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to enhance ...

# MOBILITY

PAGES 14-15



# Being prepared to ask tough questions

As the Air Force grapples with the increasing number of suicides, how to determine the underlying causes, and how to respond, I encourage each of us to be ready to ask the tough question to our coworkers, friends and family members. While this is by no means “the” answer to our challenges, it may help save someone or at least show them you care about them.



**Commentary by Col. Jeff Nelson**  
60TH AIR MOBILITY WING COMMANDER

The tough question I am referring to may be as direct as asking, “Do you feel like hurting yourself or anyone else?” Until you ask that question to an individual that is dealing with a difficult situation, you may not fully understand how challenging it will be for you to ask. Those people that did ask the tough question were able to notice something was not quite right because they knew

## Commander's Commentary

the individual well enough to see a change in their normal actions or something they said caused them concern. As a response, they asked the individual if he or she needed help, took the person to help, or referred the person to a helping agency. None of which are easy. A couple of years ago, I met with a young officer to notify him I was recommending he

not be promoted due to recent disciplinary action. He was removed from the last promotion list for the same incident. He had a strong desire to continue to serve, but I had to tell him that was not going to be possible. I could tell he was disappointed with the news. As we sat there, I asked him if he felt like hurting himself or anyone else. He told me no. Then, he thanked me for asking. I was shocked. I soon realized he appreciated that I was considering all he was dealing with at the time.

This is just one example. The tough question you may be faced with asking may take a different form. Regardless of the situation, asking the question may lead to someone understanding you are there for them and want to help them in whatever situation they are dealing with. Each of us must consider what we can do to stop the increase in suicides in our beloved Air Force, including being prepared to ask the tough question.

# Everybody matters – invest in your community

People are our greatest asset. You may have either heard or said this many times throughout your career. This statement means one thing to me; it is a reminder of what my parents taught me growing up, everybody matters.



**Commentary by Chief Master Sgt. Derek Crowder**  
60TH AIR MOBILITY WING COMMAND CHIEF

nosey and wanted to know everything about everyone for gossip reasons; however, I have learned during my 25-year career, this is not being nose, this is being engaged. Taking time to engage with your neighbors shows you are interested in who they are. It also demonstrates to them that you are concerned about what happens in their lives. Being engaged means you will be there to celebrate the high times and lend a helping hand during the low times. In a small community, people are not strangers, they are family. Although the Air Force is much bigger than my hometown, it is a family business.

Being engaged with those around you establishes a relationship built on

## Chief's Commentary

trust and commitment. Being engaged means we are authentically human. It means we strive to be a coach, leader, role model, inspiration and friend to those we work with on a daily basis. One of my mentors for the past 20 years taught me the value of engaged leadership early on in my career. As a young staff sergeant, I applied for a position at our local Airman Leadership School. I made it through two rounds of interviews, and one day, the commandant called me to come see her. As we discussed my previous interviews and how I did, she told me I was her top choice to fill the position; however, she could not hire me because I looked extremely overweight in uniform and she was right. I gained quite

a bit of weight during my first winter in Alaska and I did not present the image of a professional military instructor. As I went back to work, my boss could tell something was not right, so he called me to his office and asked why I was down. When I told him what happened, he knew I was crushed, as we had talked for many weeks about how excited I was to be considered for this opportunity.

During our conversation, he paused and asked two questions: “Do you want to apply for this job when it opens again and are you willing to work for it?” I answered yes and he said, “All right, I’ll see you at the gym tomorrow morning at 5 a.m.”

He was an engaged leader who wanted to see me succeed and for seven

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## California wildfires rage near Travis



U.S. Air Force photo/Louis Briscese

A KC-10 Extender from Travis Air Force Base, California, sits on the flight line Oct. 28 while a wildfire burns in the Grizzly Island Wildlife Area, south of Suisun City, California. The threat of wildfires increase during fall months due to factors like strong winds, low relative humidity and low moisture levels in vegetation.

## Commentary

# Positive attitude carries power

*If you don't like something, change it. If you can't change it, change your attitude.*  
– Maya Angelou

The concept of having a positive attitude is certainly not new, and it's easy to discount this as something we all know, or think we know.

I doubt you'll find many people who would argue a negative attitude is better than a positive one; but as common as this wisdom is, we all probably know somebody who is so predominantly negative about almost any circumstance that it permeates their thoughts and behavior.



**Commentary by Col. Mark Knitz**  
60TH MEDICAL OPERATIONS SQUADRON

See KNITZ Page 22

## Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

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NCO in charge of command information
- Tech. Sgt. James Hodgman  
Command information staff writer
- Airman 1st Class Cameron Orte  
Command information staff writer

### Daily Republic

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

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## On the cover

**Air Force aerial porters from the 621st Contingency Response Group offload cargo from a C-130 aircraft during exercise Green Flag Little Rock, Oct. 23 at Alexandria International Airport, Louisiana.**

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



U.S. Air Force photo

# WARRIOR OF THE WEEK

**Name:** Staff Sgt. Gabe Connor.  
**Unit:** 9th Air Refueling Squadron.  
**Duty title:** Flight engineer.  
**Hometown:** Anchorage, Alaska.

**Time in service:** Seven years.  
**Family:** Spouse, Sasha; two children.  
**What are your goals?** Go to flight engineer instructor school this year and get on the Air Force World Class Athlete Program

for weightlifting.  
**What are your hobbies?** Weightlifting, concerts and being a dad.  
**What is your greatest achievement?** I know how to do glassblowing and make vases.

## 62nd AW Airmen transport food to Hondurans

Senior Airman  
Tryphena Mayhugh

62ND AIRLIFT WING PUBLIC AFFAIRS

JOINT BASE LEWIS-MCCHORD, Wash. — Airmen assigned to the 62nd Airlift Wing transported 83,160 pounds of rice, costing almost \$120,000, to Soto Cano Air Base, Honduras, Oct. 25.

Millions of people in every corner of the world lack basic supplies for food, water and education.

In an effort to mitigate some of these issues, the Department of Defense created the Denton Cargo Program, which allows the U.S. Air Force to deliver privately donated humanitarian cargo on a space-available basis.

Honduras is the third poorest country in Latin America and the Caribbean, and due to extreme poverty and natural disasters, more than 48 percent of the population in rural areas are malnourished, with 35 percent of the overall population malnourished.

The Airmen picked up nine pallets of the much-needed rice from Altus Air Force Base, Oklahoma. Rice is a food chosen for worldwide use as it is universally accepted.

"It felt rewarding once you see how much food we actually loaded on the airplane, how many people were involved and seeing how far it actually traveled," said Staff Sgt. Marcello Moffat, 8th Airlift Squadron (AS) loadmaster. "Going all the way from Oklahoma to Honduras is kind of incredible."

By transporting the humanitarian cargo, U.S. Air Force pilots and loadmasters can become qualified or remain up-to-date on their qualifications for their career field while also providing aid to countries all

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U.S. Air Force photo/Senior Airman Christopher Quail

Staff Sgt. Peter Cannizzaro, 9th Airlift Squadron loadmaster, uses a virtual reality headset to work on a brain as a demonstration of what you can do with VR Oct. 25 at Dover Air Force Base, Delaware. Working on a brain is one of many options Bedrock is looking into for VR educational training.

## Travis' innovation inspires Dover

Senior Airman  
Christopher Quail

436TH AIRLIFT WING PUBLIC AFFAIRS

DOVER AIR FORCE BASE, Del. — Innovation has been pivotal to our nation's progress throughout history, and it remains integrally important in today's competitive world.

