

Crimson Sky



Baby McFall examines his surroundings at the 51st Medical Group hospital prior to being transloaded onto a C-17 Globemaster III prior to an aeromedical evacuation mission, March 30, 2020, at Osan Air Base, Republic of Korea. The U.S. Army's 65th Medical Brigade, Air National Guard's 154th Wing and U.S. Air Force's 51st Medical Group and 18th Aeromedical Evacuation Squadron unified to transload Parker and Laine McFall, children of Specialist Cody McFall and Private First Class Cheyenne Evans from Camp Walker's 188th Military Police Company, en route to Maryland's Walter Reed National Military Medical Center for advanced care. (U.S. Air Force photo by Staff Sgt, James Miller)

Twin infants evacuated amidst COVID-19 crisis

Story by 1st Lt. Daniel de La Fe
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- Parker and Laine McFall were born February 17 at 30 weeks in Daegu's Yeungnam Medical University Medical Center during the COVID-19 outbreak. They were medically cleared and protected from COVID-19, then transported to Osan AB for a follow-on flight to Joint Base Andrews, Maryland, culminating in care at Maryland's Walter Reed National Military Medical Center for advanced neonatal patients.

The 18th AES from Japan's Kadena Air Base

is one of the few Neonatal Critical Care Air Transport Teams in the world. The squadron's ability to mobilize quickly with the most advanced equipment available gives patients the critical care they need during flight.

Advanced precautions were made to protect the infants, parents, medical providers and aircrew coming from across the region to support the critical care transport.

The parents, U.S. Army's Spc. Cody McFall and Pfc. Cheyenne Evans with the 188th Military Police Company at Camp Walker, were preemptively tested for COVID-19 and placed in quarantine on March 10.

They tested negative and are currently showing no symptoms.

U.S. Army Col. Joseph Hudak, a neonatologist from Brian D. Allgood Army Community Hospital at Camp Humphreys, transported the infants via ambulance from the Neonatal Intensive Care Unit in Daegu to Osan AB. From there, the infants were placed aboard the aircraft and flown to JB Andrews.

Neonatal Critical Care Air Transport Teams give children access to the higher echelon of care they need, and Walter Reed National Military Medical Center is the only facility currently able to accommodate the infants' specific needs.

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US, Japanese forces join for Pacific Weasel exercise



Capt. Peter Magness, 13th Fighter Squadron electronic combat pilot, Misawa Air Base, Japan, parks his F-16 Fighting Falcon after exercise Pacific Weasel, March 27, 2020. The 35th Fighter Wing began executing the exercises in 2018, and each iteration has been refined and improved upon since its inception. (U.S. Air Force photo by Tech. Sgt. Chris Jacobs)

By Tech. Sgt. Chris Jacobs, 35th Fighter Wing Public Affairs

MISAWA AIR BASE, Japan (AFNS)

-- Members of the 13th and 14th Fighter Squadrons, Misawa Air Base, Japan, executed exercise Pacific Weasel over Draughton Range, March 27.

The 35th Fighter Wing began practicing large-force exercises in 2018, and each iteration has been refined and improved upon since its inception. Air Force members had the opportunity to integrate with Japan Ground Self-Defense Force members and assets.

"Each (Pacific Weasel) provides opportunities to train in a larger event with other aircraft than we would be able to train with in standard day-to-day training," said Maj. Daniel House, 35th Operations Support Squadron assistant director of operations. "We have offensive and defensive teams, each with their own objectives and mission sets. This exercise gives our aviators the opportunity to really stretch their legs."

This exercise's iteration included F-16 Fighting Falcons from the 13th and 14th Fighter Squadrons,

command and control assets assigned to the 610th Air Control Flight, and surface-to-air missile simulators from the Japanese Ground Self Defense Force 101st Antiaircraft Artillery Unit from Camp Hachinohe. Each of these units play a critical role in the mutual defense of Japan, and by joining forces for an exercise of this scale, enables all personnel involved the opportunity to interact as they would in a real-world scenario.

"The (Pacific Weasel) exercises are a great time for us to fully mission plan, execute and debrief a mission set that is essential to Misawa and our host nation partners," said Capt. Peter Magness, 13th Fighter Squadron electronic combat pilot. "We had the opportunity to train with SAM site operators. Misawa (AB) is fortunate to have a series of emitters at Draughton Range that we get to train with, but the incorporation of the JGSDF into (Pacific Weasel) gives us an extra layer of realistic training for our

Wild Weasel mission. With Red Flag-Alaska 20-01 being canceled because of COVID-19 travel restrictions, days like this still allow us to participate in large force exercises and develop good learning points."

