"In Omnia Paratus"
Team Travis, 349th Air Mobility Wing

CONTACT

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March is Women's History Month

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On the Front Cover: — March is Women's History Month. According to the Library of Congress, the limited but important roles women played in Korea and Vietnam paved the path to more expanded — and in some cases more dangerous — specialties in the ones we are fighting now. There is a saying, "Women who behave rarely go down in history." We salute the women of the 349th Air Mobility Wing who are making a difference with their service and commitment to excellence. (U.S. Air Force courtesy photos)

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Reminder to make life count

by Col. "Jay" Flournoy
349th Air Mobility Wing Commander

"If we have a purpose in life beyond being a cog in the human machine, mine is to help inspire people and that's pretty cool. I would like to motivate the world."

--Steve Gleason,
Former New Orleans Saint's Safety

For millions of people, this past month was all about the National Football League's Super Bowl game featuring the New England Patriots and the New York Giants. For both teams and their fans it was the culmination of an entire year's worth of ups and downs, dealing with adversity and injury, and overcoming personal and professional hardships while trying to stay focused on the ultimate prize. In preparation for the game, scores of fans stocked up on their favorite foods and beverages and eagerly awaited the clash of the two top teams in the NFL. Many others, perhaps not the biggest football fans, watched the broadcast just to see which commercial would be the funniest or most creative. I must admit, I was one of many fans waiting to be entertained and waiting to be on the receiving end of the Super Bowl production. Little did I realize that the biggest take away that I had from spending four and a half hours in front of the television was from a thirty-four year old former New Orleans Saints Safety and Special Teams Player named Steve Gleason.

Many of you may have missed the pre-game coverage that included interviews of former coaches and players as well as half-time entertainers all making predictions on the outcome of the game. There was one story in particular that everyone needed to hear. It was the story of a young man who had worked his whole young adult life to achieve a goal of playing as a professional in the National Football league. It was the story of a man who overcame

(*See* REMINDER *on Page 5*)

Resiliency is every Wingman's challenge - staying strong in life's changing seasons

by Chaplain (Capt.) Matthew Ellis, 349th Air Mobility Wing

In 1965 The Byrds song, "Turn! Turn! Turn! (To Everything There Is a Season)" became an international hit. The words of this song are originally found in the biblical book of Ecclesiastes 3:1-8, which reads: "*1 There is a time for everything, and a season for every activity under the heavens: 2 a time to be born and a time to die, a time to plant and a time to uproot, 3 a time to kill and a time to heal, a time to tear down and a time to build, 4 a time to weep and a time to laugh, a time to mourn and a time to dance, 5 a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing, 6 a time to search and a time to give up, a time to keep and a time to throw away, 7 a time to tear and a time to mend, a time to be silent and a time to speak, 8 a time to love and a time to hate, a time for war and a time for peace*" (NIV).

This poem and song strikes a chord to the reality of the world around us - life is full of changing seasons. Sometimes we are on top of the world and are feeling quite blessed! Life is good because things are going well with our family, health, job, and more! Then those other seasons come - troubles arise in our family, medical issues rise up, stress in the workplace is mounting, our bank accounts are low, we have to do more with less, and depression may even be setting in.

So where are you at right now? Which season is upon you? If you are experiencing a season of blessings -rejoice in it! Enjoy this time of plenty and rest, but remember to prepare for the changes that may come. If you are experiencing a season of hardships - keep strong! This is not the end, and as the old adage says, "This too shall pass." But how can we do this? How can we stay stronger longer? Consider the following-

Comprehensive Airman Fitness: We have heard this emphasized time and again, and it is vital! Keeping healthy in all areas of life is key: socially, mentally, physically, and spiritually. A well balanced life is vital to pass through both hard and easy times in good health. Take an assessment of yourself. Are you spending enough time with your family and friends to keep your relationship strong? Are you regularly challenging your mind while also giving yourself times to rest? Are you eating and exercising healthily? Are giving yourself the time and focus needed to grow spiritually as an individual and with your family? Recognize those areas of your life in which you are weak and deliberately work to improve them. When we live out of balance here, a new season of change can have a powerfully adverse effect on us.

Find Support: Whether it is playing football, building a family, winning a war, or getting tech support on a new computer system-there are some things in life that require more than one person to be done effectively. When we enter into difficult seasons we are often tempted to handle them alone, but this is not how we were designed. In the first two chapters of Genesis, chapters filled with God's declaration of how good everything is, there is one declaration of something that is 'not good,' which is that man is alone.