"One-hundred-and-ten years ago this month, Wilbur Wright gave the first flying lesson to a military member, Lt. Benjamin Foulois," said Barbara Barrett, Secretary of the Air force. "Fifty years

ago, Airmen Buzz Aldrin and Michael Collins were part of the historic Apollo 11 moon landing. Today, test pilots like Maj. Rachael Winiecki are developing the F-35 into our newest weapon system to connect the Joint Force across Air, Space, and Cyberspace."

Bedrock – Dover's innovation foundation – is a hot-house for tinkers and problem-solvers and a wellspring of creativity and mental flexibility, producing the kinds of minds the Air Force will need to win the technological

wars of the future.

"Bedrock is Dover's attempt at creating a Phoenix Spark Hub," said Maj. Patterson Hill, 436th Airlift Wing chief of innovation. "A few years ago, Travis Air Force Base created the first innovation hub and named it Phoenix Spark. Since then, it has taken off. Roughly 50 different bases have innovation hubs ... Bedrock is the hub for Dover Air Force Base."

Team Dover Airmen who possess vision and an entrepreneurial spirit now have

an oasis where they can meet likeminded people and cultivate each other's ideas, all while improving their respective workplaces and advancing the Air Force.

"Even if it is something simple, nothing is too big or small for us to help you figure it out," said Cannizzaro.

Bedrock also provides Team Dover an opportunity to volunteer their knowledge and skills to improve the base.

"One of the coolest things

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## 19th AMXS Airman saves life after rugby match

Senior Airman  
Kristine M. Gruwell

19TH AIRLIFT WING PUBLIC AFFAIRS

LITTLE ROCK AIR FORCE BASE, Ark. — U.S. Air Force Staff Sgt. Brett Bibbel, 19th Airlift Maintenance Squadron aerospace propulsion craftsman, responded with a sense of urgency to a man showing symptoms of cardiac arrest after his rugby match Oct. 5 in Little Rock, Arkansas.

Bibbel had been grilling the

food for the social following the game, and noticed the rival team's coach was not feeling well. Since it was a very hot day, the coach decided to sit in an air conditioned car to cool off.

"I was cooking burgers and I heard a woman scream," Bibbel said. "I went over to look and one of my teammates had pulled the coach out of the car. My teammate checked the man's pulse to see if he was breathing. He didn't have a pulse, so I went to grab the

automated external defibrillator we keep on site while my teammate started doing chest compressions."

According to Bibbel, he had become recertified in the use of an AED and CPR just a few days prior for his duties in the Air Force, so the information was fresh in his mind.

"I hooked him up to the AED and it analyzed him," Bibbel said. "It recommended I shock him, so I did. Nothing happened at first but shortly after my

teammate started doing chest compressions again, he gasped for air."

The ambulance was called prior to beginning chest compressions, however, the nearest hospital was 15 minutes away from the field where they were playing.

"The first people to show up were volunteers from the fire department, but they couldn't do anything more than what was already being done," Bibbel said. "Finally, the ambulance

got there to take over. They said he was in the process of having a massive heart attack, but he was as stable as he could be considering the circumstances."

The coach was taken to the hospital where he was put into surgery.

According to the Centers for Disease Control and Prevention, approximately half of heart-related deaths occur before a patient arrives at a

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## Leaders take part in Reddit 'Ask Me Anything'

Charles Pope

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. — Like most successful leaders and decision-makers, Air Force Chief of Staff Gen. David L. Goldfein and Chief Master Sergeant of the Air Force Kaleth O. Wright understand the value – and importance – of diverse opinions and seeking out conversations where people "live."

That's why Goldfein and Wright were side by side in a Pentagon conference room Oct. 24, hunched over computers like millennials at a coffee shop to take part in a free-flowing, hour-long and very public "Ask Me Anything" session on Reddit.

It was the first time that Goldfein, the service's highest-ranking military officer, and Wright, the Air Force's highest-ranking noncommissioned officer, went together on Reddit to answer questions and to hear from Airmen, their families and anyone else who decided to take part.

By the time the hour ended, nearly 500 comments and dozens of questions had been posted with Goldfein and Wright typing answers in real time to many. As is typical for Reddit, the questions and conversation sprawled across many topics, but unlike some other channels on the popular social media tool, most were polite. There were also far more questions presented than could be answered during the session.

There were questions and answers on career fields, promotions and suggestions for improving the bulky

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U.S. Air Force photo/Andy Morataya

Chief of Staff Gen. David L. Goldfein and Chief Master Sergeant of the Air Force Kaleth O. Wright take part Oct. 24 in a Reddit "Ask Me Anything" session at the Pentagon in Arlington, Virginia.

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## Air Force introduces NCO Career Status Program

**Secretary of the Air Force  
Public Affairs**

WASHINGTON — The Air Force announced Oct. 30 it will implement the new Noncommissioned Officer Career Status Program for active duty Airmen, which will affect re-enlistment contracts executed on or after Nov. 18.

The change will eliminate the need for Airmen who have 12 or more years of service to continue to re-enlist by aligning their separation dates with

their high year of tenure dates. “Career Airmen are consummate professionals who have demonstrated their commitment to service,” said Lt. Gen. Brian Kelly, Air Force deputy chief of staff for manpower, personnel and services. “They play a crucial role in developing the next generation of Airmen. With this adjustment, we’re providing them the associated flexibility to make individualized career decisions.”

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# Officer soars with Australian partners



**Petty Officer 2nd Class  
Jeanette Mullinax**  
MEDIA CENTER - JAPAN

ROYAL AUSTRALIAN AIR FORCE BASE AMBERLEY, Australia — When Maj. Thomas Larner commissioned in the U.S. Air Force, he knew he wanted to be a part of the fighter community. What he didn’t know was where that dream would take him.

“I remember attending my first air show in Philadelphia as a young boy and thinking, ‘man, I want to do that someday,’” Larner said. “I fell in love

with fighters and pursued that dream. Now, I’m serving as a weapon systems officer in Australia flying (F/A-18F) Super Hornets.”

Larner is serving with the Royal Australian Air Force No. 1 Squadron, based at RAAF Base Amberley, Australia, as part of the U.S. Air Force military personnel exchange program. The program allows service members the opportunity to integrate into military units of foreign allies through a one-for-one exchange of personnel.

“The goal of the exchange program is to build those

relationships, learn each other’s capabilities, learn each other’s family values, and when it comes to the jet, learn each other’s tactics,” Larner said.

Through mutual understanding of allied forces’ procedures, program participants increase each host nation’s ability to perform coalition operations with global partners. During a visit to Australia, U.S. Air Force Chief of Staff Gen. David L. Goldfein emphasized the significance of the unique partnership of Australia and the U.S.

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## X-37B lands after 780 days in orbit

Secretary of the Air Force  
Public Affairs

WASHINGTON — The Air Force's X-37B Orbital Test Vehicle Mission 5 successfully landed at NASA's Kennedy Space Center Shuttle Landing Facility Oct. 27 at 3:51 a.m.

The spaceplane conducted on-orbit experiments for 780 days during its mission, recently breaking its own record by being in orbit for more than two years. As of today, the total number of days spent on-orbit for the entire test vehicle program is 2,865 days.

"The X-37B continues to demonstrate the importance of a reusable spaceplane," said Secretary of the Air Force Barbara Barrett. "Each successive mission advances our nation's space capabilities."

This is the Air Force's premier reusable and unmanned spacecraft, providing the performance and flexibility to improve technologies in a way that allows scientists and engineers to recover experiments tested in a long-duration space environment.

"The safe return of this spacecraft, after breaking its own endurance record, is the result of the innovative partnership between government and industry," said Air Force Chief of Staff Gen. David L. Goldfein. "The sky is no longer the limit for the Air Force and, if Congress approves, the U.S. Space Force."

Managed by the Air Force Rapid Capabilities Office, the X-37B program performs risk reduction, experimentation and concept of operations development for reusable space vehicle technologies.