Given that the 35th Fighter Wing hosts the only units in the Indo-Pacific region whose mission is the suppression of enemy air defenses—otherwise known as the Wild Weasel mission—the ability to partner with its JGSDF counterparts is critical to pilot development and training. Maj. House said Pacific Weasel's future is limitless.

"Currently, Draughton Range is one of the most dynamic and unique ranges we have outside of the United States. We have capabilities here that you can't get anywhere else. In the future, we would love to see (Pacific Weasel) fill the gap between day-to-day training and large force exercise like Cope North, or any of the Red Flags, and I think we are well on the way to doing that here."

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7th AF commander learns about Wolf Pack COVID-19 prevention



U.S. Air Force Lt. Gen. Kenneth Wilsbach, 7th Air Force commander, and Chief Master Sgt. Philip Hudson, 7th Air Force command chief, sanitize their hands at the front entrance of the fitness center during their visit at Kunsan Air Base, Republic of Korea, March 27, 2020. During the visit, Wilsbach had the opportunity to speak with Airmen from different entities around base to see what precautionary measures they are taking to keep the base safe and healthy. (U.S. Air Force photo by Senior Airman Jessica Blair)

By Senior Airman Jessica Blair
8th Fighter Wing Public Affairs

KUNSAN AIR BASE, Republic of Korea -- U.S. Air Force Lt. Gen. Ken Wilsbach, 7th Air Force commander and Chief Master Sgt. Philip Hudson, 7th Air Force command chief, visited Kunsan Air Base to gain insight on the preventive measures the Wolf Pack has implemented for COVID-19, March 25-27.

Wilsbach and Hudson were introduced to the Kunsan COVID-19 Working Group, which consists of Emergency Management, Public Health, Command Post, Sustainment Services Flight, Installation Management Flight, Public Affairs and the Director of Staff. Representatives from several units briefed on behalf of the working group to explain how the base works together to protect the Wolf Pack against COVID-19 while maintaining mission readiness. Additionally, the Kunsan Airman Resilience Team, Airman Dorm Leaders, and Chaplains also showed Wilsbach and Hudson how they continue to care for the entire team, to include airmen with restricted movement or placed in quarantine.



U.S. Air Force Lt. Gen. Kenneth Wilsbach, 7th Air Force commander, learns how the fitness center remains operational during a base visit at Kunsan Air Base, Republic of Korea, March 27, 2020. During his visit, Wilsbach had the opportunity to speak with Airmen from different entities around the base to see what precautionary measures they are taking to keep the base safe and healthy. (U.S. Air Force photo by Senior Airman Jessica Blair)

U.S. Air Force Chief Master Sgt. Philip Hudson, 7th Air Force command chief, speaks with 8 Force Support Squadron personnel during a base visit at Kunsan Air Base, Republic of Korea, March 26, 2020. Hudson learned about how the 8th Fighter Wing is ensuring the safety of Airmen on base and how they modified unit operations to accomplish their mission and remain safe during the COVID-19 response. (U.S. Air Force photo by Senior Airman Jessica Blair) ▶



"This is a perfect example of finding talent...It's phenomenal proof that one person can't do everything and one person doesn't have the answer, it takes a team," said U.S. Air Force Col. Tad Clark, 8th Fighter Wing commander. "The innovative spirit is just an illustration of how the team is pulling together ideas with cross-talk, spreadsheets, strategic messaging, and communicating... and I think the only thing left for us to do, is to continue caring for one another."

Wilsbach and Hudson also learned about the precautions the 8th Medical Group is taking with increased screening and entry procedures for the main gate and clinic, the restricted movement and quarantine program, and the clinic's screening tent.

They ended their visit at the fitness center where they walked through disinfecting stations, two-meter spacing procedure and how the 8th Force Support Squadron is enforcing precautionary measures in order for Airmen to continue to maintain their physical readiness and work out safely.

"Today, we went through the fitness center to highlight the things that we have done to prevent the spread of COVID-19, such as having extra cleaning, social distancing signs and marking off some of the equipment," said Staff Sgt. Chelsea Lawson, 8th FSS fitness assessment cell NCO in charge. "We are taking many precautionary measures. We are one of the few gyms in the Air Force that has remained open, and we are doing everything we can to keep it that way."

