

Exercise Amalgam Dart hones continental...

DEFENSE



TAILWIND

Current PCS, household goods affected by supply shortages

Secretary of the Air Force Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) — Following the COVID-19 pandemic, supply shortages have been popping up in everything from lumber to computer chips to new cars. These shortfalls are likely to affect some service members and their families this summer during the typically busy permanent change of station, or PCS, season.

According to a newly released communiqué from the Air Force's Personal Property Activity Headquarters, "Department of Defense demand this peak (PCS) season has greatly exceeded commercial industry capabilities, largely due to resource constraints associated with the COVID-19 pandemic. Per industry, this resulted in a 25% decrease in their labor pool, resulting in (decreased) personal property movement capacity necessary to support private sector and government demand."

To mitigate negative impacts on DoD families, the Air Force Joint Personal Property Shipping Offices are employing

See SHORTAGES Page 8

myLearning digital platform expands courseware; announces new features

Air Education and Training Command Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) — Air Education and Training Command's "myLearning" system is entering phase two of its rollout, adding new features scheduled to be available to Airmen and Guardians early this summer.

The Air Force's 21st Century learning system is part of the service's focus on deliberate development of the Total Force.

"Our Airmen and Guardians, both enlisted and officers, deserve systems that enable their deliberate development," said Chief Master Sgt. Erik Thompson, AETC command chief. "The myLearning platform advances force development by meeting our personnel where they are. It's a command priority to refine or replace the outdated systems that support our personnel, which is what we've done and continue to do with the myLearning platform."

The new courses will include those previously hosted on Enterprise Blended Learning Service, commonly known in the force as Blackboard. The EBLs course migration helps align the myLearning service with its original goal of a



centralized learning management system for all U.S. Space Force and U.S. Air Force online learning courses, linking training for Airmen and Guardians across different specialty codes, locations and more.

"We're pleased with both the performance of and the force's embrace of myLearning during the initial rollout," said Floyd A. McKinney, AETC chief of learning services. "The framework we've built provides the critical IT capability to operationalize force development. We want to continue to refine myLearning and completing phase two

of implementation by adding EBLs courses helps us achieve our vision of 'one-stop shopping' for online learning."

Course owners who previously hosted their classes on EBLs will be trained and given site access to build their new courses in myLearning. User training begins this month, and course personnel can expect to have access and begin migrating their courses in June.

Additionally, the AETC Learning Services Division has added features to improve the overall accessibility and functionality of myLearning. "Learning Locker is going

to store learning data and can serve as a source of record for organizations," said Bill Muse, AETC Learning Services program manager. "Intelliboard is our reporting and analytics tool, and BigBlueButton is a conferencing system that will allow for virtual classrooms with audio, video, slide presentation, and a chat functionality within the myLearning system."

According to Muse, these new features should be fully operational on the site by mid-August.

myLearning debuted as a modern and interactive solution in March and replaced training modules previously found on the Advanced Distributed Learning Service. Since its launch, more than 300,000 Airmen and Guardians have accessed the site and completed around 361,000 courses. Additionally, myLearning has successfully migrated to CloudOne, allowing for increased functionality in cloud computing when accessing courses.

"The goal of myLearning is to embrace innovation and technology across our force," said Adam Rasmussen AETC deputy of learning Sservices.

Contingency Response adds emergency capacity

Tech. Sgt. Luther Mitchell Jr.
621ST CONTINGENCY RESPONSE WING PUBLIC AFFAIRS

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. — When disaster strikes, whether natural like a tornado or manufactured like a chemical attack, it's nice to know there are people trained to respond.

Good news! Air Mobility Command recently added emergency management capabilities to the 621st Contingency Response Wing.

The change comes after an increased need for an EM unit within the CRW emerged. As a result, AMC held multiple meetings, teleconferences, and exercises to understand the problem and address the condition as efficiently and effectively as possible.

The solution was to create a new unit type code consisting of 12 emergency managers. A UTC is a specific capability assigned a five-digit code used in planning military operations. There are currently eight EMs assigned to the CRW: four on the East Coast at Joint Base McGuire-Dix-Lakehurst and four on the West Coast at Travis Air Force Base, California.

This new capability bolsters David Raders' ability to respond to humanitarian aid and disaster relief events anytime, anywhere.

Emergency managers began developing, training, and teaching CRW Airmen shortly after they arrived in the summer of 2020. They tackled starting a unit from the ground up, determining equipment needs, and prioritizing them for CR missions.

"The Air Force has been pushing the 'Accelerate Change' motto, and we have a blank slate to do exactly that," said Senior Airman Chad Kotce, 921st Contingency Response Squadron emergency manager. "Hopefully, emergency managers in the CR become the template of how light, lean and agile our capability can truly be."

EM Airmen have participated in exercises at the Joint Readiness Training



U.S. Air Force photo by Tech. Sgt. Luther Mitchell Jr.

Airmen of the 821st Contingency Response Group respond to a chemical attack scenario during Exercise Turbo Distribution at Cecil Airport, Fla., Feb. 20, 2019.

Center, Louisiana, as well as the large-scale Exercise Turbo Distribution. Additionally, they supported Exercise Turbo Distribution 21-3 this month at Volk Field Combat Readiness Training Center at Fort McCoy, Wisconsin.