"This program continues to push the envelope as the world's only reusable space vehicle. With a successful landing today, the X-37B completed its

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U.S. Air Force photo/Jill Pickett (Image altered for security reasons)

Lon Britt, left, and Robert Campbell, right, electricians, along with Adam Webb, an electrical engineer, look at a rectifier outside the Arnold Engineering Development Complex Aerodynamic and Propulsion Test Unit at Arnold Air Force Base, Tennessee. Webb improved the logic used in the Programmable Logic Controllers on the units to handle uncommanded "runaways," which allowed him to identify the part at fault.

## Innovation helps test ops at Arnold

Deidre Ortiz

ARNOLD ENGINEERING DEVELOPMENT  
COMPLEX PUBLIC AFFAIRS

ARNOLD AIR FORCE BASE, Tenn. — Improvements by team members from the Arnold Engineering Development Complex Aerodynamics and Propulsion Test Unit at Arnold Air Force Base have prevented unscheduled downtime and avoided equipment damage at the facility.

Adam Webb, an electrical engineer for the test operations and sustainment contractor National Aerospace Solutions, improved upon software for the rectifiers by enabling it to detect an unsafe condition and restore the rectifier to normal operations, preventing

damage to expensive equipment. A rectifier is an electrical device that converts alternating current to direct current.

The software was successful during a recent APTU test, when one of the rectifiers went into an uncommanded runaway.

"A runaway is when the output current increases significantly above the set point value," Webb said. "If left unchecked, it can cause the APTU Facility Control System to trip the heated fuel system offline. This results in an unplanned early test termination, possible damage to the heated fuel system and a required repeat of the test conditions. A repeat test at APTU can be expensive and could cause additional

degradation to the test article."

Webb explained that the software modifications also allowed him to isolate the cause of the uncommanded runaway.

"When the software detected a runaway, it swapped control modes," he said. "This enabled us to continue normal operations and provided the run data we needed to better understand what was really going on. With this new information we were able to determine that a poorly-designed component connection by the manufacturer, along with high vibration during testing, was causing the issue. We developed a new connection method which eliminates the potential for this to occur

in the future."

Sharon Rigney, APTU group manager for test operations and sustainment at Arnold AFB, commended Webb for his work improving upon the rectifier software.

"Innovative ideas and forward thinking in anticipation of possible failure modes and problems greatly improves the performance of our instrumentation, data and controls systems," she said. "Adam is to be commended for his proactive approach towards possible failure modes and correction actions."

Efforts by Gareth Penfold, an instrumentation data and controls engineer, have also benefited APTU.

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## Air Force releases findings of policy review

Secretary of the Air Force  
Public Affairs

WASHINGTON — The secretary and chief of staff of the Air Force-directed review of Air Mobility Command's compliance with existing Defense Department-wide guidance and policies for using civil airports and aircrew lodging concluded that all policies and procedures were properly applied and followed.

The Air Force inspector general also reviewed the report and its conclusions.

The review, led by AMC's deputy commander, focused on existing guidance and policies and how they are applied. Specifically, the review looked at aircrew lodging, the associated processes and procedures and the application of those policies to the use of civil airports and the advisability and appropriateness of use of commercial lodging facilities.

The findings of the review confirm the necessity of ensuring civil airports remain available alternatives to augment military airfields, given the capability and access they offer AMC aircraft and aircrew operating across the globe.

In addition, the review found that existing guidance related to selection of civil airfields for military use and lodging of aircrews while transiting those airfields, along with the processes used to apply that guidance, are sufficient.

AMC also concluded that, while overall application of these directives was prudent and consistent across a range of missions and users, educating aircrew on applicable

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## Airmen train to transport patients

Senior Airman Megan Munoz  
JOINT BASE CHARLESTON PUBLIC AFFAIRS

JOINT BASE CHARLESTON, S.C. — Members of the 43rd Aeromedical Evacuation Squadron from Pope Army Airfield, North Carolina and 375th AES from Scott Air Force Base, Illinois, conducted a Transport Isolation System training exercise to maintain readiness at Joint Base Charleston Oct. 21-24.

The TIS is a device used to transport patients, either by C-17 Globemaster III or C-130 Hercules aircraft, while preventing the spread of disease to medical personnel and aircrews en route to a U.S. hospital equipped to treat them.

The TIS is comprised of an antechamber for donning and doffing of personal protective equipment and an isolation module in which the patient physically travels and where aeromedical evacuation technicians are able to render medical care.

"We conduct periodic exercises and training events, like we did this week, to allow us to maintain readiness and continually evolve this transport capability," said Lt. Col. Lee Nenortas, Air Mobility Command deputy chief of



U.S. Air Force photo/Senior Airman Megan Munoz

Staff Sgt. Lee Nembhard, an aeromedical evacuation technician assigned to the 375th Aeromedical Evacuation Squadron stationed at Scott Air Force Base, Ill., straps a simulated Ebola patient to a litter during a Transport Isolation System training exercise Oct. 23 at Joint Base Charleston, South Carolina.

the Medical Readiness and Plans Division. "We strive to improve our concept of operations, tactics, techniques and procedures."

Joint Base Charleston is

currently the only military installation with the TIS. The TIS mission is a sub-specialty of the aeromedical evacuation mission, which is why it is vital to train on specialized tasks

to provide patient care safely, according to Col. Leslie Wood, Air Mobility Command medical director for en route care.

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[www.gentletouchdentistry.biz](http://www.gentletouchdentistry.biz) syoondds@gmail.com



## Lee A. Archer Jr. Chapter of Tuskegee Airmen, Inc.

\*\*\*30th Annual\*\*\*



20 19

**Fall Ball**

**Education Awareness and Fundraiser Event**

- \* Dinner, Guest Speaker and Live Entertainment
- \* Military: Mess Dress (Optional)
- \* Civilian: Semi-Formal
- \* Cost: \$75.00
- \* E-1 - E-6: \$50.00
- \* Cocktail and Social Hour: 6 PM

## Danny Thomas

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★ November 30, 2019 ★

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U.S. Air Force photo  
Army Col. Drew Morgan, a graduate of the Uniformed Services University of the Health Sciences in Bethesda, Maryland, was selected by NASA as an astronaut candidate in 2013. Morgan is also an alumnus of the U.S. Military Academy at West Point, New York.

# Military docs help to explore space medicine

**Military Health System Communications Office**

In order for man to walk on the moon, they must understand the wide-ranging effects that space travel can have on the body and prepare astronauts to endure them. Studying the physiological changes the body undergoes outside Earth's atmosphere and keeping astronauts healthy during these missions has created a specialized area of study: space medicine.

The military has contributed to both space medicine and space travel throughout the decades, with doctors from the Military Health System providing insight and operational expertise to the health and safety of astronauts. Graduates of the Uniformed Services University for Health Sciences, or USU, are a prime example of these contributions, not only currently serving in space on-board NASA missions but stationed on the ground as flight surgeons to keep those astronauts in peak health before, during, and after their missions.

"There's a uniqueness to what we do in space medicine," said Dr. Richard Scheuring, medical operations flight surgeon at Johnson Space Center in Houston, Texas, and associate professor of military and emergency medicine at USU.

After unmanned spacecraft flights by the United States and the Soviet Union succeeded in the late 1950s and NASA's first man-in-space program, Project Mercury, took shape in 1958, the role of space medicine became critical to mission success.

Despite this importance, space medicine was still a relatively unknown field for years according to Dr. Jonathan Clark, one of the first medical graduates of USU and current adjunct professor of neurology and space medicine at Baylor College of Medicine.

"You can trace the term back to the 1940s," Clark said, "but I found out about the field through pure luck."

