



MASK OFF

Base leaders get up-close look at duties

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Be a pro: Step up your game for 2019

What does the word “professional” mean to you?

If you haven't really thought about what it means to be a professional, then perhaps you associate the term with the actions, plays or accomplishments of professional athletes. These are on display regularly with clips from ESPN “SportsCenter’s” Top 10 plays of the week. I would agree that these clips are impressive and great examples of professionals in action.

Do you consider yourself to be a professional? What about when someone praises your actions with a statement like “Wow, that was great” or



Commentary
by Col. David A. Hammerschmidt
60TH
MAINTENANCE
GROUP

“Dang, you nailed that” or if they told you “That was a very professional job” Would you consider yourself a pro then?

As members in the service, we are in and part of the profession of arms, so how you view yourself and your actions as a “professional” in the profession of arms is important.

I will offer up two components for consideration that I believe are common among professionals: planning and preparation. To do a great job in any skill, trade or profession requires a degree of deliberate planning and preparation.

Professional athletes plan and prepare each and every day through practice. In the

Commander's Commentary

military we plan and prepare each and every day through training. They practice in preparation for the upcoming week's game. We show up and train in preparation to support tomorrow's missions. Athletes plan, prepare and practice with a goal of making it to the championship game. As members of the profession of arms, we plan, prepare and train with a goal of deterring any potential adversary from ever wanting to go head-to-head with the United States military. The difference between professional athletes and the profession of arms is that we have the trust of our nation and our families that we

will not fail to defend our nation ever!

Freedom is not a birth-right of our nation. It is a value of our nation that was fought for, protected and sustained by the planning, preparation and hard work of men and women in the profession of arms. It is this deliberate and daily focus on planning and preparation that is the difference between doing a job and being a professional. Whether it's your rookie year as a first-term Airman or you're a veteran player with 10 to 15 years' experience, be a professional. Have a plan to prepare yourself, your team, your flight, your Squadron, etc. to improve just a little bit each and every day.

Benjamin Franklin said, “Failing to plan is planning to fail.”

As we enter 2019, it is a perfect time to raise your game for yourself, your team and your squadron by planning and preparing for each day. The same approach can easily be applied to your personal life.

Whether it's planning to save money for a wedding, home or a child, preparing to run in a marathon or for your physical fitness test or planning out a date night for later in the week a little up front planning and preparation will help turn that task into something that exceeds expectations and earns the respect and mark of a true professional.

It's an honor to serve with so many dedicated professionals. I wish you and yours a great 2019 and thank you.

DGMC goes hyperbaric to aid teenager

Merrie Schilte-Lowe

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Samantha Pipkin has three goals for 2019: Wear high heels to her senior prom; get a driver's license; and shake hands with the principal when she receives her diploma from Paradise High School in Paradise, California.

Normally, these actions would be easy for a teenager, but they are a reach for Sam, who suffered a stroke Feb. 2, 2017, a month after celebrating her 16th birthday. After 18 months of physical therapy, Sam is now undergoing hyperbaric oxygen treatment at the David Grant USAF Medical Center at Travis Air Force Base.

“Sam had a ruptured arteriovenous malformation in the brain that triggered a hemorrhagic stroke,” said Lt. Col. (Dr.) Jason Kelly, 60th Medical Group Hyperbaric Medicine Flight commander. “It could have been something she was born with.”

AVM is an abnormal tangle of blood vessels connecting arteries and veins. Arteries carry oxygen-rich blood from the heart to the brain, while veins carry oxygen-depleted blood back to the heart and lungs. When an AVM disrupts the process, the surrounding tissues may not get enough oxygen so the affected arteries and veins can weaken and rupture, resulting in bleeding in the brain, stroke or brain damage.

“We started treating Sam with hyperbaric oxygen Oct. 27 with pretty impressive improvement,” said Kelly.

HBOT involves breathing pure oxygen in a pressurized room, tube or chamber. It is used for decompression sickness, serious infections and wounds that won't heal as a result of diabetes or radiation injury. With HBOT, the air pressure is typically increased to two to three times higher than normal.

Several research studies show that HBOT may be effective with some forms of stroke, said Kelly. He cited a 2013 study by Dr. Shai Efrati at Tel-Aviv University in Israel that showed HBOT can induce significant neurological improvement in patients who suffered an ischemic stroke – caused by a blocked artery – or hemorrhagic stroke anywhere from three to 36 months prior.

Although HBOT studies involving stroke patients show mixed reviews, Kelly has treated five stroke patients with HBOT – with varying degrees of improvement – since his arrival at Travis in 2017.

“Hyperbaric oxygen therapy is not an approved indication for stroke,” said Kelly. “In the civilian world, I don't know of any insurance company that would cover it.”



Courtesy photos

From left, Stacey, Tiffany, Mellisa, Samantha and Patrick Pipkin pose in front of the Christmas tree in the center of Union Square during a Dec. 1, 2018, outing to San Francisco, Calif. The trip was the first time Samantha Pipkin proved to herself and her family that she could walk up and down the stairs at the Fairmont Hotel on Nob Hill.

Fortunately, Sam's father, Patrick, is a retired U.S. Army sergeant.

Since she's been in treatment, Sam has regained partial use of her right hand, with limited movement in her thumb, and can walk without a leg brace. After the first treatment, she could tie the draw strings on the scrubs patients wear during treatment. By the fifth session, Sam reported tripping less when walking without the brace. After several more treatments, she can put her hair up in a bun and open a car door.

“She can lift her wrist, her right foot and toes,” said Patrick. “She couldn't do that in physical therapy.”

Now, more than two-thirds of the way through the 40 scheduled treatments, Sam can walk her dog, Daisey, on a leash and walk up and down stairs. Recently, she steered an arcade driving simulator with both hands and placed her right foot on the gas pedal.

Not getting a driver's license was one of Sam's first concerns following the stroke.

couldn't find a doctor to sign the waiver,” said Patrick. “I'm not sure how she found Dr. Kelly, but she called Travis and he answered the phone. He made some phone calls, called her back and told her to come in.”

With a referral from her primary doctor, Tiffany made an appointment with Kelly. Sam accompanied Tiffany and their dad Travis.

“I think she had already been researching HBOT, but I bit and asked about her brace,” said Kelly. “I asked if she had considered hyperbaric medicine.”

Sam's face lit up, said Patrick.

Once she has completed the scheduled treatments, Kelly will perform another brain scan to determine if there has been any improvement in blood flow.

“If there is improvement, we'll do a full neurological exam and make a decision whether to continue,” said Kelly. “My goal is to treat until clinical plateau.”

Currently, Sam is making daily progress, although some gains are small.

“Every day she reports being able to do a new activity,” said Kelly. “She's already able to shake hands.”

The stroke

Samantha's story began with the headache she experienced in her first-period class at Paradise High School Feb. 1, 2017.

“It was the worst headache I've ever had,” said Sam. “It was all around my temples like I was wearing a tight headband.”

Initially, she thought she had a migraine, which she occasionally suffers, allergies or a sinus infection.

Her best friend since third grade, Valarie, encouraged her to go home.