We were designed to support and receive support from one another. In seasons of stress, it is normal to be in need of help. Find support in your family, friends, chaplains, and others around you.

Is there more we can do to prepare for life's storms? Undoubtedly. My hope in this article is that you will think of two key things. Maintain your comprehensive fitness as this year continues. Give and receive the support needed to be the strongest you can be and to come through as a better person. Change will come! When hardships arrive-persevere and endure, for this is not the end. Keep your eyes focused on the hope that lies ahead and press forward to this better time.

Members of the 349th Air Mobility Wing staff are working on keeping healthy to help deal with life's seasons by participating in team building event, Feb. 12.. The members ran a three-legged race and relay run, a hula hoop challenge, competed in a softball throw, and raced in Tri-Wheel Huffy Green Monsters.

Team Travis scientist fights on the microscopic front lines in the battle against disease, injury

Story and photos by Lt. Col. Robert Couse-Balker
349th Air Mobility Wing

From her tidy research laboratory, Sarah Torres, 60th Air Mobility Wing civilian and 349th AMW Reservist, contemplates big ideas by focusing on the microcosm of living matter.

Half a world away, a soldier on patrol in Afghanistan is briefly knocked unconscious by the blast of a roadside bomb. His buddies check him for signs of injury and there don't seem to be any. But the story might not end there.

"Damage to the nervous system may not be always apparent through obvious physical and behavioral signs, sometimes it only shows up in symptoms months after the injury," said Torres, a molecular biologist with the Clinical Investigation Facility at David Grant USAF Medical Center.

Torres is among the researchers at Travis looking for molecular signatures of injury or illness.

"When police investigate an automobile crash, they're going measure the skid marks on the road to help them determine the cause of the accident. Certain bio markers are the 'skid marks' of injuries."

The specific bio markers in this case are called MicroRNA, or miRNA for short. These double-stranded molecules of ribonucleic acid, are crucial in protein production and gene regulation.

"Inside the cells, there's a lot of cross talk tidbits of miRNA. When an injury takes place in the body, certain miRNAs from the site of injury tell other parts of the body, 'Help, I've been damaged,'" she said.

By developing means of detecting and measuring these molecular messages, Torres hopes to develop powerful diagnostic tools for health care providers.

"We're examining bio markers of injuries and disease we can test through minimally-invasive procedures, such as blood tests," she said.

In the case of a troop with traumatic brain injury, this could mean early, effective treatment of the underlying neurological damage, long before outward symptoms surface.

At least that's the idea. Moving an idea from concept to clinic is the tricky part.

"Sarah helps us operationalize ideas from academia," said Maj. Carlos Maldonado, Torres ' boss and chief of molecular diagnostics for the CIF.

"She understands the science, the clinical environment and the Air Force requirements, so she can see the processes that have to be put in place to go from idea to reality," he said.

"Our job is to research diagnostic tools for providers to treat illness and disease in the war fighter and military family members," Torres said.

The CIF's scientists don't develop drugs or therapies; they develop processes for prevention and early detection.

Maldonado stands in front of a large white board, filled with scientific notation and flow charts. He traces the lab's process for an upcoming project on wound treatment with FDA-cleared, medical-grade honey. Biological experiments require temperature and inventory control, and many specific procedures require strict adherence to scientific standards set by the Centers for Disease Control and other authorities.

Sarah Torres, a molecular biologist with David Grant USAF Medical Center's Clinical Investigation Facility, looks at a sample before analysis.

"Sarah can look at this (plan) and see if we're missing steps to make the idea a practical reality," he said.

Much of the hard part of turning abstract academic concepts into practical battlefield treatments is figuring out how to measure and repeat results.

"In the military, we want simple, effective, repeatable and reliable processes. That's the beauty part: because of her military background and continuing Reserve duty, she understands the way the Air Force does things and how we get things done. She moves seamlessly between the (laboratory) bench and training others in the clinical environment." Maldonado said.

On her drill weekend, Torres works in the same clinical laboratory at David Grant where she began her Air Force career at age 19.

"The recruiter pointed me towards laboratory technician. The two paragraph description of the job sounded okay," Torres said.

Later, when she was in technical school, she attributed the choice of careers to be a life-changing stroke of providence.

"It was a total God thing. I was really shocked by how interested I was in the material in Phase I. It's become a life-long passion," she said.