Overall, Wilsbach and Hudson got a first-hand look at the diverse and abundant set of precautionary measures each facility has put in place to preserve the resiliency and wellbeing of our Airmen.

"The Air Force keeps leading the way with innovation. We recruit free thinkers and we retain free thinkers because we encourage exactly what you've done, which is 'we've got a problem set, apply a procedure, 'tweak' it, innovate and make it better.' We encourage all Airmen to continue to innovate," said Wilsbach.

U.S. Air Force Chief Master Sgt. Philip Hudson, 7th Air Force command chief, speaks with Tech. Sgt. Patrick Hart, 8th Operations Support Squadron NCO in charge, during a base visit at Kunsan Air Base, Republic of Korea, March 26, 2020. Hudson learned about how the 8th Fighter Wing is ensuring the safety of Airmen on base and how they modified unit operations to accomplish their mission and remain safe during the COVID-19 response. (U.S. Air Force photo by Senior Airman Jessica Blair) ▶



U.S. Air Force Chief Master Sgt. Philip Hudson, 7th Air Force command chief, speaks with Senior Airman Oriana Beard, Armed Forces Network broadcaster, during his visit at Kunsan Air Base, Republic of Korea, March 26, 2020. Hudson learned about how the 8th Fighter Wing is ensuring the safety of Airmen on the base while accomplishing the mission. (U.S. Air Force photo by Senior Airman Jessica Blair) ▲



8th MDG protects Wolf Pack amid COVID-19 response

By Senior Airman Jessica Blair
8th Fighter Wing Public Affairs

KUNSAN AIR BASE, Republic of Korea -- The 8th Medical Group took proactive and precautionary measures during the COVID-19 pandemic by standing up a screening tent outside of the clinic for service members who returned to Kunsan between March 6th-12th from international travel.

Service members who recently arrived to Kunsan were asked a series of travel history questions and to report any symptoms they may be experiencing in order to be reviewed by medical personnel. The 8th MDG reviewed each location the member visited to determine if the location was a hotspot for COVID-19. The medical professionals were then able to provide a recommendation to their unit's leadership if the member needed to be restricted in their movement.

"We took out some of our War Reserve Material assets in order to have service member's process through a safe COVID-19 screening process. The process has helped us better assess the status of service members and if they need to be restricted in movement," said U.S. Air Force Maj. Clare Reynolds, 8th Medical Support Squadron medical logistics flight commander. "We are here to take care of the team and our providers have been working extremely hard to make sure that everyone is taken care of."

These precautionary measures help to minimize and prevent the spread of the virus to the base populace.

"We are looking at members who have returned to South Korea in the last 14 days, which is the typical incubation period for COVID-19, just to ensure they are not posing an added risk to our base population," said U.S. Air Force Capt. Sarah Cokely, 8th MDG Public Health officer. "Our base population we have here is relatively young and very healthy, so they are a very resilient group and we don't expect a lot of health challenges."

Personnel assigned to the 8th Medical Group pose for a photo in front of a medical screening tent at Kunsan Air Base, Republic of Korea March 19, 2020. The 8th Medical Group took proactive and precautionary measures amid the COVID-19 pandemic by standing up a screening tent outside of the clinic for service members who have recently returned to Kunsan from international travel. (U.S. Air Force photo by Senior Airman Jessica Blair) ►



A tent sits in the 8th Medical Group parking lot at Kunsan Air Base, Republic of Korea, March 19, 2020. The 8th Medical Group took proactive and precautionary measures amid the COVID-19 pandemic by standing up a screening tent outside of the clinic for service members who have recently returned to Kunsan from international travel. (U.S. Air Force photo by Senior Airman Jessica Blair) ▲

A U.S. Air Force Airman assigned to the 8th Medical Operations Squadron writes on a screening checklist in a COVID-19 screening room at Kunsan Air Base, Republic of Korea, March 19, 2020. The screening checklist consisted of questions pertaining to the service member's recent travel history and any symptoms they may be experiencing prior to being seen by a provider. (U.S. Air Force photo by Senior Airman Jessica Blair) ◀