"Being able to join in on these exercises as one team gives us the opportunity to collaborate and identify EM considerations specific to the CR as we refine our processes with this new UTC," said Master Sgt. Maria Brown, 321st CRS emergency manager. "Some of us have even participated in building the scenarios and injects for the exercises to provide subject matter expertise."

Emergency managers provide chemical, biological, radiological, or nuclear detection, identification, reconnaissance and decontamination capabilities for a contingency response force consisting of up to 150 personnel for 60 days.

They advise commanders on the proper procedures to implement when events or the intelligence dictates increased CBRN defensive measures.

"Whether it's a hurricane in Puerto Rico, winter freeze in Texas, attack in the Middle East, or any other emergency worldwide, EM will now be there!" said Tech Sgt. Joseph Jordan, 921st CRS emergency manager.

Thank the troops with base exchange gift cards

Army & Air Force Exchange Service Public Affairs

TRAVIS AIR FORCE BASE — Anyone who wants to thank service members and spread patriotic cheer during the Fourth of July can purchase gift cards from the Army & Air Force Exchange Service.

Military shoppers as well as civilians can show their support by purchasing gift cards from the Exchange's website, ShopMyExchange.com.

Physical gift cards can be used by authorized shoppers at any Army, Air Force, Navy, Marine Corps or Coast Guard exchange worldwide and at ShopMyExchange.com, MyNavyExchange.com and ShopCGX.com.

The Exchange operates 4,920 stores in more than 30 countries and 50 states.

eGift cards that never expire can be sent to any authorized Exchange shopper but can only be redeemed at ShopMyExchange.com.

"An Exchange gift card is the easy and affordable way to say thank you to service members, retirees and Veterans," said Travis Air Force Base Exchange General Manager Phonda Bishop.

Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

Air Force

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

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

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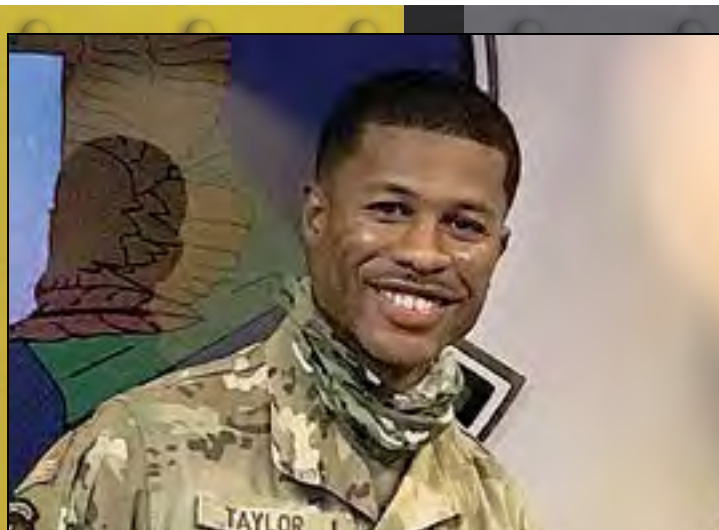
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On the cover

United States Air Force KC-10 Extender from the 60th Air Mobility Wing, Travis Air Force Base, California, provides refueling for a Royal Canadian Air Force CF-18 during a mission over Newfoundland and Labrador during Exercise Amalgam Dart, Monday June 14, 2021.

U.S. Air Force photo



WARRIOR OF THE WEEK

Name: SSgt Adam S. Taylor	Family: Samantha Taylor and Greyland Taylor	What are your hobbies? Sporting events, playing golf when Greyland (8 month old son) and Samantha allow for it.
Unit: 60 CONS, Medical Acquisition Flight (PKB)	What are your goals? Earn APDP Level II. Finish Master's Program. Earn Black Belt through the Continuous Process Improvement (CPI) Program. Earn Project Management Professional (PMP) Certification. Take the COT – Earn a warrant.	What is your greatest achievement? Adopted the Unit Training Manager framework and implemented it into a one-of-a-kind format, unique to 60 CONS.
Duty title: 6C071, Contracting Specialist		
Hometown: North Augusta, SC		
Time in service: 5 Years		

Hernias: What every service member should know

Janet A. Aker
MHS COMMUNICATIONS

This June, the Military Health System celebrates National Men’s Health Month, and sheds light on a variety of medical areas that primarily impact men.

June is also Hernia Awareness Month. According to the National Institutes of Health, men are eight to 10 times more likely than women to develop inguinal hernias.

So, what is a hernia? And what do you need to know about diagnosing, treating, and preventing hernias?

Your abdomen is covered in layers of muscle and strong tissue that help you move and protect internal organs. A hernia is a weakness or defect in this muscle wall that allows internal organs or fat to protrude through the abdominal wall causing a bulge, explained Navy Cmdr. (Dr.) Jesse Bandle, vice chairman, Department of General Surgery, Naval Medical Readiness and Training Command in San Diego.

“The most common hernias occur near areas where blood vessels or other structures naturally penetrate, or have penetrated the abdominal wall,” Bandle said, such as the umbilical cord in men, women, and infants, and the inguinal canal near the groin, most frequently in men.

Inguinal hernias usually show up as lumps near the groin or testicles, and most often appear on the right side.

Men commonly describe the sensation of an inguinal hernia as feeling as if something “popped” or gave way. The symptoms can also include:

- A bulge you can see or feel
- Aching pain in the area
- A feeling of pressure
- A tugging sensation of the scrotum around the testicles

Hiatal hernias occur when part of the stomach is pushed up through a hole in the diaphragm.