After six years on active duty with the 60th Medical Group, she took a break from active service and took a civilian laboratory position at Sutter Medical Foundation, Sacramento.

(*See* TREATMENT *on Page 11)*

Next Yellow Ribbon Event hosted at Denver

The third Yellow Ribbon Event of this year is being hosted at Denver, Colo., Mar. 23-25.

The Yellow Ribbon Program was initiated by the Secretary of Defense and mandated by Congress in 2008 to provide information, services, referral and proactive outreach programs to Reservists and Guardsmen and their dependents through all phases of deployment cycles. The program's goals are to prepare service members and their families for mobilization, sustain families during mobilization, and reintegrate service members with their families and communities upon return from deployment.

Airmen who have deployed for 90 days or more—or are projected to deploy—are eligible to attend. They are put on orders and are compensated for food and travel expenses for themselves and their families. Free child care is also provided, and attendees sometimes have chances to win free prizes, at no expense to the service member. Registration for this event will end on **Mar. 12**.

YRP offers a variety of interactive sessions for single and married Airmen, helping them learn about and discuss finances, communication, relationships, veterans' benefits and more. Participants are able to attend three sessions of their choice plus a mandatory deployment-oriented session.

For more information or to register, please contact Master Sgt. Andrew Piehl, 707-424-3517 or for more information on the program and how to become involved, visit **www.yellowribbon.mil**.

REMINDER...

(Continued from Page 2)

unbelievable odds as undrafted player to be signed by the New Orleans Saints in November of 2000. He went on to play for seven seasons with the Saints and was responsible for one of the most exciting and memorable plays in the Franchise's history. In the first game played in the New Orleans Superdome following the devastating aftermath of Hurricane Katrina, Gleason blocked a punt against the Atlanta Falcons resulting in the first score following a twenty-one month hiatus. It was a play that ignited the entire city and showed the rest of the world that New Orleans was back.

Steve Gleason was on top of the world. Outside of football he had created the One Sweet World Foundation, an organization designed to focus on literacy and the environment. His foundation helped launch "Backpacks for Hope," an effort to get backpacks and school supplies to young victims of Hurricane Katrina. He retired from the Saints in 2008 and set new goals for himself. Gleason enrolled in Tulane University to earn a Master of Business Administration degree.

In January of 2011, Steven Gleason received the horrible news that he's been diagnosed with Amyotrophic Lateral Sclerosis (ALS) or what most of us know as Lou Gehrig's disease. News that would certainly test the spirit of the most courageous heroes that you and I could think of. The biggest message of the entire Super Bowl coverage for me was how this hard charging young man would deal with the fact that he had a terminal disease and how he chose to live his life. It should be no surprise to any of you that Steve Gleason chose to live his life with ALS just as he did without it. When asked by a reporter "have you thought to yourself how long do I have left?" he replied "yeah, which is a really good thing to think as a human." When asked why, he said without hesitation, "because we all have a timeline Peter. Most of us don't live like we have a time line."

We can all learn a powerful message about life from this thirty-four year old superhero named Steve Gleason. I know it made me ask myself, are you living your life like you have a timeline. Are you living everyday to its fullest, setting goals for yourself and going after them, and taking the time to help others achieve theirs before the life's timeline is defined for you? Are you living the Air Force core values everyday, 24/7, on and off duty? Are you being a good Wingman for your family, your loved ones and your Travis teammates? How will you chose to live each day of your time line?

> **"Most of us don't live like we have a time line."**
>
> --Steve Gleason,
> Former New Orleans Saint's Safety

FROM AN EMBER TO A FL

Travis fire department embraces integ

Story by Senior Master Sgt. Ellen Hatfield, 349th Public Affairs

If you're looking for a benchmark for seamless integrated training, you need look no further than the Travis Air Force Base fire department.

Fire Chief John Speakman and Chief Master Sgt. Michael Beck, 349th Civil Engineer Squadron Fire Chief, are justifiably proud of the program they have built, that got the attention of the Air Mobility Command inspector general team during the May 2011 compliance inspection.

"Our day doesn't end at four o'clock, there's a whole lot of things that happen at night," said Chief Speakman. "We're a 24/7 operation, which gives these STP students a chance to experience everything that goes on here."

He said they are more than willing to let a 349th Airmen step up and take the initiative, there's no difference between the active duty and the reservist when it comes to doing the job. "This competition proves that," he said with a smile.