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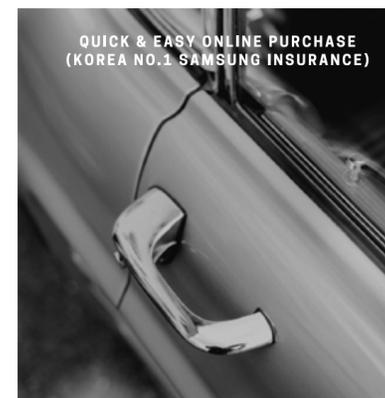
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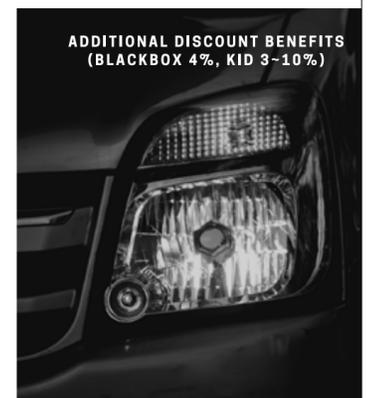
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U.S. Air Force Senior Airman Tyrone Powell, left, a 35th Civil Engineer Squadron Explosive Ordnance Disposal journeyman and Airman 1st Class Derik Rosse, right, a 35th CES EOD apprentice, inspect an F6A robot at Misawa Air Base, Japan, March 3, 2020. Personnel work together with reconnaissance robots to help locate, disarm and remove improvised explosive devices. The robots enter inaccessible areas operated by the EOD team, mitigating the risk of danger during training. (U.S. Air Force photo by Airman 1st Class China M. Shock)

Misawa EOD team trains to save lives

By Airman 1st Class China M. Shock, 35th Fighter Wing Public Affairs

MISAWA AIR BASE, Japan -- "Initial success or total failure" is the motto fueling explosive ordnance disposal Airmen to accept nothing less than perfection in and out of uniform.

The 35th Civil Engineer Squadron Explosive Ordnance Disposal flight's mission is to clear hazards by locating, identifying and neutralizing explosive devices in order for base operations to continue, especially during wartime contingencies.

"Our primary mission is to clear the runway first and get our F-16 Fighting Falcons in the air to fight and defend the U.S. and Japan," said Staff Sgt. Tanner Connally, a 35th CES EOD journeyman.

Ensuring the team can accomplish this mission encompasses a few different components, but one of the baseline requirements is physical fitness. EOD members are required to work out a minimum of five days a week for an hour to meet the Tier 2

physical fitness test requirements, superseding the traditional physical standards.

The test includes a timed 1.5-mile run, 1,000-meter row, 20-pound medicine ball toss, overhead and sideways, grip strength test, hex-bar deadlift, pull-ups, cross-knee crunches to a metronome at 56 beats per minute until failure, a farmer's carry with two 50-pound sandbags (one in each hand) for 100 meters, the grusetter and a 3-inch square-bar static hold.

"Excellence in all we do is a core value that pushes us to keep up with our physical training," said Connally. "This test helps EOD Airmen be more physically prepared for real world situations."

The physical standards force the EOD Airmen to train in the most intense environment possible and help create real world scenarios the team could potentially experience when operating in a deployed environment.

"I try to mesh my experiences from back in

the day into our training scenarios in order to have the Airmen understand the level of duress they could be under," said Senior Master Sgt. Ryan Bobzin, the 35th CES EOD flight chief. "Ultimately, we do research on current and emerging trends to ensure our training is as realistic as possible, so our Airmen can be well equipped and have the experience needed to operate in a stressful environment."

These EOD Airmen understand the lives of others are at stake when their team is called into action.

"The opportunity to save a life through the EOD profession provides me purpose," said Bobzin. "We all want to save as many people as we can, and we take the responsibility very seriously. We know a single mistake could cost us our lives or the lives of others, so we always train with that in mind."

Due to the wide variety of IED tactics enemies use, the team constantly reinvents the

U.S. Air Force Staff Sgt. Tanner Connally, a 35th Civil Engineer Squadron Explosive Ordnance Disposal journeyman, receives help putting on a bomb suit at Misawa Air Base, Japan, March 3, 2020. The bomb suit contains heavy body armor made to withstand the pressure caused by a bomb explosion and debris. As these Airmen train, they keep safety as a top priority to mitigate any risk or danger. (U.S. Air Force photo by Airman 1st Class China M. Shock) ▶

way they train ensuring they're prepared for any situation.

"Tactics are always changing and we need to be ahead of our adversaries when it comes to this," said Tech Sgt. Gerald Barker, the 35th CES EOD equipment NCO in charge. "The best way to stay on top of our game is to continuously train and look for ways where we can be better."