Originally a neurologist by trade, combining his experience as a naval flight officer with the medical training he received at USU opened Clark up to the steadily growing field of space medicine. His additional aerospace experience - and meeting his late wife Laurel who was beginning her career as a NASA astronaut - led him to a job in space medicine at the same organization.

Scheuring also discovered space medicine by chance. "I saw an ad in the back of the New England Journal of Medicine for a space medicine fellowship and I thought, that's something I would really like to do."

Since their humble introductions to space medicine, both Scheuring and Clark have had impacts on the field with their military expertise and published research. Scheuring and a team of collaborators co-wrote the military's first textbook chapter on operating in space. The Borden Institute's Fundamentals of Military Medicine is now required reading for students at USU.

"This was the first time we've written a book like this," Scheuring said. "This is the expert reference manual for any doctor going into military medicine now. We're really proud of this textbook."

Clark's contributions to space medicine by chance. "I saw an ad in

See SPACE Page 12

## Space

From Page 11

medicine were made as a member of the Columbia Crew Survival Investigation Team, formed after the Columbia Disaster of 2003 in which the spacecraft disintegrated upon reentering the Earth's atmosphere on its 28th space voyage. Clark's wife, Laurel, was one of the seven astronauts lost during the mission. The Columbia Crew Survival Investigation Report, released in 2008, and a second report released in 2014, helped improve safety measures for astronauts exploring space.

"You don't think about bad things happening in space," Clark said, "but we did two really good reports [on the mission], which broached a whole new area of study that didn't have a lot published on it yet."

The influences of Clark and Scheuring on space medicine have not only shaped the current state of the field but its future too, as they both teach the subject to prospective medical students at their universities. Scheuring and Clark helped spearhead focuses in space medicine at USU and Baylor respectively, with interest in the field growing as a result of each program.

"At this stage of my career, it's all about passing the



NASA photo

**Drew Morgan, of NASA, waves as he boards his Soyuz spacecraft for pre-launch preparations. Morgan, a graduate of the Uniformed Services University of the Health Sciences in Bethesda, Maryland, will participate in a live Q&A from the International Space Station.**

torch," Clark said of students in Baylor's Center for Space Medicine. Clark's program merges the research aspects of space medicine with education, allowing the students to collaborate with space science professionals.

"Our medical students get training in space medicine at all different year groups," Clark said, "and what better way to integrate the next generation into the field than by having them solve real world problems?"

Scheuring's program at USU also grooms students for careers in space medicine through aerospace clerkships at NASA and Operation

Bushmaster. The simulated mass casualty exercise, required of all fourth-year medical students at USU as well as some students in the graduate school of nursing, gives the students hands-on experience in a military mission.

"The USU student is a very unique," Scheuring said of his own mentees, "Very operationally focused, they may not have the experience yet but 1/4 taking them out into the field, seeing them use all the skills they've learned in a very demanding, fatiguing, compromised environment and having them perform at high levels? It's super rewarding."

Scheuring thinks that this

operational focus is an asset that the military brings to space medicine.

"Being book smart is one thing, but you have to be boots on the ground," Scheuring said. "You need doctors that understand the mission, the environment, the physiology, all the things that help successfully execute that mission."

As far as the future of space medicine and the military is concerned, Clark thinks there is still much to learn. "You have to learn everything you possibly can about space to truly understand how to make it safer for those who follow," Clark said.

Clark hopes that his research on space accidents and the students he is mentoring will aid in the mission of safer space travel. Scheuring, on the other hand, is more unsure about the logistics of space medicine's future. But he does know that his students will be a major part of it.

"I would like to think that we'll have [Department of Defense] flight surgeons, space surgeons, and astronauts come out of this program one day where this was their first exposure to NASA," Scheuring said. "You're going to have a couple dozen graduates who have operational exposure, which otherwise never existed."

## Review

From Page 9

regulations is a continuous process, and AMC can improve how it educates aircrew on travel regulations by incorporating lessons and discussion items into its aircraft commander training.

To view the report, please click the link, select "reports" and enter "Air Mobility Command" to download the document: <https://bit.ly/2oC9xnq>.

For more information, contact Secretary of the Air Force Public Affairs at 703-695-0640.

## Patients

From Page 9

"Our mission is a multi-disciplinary effort," Wood said. "We would not be able to accomplish it without our host, Joint Base Charleston."

The TIS requires support-team members, including biomedical repair technicians, bioenvironmental engineering personnel and medical logisticians, as well as aeromedical evacuation crews and critical care air transport team members to operate.

Nenortas also mentioned the importance of teamwork when conducting training and real-world missions with the TIS.

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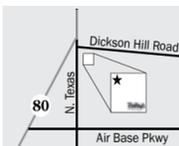
Who can be seen at our Eye Clinic?

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# CRW Airmen enhance mobility readiness during Green Flag



**Story and photos by  
Tech. Sgt. Liliana Moreno**  
621ST CONTINGENCY RESPONSE WING  
PUBLIC AFFAIRS

ALEXANDRIA INTERNATIONAL AIRPORT, La. – Airmen from the 621st Contingency Response Wing based out of Joint Base McGuire-Dix-Lakehurst, New Jersey, and Travis Air Force Base, California, coordinated air mobility operations during exercise Green Flag Little Rock, Oct. 19-27.

Approximately 106 Contingency Response Airmen participated in the exercise operating out of Alexandria International Airport and the Joint Readiness Training Center near Fort Polk, Louisiana.

“Throughout JRTC 20-01, our contingency response element’s job was to ensure U.S. Army and Air Force resources efficiently flowed into the simulated theater of combat operations,” said Maj. John Zirkle, CRE director of operations. “To facilitate this, we set-up a small base on their international airport’s north ramp. Here, we provided critical command and control, aerial port, quick-turn maintenance, and in-transit visibility functions to the forces headed into theater.”

The exercise not only supported Joint and Combined partners – it provided many Airmen opportunities to advance their contingency response training goals. From aerial porters, aircraft maintainers, command post personnel, contracting and communication officers – built-in training objectives kept things interesting by “injecting” realistic training scenarios designed to test and challenge even the most skilled member.

“For some of our Airmen this is the first contingency response exercise that they have been a part of,” said Chief Master Sgt. Matt Collingridge, 621st Contingency Response Support Squadron Superintendent. “This exercise provided a great opportunity to train some of our Airmen that are newer to the CRW,

and for some of our more seasoned CR Airmen to share their experiences and expertise as subject matter experts.”

For Staff Sgt. Nicholas Haddad, 621st CRSS intelligence analyst, it is the first exercise he has been on since joining the CRW.

“It’s been a fantastic exercise! The importance of intelligence is to provide commanders with the information that they need to know in order to make sure that they can get their team to a location safely,” Haddad said. “We had a list of the different types of tasks that we wanted to accomplish out here throughout this entire week, so far everything has been going well.”

During the exercise the team loaded and downloaded tactical vehicles, airdrop bundles, along with a variety of other pallets to support the Army.

“Throughout a typical day, we would “catch” 10-12 cargo aircraft, download their cargo, upload cargo for their next airland or airdrop mission and launch them,” Zirkle said. “We facilitated these operations continuously, providing round-the-clock support to our users. We also supported several real-world cargo missions per Alexandria Airport’s request. We had a lot of fun! In short, this exercise has better prepared our forces to rapidly deploy and support mobility operations in contested and austere environments throughout the globe.”

The exercise also gave Airmen a unique opportunity to enhance partnerships with joint and allied partners.

“The ability to execute mission objectives in contested, degraded, and operationally limited environments with our joint and combined partners is a critical skill that CR Airmen need to develop to prepare themselves for future real-world operations,” Collingridge said. “Exercise Green Flag Little Rock has provided our Airmen a chance to hone those skills while developing relationships with our sister service and multinational partners.”