The "competition" was a friendly one, pitting 349th reservists against their 60th counterparts, on a recent unit training assembly at the new Fire Station One. Practicing speed and precision drills, each team was equipped with their own pumper truck. The object was for each team's Airman to don their turnout gear as swiftly as possible, run the hose out about 100 feet, turn it on and knock down four bright orange cones with the spray.

The 349th AMW's Senior Airman Jamie Perkins stood at the ready to show her stuff as the hand linesman, while Senior Airman David Wonnell, driver/operator was at the truck controls to operate the pump, and Staff Sgt. Erik Keene perched atop the pumper as the safety observer.

This particular UTA, about 16 reservists were on duty, training with active duty and civilians on shift for the weekend. Airman Perkins is already in the Reserve's seasoning training program for a year, which means she will work and train here full time. Airman 1st Class Brandon McKenzie just started STP, and Airman 1st Class Christopher Coleman is scheduled to begin soon.

They're allowed to work any shift, but on an emergency response, there are some things they are not allowed to do, like drive the truck until they're licensed and upgraded. "But they're riding the trucks, they're going into the fire, and responding," said the Chief.

During a past major fire, Chief Speakman called on his mutual aid partners to help, then Chief Beck called on his 349th brethren, ending up with 17 reservists helping fight the fire.

"I ultimately handed over the scene to Chief Beck after I had been going for about 26 hours," he said. "I had reached that exhaustion level, and he ran with it, and took care of both our 349th and 60th assets."

Airmen from the 349th Civ
Squadron Fire Departmen
together to restack hose li
training here Jan. 8.

During one of the last CI visits from the AMC IG, over another weekend, a Reserve duty one, the fire chiefs summarily threw the reservists into the mix, and they participated right along with their counterparts. "Our trust is total," Chief Speakman said. "The IG said they'd never seen a better C-5 egress. Everything they suggested to us, we were already doing"

"I haven't personally seen this type of collaborative relationship at another base, but I can tell you that if the 60th has an IG inspection, the 349th comes and supports them, and if the 349th has an inspection, the 60th supports them," he said. "When the opportunity presented itself, I hired three reservists as full time civilians for the department. Knowing their capabilities and working with them every day, I know it's another asset that I can count on, that we can carry the load."

AME:
grated training with a passion

Photos by Tech. Sgt. Rachel Martinez, 349th Public Affairs

il Engineer
t work
ne following

Staff Sgt. Erik Keene, 349th Civil Engineer Squadron firefighter, observes ongoing training from the top of a fire truck here Jan. 8.

Airmen from the 349th Civil Engineer Squadron Fire Department give the thumbs-up, indicating they are ready to begin a training exercise here Jan. 8. The Reserve Airmen conducted joint training with their active-duty counterparts from the 60th Civil Engineer Squadron over the weekend.

Department of Defense begins prorating imminent danger pay

The Pentagon recently announced that service members now will receive imminent danger pay only for days they actually spend in hazardous areas.

The change, which took effect Feb. 1, was included in the 2012 National Defense Authorization Act, which President Barack Obama signed into law Dec. 31.

The act called for DOD to pay service members imminent danger pay only for the time they spend in areas that qualify for the pay. In the past, service members received $225 per month if they spent any time that month in an authorized area.

Now, service members will receive $7.50 a day for days spent in these areas. Personnel who travel to the designated areas for periods less than 30 days should keep track of the number of days they are in the area to verify that they are paid for the correct number of days. Also, it does not matter if the month is 28 or 31 days long; if service members serve in affected areas for the complete month, they will receive the full rate of $225.

The Defense Department defines imminent danger pay areas as places where members are subject to the threat of physical harm or imminent danger because of civil insurrection, civil war, terrorism or wartime conditions.

Service members who come under fire, regardless of location, will receive the full monthly hostile-fire pay amount of $225.

Wing Commander's Call

Wing Commander's Calls will be conducted on Sunday A-Flight, March 4 and 25, 8-9 a.m., Base Theater, UOD for all. POC is Public Affairs, 707-424-3936.

349th AMW needs Key Spouses

Key Spouses are assigned to each unit to act as a liaison between you and your unit's leadership to make sure your family's needs are being met during periods of separation.

Key Spouses help you thrive and survive during deployments by keeping you updated on unit and base events, communicating any problems you may have to the appropriate leadership, and connecting you with any services or resources you may need. They want to be there for you whenever you need them!