“I told her she didn't look well,” said Valarie, who accompanied Sam to one of her treatment sessions. “But she said she wanted to get though second period and then leave.”

About 10 minutes after the second-period Spanish class began, Sam's vision became blurry.

“I couldn't focus on anything so I asked my teacher if I could go outside to clear my head,” said Sam. “I tried to read the fire sign for like 10 minutes, but I couldn't.”

Sam went back to class and told her teacher about the headaches and that she temporarily lost her vision. She sent Sam to the front office where a staff member called Sam's dad.

“When I picked her up, she seemed fine,” said Patrick. “I think it was Valarie who told me she had lost her vision.”

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Commentary by
Chief Master
Sgt. Steven
Hesterman
60TH
MAINTENANCE
GROUP

Leadership requires certain amount of ‘art’

I've had the pleasure to serve in our great Air Force for nearly 28 years.

Most of my career has been in aircraft maintenance with a special duty tour as an enlisted recruiter. As I look back at the many lessons I've learned, I rarely recognized them as learning moments at the time, but they've shaped me to be the Airman I am today.

I'm thankful for the opportunity to serve with some great leaders who've pushed me beyond my

Chief's Commentary

comfort level. In hindsight, I realize that it was usually the informal leaders that taught me the most. The common theme I've noticed in the leaders who've guided me is their understanding that leadership is an A.R.T. Most of us have heard at least once that leadership is a skill that most of us are not born with. My take is that

leadership is a mindset; focused on attitude, relationships and tenacity.

- Attitude: First, we need to always project a positive attitude – it's infectious. Positive attitudes motivate a team and can greatly influence situational outcomes. Our professional and personal challenges, no matter how big or small, are merely obstacles we must navigate. Sometimes it's the attitude of those around us that enables us to re-focus and overcome challenges, or just give us the strength to put our

heads down and muscle through.

- Relationships: Professional relationships are also a crucial component to leadership. Relationships make it easier for us to bypass many of the formalities of team-building and get right to the task at hand. Relationships are foundational to leadership. The more we know and understand about our teammate's on-duty and off-duty, the better connected we

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Tailwind

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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.

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On the cover

Chief Master Sgt. Derek Crowder, 60th Air Mobility Wing command chief, dons a gas mask Dec. 21, 2018, at Travis Air Force Base, Calif.

U.S. Air Force photo/Airman 1st Class Jonathon Carnell

Conflict management program available

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

For Airmen with the mission to rapidly project American power anytime, anywhere, conflict within the workplace or at home could make life difficult.

The 60th Air Mobility Wing Equal Opportunity Office implemented a Conflict Management program in June 2018 to help Airmen resolve issues. The program is available to military members and civilians, including military family members.

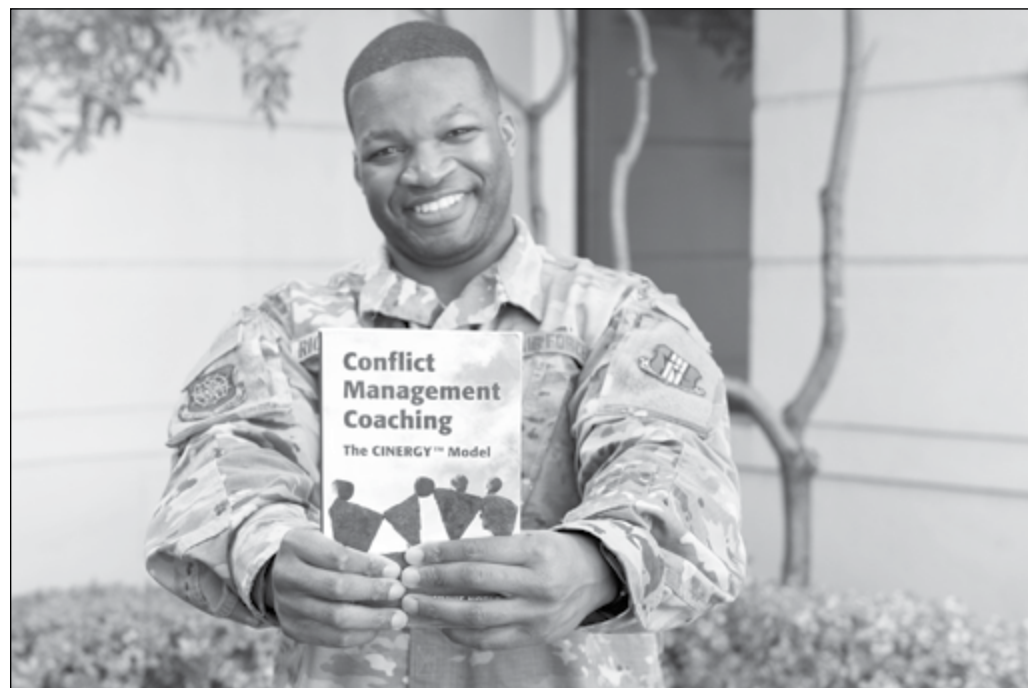
“Our Air Force Instruction states military members can file an informal complaint or be provided an avenue where they could address someone they may have an issue with themselves, but I felt we didn’t have the tools in place to facilitate that,” said Tech. Sgt. Piankhy Richberg, 60th AMW EO NCO in charge. “I recommended the Conflict Management Coaching Program to my EO director, and in June, we were able to provide it here at Travis.”

“The vision I have is for our wing and base to be a conflict competent organization where we can resolve issues at the lowest level and keep our mission thriving,” added Richberg.

The goal of the program is to empower people to resolve conflict at the lowest level, whether those conflicts are interpersonal or work related, said Richberg.

“When a person comes in, we help them clarify their goal and then we get the details about the situation,” he said. “From there, we identify what the individual’s triggers are and how they react to those triggers. We help the client identify potential solutions, as well as the pros and cons for each scenario.”

From Oct. 1, 2017 to Sept. 30, 2018, the EO office has received 23 complaints



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

Tech. Sgt. Piankhy Richberg, 60th Air Mobility Wing Equal Opportunity NCO in charge, holds a conflict management coaching book Dec. 17, 2018, at Travis Air Force Base, Calif. The EO office implemented conflict management coaching in June 2018. Since the program’s inception, 11 people have used the program.

reporting a variety of concerns.

Richberg said about 90 percent of those cases could have benefited from conflict management coaching.

“Conflict management coaching is done one-on-one between one of our EO members and the person receiving the coaching,” he said. “It typically comes before mediation. We help the person articulate what they want to say to the other party and we even rehearse the interaction the person will have with the other party. Throughout this process, we provide them with feedback based on what they said they wanted to achieve.”

If necessary, the process could be completed over multiple sessions with each session lasting for approximately one hour, said Richberg.

“Each session is intended to end with some type of commitment from the client,” he said. “Whether that’s to better respond to

their triggers, identify how they can approach the other person or commit to identifying possible solutions at our next session.”

Eleven Airmen have taken advantage of the program since its inception and Lt. Col. Lee Hages, 60th AMW director of staff, said he hopes more Airmen who are struggling with conflict use the program.