1) Airman 1st Class Elizaveta Woodcock, 321st Contingency Response Squadron aerial porter, moves cargo onto a U.S. Air Force C-130 aircraft Oct. 24 during exercise Green Flag Little Rock at Alexandria International Airport, Louisiana. During the exercise, the team loaded and downloaded tactical vehicles, airdrop bundles, along with a variety of other pallets to support the Army. 2) A C-130 Hercules from Little Rock Air Force Base, Arkansas, departs Geronimo Landing Zone during a mission in support of exercise Green Flag Little Rock Oct. 23 at Fort Polk, Louisiana. The primary objective of the exercise was to support the Joint Readiness Training Center and provide the maximum number of airlift crews, mission planners and ground support elements to a simulated combat environment with emphasis on joint force integration. 3) U.S. Air Force aerial porters from the 621st Contingency Response Group load cargo onto a Royal Canadian Air Force C-130 aircraft Oct. 24 during exercise Green Flag Little Rock at Alexandria International Airport. 4) Airman 1st Class Ernest Washington, 821st Contingency Response Support Squadron aerial porter, pushes cargo onto a Royal Canadian Air Force C-130 aircraft Oct. 24 during exercise Green Flag Little Rock at Alexandria International Airport.

## Swap Ads

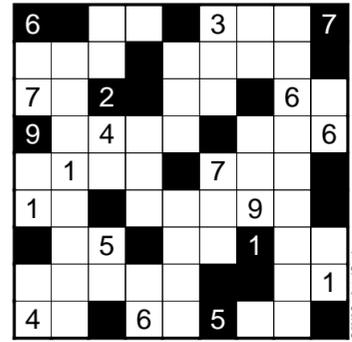
### For rent

3/2 home, very clean, 3 mins. to Travis. Living room, dining room, family room, fire place, dish-washer, 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. 462 Medium



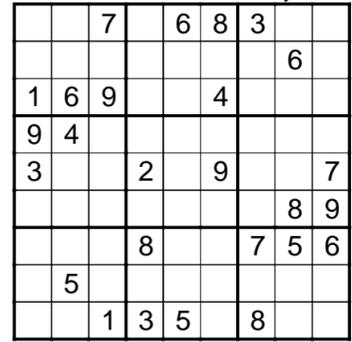
Previous solution - Easy



How to beat Str8ts – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into compartments. These need to be filled in with numbers that complete a 'straight'. A straight is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

### SUDOKU

No. 462 Very Hard



Previous solution - Tough



To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit [www.sudokuwiki.org](http://www.sudokuwiki.org)

If you like Str8ts, Sudoku and other puzzles, check out our books, iPhone/iPad Apps and much more on our store at [www.str8ts.com](http://www.str8ts.com)

## Retiree Corner

Fall Beauty Event takes place Nov. 2 at BX

As the weather cools down, military shoppers can try out the hottest beauty looks and products at the Travis Exchange Fall Beauty Event Nov. 2.

On Nov. 2, shoppers can stop by the Base Exchange for the Fall Beauty Event from 11 a.m. to 2

p.m. and enjoy free samples, giveaways, mini makeovers, kids' nail painting and more.

Travis shoppers will also receive a free makeup bag with any cosmetic or fragrance purchase of \$30 or more. Military Star cardholders can enjoy \$5 off any \$30 purchase or \$15 off a \$60 purchase.

— Army & Air Force Exchange Service

## Chapel programs

### Recurring events

#### 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).

• Catholic Women of the Chapel: 6 p.m. first Monday of every month. Annex.

- Rite of Christian Initiation of Adults: 6 to 7:30 p.m. Wednesday, Annex.
- RE Classes: 10:15 to 11:30 a.m. Sunday, RE Wing.

##### First Street Chapel

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

##### 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.

##### DGMC Chapel

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

- For all other inquiries, call LDS

Military relations representatives at 707-535-6979.

##### Protestant

##### First Street Chapel

• Protestant Community Service: 9:30 to 10:30 a.m. Sunday.

• Gospel Worship Service: 11:30 a.m. to 12:30 p.m. Sunday.

- Children's Ministry is provided for

6-month-olds through fifth grade.

• Protestant Men of the Chapel, 6-8 p.m. every second and third Tuesday of the month at First Street Chapel Annex, vice 8-9 a.m. first Saturday of the month.

- Moms group. Jesus Cares ministry, EFMP children's ministry, 4:30-6:30 p.m., every third Saturday of the month at First Street Chapel Annex.

##### 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.

##### 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.

## In the next week ...

**sat** Forbidden Puppet Cabaret. 7:30 p.m. Nov. 2, Bay Area Stage, 515 Broadway St., Vallejo. [www.magicalmoon-shine.org](http://www.magicalmoon-shine.org).

**sun** Author's Luncheon. 11 a.m. to 3 p.m. Nov. 3, Clubhouse at Rancho Solano, 3250 Rancho Solano Parkway, Fairfield. <https://solanolibraryfoundation.org>.



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.

**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 mall.

**Air Force Sergeants Association "Walter E. Scott" Chapter 1320.** General membership meetings are at 2 p.m. on the second Friday of each month at Wingman's in the Delta Breeze Club and include a free breakfast. For more information, contact Master Sgt. Reynoldo Rios or Master Sgt. Rosel Agapay. **Airmen's Attic.** The Airmen's Attic is open from 10 a.m. to 2 p.m. Tuesday and Thursday and 4 to 6 p.m. Wednesday, 560 Hickam Ave. For more information, call 707-424-8740 or visit the Facebook page "The Attic at 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 [travspocombatpsd@gmail.com](mailto:travspocombatpsd@gmail.com).

**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://pptform.state.gov> and/or <https://travel.state.gov>. For more information, call 707-424-5324.

**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://pptform.state.gov> and/or <https://travel.state.gov>. For more information, call 707-424-5324.

**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.AFMcWellness.com](http://www.AFMcWellness.com) or contact CHPS at 707-424-CHPS or CHPSTravis@foh.hhs.gov.

**Combat Arms Firing Range.** Bldg. 1370, located 200 yards northeast of perimeter road in the northeast corner of Travis is off limits to all personnel. Trespassing is not only illegal, but extremely dangerous due to live weapons firing. Anyone requiring entry into the area or needing further information should contact the base Combat Arms Section at 424-2122 or visit at 700 Vandenburg Dr., Bldg 1219 Travis AFB, CA 94535.

**Crisis text line.** Free, confidential, 24/7 counseling for teens and young adults. Text 741-741 anywhere in the United States and a live, trained crisis counselor responds quickly.

**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.

**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

**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, call 707-557-4646.

**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.

**MPF self-renewal program.** Did you know that dependents can now renew their ID cards online? To participate in this program, visit <http://bit.ly/2mR1gl2>. 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.

**Photocopying of military identification.** The prohibition of photocopying of U.S. government identification Common Access Card announced by the Office of the Assistant Secretary of Defense, dated Oct. 27, 2011, does not apply to medical establishments, applying for government-issued, no-fee passport and other U.S. government agencies in the performance of official government business. This requirement does not apply to minors ages 16 or younger. However, it applies to sponsors. For more information, call 707-424-5324.

**Professional Loadmaster Association.** The Professional Loadmaster Association meets at 7 p.m. the first Tuesday of each month at the Delta Breeze Club. For more information, call Mark Raymond at 707-416-5331.

**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



Here are the showtimes for this weekend's movies at the Base Theater:

- | Today  | Saturday   | Sunday  |
|--|--|---|
| 6:30 p.m. "Terminator: Dark Fate" (PG-13, first run) | 6:30 p.m. "Terminator: Dark Fate" (PG-13, first run) | 2 p.m. "Terminator: Dark Fate" (PG-13, first run) |

## News Notes

**Death notices.** 1st Lt. Ryan D. Bailey is authorized to make disposition of the personal property of Staff Sgt. Thien D. Nguyen, deceased, 22nd Airlift Squadron, as stated in AFI 34-501. Any person having claims for or against the deceased person please contact Bailey by phone at 707-424-2248 or email [ryan.bailey.26@us.af.mil](mailto:ryan.bailey.26@us.af.mil).

