

# PASS THE GUIDON



New commanders take reins at 749th AMXS, 60th ASTS

**TAILWIND**





# Secretary of the Air Force makes refueling stop at Travis AFB, meets base leadership



Secretary of the Air Force Frank Kendall walks on the runway at Travis Air Force Base, California, Monday, Aug. 16, 2021. Kendall stopped to have his aircraft refueled and took time to meet with base leadership.

Daily Republic Staff

TRAVIS AIR FORCE BASE — The Secretary of the Air Force made a brief stop Monday, Aug. 16, 2021, at Travis Air Force Base to have his aircraft refueled and took time to meet with base leadership.

Frank Kendall won Senate confirmation July 26 as the 26th Secretary of the Air Force, placing an official with decades-long service in defense issues in the top civilian job at a time when the department is navigating new global challenges and wide-reaching modernization efforts.

He previously served in a number of senior positions for the Department of Defense, including as the Pentagon's No. 3 official for four years during the Obama administration.

Kendall, a graduate of the U.S. Military Academy at West Point, New York, served 10 years on active duty in the Army, a tenure that also included a stint teaching engineering at West Point. He spent time in the Pentagon as director of the tactical warfare program before moving to become assistant deputy undersecretary for Strategic Defense Systems.

He also worked in the private sector in defense-related jobs, most notably as Raytheon's vice president of engineering during the mid-1990s.

Col. Corey A. Simmons, commander of the 60th Air Mobility Wing, met with Kendall to brief him on base operations.

See more photos on Page 19

# 11th-grader wins \$2,000 gift card from Travis Exchange for academic performance

Army & Air Force Exchange Service

TRAVIS AIR FORCE BASE — Summer break has gotten even better for rising high school junior Mateo Rojas: He was named the grand-prize winner in the Army & Air Force Exchange Service's You Made the Grade program.

The program rewards military students like Mateo for maintaining strong academic performance. Rojas was selected as the top winner in a worldwide drawing and received a \$2,000 Exchange gift card.

Rojas was at work as a lifeguard when his older brother, who works with him, told him to check his phone for an email from their mom with the good news.

"I was shocked," Rojas, who attended Castro Valley High School in the Bay Area before the family relocated to San Diego this summer, said in a press release. "Shocked and very happy."

Rojas' father, Capt. Rodrigo Rojas, is retiring after serving 26 years in the Coast Guard.

"The Exchange is pleased to honor the hard work and resiliency of military children like Mateo," Travis Air Force Base Exchange General Manager Phonda Bishop said in the press release. "He's a great example to his peers of how dedication pays off."

Rojas has always wanted to build his own computer and will use his prize to buy the parts he needs, according to the press release. His favorite subjects in school include math and history, and he is interested in a career in engineering or piloting, a passion that has grown through his participation in the Civil Air Patrol.

"In military life, you move around so much, and you have to get acclimated each time," Rojas' mom, Marisol Rojas, said in the press release. "Mateo and his brothers, through their whole lives, have been go-getters. Through Covid, they've kept up their grades. Mateo winning has been very exciting for the whole family."

The Rojas family has been entering the You Made the Grade sweepstakes since Mateo was in middle



Courtesy photo

Mateo Rojas holds his prize after winning the Army & Air Force Exchange Service's You Made the Grade program.

school. His older brother won the third-place prize in 2017.

"Now my youngest is thinking he might win, too," Marisol Rojas said in the press release. "The program has pushed my kids and is a great motivator to keep going."

Mateo Rojas credits his parents for his success.

"I want to thank the Exchange for this prize and also my father and mother for always working hard," he said in the press release. "I want to thank my dad for his service, which has always brought me great opportunities like this one."

The Exchange's You Made the Grade program rewards students in first through 12th grade for above-average academic achievement to inspire them to continue striving for excellence. Military children who maintain a B average or higher can bring their report cards each grading period to their local Exchange for a \$5 gift card. Students can then enter the worldwide sweepstakes for a chance at a \$2,000, \$1,500 or \$500 Exchange gift card.

The next sweepstakes drawing will take place in December.

Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

Air Force

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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.