“I encourage Travis team members to use this program if they need it, because anytime we can solve things at the lowest level, where the conflict is occurring, is only going to enhance our mission,” he said. “We are also developing our Airmen as leaders as they’re empowered to develop solutions.”

“I hope people feel comfortable using this new program because it’s a great tool and it empowers people to develop solutions at the lowest level,” he said. “Conflict management provides a step before alternate dispute resolution or maybe a

step in lieu of that where it just takes one person who is concerned about something that’s creating conflict in their environment. Now we have the capability to use some additional tools and techniques to help people resolve issues on their own.”

Alternate dispute resolution is a program offered through the Travis EO office. With ADR, counselors serve as mediators with two individuals who have a dispute.

While Airmen can pursue ADR, Richberg said, Airmen who use conflict management coaching have greater success in ADR sessions.

“People who took advantage of conflict management prior to setting up an ADR session have seen those ADR sessions go from taking four or five hours to 90 minutes,” he said. “This is possible because people are more aware of how to

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Spouses’ Club offers scholarships to students

Travis Spouses Club

Are you a rising high school senior preparing for college, or a military spouse seeking to further your education, or a current college student looking for educational funding to continue your studies?

The Travis Spouses’ Club is seeking candidates like you for our annual Educational Scholarships for Military Dependents program.

Each year, we award scholarship money to outstanding qualified candidates in several categories designed to meet your educational needs. This year, we hope to award over \$50,000 in scholarship. The scholarship awards are targeted at graduating high school seniors as well as current college students. Spouses of military members are also eligible. The award monies can be used toward vocational training, community college and four-year college programs.

This year, we have expanded the program to include those students who plan to use the G.I. Bill. Plus, the awards can be used toward both tuition and housing expenses.

The application period is now open. The deadline to apply is March 15.

Applications and eligibility details are available online at www.travisspousesclub.com

Your future begins today.

This is a private organization. It is not part of the Department of Defense or any of its components and has no government status.



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Work redirects parking

60th Air Mobility Wing
Public Affairs



U.S. Air Force image

The south end of the base exchange parking lot will be impacted by construction through Jan. 31 for underground utilities to support the temporary pharmacy.

The used car lot will still be accessible from Skymaster Drive. The bus stop on the stretch affected is temporarily moved to Skymaster Drive as indicated on the diagram. Work hours will be from 8 a.m. to 6 p.m.

For more information, call Violetta Kauffman at 707-424-0897.

Travis seeks Hometown Heroes for air show

60th Air Mobility Wing
Public Affairs

Travis Air Force Base is in search of nominations of Hometown Heroes for incentive flights in conjunction with the 2019 air show titled “Thunder over the Bay.”

Though the air show is scheduled for March 30-31, the flights would take place between March 22-31.

Travis AFB is seeking to recognize the extraordinary people in the local community by making the theme of the air show “Honoring our Hometown Heroes.” Many police officers, firefighters, nurses, teachers and simply ordinary citizens are working within their neighborhoods, cities, and counties to make them safe and enhancing our everyday lives. Thus, the base would like to honor them by providing some exclusive opportunities to fly aboard our aircraft and some of our guest aircraft as well as a meet and greet booth.

Opportunities include:
• A flight with the U.S. Air Force Thunderbirds.
• A C-17 Globemaster III “tour of the bay” flight.

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THURSDAY Open Mic Night 7-9 PM Every Thursday	FRIDAY Game Night Free pub games	SATURDAY Ladies Night 10 PM to 12 AM
SATURDAY NIGHTS LIVE Live Bands Every 1st & 3rd week of the month		SUNDAY Seasonal Sports Call for Sports Listing

Happy Hour Specials: Mon - Fri: 7 AM to 9AM & 5 PM to 7 PM, Sat - Sun: 8 AM to 10 AM

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

FTAC introduces Airmen to operational career

Airman 1st Class Jonathon D. A. Carnell
60TH AIR MOBILITY WING PUBLIC AFFAIRS

From new Airmen to career Airmen, there is something shared: They have all attended a First-Term Airman Course.

FTAC is intended to prepare Airmen for the transition from the technical training atmosphere to the operational Air Force.

It's the job of the course team leader to prepare Airmen to get there.

To become an FTAC team leader, there is an application process, and only top notch noncommissioned officers get the opportunity.

"As an Airman, I honestly never saw myself being this far in my career," said Tech. Sgt. Nathaniel Hyder, 821st Contingency Response Support Squadron equipment technician. "I always had the mentality to instruct, but never foresaw myself being in this position."

The team leader position was an honor to receive, he said.

"Being an FTAC team leader was made possible for Hyder because of his professionalism throughout his career," said Senior Master Sgt. Scott Piper, 60th Air Mobility Wing career assistance adviser.

For Hyder, living by Air Force core values is only part of being a professional.



U.S. Air Force photo/Airman 1st Class Jonathon D. A. Carnell

Tech. Sgt. Nathaniel Hyder, 821st Contingency Response Support Squadron equipment technician, instructs Airmen who are in the First Term Airman Course class Jan. 10 at Travis Air Force Base, Calif.

"To me, professionalism means being respectful and presenting yourself in a polite and knowledgeable manner with confidence," said Hyder.

Being able to teach Airmen is an incredible experience, he said.

"One of the biggest impacts I want Airmen to take from FTAC is the whole

Airman concept," said Hyder. "One way an Airman obtains and expands from the whole airman concept is being involved with their base and community."

During the weeklong course, Airmen participate in a community volunteer program.

The last volunteer event occurred Jan.

5. The FTAC team restored part of the paintball course on base by setting up tents and removing debris, said Hyder.

"Staying active in your community will help any Airman in their Air Force career," said Hyder. "It's crucial that Airmen understand that sooner rather than later when (Enlisted Performance Report) are due. Also, community involvement maintains the credibility of the Air Force."

"We are the second highest in the Air Force for FTAC attendees," said Piper.

Travis generally has a FTAC every two weeks and an average 30 Airmen enrolled. During the first few hours of every course, Hyder selects a class leader.

"Being the class leader for FTAC was a confidence booster," said Elizabeth Campbell, 60th Aerial Port Squadron air transportation. "(Since beginning FTAC), I have gained a lot of confidence in my leadership qualities and abilities. When I think of a leader, I don't generally think of myself because I'm not a stereotypical leader."

The class leader is an Airman who ensures classmates are remaining focused, aware and respectful.

"When first interacting with the class, I observe which Airmen demonstrates leadership qualities," said Hyder. "It was clear

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Nicole Nuñez, Aleksandea Johnston and Haley Rizzo
TRAVIS AIRMAN AND FAMILY READINESS CENTER

The U.S. Chamber of Commerce Foundation and Hiring Our Heroes founded the Military Spouse Professional Network, which helps military spouses pursue their own

career alongside the career of their service member.

According to a 2017 Hiring our Heroes US Chamber of Commerce Foundation study on military spouses in the workplace, over 39 percent of military spouses have endured unemployment three or more times. Many military spouses are in part time or seasonal

positions when they would prefer full-time or permanent work that is often accompanied with additional benefits.