According to Barker, the shop will spend nearly 20 hours a week preparing for simulated, deployed environments.

EOD personnel work together with reconnaissance robots to help locate, disarm and remove IEDs. The robot is equipped with several television cameras for remote viewing and a dexterous arm for hazardous tasks.

"The F6A robot helps us dispose of simulated explosives, ensuring we receive the proper training needed to operate efficiently during wartime contingencies," said Connally. "This kind of training also is for our safety, mitigating the danger we can face when we are called into action."

One of the main responsibilities of this EOD team is to conduct a range clearance, which is the removal of inert bomb debris from Misawa's F-16 Fighting Falcons training at Draughton Range. The EOD team clears the range to make sure the F-16s can practice the suppression of enemy air defense mission.

"Being well-trained, prepared and ready for any scenario is how we deter our adversaries," said Connally. "Our ability to quickly and confidently respond is how we show them they can't get a foot hold here."

The day-to-day training conducted by the EOD members contributes to the overall wing readiness by ensuring these Airmen are equipped to secure the base from any explosives.

"Our ability to quickly deem an area safe and secure helps our wing generate aircraft at a fast-pace," said Bobzin. "By making our enemies second-guess their tactics, we can always be one step ahead of them."



U.S. Airmen with the 35th Civil Engineer Squadron Explosive Ordnance Disposal team inspect an F6A robot at Misawa Air Base, Japan, March 3, 2020. The robot helps EOD Airmen dispose of simulated explosives, ensuring the Airmen receive the proper training needed to operate efficiently during wartime contingencies. (U.S. Air Force photo by Airman 1st Class China M. Shock) ▲



U.S. Air Force Airman 1st Class Graham Newman, a 35th Aircraft Maintenance Squadron aircraft structural maintenance journeyman, operates an F6A robot. Newman is attempting to cross train into the explosive ordnance disposal career field and shadowed the EOD team for two weeks. Personnel work together with reconnaissance robots to help locate, disarm and remove improvised explosive devices. (U.S. Air Force photo by Airman 1st Class China M. Shock) ▲

Members of the 35th Civil Engineer Squadron explosive ordnance disposal team use an F6A robot to approach a simulated improvised explosive device. The robots enter areas inaccessible to the EOD team. The EOD team uses the robots to mitigate any potential risks of danger, ensuring they train in a safe environment. (U.S. Air Force photo by Airman 1st Class China M. Shock) ◀

7th AF Airman supports military, families at Osan Air Base



(From left to right) Miranda Updye, United Service Organization center operations specialist, Senior Airman Aaliyah Sumpter, 7th Air Force Commander Support Staff technician, and Jessica McCollum, USO Volunteer, pose for a photo at the USO front desk on Osan Air Base, Republic of Korea, Mar. 20, 2020. Sumpter volunteers at the Osan Air Base USO by cooking food, planning programs and cleaning the facility for base residents to enjoy. (U.S. Air Force photo by Tech. Sgt. Matt Davis)

By Tech. Sgt. Matt Davis, 7th Air Force

OSAN AIR BASE, Republic of Korea -- U.S. military members serving in the Republic of Korea have the responsibility to protect over 51 million people on a daily basis.

The 7th Air Force is the Numbered Air Force that provides oversight as the air component for each of these warfighters. It's the job of the commander support staff to ensure that 7th AF leaders have the right administrative tools ready to make critical decisions for the troops.

Airmen assigned to the NAF CSS have to be subject matter experts in their field and be an asset to commanders. Directors and headquarters staff have a no fail mission requiring accurate information effecting the safety and security of the Korean peninsula. This is the very reason that Senior Airman Aaliyah Sumpter, 7th AF CSS technician, is part of the NAF command support team.

"I am a SME on administrative matters that directly have an impact on Airmen's careers," she

said. "I also gather and provide important information to various decision makers as they execute the mission. It is important because I aid commanders with their programs to ensure informed decisions are delivered to Airmen and to assist them to fulfill our mission. Additionally, I ensure our Airmen are well taken care of with their promotions, recognitions, and quality of life matters."

The Columbia, South Carolina, native joined the U.S. Air Force after a recommendation from her family and participating in the Junior Reserve Officer Training Corps during high school. Her career has since led to many unique opportunities around the globe.