“Hernias also can occur at the spot where a prior incision for surgery was made,” Bandle said.

“The clearest symptom of a hernia is a new bulge in your



Photo by: Airman 1st Class Kaitlyn English, 386th Air Expeditionary Wing Public Affairs

Senior Airman Thomas McMurray, with the 387th Expeditionary Support Squadron Force Protection, prepares to perform a bench press at Al Mubarak Air Base, Kuwait, on May 13, 2021. McMurray has competed in two weight-lifting competitions since deploying in Kuwait, placing first with an overall score of 1,800 pounds.

abdominal wall,” Bandle continued. However, “many hernias do not produce pain symptoms, and patients often have mild or subtle discomfort or sensations of pressure, or achy, burning discomfort.”

He noted that the bulge often “is only seen or felt when doing strenuous activity or actively increasing intra-abdominal pressure, such as straining to urinate or defecate, or working out.”

What are some of the causes of hernias? Increased intra-abdominal pressure over time increases the chances of developing a hernia, Bandle continued. This increased pressure, he added, can come from pregnancy, heavy lifting, chronic coughing, obesity, and straining.

Hernias also may develop “later in life, when the muscles weaken or deteriorate due to aging, strenuous physical activity, after an injury or abdominal surgery, or coughing that accompanies smoking,” Bandle

said.

Or, they can be congenital, or due to a birth defect.

If you think you have a hernia, Navy Cmdr. (Dr.) Andrew Kung, a general surgeon with the Naval Medical Center - Camp Lejeune in North Carolina, said to make an appointment with your primary care provider for a routine evaluation. The provider also may choose to prescribe a CT scan or ultrasound, he said.

If you have symptoms of a hernia, you should be evaluated by a surgeon, Kung said. For active-duty service members, “some surgeons will recommend surgical repair of the hernia to prevent issues while deployed,” even if there are no signs of difficulty.

“A more urgent evaluation would be needed if you are unable to push the bulge back in,” Kung said. “This could be a sign of the hernia contents being trapped, or incarcerated. An incarcerated hernia can become strangulated,” he

explained, “which means that the blood supply is cut off to the tissue that is trapped. A strangulated hernia can become life threatening if it is not treated by surgery.”

Kung said emergency surgery may be called for, especially if you have:

- Sudden pain that quickly worsens
- Nausea and/or vomiting
- Fever
- Difficulty having a bowel movement or passing gas
- Bloating or distension of your abdomen
- Red, purple, or dark skin over the bulge

The surgeon will push back the herniated tissue inside the intestinal lining and sew up the surrounding muscle. Sometimes, a mesh fabric piece will be used to reinforce the repair.

There are more than 750,000 hernias in the United States that are operated on each year, Bandle said. Worldwide, he noted, it is estimated that more than 20 million hernias

Men’s health, focus on mental, physical, emotional aspects

Laura Stassi
MHS COMMUNICATIONS

As the nation bears through another year under COVID-19 pandemic, we reminded that mental, physical and emotional health are all aspects.

Again this June, the Defense Health Agency focuses on men’s overall health centered on screenings and other evaluations; and lifestyle choices, including tobacco and alcohol use. But according to the Centers for Disease Control and Prevention’s most recent National Health Interview Survey, men are far more likely than women to go two years or longer without seeing a physician or other health care professional.

Experts don’t necessarily think men are healthier than women. Rather, men may be avoiding making medical appointments.

“I think a lot of us may have that tough man syndrome, the overall machismo mentality that whatever it is, I can power through it,” said Air Force Maj. (Dr.) Matthew Hawks, assistant professor in the Department of Family Medicine at Uniformed Services University of the Health Sciences in Bethesda, Maryland.

But regular appointments have proven vital for the prevention, detection, and early treatment of illness and disease. So what are men waiting for? Whether making a virtual or in-person appointment, here are some tips for preparing to talk with a health care provider.

● Maintaining a healthy weight

● Eating a balanced high-fiber diet to prevent constipation and straining

● Lifting heavy objects carefully or avoiding heavy lifting

● Quitting or avoiding smoking, which could lead to a chronic cough

Bandle agreed. “Most hernias will slowly evolve over time. There are no clear ways to prevent a natural hernia from forming if your body has an inherent weakness at one of the sites that are prone to hernias,” he said. “However, you can modify some of the risk factors for hernias, such as obesity, smoking, and chronic constipation. Stay fit, don’t smoke, keep hydrated, and eat fiber.”

those with a family history of high blood pressure may require more frequent screenings. And while screening for colorectal cancer usually begins at age 45 or 50, “If you had a parent who had colorectal cancer before the age of 60, we start screening sooner,” Hawks said.

Make a list of questions and concerns

Are you feeling pain, dizziness, or fatigue? Are you having trouble sleeping? Take note of when you first recognized any changes. The CDC recommends leaving space between each observation to record the health care provider’s comments and recommendations.

Hawks said men also may want to consider these questions: “What’s changed in your life? What’s going well, or not going well?” He also recommends asking loved ones if they’ve noticed anything that should be brought up at a medical appointment.

“Some of the literature suggests that one of the most common reasons men make medical appointments is because their spouse or significant other tells them that they should,” Hawks said.

Vow to be open and honest

Men should be forthcoming about everything, including their use of prescription and over-the-counter medications, alcohol, and tobacco and vaping products. Providing complete and accurate information enables providers to offer the best guidance, Hawks said. For example, men with any smoking history should get an abdominal aortic aneurysm screening at age 65.