Capt. Judea M. Taguiped is authorized to make disposition of the personal property of Master Sgt. Timothy M. McCarthy, deceased, 312nd Air Mobility Operations Squadron, as stated in AFI 34-501. Any person having claims for or against the deceased person please contact Taguiped by phone at 707-424-7454 or email [judea.taguiped@us.af.mil](mailto:judea.taguiped@us.af.mil).

- Jason Perkins, Grand Forks AFB.
- Gina Silva, Air Force Academy headquarters.
- Maria Thammasen, 60th Force Support Squadron
- Dennis Weaver, Air Force Manpower Agency.

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

**Tuskegee Airman Lee A. Archer Chapter.** Meets at 3 p.m. the third Saturday of the month at the Airman and Family Readiness Center.

**What's Cookin' Wednesday.** Free lunch at the Travis AFB USO Bldg. 1348. Served from 11 a.m. to 1 p.m. every Wednesday. For active duty, Guard, reservist and their families.

## Local events

### Events

**"Messiah" Concert.** 7:30 p.m. Dec. 1, Free, St. Mary's Catholic Church, 350 Stinson Ave., Vacaville. 816-6591.

**"Sounds of Suspense."** Radio broadcast, noon fourth Friday of each month, Vacaville Public Library-Town Square, 1 Town Square Place. Free. [www.solanolibrary.com](http://www.solanolibrary.com).

**Vallejo Art Walk.** 5 to 10 p.m. second Friday of each month, downtown Vallejo. Free admission. [www.vallejoartwalk.com](http://www.vallejoartwalk.com).

**Vallejo Farmers Market.** 9 a.m. to 2 p.m. Saturdays, year-round, Georgia and Marin streets. [www.pcfma.com](http://www.pcfma.com).

**Vintage Market.** 9 a.m. to 2 p.m. every third Saturday, St. Paul's United Methodist Church, 101 West St., Vacaville. 925-978-6989.

### Music and dance

**City Sports Bar and Grill.** Music begins at 9 p.m.: Johnny Favorite, Nov. 1; Helios, Nov. 2; Heather Glen, Nov. 8; AVH, Nov. 9; 7155 Browns Valley Parkway, Vacaville. 455-7827, [www.starsrec-reation.com](http://www.starsrec-reation.com).

**Downtown Theatre.** American Legion Veterans Day Ceremony, 10 a.m. Nov. 11; 1035 Texas St., Fairfield. [www.downtowntheatre.com](http://www.downtowntheatre.com).

**Empress Theatre.** Jaz Synergy, 7:30 p.m. Nov. 6; Cecile Azarcon, 8 p.m. Nov. 8; Mindi Abair, 7 p.m. Nov. 9; Stanley Jordan, 6 p.m. Nov. 10; 330 Virginia St., Vallejo. 552-2400, [www.empresstheatre.org](http://www.empresstheatre.org).

**First Street Cafe.** John Rybak, 7 p.m. Oct. 25; RAQIA, 7 p.m. Oct. 26; Jack Pollard, 7 p.m. Oct. 27; Americana Songbook, 7 p.m. Nov. 1; Open mic, 7 p.m. Nov. 2; Student musicians, 7

# THE FLIP SIDE

p.m. Nov. 3; 440 First St., Benicia. 745-1400, [www.firststreetcafe.com](http://www.firststreetcafe.com).

**Lucca Bar & Grill.** Don Bassey, 6:30 p.m. Nov. 1; Shanna Keller, 1 p.m. Nov. 2; Van Goat, 6:30 p.m. Nov. 2; Tender Mercies, 6:30 p.m. Nov. 9; 439 First St., Benicia. [www.luccabar.com](http://www.luccabar.com).

**The Relik.** The Billy Bunch, 8:30 p.m. Nov. 1; The Business, 8:30 p.m. Nov. 2; Toree McGee, 6 p.m. Nov. 6; Jesters, 8:30 p.m. Nov. 8; Sunny and the Backpack, 9 p.m. Nov. 9; 726 First St., Benicia. [www.thereliktavern.com](http://www.thereliktavern.com).

**Solano Symphony.** Holiday Celebration, 3 p.m. Dec. 8, Vacaville Performing Arts Theatre, 1010 Ulatis Drive. [www.solanosymphony.org](http://www.solanosymphony.org).

**Solano Winds.** With the United States Force Band of the Golden West, 3 p.m. Nov. 3, Vanden High School, 2951 Markeley Lane, Fairfield. [www.solanowinds.org](http://www.solanowinds.org).

**Vacaville Performing Arts Theatre.** Chapkis Dance Halloween Showcase, 1 and 7 p.m. Nov. 2; Dream Xtreme "Toy Story," noon, 2:30 and 5 p.m. Nov. 9; 1010 Ulatis Drive. 469-4013, [www.vpat.net](http://www.vpat.net).

**Vallejo Jazz Society.** Jennifer Lee, 5 p.m. Dec. 1, Empress Theatre, 330 Virginia St., Vallejo. <https://vallejojazzsociety.net>.

**Vallejo Symphony.** "Beginnings and Endings," 8 p.m. Nov. 2, 3 p.m. Nov. 3, Empress Theatre, 330 Virginia St., Vallejo. <https://vallejosymphony.org>.

### Museums

**American Armory Museum.** Open 10 a.m. to 3 p.m. Wednesday through Saturday, 4144 Abernathy Road, Fairfield. Call prior to visiting. 389-6846, [www.americanarmorymuseum.org](http://www.americanarmorymuseum.org).

**Mare Island Museum.** Open 10 a.m. to 2 p.m. weekdays, 10 a.m. to 4 p.m. Saturdays, 1100

Railroad Ave., Vallejo. 557-4646, [www.mareislandmuseum.org](http://www.mareislandmuseum.org).

**Peña Adobe/Mowers Goheen Museum.** Open 11 a.m. to 2 p.m. first Saturday, 1 Peña Adobe Road, Vacaville. Free. 447-0518, [www.penaadobe.org](http://www.penaadobe.org).

**Rio Vista Museum.** Open 1:30 to 4:30 p.m. Saturday and Sunday, 16 N. Front St., Rio Vista. Free, but donations welcome. 374-5169, [www.riovistamuseum.com](http://www.riovistamuseum.com).

**Solano History Exploration Center.** Open noon to 4 p.m. Friday through Sunday, Lawler House, 718 Main St., Suisun City. [www.solanohistorycenter.org](http://www.solanohistorycenter.org).

**Vacaville Museum.** "Collects," through Feb. 22; open 1 to 4:30 p.m. Wednesday through Sunday, 213 Buck Ave. 447-4513, [www.vacavillemuseum.org](http://www.vacavillemuseum.org).

**Vallejo Naval and Historical Museum.** Fall fundraiser, 6 p.m. Nov. 2; open noon to 4 p.m. Tuesday through Friday, 10 a.m. to 4 p.m. Saturday, 734 Marin St., Vallejo. 643-0077, [www.vallejomuseum.net](http://www.vallejomuseum.net).

**Western Railway Museum.** Open 10:30 a.m. to 5 p.m. Saturday and Sunday, 5848 Highway 12, Suisun City. 374-2978, [www.wrm.org](http://www.wrm.org).

### Art exhibits

**Arata Fine Art Gallery.** Barbara Fracchia, through Nov. 24; open 11 a.m. to 5 p.m. Thursday through Saturday, 1 to 5 p.m. Sunday, 637 First St., Benicia. <https://aratafineartgallery.com>.