These employment challenges not only affect military spouses' careers, but the health and stability of military families and therefore the military's ability to recruit and retain an all-volunteer force. Together,

the public and private sectors must leverage the employment potential of military spouse to drive military families into the 21st century world of economic opportunity.

To rectify this issue, a handful of local military spouses from Travis AFB along with

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Travis to update traffic signals through March

60th Air Mobility Wing Public Affairs

The traffic signal upgrade is scheduled to begin Jan. 14.

Each intersection is scheduled for four working days.

The proposed schedule is as follows:

- Jan. 14-17: Hickam Avenue and Parker Road.
- Jan. 18-24: Travis Avenue and Ragsdale Road.
- Jan. 25-30: Travis Avenue and Skymaster Drive.
- Jan. 31- Feb. 5: Travis Avenue and Broadway.
- Feb. 6-11: Travis Avenue

- and First Street.
- Feb. 12-15: Travis Avenue and Windward.
- Feb. 19-22: Travis Avenue and Burgan Boulevard.
- Feb. 25-28: Hickam Avenue and Broadway.
- March 1-6: Hickam Avenue and Ragsdale Road.

- March 7-12: Hangar Road and Ragsdale Road.

Please be patient and flexible as schedules may shift if anything unforeseen arises during the upgrade.

Testing and training will follow the upgrade work but should not interfere with traffic.

BX shoppers can upgrade their fitness routines

Army and Air Force Exchange Service

Two sweepstakes are giving military service members and their families a chance to take their BE FIT lifestyle to the next level.

From Jan. 18 to Feb. 18, the Army and Air Force Exchange Service is offering military shoppers a chance to win the "Fill Your Gym Bag" Sweepstakes, sponsored by Adidas.

Ten winners worldwide will each receive a \$100 Exchange gift card toward filling up their gym bag with fitness necessities, from fitness trackers to the latest sportswear to name-brand shoes and accessories, all of which can be found in Exchange stores or online at ShopMyExchange.com.

The second sweepstakes will award five winners a Schwinn 830 treadmill, which is valued at \$799 and features a high-resolution LCD monitor, a media shelf and a USB charging port. The worldwide sweepstakes entry period runs from Jan. 18 to Feb. 18.

"The Exchange is dedicated to promoting a BE FIT mind set for Travis Air Force, military service members, retirees, military families and veterans," said Flor B. Payton, Exchange general manager. "These sweepstakes help make staying ready and resilient a little more affordable."

Authorized Exchange shoppers 18 years and older can visit ShopMyExchange.com/sweepstakes to enter. Honorably discharged veterans who have determined their eligibility to shop at ShopMyExchange.com can enter, too.

No purchase is necessary to win and the sweepstakes are each limited to one entry per person. Winners will be notified around the end of February.



U.S. Army photo/Sp. Trevor Wiegel

Timothy Finney, center, 60th Air Mobility Wing Drug Demand Reduction Program manager at Travis Air Force Base, Calif., receives the Department Of Defense recognition Oct. 18, 2018, for outstanding units during the 2018 annual Red Ribbon Week in the Hall of Heroes, in the Pentagon, Arlington, Va.

DDRP captures award for second consecutive year

Nick DeCicco

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Timothy Finney has seen the toll drugs can take first hand.

The 60th Air Mobility Wing Drug Demand Reduction Program manager at Travis Air Force Base, California, talks of family reunions with relatives missing due to death or imprisonment, including generations who are gone or a younger brother who spent decades behind bars.

Having lived the toll, it motivates Finney's outlook toward his job, driving the sort of vision that earned Travis the Secretary of Defense Community Drug Awareness Award for the Air Force for the second consecutive year. The award is given annually to the best drug demand reduction program for previous fiscal year accomplishments for each branch of service, the National Guard, the Defense Agencies and Field Activities.

Finney's goal is to deliver information to empower people to make better choices, he said.

"I don't want kids to have to go through what I saw my

brother go through, my relatives and everything," he said. "It's real personal to me. It's just the fact that I think back on when we were kids and it's like, well, you know, they're not here. They're not here."

Finney said one of the signature programs of his annual campaign is Red Ribbon Week, an annual drug awareness campaign that takes place in October. The event was inspired by the kidnapping and murder of Drug Enforcement Agency agent Enrique "Kiki" Camarena by drug traffickers in 1985. The wearing of red ribbons was adopted first by his home town as a symbol to be drug free and later, on a national level.

Other events throughout the year, including a civilian health fair, holiday parties, Kids Understanding Deployment Operations, and other base functions, are efforts to reach as many different demographics as possible. Finney tries to break through to people with information paired with giveaways or his "Wheel of Misfortune," a game where locations on a wheel result in Finney asking the participant

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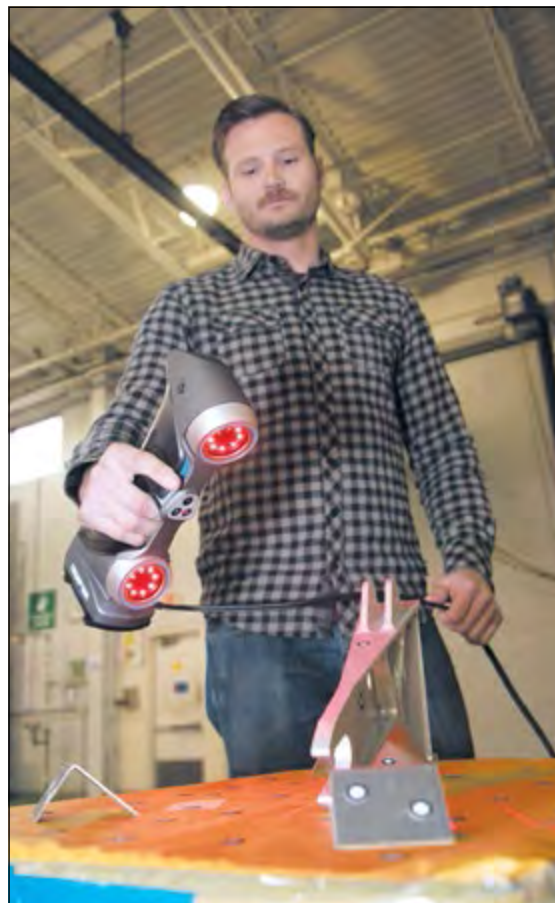
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Innovation enhancing mission for Travis

Joshua Orr, 60th Aircraft Maintenance Squadron, uses a CreaForm HandyScan 700 to capture digital information to render a three-dimensional image of an aircraft part into specialized computer software, Nov. 16, 2018, at Travis Air Force Base, California. The scanner will be utilized in conjunction with two additive manufacturing units, one polymer and one metal, to print aircraft parts on site.

U.S. Air Force photo/Heide Couch



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

Airmen at Travis Air Force Base are implementing 3-D innovative strategies to reduce man hours and increase mission effectiveness.

Over the past several months, the base has implemented a variety of innovations including 3-D printing and 3-D scanning.

Cultivating a culture of innovation is essential to mission success, said Col. Matthew Leard, 60th Air Mobility Wing vice commander.

"At Travis, Airmen are empowered to identify and solve problems at their level, rapidly," he said. "We want Airmen to think big and try the ideas others say will never work. It does not always have to be proven technology or have a business case. Let's just try it, who knows it may just work."