Don’t forget about sexual health

“We obviously encourage safe sexual practices,” Hawks said, to avoid sexually transmitted infections. “If men are ever concerned they’ve been exposed to something,

especially if they’re having unprotected sex with multiple partners, they should consider coming in to get evaluated.”

The vaccine for human papilloma virus, or HPV, decreases the risk of several types of cancers as well as genital warts, Hawks said. Standard practice recommends testing for males 26 and younger. Men ages 27 to 45 should speak with a physician to see if the vaccine is appropriate for them, Hawks added.

Erectile dysfunction can represent another sexual health issue. Hawks said about 50% of men 40 and older will experience ED at some point in their lives. “Younger men may experience it more than we know because they’re embarrassed to come in and talk about it,” Hawks said, adding that it may be a marker for heart disease. Regardless, “There are medical therapies that can be very helpful,” he said. “So it’s worthwhile to see a provider.”

Hawks said men who plan for their appointment will likely feel more confident, not only about the meeting but also, their future. “Taking positive control of your health is an important factor in longevity,” Hawks said.



Photo by: Marine Sgt. Dana Beesley

Recruits with Charlie Company, 1st Recruit Training Battalion, executed a formation run and multiple exercise stations during physical training on Marine Corps Recruit Depot Parris Island, S.C. May 19, 2021.

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Air Force under secretary nominee testifies during Senate committee hearing

Staff Sgt. Adam R. Shanks

SECRETARY OF THE AIR FORCE
PUBLIC AFFAIRS

WASHINGTON (AFNS) — Under Secretary of the Air Force nominee Gina Ortiz Jones testified before members of the Senate Armed Services Committee June 16.

Nominated by President Biden in April, if confirmed, she will assume the position of Under Secretary and Chief Management Officer of the Department of the Air Force - duties currently performed by Anthony Reardon, a member of the Senior Executive Service and the Administrative Assistant to the Secretary of the Air Force.

Jones remarked in her opening statement that the Department of the Air Force is at the forefront of our nation's ability to meet the challenges presented around the world.

"If confirmed, I will work

with the Department of the Air Force leaders to ensure the Total Force is ready to deter, and if needed, win our nation's wars," Jones said. "Strategic competition requires we fully harness the Total Force's talents and courageously invest in modernization efforts that best equip our men and women for the threats they will face."

Jones also stated that if confirmed, she would work closely with the Secretary of the Air Force to evaluate the progress being made to stand up the U.S. Space Force and execute the direction from Congress. Additionally, she spoke to a focus on space acquisition and the competition the U.S. faces with China and Russia's capabilities in that domain.

"The Department (of the Air Force) must deliver space acquisitions both cheaper and faster to outpace our adversaries,

See HEARING Page 19

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New AF Materiel Command to drive digital transformation across Air, Space enterprise

Marisa Alia-Novobilski

AIR FORCE MATERIEL COMMAND

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) — The Air Force Materiel Command has established a new office to manage digital transformation activities across the Air and Space Force enterprise.

The 12-member Digital Transformation Office, or DTO, will fall under the AFMC Engineering and Technical Management Directorate. It will focus on creating a digital governance structure and facilitate on-going and new digital acquisition transformation activities across the enterprise.

"This office is the first organization that will stand-up from an enterprise-wide perspective to address digital needs with a long-term perspective in mind," said James Kyle Hurst, director of the Digital Engineering Enterprise Office, Office of the Deputy Assistant Secretary for Science, Technology, and Engineering, who will be the new DTO branch chief. "Though the office sits at AFMC, it will have a perspective for the entire Department of the Air Force acquisition community and encompass activities from research and development to fielding, sustainment and beyond ... the entire cradle-to-grave of life cycle management."

According to Hurst, while a number of organizations are in the process of establishing digital-focused offices internally, these are specific to particular mission sets, such as information technology infrastructure, sustainment activity, munitions, etc. The DTO will look at all digital activities from a broader, enabling perspective.

"This office will look across all of those teams and activities to facilitate the sharing of best practices and lessons learned across the entire department. We will focus on the enablers that will help the program ... the 'this is what you want to do, and here's how you can do it' aspect," Hurst said.



U.S. Air Force graphic

The Skyborg Air Force Vanguard program leverages new business practices and open architecture digital engineering for rapid, streamlined development of future hardware and software components to turn low-cost aircraft into unmanned, autonomous aircraft capable of teaming with manned aircraft in combat to multiply the force's air power against adversaries.

AFMC officially launched its Digital Campaign in 2020 with the goal to create an integrated digital ecosystem that provides enterprise access to the data individuals need to develop, test, field and maintain complex weapon systems. By leveraging modern digital capabilities, the service can decrease the time it takes to move a weapon system from a concept into the hands of a warfighter, while providing the ability to adapt capabilities at speed to meet the requirements of today's dynamic warfighting domain.

"We are fielding capability much slower than our near peers. We're taking decades to field our major complex weapons systems, whereas our near-peer adversaries are doing it in half the time," Hurst said. "We need to make sure we're not delivering yesterday's technology to tomorrow's fight. We have to address and invest on how we acquire our weapons systems ... not just focus on delivering the capabilities themselves."