Table of contents	
Puzzle	5
Cover story	10-11
Worship services	13-14
Classifieds	17
Parting Shots	19
On the cover	
Capt. David E. Williams calls the squadron into formation during the change of command ceremony at Travis Air Force Base, Calif, Aug. 7, 2021.	
U.S. Air Force photo/Master Sgt. Jose B. Aquilzan	

WARRIOR OF THE WEEK

Name:

TSgt Daniel Nelson

Unit:

22 Airlift Squadron /Operations

Duty title:

1A171A / NCOIC, Flight Engineer Scheduling

Hometown:

Escondido, CA

Time in service:

13 Years 8 months

Family:

Kristen (Spouse), Hailey (daughter), Alyssa (daughter), Penny (dog)

What are your goals?

Complete bachelor's degree

What are your hobbies?

Mastering honey-do list, home

improvement, hiking, camping, shooting, cars, metal fabrication, world land speed racing, machining, archery, disc golf

**What is your greatest achievement?**

Marrying his wife and creating two beautiful children. A close second is, cross training to Flight Engineer on the mighty C-5M in the greatest squadron

U.S. Air Force photo



# Reform, COVID have been catalysts for change in military medicine

Jacob Moore

MHS COMMUNICATIONS

"We cannot forget that healthcare is about taking care of people, so no amount of change or innovation is ever sufficient if modernization does not lead to helping patients, delivering better outcomes, saving lives or helping healthcare providers deliver care," said Dr. Terry Adirim, acting assistant secretary of defense for health affairs, during a Views from the Top educational session at the Healthcare Information and Management Systems Society 2021 annual conference.

She spoke about the unique differences, as well as the similarities, between civilian and military medicine.

"I believe there are unique lessons from our experience within the Military Health System, regardless of what sector of healthcare you sit in," said Adirim. "From data systems driving greater efficiencies and better outcomes within our agencies, to efforts helping us realize the advancements in science and medicine."

These innovations, she said, are aligning federal healthcare providers with the best in private sector care, delivering the best results for service members and their families.

Adirim said the two largest factors currently leading to innovations, changes and advancements within the MHS are:

- MHS Reform
- COVID-19

"We can't discuss innovation, modernization and responding to change without also talking about the pandemic. COVID-19 continues to prove to be the ultimate disruptor," she said. "It has tested the readiness and resilience of the entire enterprise and put our providers at risk and, ultimately, threatens our service members' ability to do their jobs."

Adirim explained how new approaches to medical care and public health such as virtual health and testing methodology



109th Air Wing/Public affairs

**The 109th Airlift Wing began administering COVID-19 Vaccines on March 10, 2021.**

have kept military health beneficiaries safe since the onset of the pandemic.

She cited Keesler Medical Center in Biloxi, Mississippi's best practice of using the Centers for Disease Control and Prevention's recommended 15-minute waiting period following COVID-19 vaccination to ask patients about making appointments for routine care that may have been missed due to increased focus on the virus.

Adirim also used the opportunity to praise the military medical community.

"It is a privilege to lead and serve military medical providers who are fully committed to ensuring the health and readiness of our troops, which is so vital to our national security," she said. "They have been doing so through an especially challenging time of national and global disruption due to the COVID pandemic."

Defense Health Agency Director Army Lt. Gen. (Dr.) Ronald Place also spoke at HIMSS21 as part of the Views from the Top series the following day.



Jacob Moore/MHS Communications

**Dr. Terry Adirim, acting assistant secretary of defense for health affairs, speaks to the audience during a Views from the Top educational session at the Healthcare Information and Management Systems Society 2021 annual conference at the Venetian Resort in Las Vegas, Aug. 10, 2021.**

## DAF offers Total Force enlisted members' bridge to med school, commission

Toni Whaley

AIR FORCE PERSONNEL CENTER  
PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Total Force enlisted Airmen and Guardians wanting to become a commissioned officer and military healthcare provider can complete their preparatory coursework for admission to medical school while on active duty.

The Enlisted to Medical Degree Preparatory Program is a two-year program offered through the Uniformed Services University of Health Sciences in Bethesda, Maryland, to enlisted service members, including the Air Reserve Component, regardless of occupational specialty. Following successful completion of EMDP2 and selection for attendance by an accredited medical school, members will attend officer training school.

In many respects, the nation's federal health professions academy curriculum and educational experiences are similar to those of civilian academic health centers, with one important difference: its emphasis is on military health care, leadership, readiness and public health.