The innovations under way at Travis were made possible when the Air Force distributed

\$64 million in Squadron Innovation Funds in an effort to increase readiness, reduce cost, save time and enhance lethality of the force.

In October, Travis procured a 3-D hand scanner capable of producing three-dimensional representations of aircraft parts. The device has also been used to inspect aircraft damage.

"The scanner displays the deepest part of a dent to the nearest thousandth of an inch," said Master Sgt. Christopher Smithling, 60th Maintenance Squadron assistant section chief for aircraft structural maintenance. "The scanner can identify the shape of a dent, as well as if it's sharp, smooth or round, which allows us to give our engineers a better damage analysis than we could before."

Smithling said the scanner was first used in November to inspect the landing gear of a C-17 Globemaster III after a bird strike, and over the past month, has greatly reduced the time required to complete damage inspections.

"One of our C-5 aircraft went through a hail storm in 2013 and we found many dents on all the panels," he said. "We've performed an inspection of this aircraft every 180 days and we've had to measure every dent that's still on the wing's surface. The first few times we did that, it took us 48 hours. We had that C-5 in our hangar last week and we were able to inspect the four primary structural panels in 30 minutes."

The 60th MXS is also in the process of procuring two 3-D printers, one polymer printer and one metal printer, so they can reproduce aircraft parts.

"With the two additive

manufacturing units, we will be able to grab any aircraft part, scan it, and within four to eight hours, we will have a true 3-D drawing of it that we can send to the additive manufacturing unit to print it," said Smithling.

That capability, he said, will decrease the time Travis aircraft are out of service. "Right now, we could have one of our aircraft down for about 48 hours while we try to get the part it needs," he said. "Once we have this additive manufacturing capability in place, we will likely be able to print and replace parts in a few hours and return our aircraft to flying status much quicker."

Innovation is also leading to improved patient care at David Grant USAF Medical Center, the largest medical center in the Air Force. The Dental Clinic at DGMC received a Form2 Printer in August, which has enabled the clinic to produce a variety of items used for dental surgery.

"We currently fabricate surgical guides, hard night guards and dental models or casts with different variations," said Capt. Geoffrey Johnston, 60th Dental Squadron prosthodontist. "We are also investigating printing temporary crown and bridge restorations, complete and partial dentures and orthodontic clear aligners."

"Prior to additive manufacturing techniques, there were shapes and designs for instruments and restorations in dentistry that were either impossible or so expensive and cumbersome to fabricate, they were not feasible to create," Johnston added. "The Form2 overcomes those pitfalls and

See **INNOVATION** Page 19

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Leaders get peek at base hospital

U.S. Air Force photos by Airman 1st Class Jonathon Carnell



1) Senior Airman Phoebe Peacock, left, 60th Aerospace Medicine Squadron public health technician, describes an ear evaluation to Chief Master Sgt. Derek Crowder, 60th Air Mobility Wing command chief, Dec. 23, 2018, at Travis Air Force Base, Calif. Crowder was spending time in different units with the commander to spend time with Airmen learning about their jobs. 2) Peacock provides an ear exam to Crowder Dec. 21, 2018, at Travis. 3) Peacock describes the deployment hearing checklist to Crowder and Col. Jeff Nelson, 60th AMW commander, Dec. 21, 2018, at Travis. 4) Nelson dons a gas mask Dec. 21, 2018, at Travis Air Force Base, Calif. 5) Crowder tests the base's water with Senior Airman Miguel Ceballos, right, Aerospace Medical Squadron Bioenvironmental Engineering technician, Dec. 21, 2018, at Travis.



This photo has been altered for security purposes by blurring out an identification badge.

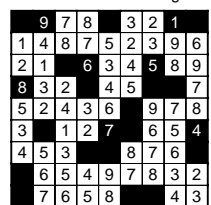
Puzzles

STR8TS

No. 420 Medium



Previous solution - Tough

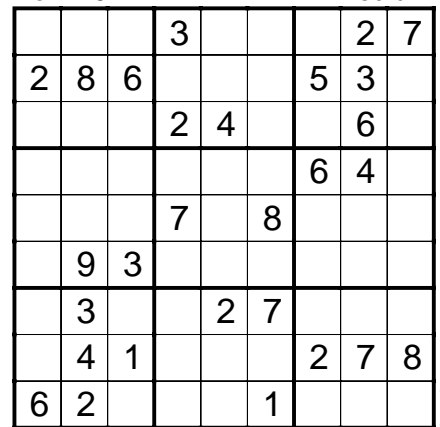


How to beat **Str8ts** – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into **compartments**. These need to be filled in with numbers that complete a 'straight'. A **straight** is a set of numbers with no gaps but can be in any order, 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.

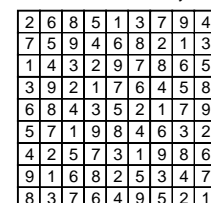
You can find more help, tips and hints at www.str8ts.com

SUDOKU

No. 420 Medium



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

The solutions will be published here in the next issue.

Retiree Corner

January dedicated to cervical cancer awareness

FORT LEONARD WOOD, Mo. — January is Cervical Cancer Awareness Month.

Cervical cancer used to be one of the most common causes of cancer death for women in the United States. Thankfully, this rate has decreased over the past 30 years.

It's estimated that more than 12,000 new cases of invasive cervical cancer will be diagnosed this year and about 4,200 women will die from cervical cancer.

Cervical cancer deaths have decreased by more than 50 percent due to

regular screening tests that detect abnormalities before cancer develops.

Regular Pap tests that screen for cervical cancer helps detect abnormal cells before they become cervical cancer.

HPV is one of the leading causes of cervical cancer. The majority of cervical cancer and pre-cancerous lesions are caused by two specific types of HPV; HPV-16 and HPV-18. These two types account for 70 percent of all cervical cancers.

The key to decreasing the number of deaths related to cervical cancer are prevention and early detection.

— **Health.mil**

60th FSS

Events and upcoming

Free Holiday Facebook Bingo. This season, 60th FSS will give away \$1,000 cash every week. Everyone 18 and older can pick up Holiday Facebook Bingo cards at the Airman and Family Readiness Center, Arts & Crafts, Cypress Lakes Golf Course, Mitchell Memorial Library, Outdoor Recreation and Travis Bowl. Don't forget to "LIKE" us on Facebook (@60FSS) to play and win \$1,000 cash. For more information, visit TravisFSS.com.



For more information on FSS, visit <http://www.travisfss.com>.

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 11 a.m. 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: 8 to 9 a.m., first Saturday of every month.

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.



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. the second Friday of every month at Wingman's in the Delta Breeze Club. For more information, contact Senior Master Sgt. Angell Nichols or Tech. Sgt. Rebecca Linden de Romero.

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."

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 707-423-7227.

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

In the next week...

wed Travis Military Spouse Professional Network. The next MSPN meeting, called "New Year, New Connections," takes place at 6 p.m. Jan. 16 at the Travis AFRC. For more information and to RSVP, email travis@ingearcareer.org or visit the AFRC website.

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.