**Arts Benicia.** "Uplift: Celebrating the Sierra Nevada," through Nov. 3; "Table Testaments," Nov. 16 to Dec. 20; open noon to 5 p.m. Wednesday through Sunday during exhibitions, 991 Taylor St., Suite 114, Benicia. Free. 747-0130, [www.artsbenicia.org](http://www.artsbenicia.org).

## Arnold

From Page 8

Penfold moved to fill an immediate need in APTU for improved tracking of the test, measurement and diagnostic equipment due for calibration.

"Gareth leveraged a previous spreadsheet method of tracking instruments into a fully-functional computer database format," Rigney said.

This database format allows instrument technicians, instrumentation data and controls engineers and other APTU team members to know what equipment is due for calibration at any given time, and it includes an inventory of spare instruments available substitutions of failed items or items needing calibration. Additionally, the new database keeps track of warranty dates and time-sensitive information required for engineering decision making.

"We were previously working off a giant spreadsheet that was hard to interpret and update," Penfold said. "To make the process easier, I turned it into a Microsoft Access database system that allows us to look ahead and pull up reports on testing and maintenance. Now, we can know when it is best to calibrate so that we can meet the Air Force requirements for calibrations."

He added that previously it

was hard to determine where different instruments were located.

"We can now see where those instruments are, and we're also more prepared if an issue comes up, which helps to prevent lost test time," he said.

Penfold has only been working at Arnold AFB for two years, but management is already taking notice of his hard work.

"Gareth's ingenuity and attentiveness has produced a tool that will reduce the need for emergency calibrations or waivers, which recently has been a focus area for the Air Force," Rigney said.

NAS management has recognized both Penfold and Webb with Significant Contributor Awards for their efforts.

APTU is a blowdown wind tunnel designed for aerodynamic testing of supersonic and hypersonic systems and hardware at true flight conditions. Given its versatile design, APTU can support a myriad of test setups: propulsion, material, structures, store separation and directed energy lethality. The facility can produce test conditions from Mach 3.1 to Mach 7.2.

Most recently at APTU, Air Force Research Laboratory and Air Force Test Center ground test teams set a record for the highest thrust produced by an air-breathing hypersonic engine in Air Force history.

## Orbit

From Page 8

longest flight to date and successfully completed all mission objectives," said Randy Walden, Air Force Rapid Capabilities Office director. "This mission successfully hosted Air Force Research Laboratory experiments, among others, as well as providing a ride for small satellites."

The distinctive ability to test new systems in space and return them to Earth is unique to the X-37B program and enables the U.S. to more

efficiently and effectively develop space capabilities necessary to maintain superiority in the space domain.

"This spacecraft is a key component of the space community. This milestone demonstrates our commitment to conducting experiments for America's future space exploration," said Lt. Col. Jonathan Keen, X-37B program manager. "Congratulations to the X-37B team for a job well done."

This will be the second time the X-37B landed at the Kennedy Space Center Shuttle Landing Facility — Mission 4 landed after 718 days in orbit. The spaceplane was designed for an

on-orbit duration of 270 days.

"Today marks an incredibly exciting day for the 45th Space Wing," said Brig. Gen. Doug Schiess, 45th Space Wing commander. "Our team has been preparing for this event, and I am extremely proud to see their hard work and dedication culminate in today's safe and successful landing of the X-37B."

The fifth mission launched on Sept. 7, 2017, from Cape Canaveral Air Force Station, Florida, on-board a Space X Falcon 9 booster, and the Air Force is preparing to launch the sixth X-37B mission from CCAFS in 2020.

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## Program

From Page 6

Airmen who re-enlist under the NCO Career Status Program will follow processes similar to those of officers and will incur active duty service commitments.

The Selective Retention Bonus program will not be impacted by CSP other than a few administrative processing changes. If eligible for an SRB, Airmen electing to accept the bonus – and the associated ADSC – will apply for the SRB

via myPers and complete an application electronically. The Air Force's Personnel Center will identify and notify those Airmen on career status contracts who are eligible for an SRB on a monthly basis.

Like officers, enlisted Airmen may apply for separation prior to their high year of tenure date with an effective date no later than 180 days from the date of request.

"What we are saying to our Airmen is we hear you," said Chief Master Sgt. of the Air Force Kaleth O. Wright. "We recognize your commitment to

a profession in the Air Force, and we're going to manage your service commitment in a way that provides you with reduced paperwork and increased efficiency."

Airmen with 12 years of service who sign a re-enlistment contract on or after Nov. 18 will fall under the CSP and that will be their last contract. CSP Airmen will no longer see a date of separation in their records until they are within 12 months of their high year of tenure date. Upon getting promoted, the date of separation for CSP Airmen will automatically be

updated to the high year of tenure date of the new rank.

Current high year of tenure lengths of service by rank are:

- 20 years for E-5.
- 22 years for E-6.
- 24 years for E-7.
- 26 years for E-8.
- 30 years for E-9.

The re-enlistment form has also been changed to increase efficiency and reduce errors between the personnel and financial systems.

For more information, visit the NCO Career Status Program page of the AFPC public website.

## Saves

From Page 5

hospital, emphasizing the important role of pre-hospital emergency medical care in the "chain of survival" for heart attacks. Medical professionals involved in responding to this incident directly attribute the coach's survival to the use of the AED and CPR response.

"I want to commend the folks at the Little Rock Rugby Club for saving a life," said Mack Hutchinson, Metropolitan Emergency Medical Services quality manager. "Having an AED on site, trained personnel and the motivation to use it makes all the difference in the world for our patient outcomes."

Not only were they applauded by the hospital staff, they also found out how important their quick response was to saving this man's life.

"The guy in the ambulance told us that only 10 percent of patients outside of a hospital setting survive a massive heart attack, so luckily we were able to help him," Bibel said.

Because of training he received from the Air Force, Bibel was able to model the teamwork necessary in identifying an emergency and reacting in order to save a human life.

"The Air Force and the 19th AW really gave me the tools to help other people in the case of an emergency," Bibel said. "I am so glad I could help this person because otherwise, who knows what could have happened."

## Partners

From Page 7

"We are committed to maintaining this close relationship that we've had for over a hundred years now," Goldfein said. "It is important for us to ensure that we stand together in preserving access to the global commons and our ability to operate where and when we need to."

While the exchange program opens international doors for Airmen to develop professionally, Larner described how a tour in Australia also impacts a service member's personal life.

"When we found out that we were going to Australia,

my wife and I, along with the kids, went out and celebrated," Larner said. "It's a journey to take your family and uproot them, especially taking your children out of schools, and moving to a whole new country."

Although Australia and the U.S. share a common language, Larner and his family have picked up slight differences through communicating with the locals.

"Every couple days I hear a new Australian phrase that catches me off guard," Larner said. "I have picked up the key term of 'no worries.' It's learning every day."

As the Larner family has made the most of Australia on land, Larner has also spread

his wings as a versatile asset within the fighter community.

Starting his career as an F-15E Strike Eagle weapon systems officer, his assignment to the Australian Defence Force's No. 1 Squadron has allowed him to fly an aircraft that he would not normally be able to fly in the U.S. Air Force. The F/A-18F Super Hornet entered service with the U.S. Navy in 2001 and was later established as the Royal Australian Air Force's main fighter aircraft in 2010 when No. 1 Squadron was declared the first Royal Australian Air Force F/A-18F operational squadron.

A previous tour with the U.S. Air Force 390th Electronic Combat Squadron stationed

Larner at Naval Air Station Whidbey Island, Washington, where he served alongside the Navy's Electronic Attack Squadron 132. He accredits his experience flying E/A-18G Growlers there with establishing him as an exchange officer candidate serving in Australia.