"This program is open to candidates who demonstrate integrity and are dedicated to becoming future physicians, leaders and scholars of the nation's medical force," said David Zemkosky, Physician Education senior program manager. "Students are challenged with an outstanding leadership and ethics program

See BRIDGE Page 16

## Gen. George Washington ordered smallpox inoculations for all troops

Janet A. Aker

MHS COMMUNICATIONS

In late 1776, as Gen. George Washington led his troops through the opening battles of the American Revolution, it was not necessarily the enemy fighters who posed the biggest risk to the fledgling U.S. Army.

An estimated 90% of deaths in the Continental Army were caused by disease, and the most vicious were variants of smallpox, according to the U.S. Library of Congress.

That's why Gen. Washington made the controversial decision to order the mass inoculation of his soldiers, an effort to combat spread of the disease that was at the time a major deterrent to enlistments and posed the risk of debilitating his army and tipping the balance of power against America's first warfighters.

According to the U.S. Library of Congress's Science, Technology, and Business Division, the smallpox inoculations began Jan. 6, 1777, for all of Washington's forces who came through the then-capital of Philadelphia, and through Morristown, New



Library of Congress

**George Washington rallies his troops at the Battle of Monmouth in a painting by Emanuel Leutze, 1857.**

Jersey, following the Battle of Princeton.

Smallpox is a potentially fatal disease that starts with fever and vomiting and an outbreak of ulcers in the mouth and a skin rash. The skin rash turns into highly contagious fluid-filled blisters. The

fatality rate was very high.

Inoculations were far more primitive - and dangerous - than today's vaccinations. The most common method was to cut a person's skin and rub the minor incision with a thread

See WASHINGTON Page 9

## Puzzles

### STR8TS

No. 556

Medium



You can find more help, tips and hints at [www.str8ts.com](http://www.str8ts.com)

Previous solution - Tough



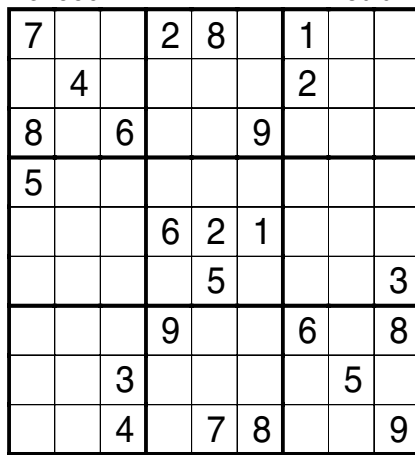
How to beat Str8ts -

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.

### SUDOKU

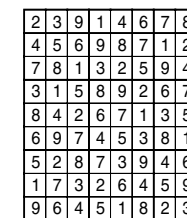
No. 556

Medium



The solutions will be published here in the next issue.

Previous solution - Easy



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

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

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

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## Brown named honorary Tuskegee Airman, receives symbolic red jacket

**Tech. Sgt. Stephanie Serrano**  
SECRETARY OF THE AIR FORCE  
PUBLIC AFFAIRS

ARLINGTON, Va. — Air Force Chief of Staff Gen. CQ Brown, Jr. was named an honorary Tuskegee Airman and presented the highly symbolic red jacket during a ceremony at the Air Force Memorial in Arlington, Aug. 14.

Induction into the elite group of Tuskegee Airmen Inc. as an honorary member is a direct reflection of an individual's dedication to preserving the heritage and legacy of the "Red Tails" as well as introducing youth to aviation and science, technology, engineering and math opportunities.

"Gen. Brown, just like the Tuskegee Airmen, you have been a trailblazer," said Jerry Burton, Tuskegee Airmen Inc. national president. "You, like them, have shown that hard work and staying on task

See **TUSKEGEE** Page 18



Eric Dietrich/U.S. Air Force

**Air Force Chief of Staff Gen. CQ Brown Jr. greets Tuskegee Airmen Inc. members after a ceremony at the Air Force Memorial, Arlington, Va., Aug. 14, 2021. Brown was presented a red jacket, making him an honorary Tuskegee Airman.**

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## CY22 selection board schedule helps shape force

**Tony Whaley**  
AIR FORCE PERSONNEL CENTER  
PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — The Department of the Air Force recently published the Calendar Year 2022 Air and Space Force Selection Board schedules, identifying when thousands of Airmen and Guardians will compete for promotion, helping shape and develop the force.

The upcoming schedule will see several changes from previous years, ranging from accelerating some promotion boards, adding a new Line of the Air Force developmental category, and supporting two separate board schedules for the Air and Space Force.