The manning for the DTO was authorized under Air Force Chief of Staff Gen. CQ Brown Jr.'s call to establish "innovation positions" to help advance

innovation and modernization efforts across the service. The 12 positions in the DTO are part of the more than 300 positions being established across the command for efforts related to software innovation factories, AFWERX, the Advanced Battle Management System and more.

For more information on current Digital Campaign efforts, internal Air Force audiences can visit the Digital Guide team site for guidance, references, templates and more. The team also hosts a public version of the Digital Guide for industry and academia to access. General information on the AFMC Digital Campaign is available here.

"This office along with the entire Department of the Air Force is still in the process of trying to figure out how to leverage digital and the best way to do it. We will continually be looking for inputs from programs, industry and academia who are currently doing this and doing it well, so we can learn from them and share," Hurst said. "Collaboration and sharing are key to our success across the air and space enterprise."

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Puzzles

STR8TS

No. 547Tough

				1			
9			4		6		
		5				8	
1		3					
4							
	8						2
	5						4
				7			

Previous solution - Medium

3	8	7	1	2	4	5	
7	8	6	2	1	5	3	4
8	6	9	7	5	4		3
7		5	4	6	1	2	
6	5		3	4	1	2	7
9	4	5	8		3	2	
	4	3	5		6	7	8
1	2	3	4	6	8	7	5
2	1			7	9	8	6

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. 547Easy

4			8	2		7		
8				4				5
	1	7	6					
		3				1		
	5						6	
		8			9			
				2	5	4		
7			9					3
		4	3	8				7

Previous solution - Very Hard

4	5	3	6	9	2	1	7	8
9	7	6	8	1	5	3	4	2
8	2	1	4	7	3	5	6	9
5	1	4	9	3	8	6	2	7
6	3	2	7	4	1	8	9	5
7	8	9	2	5	6	4	1	3
3	9	7	5	6	4	2	8	1
2	4	5	1	8	9	7	3	6
1	6	8	3	2	7	9	5	4

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.

Shortages

From Page 2

all available tools and options to accommodate shipment and delivery requests. Individual DoD services and United States Transportation Command leaders are working with commercial industry to modify business rules, adding flexibility to achieve maximum carrier capacity.

For those scheduled to PCS this year, there are some actions that can add more flexibility to your plans and help the Household Goods community with an expanded opportunity to move personal property:

- Get shipping requests in four to six weeks prior to the pickup window.
- Ask about expanding

pack/pickup (a.k.a., “spread date”) windows from the current seven-day requirement to 14 days.

- Contact the assignments team to determine if they can postpone the move by changing the report not later than date.

Airmen can take more control over their move this summer by doing a personally procured move (formerly known as the Do It Yourself move). According to the communiqué, this option allows personnel to “control your move dates and ensure you have ready access to your property upon arrival at your new location. There are several PPM options, including one that reimburses up to what the government would have paid for the move and another where you could receive a financial incentive of 100% of

the government’s constructed cost, plus fuel surcharge, and other (accessory costs).”

In addition to the old “rent a truck” PPM option, Airmen now have access to new modes within the commercial industry called portable moving and storage containers. These containers are dropped at the home, the service member packs them and the company picks up, transports, stores and then delivers at the destination. Some companies also offer a menu of associated services including full or partial packing.

Airmen can contact their local Personal Property Processing Office to discuss the benefits of a PPM. They can provide an estimate of the cost factors, describe the ins and outs of the programs and help determine if the PPM option is a good fit for each family.

Think sunscreen and water for summer sun safety

Janet A. Aker
MHS COMMUNICATIONS

Sun safety should be an everyday concern regardless of the season. Your most potent safety protections against the sun are dollops of UVA/UVB sunscreen, lots of water, and knowing your own physical limitations.

UVA and UVB rays are the most common types of ultraviolet rays the sun produces. According to the Food and Drug Administration, UVA rays have longer wave lengths and can penetrate the middle layer of your skin (dermis), while UVB rays have shorter wave lengths that reach the outer layer of your skin (the epidermis).

Both UVA and UVB rays can cause damage to your skin. Sunburn is a sign of short-term overexposure, while premature aging and skin cancer are side effects of prolonged UV exposure.

“Sun safety doesn’t need to be complicated; it just needs to be consistent,” said Navy Lt. Cmdr. (Dr.) Nathan Zundel, department head of Emergency Medicine at Navy Medicine Readiness Training Command Twentynine Palms, California.

Below are some recommendations to be safe in the sun:

- Always wear sunscreen outside and reapply frequently, especially to highly sensitive areas such as your ears, nose, neck and chest, and your scalp. Don’t forget the back of your

- Use the highest level SPF sunscreen you can find (at least SPF 30).
- UVA/UVB blocker ingredients such as zinc oxide are good to look for on your sunscreen’s label.
- Sunscreen takes a while to absorb and activate, so apply at least 15 minutes before you go outside.
- Wear sunscreen every day. The effects of sun exposure are cumulative and can cause skin cancer.
- For your children, try applying a sunscreen that you can see, such as purple ones that change to clear as they dry. That way, you’ll get every spot.
- Hats and sunglasses are a good idea each time you go outside.
- Try to stay out of the sun when it is at its height, especially between the hours of 10 a.m. and 4 p.m.
- Know your own limits when it comes to activity.
- Watch for signs of heat strain and heat stroke. These include:
 - Painful muscle spasms usually in the legs or abdomen
 - No sweating
 - Goosebumps
 - Headache
 - Clamminess, pale skin
 - Dizziness or disorientation
- If you feel thirsty, you are already dehydrated, so drink plenty of water at constant rates.