With a partnered military alliance of more than 100 years, Larner notes the common goals of Australia and the U.S. have made it easy for the two nations to grow together tactically.

"The Australian Defence Force is a very elite force, very smart and very talented group of aviators," he said. "To work with them has been a great honor."

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## Knitz

From Page 3

I'm not saying the appropriate periods of grieving, or disappointment, we all feel from time to time are bad. Or that you have to be happy all the time. But when you allow the challenges of your personal and professional life to affect you in a negative way, it begins to permeate your thoughts and behavior. You may have noticed I said 'when you allow.' That's because we each make our own decision about how we let our thoughts and feelings affect our attitudes and actions. Most people have a natural inclination to positivity or negativity, and don't spend much time thinking about their attitude in a conscious or deliberate way, but that's where the magic happens.

The ability to be mindful of your perception of events and your environment, and understand how that affects your outlook and behavior enables you to make a deliberate decision about the attitude you want. I would argue the military does a better job than most at instilling the importance of a positive attitude in their members. We train people to endure austere conditions with a positive attitude as the cornerstone of resilience. We can fully embrace a decision we may not agree with because we understand the principles of leadership and followership.

Why, then, do I consider this worth mentioning? As leaders we help set the tone for those we lead, as well as everyone around us. We can foster a negative environment, or a positive environment with the attitude we present. For even the best intentioned of us, it's easy

to lapse into negative thoughts and feelings without realizing it. Choosing a positive attitude takes constant vigilance and self-awareness to stay attuned to our actions and behaviors.

How can you build the necessary vigilance for positivity into your daily practice? Do a self-check every morning and before making a decision. Be mindful of the attitudes of others and what you accept or surround yourself with. Be mindful of the attitude you want to see from your team and make that the attitude you exude.

For those of you who aren't convinced of the influence a positive attitude can have in your life, or may need a different motivation, I'll leave you with this quote from Herm Albright, "A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort."

## Inspires

From Page 4

that we offer is, if you know how to program, we will find an app for you to make. If you know how to 3D print, we will find you something to make with one of our printers," said Hill.

Staff Sgt. Peter Cannizzaro, 9th Airlift Squadron loadmaster, mentioned a primary focus for Bedrock is helping people come up with solutions to problems they encounter during the course of their daily duties.

"For too many years, we have people that just deal with problems in their shops ... They know there is better ways to do it, but there is not really any way for them to make a change," said Cannizzaro. "So,

they now have a spot ... where they can come over here and tell us what their problems are. We will then help them find a solution - And we have the resources and muscle behind us to get things done."

Bedrock boasts a plethora of projects, but a recent highly "visible" one is the implementation of lights at the base gates.

Hill said the gate light project was an idea Team Dover had been chasing for two to three years: "They thought it would cost about \$30,000 ... And the contractor came back and said it would cost more like \$125,000. When we found out how much money they were trying to spend, we said we can do it for about \$2,000. We saved a lot of money ... and accomplished that task, saving taxpayers dollars."

## Crowder

From Page 2

months we met at the gym. I lost 40 pounds, applied for the ALS instructor position and I was hired. The first person I wanted to tell, after my wife

of course, was my mentor, because I felt he earned it just as much as I did.

Engaged leadership starts with caring about the people you lead. I ask each of you to fill those around you with a sense of "who I am matters and what I do matters," because everybody matters.

## Reddit

From Page 5

system. There were many questions related to the Enlisted Performance Review system and its weaknesses. There was a collection of questions touching on mental health, suicide and sexual assault. Some were accompanied by poignant personal accounts.

There were questions seeking insight into possible uniform changes, why the GI Bill can't be used to pay for previous school debt, and from an Airman at Incirlik Air Base asking for insight about what the future might hold. There were multiple questions about the Air Force's computer network and how to improve the chronically predictable "communications and systems outages."

That question triggered one of the more animated responses from Goldfein. "AMEN!!!! The spinning hourglass of death is a retention issue," Goldfein wrote, adding, "We know this is a major frustration across the force. We're on it."

One of the most poignant exchanges came from an Airman whose spouse had been sexually assaulted. "What is the (Air Force) doing to protect victims and their families from re-victimization and punitive actions by commanders?" the participant asked at the end of a longer post which spelled out some of the details of the case.

"We take this issue very seriously and want to ensure that no one, active duty, family member or anyone else feels like they are re-victimized when something like this happens," Wright said in a response.

"I also know that we don't always get this right and we need to hear from you when you feel like we aren't doing our part. We actually depend on you to help us get it right. We will continue to hold our (Air Force) leaders to a high standard and we want you to help us by using your voice loudly and proudly on this issue," he wrote.

The session presented a largely unfiltered sample from posters who can choose to stay anonymous about concerns and attitudes across the Air Force's sprawling global operation. And given Reddit's design, all posters are essentially of equal rank.



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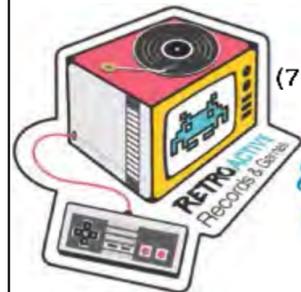
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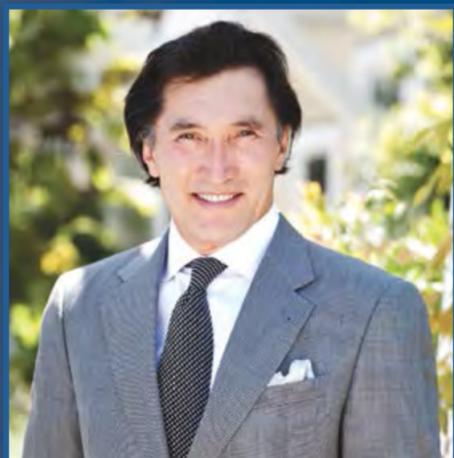
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**Food**

From Page 4

around the world.

"I think it's good the Air Force does these humanitarian missions," said Capt. Aaron Peercy, 8th AS C-17 instructor pilot and flight safety officer, as well as the aircraft commander for the humanitarian mission. "It helps build international relationships and fosters comradery with our allies."

Abundant Rain Ministries, Inc. donated the food to the Honduras Foundation for Christ, a nonprofit organization, who will distribute the food to schools, orphanages and general feeding programs for

children and families within the next six weeks.

It is estimated that this one shipment will provide nourishing sustenance to more than 472,000 Honduran men, women and children.

The Denton Program shipped more than 1,780,000 pounds of goods to 14 countries around the world, to included vehicles, education materials, household items, food and miscellaneous equipment in 2019.

Participating in this mission opened Moffat's eyes to the capabilities the Air Force has to provide aid to those in need across the globe and he hopes other Airmen will have the same opportunity to be a part of it.

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1) Harper Williams, 6, and Mathias Marquez, 8, compete in a basketball game as Julian Curry, 60th Force Support Squadron child and youth assistant keeps score at the Youth Center during Red Ribbon Week Oct. 23, 2019, at Travis Air Force Base, California. Red Ribbon Week is a drug prevention, awareness and educational program in conjunction with the Drug Demand Reduction Program within the Department of Defense.

Red Ribbon Week aims to raise ...  
**AWARENESS**

U.S. Air Force photos/Nicholas Pilch

2) Kaily Landero, 6, paints a pumpkin at the Youth Center during Red Ribbon Week Oct. 23 at Travis Air Force Base, California. Red Ribbon Week is a drug prevention, awareness and educational program in conjunction with the Drug Demand Reduction Program within the Department of Defense.



3) Amira Wilder, 8, throws rock during a rock-paper-scissors game at the Youth Center during Red Ribbon Week Oct. 23 at Travis.



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