"While the Space Force promotion boards are intermingled throughout 2022 with the various Air Force boards, their consolidated boards will look at Guardian promotions for sergeant through master sergeant in May, major through colonel in October, and senior master sergeant and chief master sergeant in November," said Col. Scott Arcuri, U.S. Air Force Selection Board Secretariat chief. "The October field grade officer board will be Space Force's second consolidated officer board as a separate service."

Other CY22 changes include: Lt Col LAF-C (Combat Support) Board in January 2022

Lt Col LAF-X (Cross Functional Operations) Board in March 2022

Colonel LAF (A/C/F/I/N/X) and Chaplain Board accelerated to March/April 2022

Colonel MC/DC/NC/BSC Board accelerated from traditional September timing to June 2022

In order to ensure the department has the force it needs, the Lt Col LAF-C (Combat Support) DevCat board will convene in January 2022, separate from the remaining LAF DevCats (A/F/I/N/X) meeting in March.

"Having separate developmental categories for the LAF gives us added flexibility to balance and sustain the force by decoupling board timing when necessary," Arcuri said. "In this case, the Combat Support AFSCs will meet their board two months earlier than last year, which allows earlier processing of the results and earlier pin-on dates to address shortages in some LAF-C career fields."

In July, the Secretary of the Air Force approved a new LAF developmental category, LAF-X (Cross Functional Operations).

"The new category consists primarily of Foreign Area Officers (FAOs) who now have their own Air Force Specialty Code," Arcuri added. "LAF-X consists of only Majors and above, so officers in the LAF-X DevCat will

See **SELECTION** Page 18

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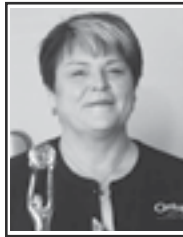
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## Fee-free layaway helps Travis AFB shoppers budget for holiday season

**Daily Republic Staff**

TRAVIS AIR FORCE BASE — Shoppers at Travis Air Force Base who are making their holiday lists will have a little extra help from the Army & Air Force Exchange Service in budgeting their gift spending.

The Exchange will waive the \$3 service fee on select layaway items, including toys, bikes, computers, iPads and

tablets, starting Sept. 1.

"The Exchange's fee-free layaway is a great tool to manage gift-buying for family and friends," Travis Exchange General Manager Phonda Bishop said in a press release. "As a bonus, it also keeps presents out of sight until the big day."

The \$3 service fee is waived for select items of \$25 or more. The standard deposit of 15% of

the item's price is still required to put the product on layaway.

Toys and bikes must be picked up within 60 days or by Dec. 24, whichever comes first. Computers, laptops, iPads, notebooks and tablets must be picked up within 30 days or by Dec. 15.

Some exclusions apply, so see customer service at the Travis Exchange for more details.

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# CAP continues auxiliary efforts for Total Force

**Staff Sgt. Nicolas Z. Erwin**  
SECRETARY OF THE AIR FORCE  
PUBLIC AFFAIRS

TRAVIS AIR FORCE BASE — A group of volunteers continues to play a key role in Air Force operations both locally and across the Total Force.

In 2015, the Air Force Doctrine Volume 2 “Leadership” was updated to include the Civil Air Patrol as an official Air Force auxiliary, and part of the Total Force.

“All Airmen, including the members of the Civil Air Patrol, are directly responsible for acquiring, delivering, supporting, launching and driving Airpower,” said Air Force Chief of Staff Gen. CQ Brown, Jr. “The Civil Air Patrol has a critical role in attracting and developing innovative individuals who have an interest in science, technology, engineering and mathematics who can help reshape the design of the Air Force in line with the ‘Accelerate Change or Lose’ Action Orders.”

The doctrine lists the active duty Air Force, Air National Guard, Air Force Reserve, retirees, contractors and other groups supporting the Air Force mission as other parts of the Total Force. When acting on behalf of the Air Force, the Civil Air Patrol is aligned under First Air Force.

Since 2020, the auxiliary has logged more than 365 days of continuous support during the COVID-19 pandemic. This included flying test kits, vaccines and critical protective equipment to hospitals, which was the largest coordinated effort since World War II.

The inclusion of the Civil Air Patrol allows for approximately 59,000 volunteers to support non-combat related Air Force missions within the United States. They also act as ambassadors to the Air Force to communities that may not have consistent military exposure.

“CAP is in over 1,400 communities across the United States and its territories,” said John Russo, the assistant deputy for the Air Force Auxiliary. “In many cases, CAP may be the closest Air Force-associated unit a person interested in aviation and the military comes in contact with.”