Photo by: Air Force Staff Sgt. Sheila deVera

The 673rd Medical Operations Squadron Dermatology Clinic at Joint Base Elmendorf-Richardson, Alaska, offers these tips to prevent the onset of skin cancer.

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30 Years after Desert Storm, military medicine evolving ‘phenomenally’

Thomas J. Walsh
MHS COMMUNICATIONS

First in a series of articles on advances in military health care and technology since the Persian Gulf War, 30 years ago this year.

For Dale Smith, a longtime author and a professor of military medicine and history at the Uniformed Services University of the Health Sciences in Bethesda, Maryland, Desert Storm comes down to a single word.

“Survival,” he said, without hesitation.

Smith, said the “immediacy of care” for those wounded in war became a clear priority in the early conflicts of the 20th century, but “we fundamentally didn’t change our system of care from World War II through the Gulf War.”

Medics or corpsmen were decently trained, but they may or may not have had blood on hand for wounded fighters, for example, or penicillin, or morphine.

“That was true in Italy in ‘44 and it was true as we launched [Operations] Desert Shield and Desert Storm in ‘91,” Smith said.

By the Gulf War, he explained, the military’s portable, auxiliary, or mobile surgical units were not portable, auxiliary, or mobile.

“We had improved the medicine so much that it would have taken every wheeled vehicle in Saudi Arabia to move a MASH (mobile army surgical hospital),” Smith said. “They had portable CT (computerized tomography) scanners that weren’t really portable, for taking care of head injuries.”

Coming out of the desert, he said, big changes were in order. Evacuation or fleet hospitals had multiple operating rooms and hundreds of beds and were enormously expensive to move. This lack of medical mobility likely delayed the kickoff of Desert Storm by 30 to 60 days, Smith estimated.

“Casualty projections in the summer of 1990 were astronomical,” he said. “Thousands of people on both sides would be wounded or killed. Iraq had the fifth largest military in the world, and this coalition (of nations allied with the United States) was at the end of a mighty long string. So, it was thought it might be a



Photo by: U.S. Air Force Medical Service

Air Force medical personnel respond to a mass casualty event during Operation Desert Storm.



Courtesy photo

Marines with Bravo Company, 1st Battalion, 3rd Marine Regiment pose for a photo during Operation Desert Storm.

peer-on-peer, even-up fight. Now, it turned out the Iraqi military was big on paper but not big on training, and morale wasn’t any good, and they mostly rolled over when confronted.

Still, some of the lessons learned were staggering. But teasing them out took longer than expected, other experts agreed.

“Since ground combat

generated relatively few casualties, especially compared to what was anticipated, there were very few innovations in the practice of medicine as a result,” said Alan Hawk, manager of historical collections for the National Museum of Health and Medicine at Defense Health Agency. “However, the big lesson of the Persian Gulf War was that the medical

footprint was way too large and too cumbersome to keep up with a rapidly moving front.”

Because of the clear logistical problems, Smith said that things were undertaken in 1991 that were “not yet doctrine” but based on small conflicts from the 1980s, in Grenada and later Panama.

“In both of those [conflicts] we recognized that you could move smaller medical assets quicker,” he explained.

For instance, Navy SEALs in Panama - just a year before the Gulf War - advanced high-level Special Forces medical care and learned to better stabilize patients. New techniques for transporting and using fluids and antibiotics were developed.

“Then they put [casualties] on an airplane and flew them to San Antonio, with no intermediate hospitals, and they survived,” Smith said.

In the Gulf, “we didn’t have enough patients get hurt to be statistically significant, but we did recognize that that system was not going to get patients on operating tables quickly,” Smith said. “And the surgeons at those operating tables for the most part

were not trauma surgeons.”

One Army physician who served in the conflict who can identify with that statement is Dr. Leopoldo “Lee” Cancio, a retired colonel now serving as director of the U.S. Army Institute of Surgical Research Burn Center at Joint Base San Antonio-Fort Sam Houston in Texas. During the Gulf War, Cancio was a young Army captain, attached to the 82nd Airborne Division and only a few years out of medical school.

Smith said a challenge for the military 30 years ago was how to prepare doctors for downrange conditions when they were only accustomed to stateside care facilities. These days, some of the same concerns hold, he said, particularly for Reserve and Guard physicians, nurses, and medics.

“I was used to taking care of injured people, but I was used to doing so in a trauma center setting,” Cancio said. “I didn’t have much training at all in how to translate that into the field environment.”

Trauma training for military and civilian doctors alike is still “intermittent,” Cancio noted.

“So that is a challenge,” he said. “What has definitely improved and totally transformed combat casualty care, pre-hospital, has been the concept of tactical combat casualty care.”

Tactical casualty care was an application of the lessons learned based on data collected during the Vietnam War and analyzed with computers in the 1990s, Hawk noted. This resulted in the development of improved hemorrhage control techniques for use by EMTs and combat medics.

In the Gulf, Cancio took a course called Basic Trauma Life Support, which was designed for civilian emergency medical technicians. Other pre-hospital courses and trainings did gain traction eventually, Cancio said.