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 Gitsam at 707-425-0060.

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 visiting 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

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



News Notes

Death notice. Lt. Col. Michael Melton is authorized to make disposition of the personal property of MSgt Ivan Reyes, deceased, Defense Threat Reduction Agency, as stated in AFI 34-511. Any person having claims for or against the deceased person, contact Melton by phone at 707-424-8636 or email michael.e.melton14.mil@mail.mil.

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 mathew.clayton@us.af.mil.

Travis Community Thrift Shop. 10 a.m. to 2 p.m. Tuesday and Thursday. Ongoing need for volunteers to organize, sort and price donations. For more information, contact the Thrift Shop at 707-437-2370.

Travis Composite Squadron 22 Civil Air Patrol. Open to youth from 12 to 18, as well as adults ages 18 or older who train and serve as the volunteer component of the total force. UTA is 6:30 to 9 p.m. Monday, Bldg. 241-B-2. Open to all students with a 2.0 or higher grade-point average. For more information, contact CAP 1st Lt. Jo Nash at 707-424-3996 or recruiting@squadron22-cap.us, visit during a UTA or check out <http://squadron22-cap.us>.

Travis Heritage Center. The facility is looking to add to its historical collection. It is missing the past 15 years of conflict in which Travis was involved. Do you have something special to donate for generations to appreciate? The center also seeks volunteers. The gift shop is open 11 a.m. to 4 p.m. Tuesday through Saturday. For more information, call Rick Shea at 707-424-5598 or email richard.shea@us.af.mil.

Travis Legal Office. Power of attorney and notaries are walk-ins 9 a.m. to 2 p.m. Monday, Tuesday, Wednesday and Friday, 9 a.m. to 1 p.m. Thursday. Legal assistance for active duty members and dependents are walk-ins from 2 to 3 p.m. Tuesday. For all wills

and retired legal assistance, call 707-424-3251 to make an appointment.

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

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

- Erin Dunniway, 60th Operations Support Squadron.
- Rose Villa, 60th Medical Diagnostics and Therapeutics Squadron.

The VLTP 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.

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

"Sounds of Suspense." Radio broadcast, noon fourth Friday of each month, Vacaville Public Library-Town Square, 1 Town Square Place. Free. www.solanolibrary.com.

Vallejo Art Walk. 5 to 10 p.m. second Friday of each month, downtown Vallejo. Free admission. www.vallejoartwalk.com.

Vallejo Farmers Market. 9 a.m. to 2 p.m. Saturdays, year-round, Georgia and Marin streets. 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

Solano County

Chamber Music at Rancho Flaubert. Telegraph String Quartet, 3 p.m. Feb. 17, 7059 Bucktown Lane, Vacaville. www.sites.google.com/view/cmarr/home.

City Sports Bar and Grill. Music begins at 9 p.m.: The Cheeseballs, Jan. 11; The Callahands, Jan. 12; Papa Joe & The New Deal, Jan. 18; 7155 Browns Valley Parkway, Vacaville. 455-7827, www.starsrecreation.com.

Downtown Theatre. Unauthorized Rolling Stones, 8 p.m. Jan. 19; 1035 Texas St., Fairfield. www.downtowntheatre.com.

Empress Theatre. David Victor's Supergroup, 8 p.m. Jan. 12; West Coast Songwriters, 7:30 p.m. Jan. 14; Moyer, 7 p.m. Jan. 16; Suspects of Soul, 8 p.m. Jan. 18; 330 Virginia St., Vallejo. 552-2400, www.empresstheatre.org.

First Street Cafe. Bryan Girard, 2 p.m. Jan. 13; Parts & Labor, 7 p.m. Jan. 18; 440 First St., Benicia. 745-1400, www.firststreetcafe.com.

The Relik Tavern. Music begins at 9 p.m.: The Billy Bunch, 9 p.m. Jan. 11; The Bonedivers, Saturday; Cloudship, Jan. 18; Austin Mo Experience, Jan. 19; 726 First St., Benicia. 746-1137, www.thereliktavern.com.

THE FLIP SIDE

Airmen complete FTAC



U.S. Air Force photo/Airman 1st Class Army Younger

Congratulations to the latest Airmen to complete the First Term Airman Center course. Alphabetically: Airman 1st Class Savannah Beckman, 60th Logistics Readiness Squadron; Airman 1st Class Taylor Bollinger, 60th Force Support Squadron; Airman 1st Class Bobbie Briggs, 60th FSS; Airman 1st Class Trevion Brown, 60th Maintenance Squadron; Airman 1st Class Elizabeth Campbell, 60th Aerial Port Squadron; Airman Basic Aleena Castruita, 60th Medical Diagnostics and Therapeutics Squadron; Airman Basic Evan Conrad, 60th Aircraft Maintenance Squadron; Airman Eric De Lima, 60th Operations Support Squadron; Airman Rochellie Eugenio, 60th Medical Operations Squadron; Airman 1st Class Tjyanay Francois, 60th FSS; Airman Andres Gomez-Garcia, 60th Security Forces Squadron; Airman 1st Class Caleb Harlon, 60th MDOS; Airman 1st Class Kasen Hodges, 60th Wing Staff Agency; Airman 1st Class Dallas Ketcham, 60th MXS; Airman Basic Ashley Martinez, 60th Medical Support Squadron; Airman Brandon Mc Entire, 60th MXS; Airman 1st Class Azaria Nave, 60th Contracting Squadron; Airman 1st Class Cameron Otte, 60th Air Mobility Wing Public Affairs; Airman Basic Isaiah Perez, 60th AMXS; Airman 1st Class Cody Rein, 21st Airlift Squadron; Airman 1st Class Adam Serrato, 60th AMXS; Airman Basic Keyshawn Sherrod, 60th MDOS; Airman 1st Class Kayla Simon, 860th AMXS; Airman 1st Class Joseph Sobock, 60th AMXS; Airman 1st Class Re'sean Thomas, 60th AMXS; Airman 1st Class Christopher Tyrrell Jr., 60th AMXS; Airman 1st Class Elijah Whitley, 860th AMXS; Airman Morgan Wood, 60th MDOS; and Airman Basic Rylee Wood, 60th FSS.

DDRP

From Page 9

drug-related questions.

"Everybody wants to spin the wheel, so I try to make it interesting," he said. "We have an array of different articles, information and giveaways."

In addition to preventive measures, DDRP also oversees the selection and collection of drug testing for more than 7,000 members of the Team Travis community. For the award year, Finney said the office saw a 0.06 percent rate of untestable samples, the lowest rate in the past five years.

Though that's a large

component of the office's activity, Finney said he tries to focus on prevention.

Reflecting on his own life and what prevented him from abusing drugs, Finney said his upbringing made a deep impression, but so, too, did basketball.

"I was a basketball junkie," he said. "Everything else around me didn't matter. That's what I wanted to do."

Participation in sports is something Finney encouraged earlier this decade when he ran the Drug Education for Youth camp, a drug abuse prevention and life skills program aimed at dependents ages 9 to 12. Finney said after winning the Secretary of Defense Community Drug

Awareness Award for the second straight year, he's working to bring DEFY back.