The auxiliary members conduct 90% of the inland search and rescue missions in the U.S. tasked by the Air Force Rescue Coordination Center and other agencies, and has nearly 7,000 aircrew members and 33,00 responders trained to the Federal Emergency Management Agency’s standards.

“The Civil Air Patrol bolsters many of the Air Force homeland operations,”



Senior Airman Jonathon Carnell/U.S. Air Force file

**Senior Airman Lenora Boot, 60th Operations Support Squadron air traffic controller, discusses flight line operations during a Civil Air Patrol cadet tour at Travis Air Force Base, California, July 21, 2021. Seven CAP cadets toured Travis AFB to gain a better understanding of Air Force Specialty Code assignments that are integrated with science, technology, engineering and mathematics.**

Russo said. “The auxiliary flies Air Force-assigned missions at about 1/40th the cost of an active unit. For example, during every hurricane response, the program saves the Air Force \$8 million. They are also recognized by the Air Rescue Coordination Center with about 100 lives saved each year.”

The Civil Air Patrol provides intercept training, light cargo transport and aerial imagery for disaster damage assessments to support local, state and national agencies, along with disaster relief.

Another example of how the Air Force Auxiliary provides support to the United States is its ability to be an avenue for a diversity of cadets and students interested in pursuing aviation and STEM-education and careers.

“Civil Air Patrol has cadets as young as 12 years old, and gives youth the chance to learn more about the military and service to their community,” Russo explained. “The Civil Air Patrol has squadrons located in underserved areas, exposing more diverse youth to the

opportunities the Total Force offers.”

The Civil Air Patrol provides an Air Force-style organization with values, structure, and focus on aerospace. For young Americans seeking to learn about service, to give back to their community, and explore more about aviation or the military, the Civil Air Patrol is a great opportunity to prepare them for service in the Air Force, Russo said.

Travis Composite Squadron 22 of the Civil Air Patrol is pushing to increase participation in the program at Travis Air Force Base.

The Civil Air Patrol program is a self-paced, 16-step, multifaceted program with focuses in aerospace education, leadership training, physical fitness and moral leadership. Cadets are eligible to join the program between ages 12 to 21.

To find more information about the Civil Air Patrol program, visit <https://www.cawgcap.org/>. To learn more about the activities of Travis Composite Squadron 22, contact Maj. Josephine A. Nash at [Josephine.Nash@cawgcap.org](mailto:Josephine.Nash@cawgcap.org).



Senior Airman Jonathon Carnell/U.S. Air Force file

**Civil Air Patrol cadets inspect a KC-10 Extender boom display July 19, 2021, at Travis Air Force Base, California. Seven CAP cadets toured Travis AFB to gain a better understanding of Air Force Specialty Code assignments that are integrated with science, technology, engineering and mathematics.**

## Washington

From Page 5

or cloth contaminated with a less-virulent version of smallpox, which in this case was a strain known as “variola.”

At the time, most English troops were immune to variola, and their immunity gave them an “enormous advantage against the vulnerable colonists,” according to the library. By contrast, less than a quarter of the American colonial troops had ever had the virus.

Washington knew a mass inoculation campaign could backfire and might cause more disease than it prevented. He also feared the mandatory inoculations would harm recruitment.

Nevertheless, after weighing the odds, Washington informed Congress on Feb. 5, 1777, of his plans for a mass inoculation. The general’s plans contraindicated a 1776 proclamation by the Continental Congress prohibiting inoculations.

A Feb. 6 letter to Dr. William Shippen from Washington states: “Finding the smallpox to be spreading much and fearing that no precaution can prevent it from running through the whole of our Army, I have determined that the troops shall be inoculated. This expedient may be attended with some inconvenience and some disadvantages but yet I trust its consequences will have the most happy effects. Necessity not only authorizes but seems to require the measure, for should the disorder infect the Army in the natural way and rage with its usual virulence, we have more to dread from it than from the sword of the enemy.”

Throughout February, the inoculations across the entire force were carried out in the model of the initial efforts in Morristown and Philadelphia.

Washington’s strategy was largely successful.

“The isolated infections that sprung up among Continental regulars during the southern campaign failed to incapacitate a single regiment,” the Library reported.

