLEANING

A & A Professional Cleaning Services

Carpet & Upholstery,

Kitchen & Baths, Windows, Etc.

Lic'd & Insured

707-386-3004

H110 HANDYMAN

A PROFESSIONAL HANDYMAN SERVICES
 Painting & Drywall
 Kitchen, Bath, Decks, Tile
 No state license
707-315-3142

H110 HANDYMAN

Gastelum Tree Service & Landscaping
 Licensed and Insured
707-718-0645 / 678-2579

L105 LANDSCAPING

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

L105 LANDSCAPING

T & T TREE & LANDSCAPING SERVICE
 20 Years Experience
 Complete Professional Tree Service
 Tree & Stump Removal Any Size
 Trimming • Pruning • Shaping
 Landscaping • Sod Installation
 Irrigation Systems & Sprinkler Repair
811 Missouri St. • 426-3000

H120 HAULING

MITCHELL'S
 HAULING, CLEANING, ORGANIZING,
 PACKING & DOWNSIZING
 KATHY MITCHELL
 Owner
FREE ESTIMATES SAME DAY SERVICE
 LICENSE #22444 • INSURED
CELL (707) 386-1312

H140 GUTTERS

A SMALL FIX FOR A SMALL PRICE!
 Elec • Plumb • Tile
 Bob - 290-6381
 St. Lic. 964267

H160 HOUSE CLEANING

Frank's Landscaping
 • New Lawn • Irrigation
 • Fences • Retaining/Walls
 • Tree Cut / Clean Up
 • Concrete (Reg & Stamp)
 • Pavers • Hard Scapes
 • Japanese Garden Maintenance
 • Drainage
 • Home Remodeling

#1 ANDY SUNRISE
 Int./Ext. Acoustic Removed & Texture
SUNRISE PAINTING COMMERCIAL RESIDENTIAL
707-425-7542 PHONE
707-290-8179 CELL
707-425-1381 FAX

L105 LANDSCAPING

Home Improvement
 Residential • Irrigation
 • Fences • Retaining/Walls
 • Tree Cut / Clean Up
 • Concrete (Reg & Stamp)
 • Pavers • Hard Scapes
 • Japanese Garden Maintenance
 • Drainage
 • Home Remodeling

A & A Professional Cleaning Services
 Carpet & Upholstery,
 Kitchen & Baths, Windows, Etc.
 Exp'd & Reliable
 CA St. Lic. #620746
 Lic'd & Insured
707-738-0214

FEBRUARY 8, 2019

CLASSIFIEDS

TAILWIND Classified

427-6936

Garage & Craft Sale Directory



To place your ad in Daily Republic's Garage & Craft Sale Directory, call (707) 427-6936 before 2 days. Mon-Fri. Classifieds may change due to holidays or unforeseen circumstances.

0611 OTHER AREAS

Sat., & Sun. 9-4. Tools, antiques, coll., hshld., furn. Early birds! 288 Vine St. VV

0103 LOST AND FOUND

Lost Female French Bulldog. On Sat. 02/02/2019 5mo. old. Tan w/ white chest. Call 707-720-7652

0317 GREEN VALLEY HOMES/RENT

4bd., 2.5 ba., \$2,850 per mo. lease. 2-story, 3 car gar. Agent 707-421-2304

0501 HELP WANTED

NBTC
North Bay Truck Center

Solano County's Largest Full Service Truck Shop

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

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

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:
3260 Beard Road, Suite 5, 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
2469 Rio Linda Blvd, Suite A, Sacramento, CA 95815

www.TreatYourLegs.com

Flowers

From Page 6

AFB Exchange and Travis Express starting Feb. 12. Shoppers can purchase a dozen roses for \$29.99, a half-dozen roses for \$16.99, a medium bouquet for \$9.99 and a single rose for \$5.99.

Sales Manager | Sr. Mortgage Advisor
Purchase • Refinance • FHA
VA • Conventional

Together, possibilities are endless!
707.427.1400

Ramon Santos
rsantos@opesadvisors.com
NMLS 237057

PAZDEL CHIROPRACTIC, INC.

Tennis Elbow?

258 Sunset Ave., Ste. I, Suisun City
429-4861

www.PazdelChiropractic.com Se Habla Español

Helping You... Help yourself

DOCUMENT PREPARATION SERVICE

Divorce	\$299-\$599
Living Trusts.....	\$499/\$599
Incorporation / LLC ...	\$399

Tammy & Rene Bojorquez
LDA #12009 - Solano County
Did You Know?...
We Help with PROBATE

By The People
DOCUMENT PREPARATION SERVICES

By The People is independently owned and operated. They are not lawyers, cannot represent customers, select legal forms, or give advice on rights or laws. Services are provided at customers' request and are not a substitute for advice of a lawyer. Prices do not include court costs.

(707) 428-9871
1371-C Oliver Road, Fairfield

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



After landing, maintainers look for ...
SOLUTION

U.S. Air Force maintainers assigned to the 60th Air Mobility Wing work to lower the nose landing gear on a C-5M Super Galaxy aircraft Feb. 1 at Travis Air Force Base, Calif. The C-5M landed with its nose landing gear up after experiencing an in-flight emergency.



U.S. Air Force photos by Master Sgt. Joey Swafford



**MILITARY
DAYS**

**\$20 BONUS
PLAY**

- Every Wednesday -

With active or retired Military I.D.

CACHE CREEK
CASINO RESORT
cachecreek.com

Cache Creek Casino Resort is committed to responsible gaming. For help call **800-GAMBLER**. Must be 21 to gamble.

The graphic features a stylized American flag background with stars and stripes. The words "MILITARY DAYS" are prominently displayed in large, white, outlined letters. Below them, a large "\$20 BONUS PLAY" is shown in bold blue letters. A secondary line "- Every Wednesday -" is also in blue. The condition "With active or retired Military I.D." is in smaller blue text. The Cache Creek logo is at the bottom, and a responsible gambling disclaimer is at the very bottom.