Measuring the impact of his efforts is harder to quantify, Finney said.

"You don't know if it works," he said. "You give them the knowledge. What they do with it is on them, but you tried."

"Team Travis members like Mr. Finney are vital to ensuring the success of our mission," said Col. Matthew Leard, 60th AMW vice commander. "We are exceptionally proud that the Air Force has recognized Mr. Finney two years in a row for the dedication and passion that he puts toward the prevention of drug abuse."

Careers

From Page 8

the Airman Family Readiness Center came together to come up with ideas on how to create a space for all military spouses to connect and grow professionally. These spouses partnered with MSPN to create MSPN Travis, where they host monthly meetings at the AFRC that feature at least one potential employer or education resource from the local area. Travis MSPN members work in health care, law, media, marketing, education and just about any

other industry you can imagine, as well as pursuing higher education. MSPN proudly serves all spouses of active duty, guard/reserve, veteran and Gold Star service members.

The next MSPN meeting, called "New Year, New Connections," takes place at 6 p.m. Jan. 16 at the Travis AFRC.

Check-in and networking will begin at 6 p.m. with a free optional professional glam make-over session and LinkedIn headshot photos happening from 6-7 p.m.

Programming will start at 7 p.m., where Broussard Financial will discuss available job openings and MSPN will

discuss what you want to see at future MSPN meetings.

At 7:40 p.m. there will also be a focus group to get your feedback on the issues that military spouses face and this information will be shared with California state legislatures.

This event is open to all military, DoD, DoS and contractor spouses.

RSVP at travis@ingearcarreer.org or via the AFRC website.

If you are a military affiliate and want to get involved or learn more, please email them and join their Facebook group at <https://www.facebook.com/groups/MSPNTravis/>

Program

From Page 4

articulate what they want to say in a constructive way that often leads to a positive resolution."

Conflict management coaching also has the potential to enhance an individual's self-awareness, Richberg added.

"It's so important to know what triggers you," he said. "Maybe when someone rolls their eyes or breathes hard,

that bothers you, and it's important to recognize how you react to that. Knowing how you react to whatever triggers you helps you combat a potential negative reaction with something more positive that can help resolve issues. This program has the power to develop someone's emotional intelligence."

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 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: stpaulcfairfield@comcast.net
Church Phone: 707-422-2003

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 707-448-5430
 www.tbvacaville.com
 Greg Davidson, Senior Pastor

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 Worship Service & Bible Study.....9:00 am
 Worship Service & Bible Study.....10:30 am
 Evening Worship & Prayer.....6:00 pm
 Wednesday:
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SUNDAY
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 Worship.....11:00 am
 CORE Bible Studies 12:30 & 5:00 pm
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 AWANA for Kids6:15 pm
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Sunday Morning Worship10 AM
Sunday Evening Worship6 PM
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10:00 a.m.
 Holy Eucharist Rite II
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 Evening Assembly Worship .5:00 pm
 Wednesday Evening
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 Sunday School for Children during the Worship Service
 Communion is held the 1st Sunday of every month
 Adult and Bell Choirs
 Adult Bible and Book Studies
 United Methodist Women
 Sunday Morning Bible Studies at 9:00 A.M.

Therapy

From Page 3

When he queried Sam about her temporary blindness, she said, "Yeah, it was weird but it came back."

Sam's father asked if she wanted to go to hospital, but she said no. She just wanted to go home and take a nap. The following morning, Sam stayed home from school because of the headache. That night, she felt that a water balloon had burst inside her head.

"When my parents came home from grocery shopping, I went out to help," she said. "I picked up a case of (soda) and put it down behind the door. As I was standing up, I felt a pop."

Sam lost her balance and fell against the door. Then she began laughing uncontrollably and spinning in circles. Daisey started barking at her.

"My dad thought I was playing with the dog, but I wasn't," said Sam. "I tried to tell my dad that I couldn't (keep) my balance."

Sam stumbled down the hallway and, finally, stopped laughing and stood up on her own.

"I told my dad that I was alright. He said, 'No you're not. You're standing on your ankle.'"

Sam leaned against the wall and Patrick ran to grab her.

"I had her sister grab a chair," said Patrick.

As Sam sat there, her mom, Stacey – a pediatric nurse – began listing possible causes for Sam's behavior.

"My mom and dad sat in front of me asking if I needed them to call an ambulance," said Sam. "All I could say was, 'No.' I started hitting the trash can that was right near the chair to tell them that I didn't mean no, but that's all I could say."

"She wasn't just saying no, she was rapidly beating the can and repeating no, no, no, no," said Patrick.

By the time the ambulance arrived, Sam had again lost her vision. She was transported to the emergency room at Feather River Hospital in Paradise where the family resides.

Fortunately, Dr. Kurt Bowers, who had treated Tiffany for a heart condition five years previously, was the emergency physician on call.

"When he came in, he

brought the chaplain," said Patrick. "That's when our hearts sank. At the same time I was thinking, 'No, you never bring the chaplain!'"

After reviewing Sam's CT scan, Bowers told the family that she had a bleed in her brain.

"He didn't use the word stroke," said Patrick.

Bowers telephoned several university medical centers and finally arranged for Sam to be transferred to the UC Davis, which was fortunate because high winds prevented using Life Flight.

"Dr. Bowers showed me the area on the CT scan. It was about the size of a nickel," said Patrick. "He said it was really deep and that was not good."

Sam was taken to UC Davis by ambulance early Friday morning; however, the surgery to remove the AVM was delayed until Wednesday to allow the brain "a cooling period," said Patrick.

Sam was in the hospital six weeks. She started speech therapy the week following surgery and physical therapy four weeks later.

"Her speech was the first thing to come back," said

Patrick. "They would show her cue cards and play word association. She struggled at first but after three weeks, the speech therapist said we didn't need her anymore so we started doing speech therapy at home."

Regaining her physical strength took longer.

"She couldn't stand at first so they put her in a (walking) harness," said Patrick. "I remember when she took her first step. That was awesome!"

Sam's 18th day of HBOT was the same day that the Camp Fire broke out in Butte County, California, burning almost 240 square-miles and leaving thousands of families homeless. Fortunately, Sam and Patrick were living in the Fisher House at Travis since she has therapy five days a week.

Patrick's two older daughters were home and able to gather some of the family's belongings before the mandatory evacuation. They drove with their three dogs and two cats to Chico where Stacey works at Northern Valley Indian Health.

Before the stroke, Sam was enrolled in honors classes and played the flute in the high school band. She had returned to school for several months in

her junior year, but was having second thoughts about going back, fearing people would laugh if she fell down.

Unfortunately, most of Paradise burned in the fire. Although Sam's school is still standing, 90 percent of the students and staff lost their home. Students are now enrolled in independent study and meet weekly at the Chico Mall.

Although their house survived the fire, it suffered significant smoke damage, said Patrick. Because they have pets, Stacey and the older daughters live in a hotel in Sacramento, California, and Sam and Patrick visit on the weekends. Because of their circumstances, they will soon move into housing at Beale AFB, California.

Despite such dire conditions, the family gets through the roughest days with humor.

"We joke about it, keep everything light," said Patrick.