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# 749th Aircraft Maintenance Squadron change of command ceremony



Photos by Master Sgt. Jose B. Aquilizan

Above: Lt. Col. Michael A. Vandermeiden relinquishes command of the 749th Aircraft Maintenance Squadron to Maj. Paul M. Overdiek during the change of command ceremony at Travis Air Force Base, Aug. 7, 2021.

Bottom left: Col. Erin C. Cook hands the 749th Aircraft Maintenance Squadron guidon to Maj. Paul M. Overdiek during the change of command ceremony at Travis Air Force Base, Aug. 7, 2021.

Bottom right: Lt. Col. Michael A. Vandermeiden relinquishes command of the 749th Aircraft Maintenance Squadron to Maj. Paul M. Overdiek during the change of command ceremony at Travis Air Force Base, Aug. 7, 2021.

# Change of command ceremony for the 349th Aeromedical Staging Squadron



Photos by U.S. Air Force Senior Airman Michael Wang

Families and friends gathered as Col. Robert Noll was promoted and took command of the 349th Aeromedical Staging Squadron from Col. David Huang at the David Grant Medical Center Auditorium, Aug. 7, 2021.

# Customers can evaluate benefit through Commissary Customer Service Survey

## DeCA Corporate Communications

FORT LEE, Va. – Military customers worldwide will have the opportunity to evaluate their stores through the annual Commissary Customer Service Survey (CCSS) starting Aug. 23.

The Defense Commissary Agency (DeCA) survey will be available for 10 consecutive shopping days ending on or before Sept. 8, depending on the commissary's operating schedule. Customers will be able to take the survey at the commissary entrance area before they shop.

"This CCSS allows us to benchmark commissary performance during a fixed period of time," said James Taylor, chief of DeCA's store operations division. "We're committed to delivering a premier customer experience in every store, and this survey platform continues to be a powerful tool to help us do that."

Customers will be asked at random to participate in the survey which evaluates areas such as customer service, pricing, savings, product availability and selection, cleanliness, store layout, and produce, meat, grocery deli and bakery quality.

After agreeing to participate, customers will be presented with three options:

- Scan a QR code and take the survey on their own mobile device
- Have the store employee ask the questions and enter responses in the store's iPad
- Or personally complete

the survey on the store's iPad. Commissary associates will use disinfectant wipes to sanitize the iPad between uses, and provide gloves to each customer electing to use the store device. The precautions are part of the safety measures used during the 2020 CCSS cycle to help prevent COVID-19 exposure.

"Care will be given to continuing social distancing measures," Taylor said. "We are working with our associates at each location to ensure the proper safety protocols are in place."

Last year, more than 20,000 shoppers rated the commissaries an overall 4.46. The score is based on a 5-point scale, ranging from 1, "Poor," to 5, "Excellent." Customers gave commissaries high marks for helpful and courteous employees, store cleanliness and layout, and convenient hours.

In addition to the annual CCSS, DeCA also employs ForeSee, a robust survey platform that gives commissaries a real-time snapshot of patron feedback throughout the year, accessible at the link provided on the bottom of every purchase receipt.

"These surveys give our customers opportunities to determine how effective we are in delivering their commissary benefit," said Brian Myrick, management and program analyst. "We use the data from their responses to help improve their shopping experience. In effect you can say they're helping themselves by participating."

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# local worship services

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**Web Site:** [www.stpaulfairfield.org](http://www.stpaulfairfield.org)

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Worship Guide



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Minister: Elliott Williams

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# Don't Hesitate: Vaccinate today for back-to-school time

Janet A. Aker

MHS COMMUNICATIONS

Back-to-school time is here already, and many parents are required to show proof of vaccinations before their children can return to in-person classes.

TRICARE covers the cost of physicals for school enrollment, which include vaccinations.

Parents should know that these vaccines have been proven safe and effective many times over in large clinical trials in this specific population to fight or eradicate childhood diseases. The same goes for

teenagers.

So, protect your children. Protect yourself. Stay up to date and talk to your pediatrician or health care provider today about vaccinations for children and teens.

Think of childhood vaccines in five primary groups, said Army Capt. (Dr.) Nicholas DeStefano, officer in charge for primary care and a family physician at Weed Army Community Hospital, in Fort Irwin, California:

■ Very early childhood vaccines generally given at 2, 4,

See VACCINATE Page 16



Petty Officer 1st Class Jacob Sippel/ U.S. Navy

Naval Hospital Corpsman 2nd Class Vernon Thomas, a preventive medicine technician, gives a vaccine to a military family member at Naval Hospital Jacksonville's Immunizations Clinic, Aug. 8, 2019.