To find out who your Key Spouse is, or to find out how to become a Key Spouse, just call the A&FRC at 707- 424-2486, or contact your spouse's unit First Sergeant.

Warrior of the month

U.S. Air Force photo/Senior Master Sgt. Ellen Hatfield

Warrior of the month: 2nd Lt. Justin Johnson

Squadron: 55th Aerial Port Squadron

Job title: 21R3 Logistics Readiness Officer (LRO)

Hometown: Dixon, Calif.

Years in service: 10 years

Family: Wife - Sayaka

Goals: Complete MBA with Drexel University this year.

Greatest achievements: Completed three Bachelor's degrees within 18 months.

Hobbies: Hiking, reading, and refinishing antique furniture.

Supervisor's comments about this Warrior: *"Lt. Johnson is very motivated!! He has come into the 55th APS and been an immediate impact player, a top notch Airman we are fortunate to have. I look forward to great things in the future for him," said Capt. Charles Marquez.*

349th Air Mobility Wing commander introduces Honorary Commander

Jill Techel is not only Col. Jay Flournoy's Honorary Commander, she is also the Mayor of Napa and a graduate of the University of North Dakota, who came to live in the city of Napa in 1971.

Her first official position was as an appointee to the Napa Parks and Recreation Commission, and she later became the first female chairperson for that group. She was later elected to the Napa Valley Unified School District Board, serving a total of six years, including three years as President.

In 1996, Mayor Techel was appointed to fill the vacancy on the city council due to the death of Mayor Ed Solomon. After completing that term, she ran for a council seat and was elected. Following her two four-year terms on the council, she was elected mayor in March 2005 and ran unopposed for a second term in November 2008.

Mayor Techel serves as Program Coordinator for Leadership Napa Valley and received the Preceptor Award for outstanding Leadership Professionals from the National Community Leadership Association in 2004.

U.S. Air Force photo/Lt. Col. Robert Couse-Baker

349th Air Mobility Wing commander, Col. Jay Flournoy, takes time out during the 349th Leadership off-site, Feb. 9-10, to introduce his Honorary Commander, the Honorable Jill Techel, mayor to the city of Napa. The 2012 Honorary Commanders were inducted for a two-year term in January.

Mayor Techel represents the city as the delegate to the Association of Bay Area Governments, as the Chair of the Napa County Flood Control and Water Conservation District, as a board member of the Napa County Transportation and Planning Agency, Napa Sanitation District, and is the alternate representative of the city on the Napa-Vallejo Waste Management Authority. Her term as mayor is scheduled to expire in December 2012. (*Information complied from www.cityofnapa.org.)*

U.S. Air Force photo / Lt. Col. Robert Couse-Baker

Welcome Home: Senior Master Sgt. Jimmy Grant, a loadmaster with the 312th Airlift Squadron, is greeted by family and friends upon return to Travis Air Force Base, Calif., Feb. 12, after deploying in support Operation Enduring Freedom. Aviators from the reserve 312th AS and active-duty 22th Airlift Squadron deployed with a Travis C-5B Galaxy to an undisclosed location to airlift cargo in and out of Afghanistan.

349th Wing Traditional Reserve Vacancies

AFSC	AFSC Title	Rank
11G3	Generalist Pilot	Officer
11M3K	Mobility Pilot, General	Officer
11M2A	Mobility Pilot, General	Officer
11M3S	Mobility Pilot	Officer
11M3Y	Mobility Pilot	Officer
12M3	Mobility Navigator	Officer
1A151	Flight Engineer	SSgt/TSgt
1A251	Aircraft Loadmaster	TSgt/MSgt
1A271	Aircraft Loadmaster	SMSgt
1N071	Operations Intel	TSgt
21A3	Aircraft Maint	Officer
2A571	Aerospace Maint	TSgt/MSgt
2T251	Air Transportation	SSgt/TSgt
2W071	Munitions Systems	TSgt
3E252	Electrical Power Prod	SSgt
3E251	Pavement & Const	SSgt
3E451	Utilities Systems	SSgt
3E651	Operations Management	SSgt
3D073	Cyber Security	TSgt