"I worked at the post office at Yokota Air Base in Japan as a postal clerk, then moved to the 36th Airlift Squadron as CSS Technician," Sumpter said. "This was quite a learning experience because each job and squadron were very different. I love how my Air Force Specialty



Senior Airman Aaliyah Sumpter, 7th Air Force Commander Support Staff technician, poses for a photo in the 7th AF headquarters building at Osan Air Base, Republic of Korea, Mar. 20, 2020. 7th AF is the numbered Air Force that provides oversight as the air component for each of these warfighters. It's the job of the CSS to ensure that 7th AF leaders have the right administrative tools ready to make critical decisions for the Airmen. (U.S. Air Force photo by Tech. Sgt. Matt Davis)

Code can be assigned to any unit because it is nice to have a change of environments sometimes."

Sumpter doesn't stop taking care of Airmen and their families when she is off duty. She also volunteers at the Osan Air Base United Service Organization by cooking food, planning programs and cleaning the facility for base residents to enjoy. While Sumpter enjoys using her free time making sure others are taken care of, she still finds time to explore

the unique culture of the peninsula.

"My experience in the Republic of Korea has been great," she said. "I love trying all of the foods here and my favorite as of now is Budae Jjigae (Army Stew/G.I. Soup). I love traveling around and exploring all of the popular cities and learning about the Korean culture. If my follow-on was not Joint Base Pearl Harbor Hickam in Hawaii, I probably would have extended for another year because I am really enjoying myself."



President signs executive order calling up Air Force Reserve medics, other specialties

By Tech. Sgt. Matt Davis, 7th Air Force

ROBINS AIR FORCE BASE, Ga. (AFNS) -- On March 27, the president signed an executive order authorizing mobilization of the Reserve Component in response to COVID-19 operations.

For the Air Force Reserve, personnel already serving in the Selected Reserve and Participating Individual Ready Reserve, as well as those assigned to the Individual Ready Reserve, may be asked to volunteer to activate in

support of COVID-19 response. If taskings exceed the volunteer pool, involuntary mobilization of the SELRES and IRR to active status is now authorized to ensure mission accomplishment.

"The Air Force Reserve stands ready to surge in support of COVID-19 response," said Lt. Gen. Richard Scobee, chief of the Air Force Reserve and commander of the Air Force Reserve Command. "This is an unprecedented mission

Master Sgt. Tatiana Abasolo, a member of the Air Force Reserve's 624th Aeromedical Staging Squadron, provides instruction on how to properly secure a patient for movement during an aeromedical staging and aerial port training event, March 3, 2019 at Joint Base Pearl Harbor-Hickam, Hawaii. On March 27, 2020, the president signed an executive order authorizing mobilization of the Reserve Component in response to COVID-19 operations. Reservists with medical specialties are at the top of the list of volunteers for mobilization. (U.S. Air Force photo by Master Sgt. Theanne Herrmann)

and COVID-19 is a destructive adversary -- we must do all we can to take care of Americans."

In addition, command and control elements, logistics personnel and other career fields may also be asked to volunteer and potentially mobilize as future taskings for specific skill sets, capabilities and requirements are received through the Force Generation Center.

For now, medical personnel are at the top of the list to assist in U.S. Northern Command operations to contain the spread of COVID-19 and care for Americans affected. Required personnel will be contacted through command channels about their willingness to volunteer and to receive notification of mobilization as

operations progress. Currently-serving medical reservists willing to volunteer for mobilization should email HQAFRC.SG.AFRCPEOs@us.af.mil to self-identify their availability.

"I know our reserve citizen Airmen will answer our nation's call during this challenging time with professionalism, patriotism and the required expertise to take care of Americans. It is my responsibility to care for our citizen Airmen and families while we execute this ultimate mission," Scobee said.

For more information, visit www.afrc.af.mil or the "Questions and Answers" tab at www.afrc.af.mil. As more information becomes available, it will be posted on these two websites.

Dental Command shifts gears to support COVID-19 efforts

By Kirk Frady, Army.mil

SEMBACH Kaserne, Germany -- The recent COVID-19 outbreak across Europe and the curtailment of most non-emergency dental care in Army dental clinics is causing leaders to shift their military assets where they are needed most.

In the case of Army dental personnel, many have been given a new mission -- to assist in Army medical clinics across the theater.

Col. (Dr.) Manuel Pozo-Alonso, commander of Dental Health Command Europe, said, "We currently have 49 dental personnel, which is a little more than 19 percent of our active duty force, providing medical support until the mission is complete."