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www.TreatYourLegs.com

## Vaccinate

From Page 15

and 6 months: hepatitis B (Hep B), diphtheria-tetanus and pertussis (DTaP), Haemophilus influenza B (Hib), pneumococcal conjugate vaccine (PCV), polio vaccine (IPV), and rotavirus vaccine.

■ Early childhood vaccines generally given at 12 or 15 and 18 months include the very early vaccines again, except for rotavirus and Hep B, measles-mumps-rubella (MMR), varicella (chicken pox), and hepatitis A (Hep A).

■ Childhood vaccines given at age 4: DTaP, IPV, MMR, and Varicella.

■ Preteen vaccines given at age 11: DTaP, human papillomavirus (HPV), and meningococcal (meningitis).

■ Teen vaccine given at age 16: meningitis.

### Flu vaccine

The influenza vaccine should be given every year to children 6 months and older. "Influenza has a history of causing significant illness especially in children under 5 and adults over 65," DeStefano said. "If or when the restrictions lift for COVID-19, people are going to return to family gatherings, and we are likely to see a significant increase in influenza cases," he warned.

Also, he said he "tries to help parents make the connection between mask wearing and social distancing and the number of influenza infections last year," which were far lower than usual, adding: "It also helps to remind families that once we are able to have children safely in schools across the country, we don't want them to get sick and have to be out of school again for flu."

The flu vaccine usually becomes available in late August or early September. Check with your health care provider.

DeStefano said he strongly recommends the COVID-19 vaccine for "anyone who is eligible."

He said he generally spends more time discussing getting the flu vaccine because of the age of the patients he sees, who are too young for the COVID-19 vaccines under the Food and



Maria Christina Yager/ U.S. Army

Army Staff Sgt. Michael Witham administers a COVID-19 vaccine to military family member Alan Saucer at Blanchfield Army Community Hospital, in Kentucky, April 15, 2021.

Drug Administration's emergency use authorization.

The Pfizer COVID-19 vaccine can be given to youths 12 years and older. It is recommended that anyone 16 and older be immunized against COVID-19. Large studies are ongoing in children younger than 12.

### Vaccine hesitancy

Like other doctors, DeStefano sees parents who are hesitant to vaccinate their children.

"The most effective methods to address vaccine hesitancy are specific to addressing each individual parent's concerns," he said.

"My grandparents lived in a world with few vaccines and cars with no safety features," he tells parents with vaccine concerns. "Our desire to protect ourselves and our children has led to an increase in the number of vaccines against deadly diseases in the same way it has led our cars to have seatbelts, airbags, side airbags, and backup cameras," he tells them.

### PCSing

As for children who are making permanent changes of station (PCSing) with their families, DeStefano recommends the standard battery of age-appropriate vaccines.

Additionally, he recommends an early MMR vaccine in children 6-11 months old who are PCSing to Europe and the Japanese encephalitis and typhoid vaccines for those PCSing to Asia.

DeStefano suggests parents check the CDC's travel site for the specific country to which they are being stationed to get the exact vaccination requirements.

### College-age vaccinations

Dr. Prabha Gupta, an internist at Kenner Army Health Clinic in Fort Lee, Virginia, recommends that college-age patients get a tetanus/acellular pertussis (whooping cough) combination because, "for some, it's been more than 10 years since their last tetanus shot, and they may not have had the whooping cough vaccine before," she said.

"I definitely recommend an influenza shot and a COVID-19 vaccination," she added.

"We know the patterns of influenza" every year, but it would be a "double whammy if a patient got flu and COVID-19 together," she said.

Her approach to the COVID-19 vaccination question is to "tell you the facts, the evidence, and why it's important, and my advice, but say, 'It's up to you, the patient, to decide whether to get the COVID-19 vaccine.'" She said "nine out of 10 walk out of the room with the shot."

Other immunizations for college-age patients are the meningitis vaccine, which is not mandatory, but a student who doesn't take it has to sign a waiver, she said.

Additionally, Gupta double-checks that her patients have received the MMR vaccine and have proof of that vaccination. If not, they must have a blood test to check for MMR antibody levels in their blood.

HPV is the most "under-discussed" vaccine, Gupta said. "I discuss it" because the vaccine is recommended for those up to 26 years of age.