But it was tactical combat casualty care that “provided a set of priorities and a sequence of events for people taking care of combat casualties, whether they’re under fire, or care en route, which really served as a foundation for everything that we now teach medics and general medical officers, physician assistants, etc., for the pre-hospital



Courtesy of Regional Health Command - Pacific

Retired Army Lt. Gen. Nadja West (center), former surgeon general of the Army and commanding general of U.S. Army Medical Command, treats a wounded Iraqi soldier during Operation Desert Storm.

environment,” Cancio said.

But it was tactical combat casualty care that “provided a set of priorities and a sequence of events for people taking care of combat casualties, whether they’re under fire, or care en route, which really served as a foundation for everything that we now teach medics and general medical officers, physician assistants, etc., for the pre-hospital environment,” Cancio said.

“Knowing what to do when someone is injured and you’re being shot at is really important,” he added.

The combat casualty is different from the average victim of a car wreck in the United States, Cancio said. The severity of something like losing one or both legs to an improvised explosive device is unusual stateside during peacetime.

“One of the important early changes on the battlefield was in how we resuscitate patients, both pre-hospital and upon arrival at a medical unit,” he said.

To that end, Cancio noted that the availability and portability of blood products and blood



Courtesy of U.S. Air Force

Medical personnel use litters to transport a corporal from the 1st Marine Division, and other wounded to a C-141B Starlifter aircraft.

transfusions have evolved much in the past 30 years, especially in terms of battlefield care. In addition, much of stateside general surgery these days is minimally invasive and done through scopes, he said. On the battlefield you still must make big incisions on large body parts like the abdomen. That’s where additional trauma surgery training becomes vital for military-specific skills.

Likewise, egregious burns are

not common peacetime injuries, but are to be expected in combat - something on the order of 5% to 10% of casualties, Cancio said. If you combine burns with a traumatically brain injury, or an amputation, you’re talking about truly rare levels of care, and of training for the caretakers.

Coming next week: Part 2, which shows that not all battlefield life-saving measures improved since the Gulf War are highly technical.

Event to help limit barriers for small businessess working with Air Force



Air Force Research Laboratory Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) — Tech Warrior Enterprise – an AFWERX Small Business Innovation Research and Small Business Technology Transfer program – will host its free virtual Tech Warrior Medical OPS event for all qualified small businesses July 19-23.

TWE understands that, while many small businesses have technology that will benefit the warfighter, government procurement often comes with entry barriers.

To limit these barriers, during the virtual five-day event, U.S.-based small businesses will have the opportunity to participate in a two-part demonstration of their Tactical Combat Casualty Care, physical therapy, or mental health technologies.

The first part consists of private pitches. During this portion, small businesses have the ability to showcase their innovations to Air Force warfighters, government tech scouts, and industry subject matter experts to gain early, real-time feedback to improve their chances of government procurement and

accelerate technology maturation. The second part consists of public pitches. Participating small businesses also have the ability to give non-proprietary presentations for the potential gain of commercial investors and joint venture opportunities.

Not ready to pitch? Not a problem! All are welcome to engage in the public education room to learn about government needs and focus areas, small business resources, and investment opportunities.

TWE is limiting demonstrations to only the top 20 small businesses with medical technologies that are ready to put their innovations in the hands of the warfighter and accelerate maturation.

Registration is open now until June 26 at 12 a.m. EDT.

“The U.S. Air Force is constantly searching for the next generation technology to make our warfighters safer and more efficient,” said Joey Angeles, Department of the Air Force SBIR/STTR Program Office division chief. “As agile innovators, we believe small businesses are the key to this goal. Tech Warrior always showcases some of our nation’s best and we can’t wait to see what this medical OPS event brings.”

Disposition of personal effects

Capt Marc Ferrandino is authorized to make disposition of the personal property of MSgt Dominic Salierno, deceased, 60 Wing Safety, as stated in AFI 34-501. Any person having claims for or against the deceased person please contact Capt Ferrandino by phone at (707) 424-4813 or email michael.ferrandino@us.af.mil

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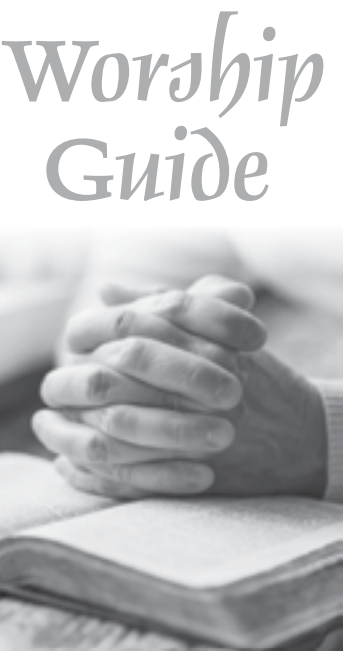
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Left: U.S. Air Force Staff Sgt. Rodrigues Wright, right, 60th Security Force Squadron phoenix raven, demonstrates procedures for a simulated hostile encounter during Leadership Rounds at Travis Air Force Base, California, June 11, 2021. The Leadership Rounds program provides 60th Air Mobility Wing leadership an opportunity to interact with Airmen and receive a detailed view of each mission performed at Travis AFB.

Bottom left: U.S. Air Force Staff Sgt. Rodrigues Wright, 60th Security Force Squadron phoenix raven, inspects a weapon during Leadership Rounds at Travis Air Force Base, California, June 11, 2021.

Bottom right: U.S. Air Force Col. Corey Simmons, center, 60th Air Mobility Wing commander, talks with 60th Security Forces Squadron phoenix ravens, during Leadership Rounds at Travis Air Force Base, California, June 11, 2021.