Dental personnel are providing a variety of services in support of the Medical Treatment Facilities and Army Health Clinics throughout the region.

"This includes; 24-hour on-call providers, initial screenings, tracing teams, runners and administrative duties," Pozo-Alonso said. "We also have a dentist serving as a liaison officer to the U.S. European Command in Stuttgart."

The Army dentist tasked to provide this function to EUCOM is Maj. (Dr.) Dmitry Baron, a board-certified periodontist normally assigned to the Stuttgart Army Dental Clinic.

"As a liaison officer to EUCOM, my primary mission is to ensure there is synchronization and coordination of effort between Regional Health

Command Europe and EUCOM to effectively and quickly combat the spread of COVID-19," Baron said. "This is important in ensuring critical resources are utilized efficiently, and we're able to support all of our combatant commands."

Infection control and prevention in healthcare settings is playing an even more important role considering the rapid spread of COVID-19 across the globe.

"I have been involved with infection control and prevention for nearly four years," Baron said. "The U.S. Centers for Disease Control and Prevention guidelines and recommendation for the dental setting are changing continually; all for the sake of keeping the dental healthcare professional and patient safe, especially in the midst of COVID-19."

Baron says it's important to know how to communicate these policies and procedures effectively, to encourage both interest and buy-in.

"The lessons I have taken from my experience as an infection control and prevention officer directly bridges into what I am currently doing as a liaison officer -- building effective communication between Regional Health Command Europe and U.S. European Command," he said.

As a result of the recent reduction or elimination of routine services in Army dental clinics across Europe, it is important that



A dental specialist wipes down equipment at Kleber Army Health Clinic. Dental Health Command Europe currently has more than 40 of its dental personnel supporting Army health clinics across Europe in the fight against COVID-19. (Courtesy Photo)

beneficiaries do their part to ensure good oral health is maintained.

"This is the perfect opportunity to optimize dental care at home," Pozo-Alonso said.

"Avoiding sugary foods, sweets, staying away from hard foods, chewing on ice, popcorn kernels, etc., and flossing and brushing at least twice a day will ensure optimal oral health is maintained. This will hopefully prevent, or minimize, the need for dental treatment until routine dental services can be restored."

Pozo-Alonso added, "However, if you feel you have a real dental emergency, or are in severe pain, call your local Army dental clinic so a dental provider can get a clear picture of your particular situation. If the dental provider establishes the need for treatment, you will be scheduled for an appointment to have your dental emergency addressed."

Mental health and coping during COVID-19

By Russell Toof, Army.mil

SEMBACH, Germany -- SEMBACH, Germany -- As an increasingly larger number of people are home due to telework and other COVID-19 restrictions, how does one focus on their mental health during a worldwide pandemic?

"People are social animals and we're used to being around others," said Lt. Col. Emile Wijnans, the director of psychological health for Regional Health Command Europe. "If you're feeling isolated, do what you can to reach out to people on a regular basis. This is also an opportunity to reach out to folks that you haven't touched base with in a long time."

According to the Center for the Study of Traumatic Stress, stressors during a period of social distancing/quarantine can include: frustration and boredom related to the isolation, inadequate supplies and access to regular medical care, insufficient information, and fears about becoming infected and/or infecting

others.

"It's very easy to have a misperception of things," said Wijnans. "I recommend you limit your exposure to social media and the news. You can alleviate stress by focusing on the things that are positive and what you can control."

The CSTS also recommends that people take time to take care of themselves.

"It's important to get what rest you can, eat well and exercise when possible," said Wijnans. "These are normal things we tell people, but they really do in fact help."

Wijnans also has recommendations on how to support children during this time.

"Maintain a structured schedule that they would be having at school," he said. "Make sure to talk to you kids about coronavirus using fact-based, science-based sources. Try to model for them a healthy response to what are uncertain circumstances."



For more information on how to support your health and well-being during COVID-19, visit <https://www.cstsonline.org/> or <https://www.cdc.gov/>.