"I don't know if pediatric health care promoted the vaccine or not," Gupta said, "so I give them the option of a three-dose regimen."

DeStefano is an enthusiastic proponent of the HPV vaccine because it prevents cervical cancer in women and throat and anogenital cancers in both sexes. The HPV vaccine "targets the highest risk strains of HPV, which account for over 90% of cervical cancer," he said.

## Bridge

From Page 4

in a multiservice environment to become the nation's next generation of military leaders."

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USUHS students, they repay their education through service to the nation by supporting and leading global health engagements. All service members incur a three-year obligation or active duty service commitment for EMDP2. Depending on the medical school source, members will incur an additional four or seven-year commitment served consecutively.

One of the most frequently asked questions is about education requirement waivers.

"Waivers are not considered for any of the academic requirements and are only considered for exceeding time in service and age requirements if extenuating circumstances prevented the member from applying earlier," Zemkosky said. "The program is very intense and requires attendees to grasp concepts and information from day one of training. Having completed the undergraduate degree and other requirements is key in priming these future military health professionals and leaders for academic success."

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Eric Dietrich/U.S. Air Force

**Air Force Chief of Staff Gen. CQ Brown Jr. salutes a group of Tuskegee Airmen Inc. members during a ceremony at the Air Force Memorial, Arlington, Va., Aug. 14, 2021.**

## Tuskegee

From Page 6

results in success."

Formed during the onset of World War II, the Tuskegee Airmen pioneered the way for desegregation in the military while simultaneously dominating the skies in Europe. Their accomplishments and famous Red Tails have been celebrated throughout history.

"I am grateful, humbled and proud, not only to receive the coveted red jacket, but to also have one of the documented original Tuskegee Airmen, Col. Carl Johnson, here with me today," Brown said.

Just as they did more than 80 years ago, despite public scrutiny, the Tuskegee Airmen Inc. continues to set the standard for courage, leadership and innovation of today's Air Force.

"I am forever grateful for

African American aviators that paved the way for me to be here," Brown said. "I also realized as the Chief of Staff of the Air Force I probably was not the first one to be qualified to have this position; I was just the first one to be given the opportunity."

The heritage of the Tuskegee Airmen remains a symbol of hope against the challenges the nation faces today.

Brown says he hopes to inspire young men and women the same way he was inspired by the Tuskegee Airmen.

"As the first Chief of Staff of the Air Force, or Service Chief, that's African American, I'm very conscious of the enormity of what this opportunity is for me but what it represents for so many," Brown said. "I hope that me being the Chief of Staff of the Air Force will be an inspiration to others so they can prepare themselves for that 'someday' when their chance may come."

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## Selection

From Page 7

compete for lieutenant colonel in March and for colonel in March/April."

The Colonel LAF and Chaplain boards will be held in late March/early April, about three months earlier than in 2021. Similarly, Medical, Dental, Nurse and Biomedical Sciences Corps candidates meeting their colonels board will compete in June, three months earlier than they did in 2021.

"This continues a trend of moving the Colonels' promotion boards earlier in the year to better align with the Colonel assignment process," Arcuri added.

The Selection Board Secretariat conducts nearly 200 boards per year for both the Air and Space Force. These include all general officer promotion and federal recognition boards; active duty officer promotion and continuation boards; officer special selection boards and special selection review boards; enlisted promotion boards for sergeant through chief master sergeant (Space

Force) and master sergeant through chief master sergeant (Air Force); and other boards as directed by the SecAF.

"We are challenging the status quo and making necessary changes today so we are ready for tomorrow," Arcuri said. "The decisions and changes

made for the upcoming board schedules were deliberate and focused on ensuring we have the right mix of Airmen and Guardians who can compete, deter and win in the high-end fight."

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USAF Courtesy photos

Left: Secretary of the Air Force Frank Kendall, right, meets with Col. Corey A. Simmons, 60th Air Mobility Wing commander, at Travis Air Force Base, Monday, Aug. 16, 2021. Kendall stopped to have his aircraft refueled and took time to meet with base leadership.

Bottom left: Secretary of the Air Force Frank Kendall walks on the tarmac at Travis Air Force Base, Monday, Aug. 16, 2021.

Bottom right: Col. Corey A. Simmons, 60th Air Mobility Wing commander, meets with Secretary of the Air Force Frank Kendall, at Travis Air Force Base, Monday, Aug. 16, 2021.

# Travis gets a visit from the Air Force...

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