AFSC	AFSC Title	Rank
3M071	Services	MSgt
3P051B	Combat Arms	SSgt
3S271	Education & Training	SSgt/TSgt/MSgt
41A3	Health Services Admin	Officer
43H3	Public Health	Officer
43P3	Pharmacist	Officer
44F3	Family Physician	Officer
44M3H	Internist	Officer
44Y3	Critical Care Medicine	Officer
45S3B	Surgeon	Officer
46A3	Nurse Administrator	Officer
46F3	Flight Nurse	Officer
46N3	Clinical Nurse	Officer
48A3	Aerospace Medicine Sp	Officer
4N071	Aerospace Medical Svs	SSgt/TSgt/MSgt
4N091	Aerospace Medical Svs	SMSgt
8F000	First Sergeant	MSgt/SMSgt
5J051	Paralegal Assistant	SSgt
52R3	Chaplain	Officer

For more information about these vacancies, go to https://www.afpc.randolph.af.mil/afpcsecure/MainMenu.asp.

349th Wing Full-Time Vacancies

UNIT	GS/SERIES	TITLE	TYPE
349 AMW	GS-0501-09	Financial Mgt Specialist	ART
349 FSS	GS-0203-05	Human resources Asst (Mil/OA)	CIV
349 CES	GS-0301-09	Readiness/Emergency Mgt Sp	ART
349 CES	GS-0303-07	Readiness Program Asst	ART
82 APS	GS-0303-07	Resource Mgt Assistant (OA)	ART
55 APS	GS-1702-09	Training Technician	ART
55 APS	GS-0303-07	Resource Mgt Assistant (OA)	ART
349 MXS	WG-8255-10	Pneudraulic Sys Mechanic	ART
349 MXS	WG-5378-10	Powered Support Sys Mechanic	ART
349 AMXS	WS-8801-08	Aircraft Overhaul Supervisor	ART
945 AMXS	WG-8852-10	Aircraft Mechanic	ART
945 AMXS	WG-8852-10	Aircraft Mechanic	ART
349 OSF	GS-0301-09	Aviation Resources Mgt Sp	ART
301 AS	GS-2181-13	Airplane Flight Instructor	ART
312 AS	GS-2181-14	Aircraft Operations Officer	ART
70 ARS	GS-2181-13	Airplane Flight Instructor	ART
70 ARS	GS-0303-07	Operations Technician	ART
79 ARS	GS-2185-12	Supervisory Flight Egner (Instr)	ART

For more information about these vacancies, go to https://www.afpc.randolph.af.mil/afpcsecure/MainMenu.asp.

349th Enlisted Incentive Program

The following AFSCs have been authorized by HQ AFRC for this wing, effective Oct. 1 - Sept. 30, 2012. Authorized AFSCs are by specific skill levels only and DAFSC's only.

K/Q 1A151	Flight Engineer Journeyman
K/Q 1A171	Flight Engineer Craftsman
K/Q 1A271	Aircraft Loadmaster Craftsman
1C371	Command Post Craftsman
1N490	Network Intell Analyst Superintendent
2A571	Aerospace Maintenance Craftsman
2A573C	Inegrated Avionics Systems Craftsman
2A672	Aerospace Ground Equipment Craftsman
2A675	Aircraft Hydraulic Systems Craftsman
2R151	Maintenance Mgt Production Journeyman
2T251	Air Transportation Journeyman
2T271	Air Transportation Craftsman
2W071	Munitions Systems Craftsman
3D073	Cyber Surety Craftsman
3E090	Electrical Systems Superintendent
3E351	Structural Journeyman
3E453	Pest Management Journeyman
3E891	EOD Superintendent
3E871	EOD Journeyman
3E851	EOD Craftsman
3M071	Services Craftsman
3S271	Education and Training Craftsman
4A091	Health Services Mgt Superintendent
4N091	Aerospace Medical Superintendent
X4N071	Aircrew, Aerospace Medical Craftsman

For more information see your Unit Career Advisor.

TREATMENT...

(Continued from Page 4)

Not wanting to let go of uniformed service, Torres transferred to traditional Reserve status with the 349th Aerospace Medical Squadron.

All the while, she continued her studies towards a bachelor of science, involvement in her church, being a mom and earning Board certification by the American Society for Clinical Pathology. When the scientist day job opened up at CIF, she was ready to apply. Torres said it's a dream job, but she still makes time to serve in uniform.

On Reserve weekends, Master Sgt. Torres is the noncommissioned officer in charge of the 349th Medicine Squadron clinical lab.

"The Reserve duty helps give me the big picture. If you're not careful, you can lose sight of the clinical work. On reserve weekends, we provide patient care. I draw blood every drill weekend," she said.