When Sam no longer showed improvement in physical therapy, Patrick said she would lament the fact that she would never get her driver's license or go to the senior prom.

"We talk about those things, give a little cry, then go back to joking," said Patrick.

Hesterman

From Page 2

are and can move swiftly toward mission success. This isn't a plug for professional organizations, but the connections we make only increase our capabilities. Put yourself in a situation where an Airman or peer is in need, but the problem can only be resolved with help from outside your organization. It's the professional relationships built throughout the wing that enable us to effectively reach out to others for help. If our only recourse is to reference an Air Force Instruction, our ability to "quickly" resolve an issue could soon come to a halt. I can recall dozens of situations where my first response to a problem was "I don't know, but I know

someone who does."

Tenacity: The third prominent attribute of a strong leader is tenacity, not in the sense of stubbornness, but in persistence. Tenacious people don't give up easily, they march forward with a purpose and have a selfless desire to see projects through to the end. It's professional persistence that keeps the mission on-track, even when the best laid plan seems to be unraveling right before our eyes.

Over the years, I've learned time and time again that we all benefit when we harness the A.R.T. of leadership. Keep a positive attitude and continue to foster professional relationships within and outside of your organization, and don't be hesitant to approach every challenge with professional tenacity.

Innovation

From Page 10

does so with resins that have been determined biocompatible for intraoral use."

This technology leads to improved patient care, said Johnston.

"By merging 3-D radiographs of jaws with 3-D models of actual teeth, we are able to plan exact placement of implants and with 3-D printing technology added to that, we are able to carry out those plans with extreme precision," he said. "This precision of placement gives us the ability to more predictably avoid nerves, vessels and adjacent teeth with our implant placement. Also, this technology enables us to have temporary crowns made before dental

implant surgery to attach to the implants at the time of surgery."

While Travis has implemented a variety of innovations in 2018, the base is also focused on innovation in the future.

A mobile food ordering system is expected to be online in January 2019. The service will allow customers to order and pay for food without visiting an eatery on base. It will also be the first of its kind at an Air Force base in the continental United States.

"We serve approximately 42,000 customers a week at our facilities and we noticed, especially during lunch and dinner hours, long lines which can lead to long waits," said Brian Floyd, 60th Force Support Squadron deputy director. "Wait times in some cases exceeded 40 minutes from the

time the customer got in line to the time he or she received their food. Quicker service will allow Airmen to get and eat their food in a timely manner and prevent potential mission delays."

Floyd said the online ordering system will be available to everyone at Travis. He also said the service is expected to decrease wait times by 35 percent.

"We are also working on a long-term plan to provide delivery services so Airmen won't have to pick up their food themselves," he said.

Currently, Travis Airmen are working on a dozen 2018 SIF funded projects and preparing to submit innovative ideas for the 2019 SIF campaign. Airmen can submit ideas through the U.S. Air Force Ideation Platform at <https://usaf.ideascalegov.com/>.

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See PDFs of the **TAILWIND** online on SharePoint or tailwind.dailyrepublic.net

Heroes

From Page 5

- A flight with the U.S. Army Golden Knights Parachute Team.

- A Hometown Heroes booth for attendees.

Nominations are currently being accepted until Jan. 31. Applications can be downloaded at the Travis Air Show website www.travis.af.mil/TravisAirShow/. Space is limited. All medical requirements listed on the application must be met.

Please note that people ineligible for this program include, but are not limited to: active-duty military members, elected and appointed officials, unit honorary commanders, newscasters, reporters, board directors or other individuals who have the ability to garner publicity in their own rights.

Gates for the event will open both days at 9 a.m. with performances running between 10:30 a.m. and 4:30 p.m. Recently added performers include the F-22 Raptor and the A-10 Thunderbolt II demonstration teams. A full list of performers will be available on the Travis Air Show website.

FTAC

From Page 6

to me that Airman Campbell would be well-suited for the class leader position.”

Campbell had not been in a leadership position before and liked how Hyder volunteered her for the position, she said.

“At first, I was very intimidated,” said Campbell. “I know, though, that I will have a lot to take back with me in leadership qualities after FTAC. One thing that I am going to take away from FTAC and bring to my shop is the appreciation I have for working in a group.”

Most Airmen won't forget their FTAC experience.

“I went through FTAC at Travis in February 2010,” said Hyder. “At this time it wasn't as immersive as it is now.”

Hyder's message to Airmen: Keep true to your core values and be the professional you want to be perceived as. FTAC will be over before you know it and you may find yourself in my position.

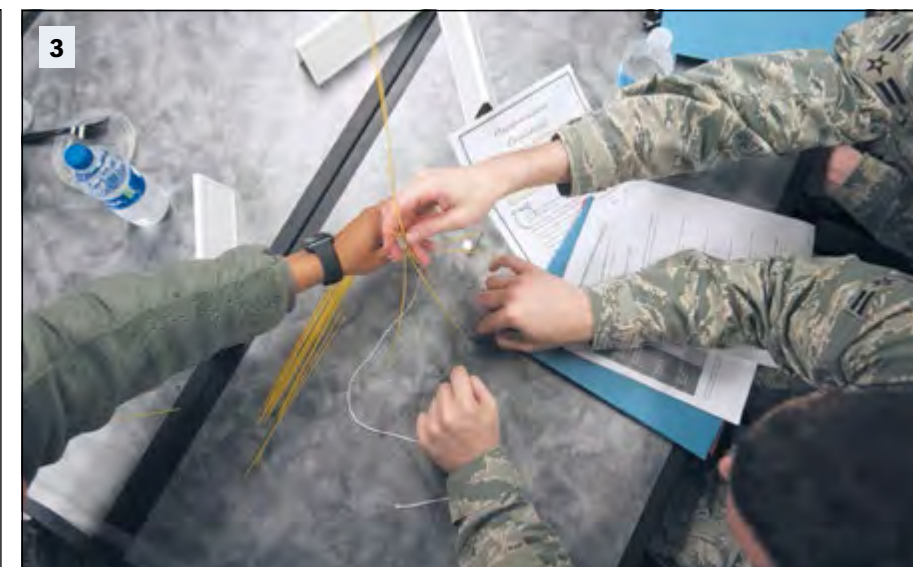
1) Airman 1st Class Dallas Ketcham, left, 60th Maintenance Squadron fuels systems apprentice, works with Airman Brandon Mc Entire, 60th MXS Precision Measurements and Equipment laboratory apprentice, during a competition with the First Term Airman Course class Jan. 10 at Travis Air Force Base, Calif. Airmen attend FTAC to help transition from the technical training atmosphere to the operational Air Force.



BUILDING

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U.S. Air Force photos by Airman 1st Class Jonathon D. A. Carnell



2) Airman 1st Class Resean Thomas, 60th Aircraft Maintenance Squadron C5 communications navigation apprentice, right, works with Airman 1st Class Mike Sobek, 60th MXS C5 crewchief, during a competition with the First Term Airman Course class Jan. 10 at Travis Air Force Base, Calif. 3) Airmen in the First Term Airman Course class work together during a competition Jan. 10 at Travis Air Force Base, Calif.



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