U.S. Air Force photos by
Senior Airman Jonathon Carnell

Security Force Squadron phoenix raven gives demonstration to Travis

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Defense, State agree: Diversity important for mission success

C. Todd Lopez

Diversity and inclusion are as important to the State Department's ability to conduct diplomacy as they are to the Defense Department's ability to defend the nation.

At a town hall meeting at the Pentagon for the department's industrial policy community, Stacy A. Cummings, who is performing the duties of undersecretary of defense for acquisition and sustainment, met with Ambassador Gina Abercrombie-Winstanley, the chief diversity and inclusion officer at the State Department, to discuss the importance of diversity and inclusion in the success of their respective agencies.

"The [secretary of defense] looks at the department, leading through values. And diversity, equity, and inclusion are part of our values as a country and our values as a department," Cummings said. "His intention is that we incorporate that into our work and everything that we do. It is a strategic imperative, and it's critical to mission success and accomplishment that diversity and inclusion are included in our strategies."

Cummings said leaders across the Defense Department have been challenged by Secretary of Defense Lloyd J. Austin III to leverage the strength of the total force, including military personnel, civilians and in the acquisition and sustainment community, industry partners as well.

"The way that I personally think about diversity and inclusion is from the perspective of competing for talent," Cummings said. "In order for us ... to get the best possible capability, we need to have a structure and an environment that incorporates the totality of the United States of America as well as the capabilities of our allies and partners. And if we want to get the best skills, the best capability, the best thought, the best

innovation, the only way for us to do that is to encourage everyone to want to compete to be part of our team."

When diversity and inclusion are at the forefront of defense leaders' decision-making, Cummings said, the best people will come forward to be part of not just the A&S team, but also to be a part of the teams that make up the industry partners who provide capabilities for warfighters. Diverse teams, she said, create diverse ideas that are more capable of providing the department with what it needs to keep the nation safe.

We can only do that when we create an environment that's open for everyone to have ... not just a seat at the table, but a voice — and actually be able to share their thoughts."

Stacy A. Cummings, performing the duties of undersecretary of defense for acquisition and sustainment

Those diverse ideas, she said, answer the call for the innovation and modernization at the center of the president's interim national security strategy.

"It is very strongly focused on bringing in innovation and modernization in a way that's affordable so that we can balance innovation and modernization with sustainment or continued current readiness," she said. "And the only way we're going to do that is if we bring in new ideas, and if we bring in new thoughts and technologies."

Ensuring those diverse new ideas come into the department is only possible, she said, if there is an environment within the department itself that invites it in.

"We can only do that when we create an environment that's open for everyone to have ... not just a seat at the table, but a voice — and actually be able to share their thoughts," she said.

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Hearing

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and we must take advantage of the rapidly emerging and innovative commercial space capabilities, collaborating closely with allies and other government partners,” Jones stated. “We can expect that China and Russia will continue to invest in capabilities critical to modern warfare to include the space domain.”

 Most recently a congressional candidate in Texas, Jones has a history of service with the Department of the Defense and U.S. Air Force. Jones joined the U.S. Air Force in 2003. Serving for four years, she reached the rank of captain while working as an intelligence officer deployed to Iraq, supporting close air support missions. After leaving active service, she returned to work as an intelligence analyst for U.S. Africa

Command, and later joined the Defense Intelligence Agency.

 In her opening remarks, Jones spoke to her time in service and the hindrance of serving under the “Don’t Ask, Don’t Tell” policy.

 “I remain undeterred because of my desire to serve our country,” Jones said. “That experience cemented my resolve to ensure anyone ready and able to serve can do so to their full potential, and our country’s fullest potential. If confirmed, that tenet will guide my service. That is what our Airmen and Guardians deserve.”

 She also spoke of her mother, who immigrated from the Philippines and raised Jones and her sister on her own. Her inspiration to serve was inspired by her uncle, who enlisted in the U.S. Navy and became the first Filipino to serve as a gas turbine electrician.

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Diversity

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Abercrombie-Winstanley said that at the State Department, she’s now working to do much the same — bringing in diverse talent to strengthen the ability of her own agency to conduct its diplomatic mission.

 “Our biggest challenge, we know, is the system,” Abercrombie-Winstanley said. “Many people in our organization do not believe that our system will serve them well, either that they are equally valued, have the same access to assignments that lead to promotion, that lead to retention. And that is where the Department of State struggles most — not with recruiting, but with retention.”

 In much the same way that diversity and inclusion can bring a broader range of ideas to the Defense Department’s acquisition and sustainment community, which translates to better capability for the warfighter, Abercrombie-Winstanley said diversity and inclusion will strengthen the State Department’s ability to conduct diplomacy on behalf of the nation.

 “The secretary was clear ... we are doing this not just because it’s the right thing to do, but because it’s going to make our work better,” Abercrombie-Winstanley said. “Anyone knows if you got a group of people trying to resolve a problem, the wider array of backgrounds and perspectives that you have at the table are going to give you a wider array of options and recommendations for resolving the issues or the challenges before you.”

 That wider array of backgrounds, perspectives, and experiences, Abercrombie-Winstanley said, will help the State Department the way it helps the Defense Department.

 “People who come from the region, or have lived experiences in the region, the way of thinking, perspective, culture — all of those things brought to bear are going to help us with our foreign policy,” she said. “So that, that’s our bottom line there.”

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