"Sergeant Torres is a very good supervisor and she multi-tasks like nobody's business," said Senior Master Sgt. Melinda Schoch, superintendent of laboratory services for the 349th Aerospace Medical Squadron.

"But one of the most telling things about her is how she treats every patient at the (customer service) window like they are the most important person in the hospital," she said.

Schoch said Torres success came as a result of a lot of hard work and determination, "She was going to school, Reserve duty, a full-time job and taking care of a little baby. I can only guess she needs very little sleep."

Torres will modestly say it's less about striving for something than being pulled by her interest in the field. She has worked to share her passion for science with others.

Master Sgt. Sarah Torres, 349th Aeromedical Medicine Squadron clinical lab, helps Staff Sgt. Daniel Lopez and Senior Airman Veronica Barros work through a computer procedure at the front window of the laboratory at David Grant USAF Medical Center. Torres is a traditional reservist with the 349th Air Mobility Wing and also a civilian scientist with the 60th Air Mobility Wing's Clinical Investigation Facility at DGMC.

Senior Airman Veronica Barros, a laboratory technician with the 349th Aerospace Medicine Squadron, said Torres is the "go-to person" in the lab for developing your career.

"She helps us to do better on our board certifications; she's always willing to help us," she said.

In her civilian life, she has also spread the word about careers in science.

According to the ASCP, the medical laboratory science field is undergoing a critical workforce shortage because there are not enough qualified people to fill the void.

The ASCP selected Torres to be one of 23 laboratory professionals to serve as ambassadors to raise awareness about careers in medical laboratory science among high school students.

She tells the students, "Medical laboratory science is a vibrant, growing field and has the potential for an extremely rewarding career, particularly for those who enjoy seeking answers", she said.

In the medical research field, seeking answers takes incredible patience and perseverance. "And sometimes you find there are many different roads to find the answer. And sometimes you find a lot of dead ends. You don't always get warm fuzzies at the end of the day," she said.

Yet she sees potential to save lives and improve the quality of others by what she does. And it drives her. One of her projects aims to identify and defeat superbugs. Her quest is to find which genes are giving some pathogens antibiotic resistance.

"I like having a problem and taking it apart. I want to find answers," Torres said.

ENLISTED PROMOTIONS

MASTER SERGEANT

FISHER, PAUL, 349th AMXS
CASSIDY, MICHAEL T., 23rd CBCS
DESTEFANS, SCOT, 70th ARS

TECHNICAL SERGEANT

DEDONATO, HEATHER, 349th ASTS
GEORGE, MARISSA C., 349th ASTS
AMAYA, ELISE A., 349th SFS
BETTIS, MARK N., 749th AMXS
MEDINA, AGUSTIN, 349th AMDS
SINGH, PARDEEP, 23rd CBCS
KRUSEWRIGHT, CHRISTOPHER, 45th APS

Effective February 2012 or earlier.

Count down to Operational Readiness Inspection

The 349th and 60th Air Mobility Wings will combine forces for the next ORI Feb. 3 – 10, 2013. In preparation, more than 300 members of the 349th wing will deploy to Travis Base X May 4-12, 2012, in an operational readiness exercise.

Are you ready to meet the challenge?

Let's take this opportunity to demonstrate our greatest readiness capability to meet the most stringent tasking. The key to success lies in our mindset and preparation.

Here are some inspection tips from Maj. Bill Westfahl, 349th Operations Support Flight ORE/ORI planner and guru:

-Attitude: A good attitude makes all the difference.

-Effective communication between shifts is a must.

-Leader in the "field" need to up-channel information to the Information Control Center. The ICC leaders are there to help correct problems and allocate scarce resources to critical tasks.

-Use deployed leadership.

-Be working with your unit deployment managers to make sure your training is current, and your equipment is ready to go!

ORI FYSA - M50 Joint Service General Purpose Mask

Courtesy photo.

The M50 Joint Service General Purpose Mask is the United States armed forces gas mask, which replaced the M40 Field Protective Mask.

The M50 is designed to be compact, light weight, more comfortable and effective as determined by the Defense Department Joint Program Executive Office for Chemical and Biological Defense.

The M50 allows for a wide field of view with a single lens that spans the width of the face. The M50 has twin conformal filters, which decreases breathing resistance by 50 percent. This protective mask provides 24 hours continuous eye-respiratory protection in nuclear, biological and chemical (NBC) environments.