< Continued from front page >



Parents, Specialist Cody McFall and Private First Class Cheyenne Evans, U.S. Army Camp Walker, Republic of Korea, 188th Military Police Company soldiers, look on as one of their newborn twins sleeps before an aeromedical evacuation mission, March 30, 2020, at Osan Air Base, Republic of Korea. The U.S. Army's 65th Medical Brigade, Air National Guard's 154th Wing and U.S. Air Force's 51st Medical Group and 18th Aeromedical Evacuation Squadron unified to transport the couple's children, Parker and Laine McFall, were safely transported en route to Maryland's Walter Reed National Military Medical Center for advanced care. (U.S. Air Force photo by Staff Sgt. James Miller) ▶

A sleeping McFall twin, one of Camp Walker, Republic of Korea's, 188th Military Police Company's Cody McFall's and Cheyenne Evan's newborns, is held by a 51st Medical Group member before an aeromedical evacuation mission, March 30, 2020, at Osan Air Base, ROK. The infants were born in Daegu's Yeungman Medical University Medical Center in the heart of South Korea's COVID-19 outbreak. After medical clearance from COVID-19, the twins were transported to Osan AB for a follow-on flight to Joint Base Andrews, Maryland, culminating in care at Walter Reed National Military Medical Center for advanced care. (U.S. Air Force photo by Staff Sgt. James Miller) ◀

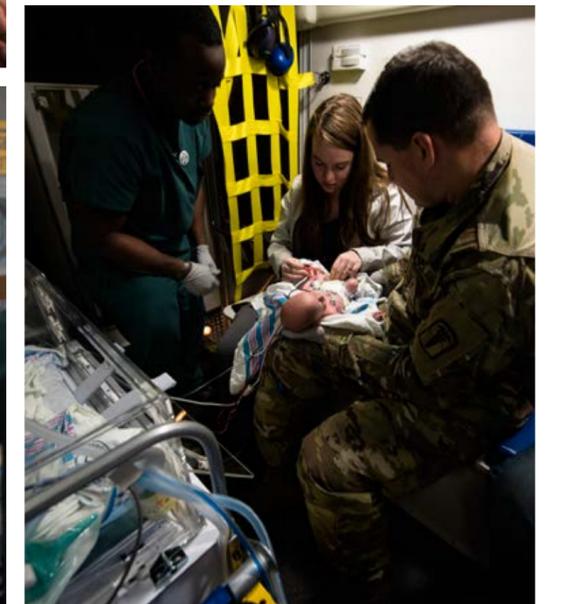


U.S. Army Specialist Cody McFall from U.S. Army Camp Walker, Republic of Korea, 188th Military Police Company, comforts his newborn as he sleeps before an aeromedical evacuation mission. ▲

Medics from the 51st Medical Group watch as U.S. Army Private First Class Cheyenne Evans, 188th Military Police Company, Camp Walker, Republic of Korea, reunites with her newborn, baby McFall, prior to an aeromedical evacuation mission, March 30, 2020, at Osan Air Base, Republic of Korea. ▼



Pacific Air Force's Airmen and Soldiers transload newborn twins onto a C-17 Globemaster III during an aeromedical evacuation mission.





A new C-37B aircraft sits on the tarmac after its first night at Joint Base Andrews, Md., March 26, 2020. The special air mission aircraft was delivered to the 89th Airlift Wing by the Air Force Life Cycle Management Center's Presidential and Executive Airlift Division. (U.S. Air Force courtesy photo) ◀



Master Sgt. Latoria Mathis, 14th Operational Medical Readiness Squadron superintendent, administers a COVID-19 test to a patient March 25, 2020, on Columbus Air Force Base, Miss. The 14th Medical Group recently revamped their entry and screening procedures. Patients who show symptoms or have been out of the state, go through an additional screening and sometimes testing phase. (U.S. Air Force photo by Tech. Sgt. Christopher Gross.) ▲



Senior Airman Andrew Edwards, 23rd Civil Engineer Squadron electrical power production technician, aligns an air conditioning unit to a tent March 25, 2020, at Moody Air Force Base, Ga. The 23rd CES constructed tents near Moody AFB's main gate to facilitate the Stop-Check-Go Health Screening for COVID-19. (U.S. Air Force photo by Airman 1st Class Elijah M. Dority) ◀

Staff Sgt. Brandon Green, 99th Aircraft Maintenance Unit dedicated crew chief, sprays disinfectant liquid on a rag to sanitize the cockpit of a U-2, March 23, 2020, at Beale Air Force Base, Calif. The cockpits on Beale AFB's fleet of U-2s are being sanitized on a regular basis to prevent the spread of COVID-19. (U.S. Air Force photo by Airman 1st Class Luis A. Ruiz-Vazquez) ▼



OSAN CITY'S ENGLISH PROGRAM FOR MIDDLE SCHOOL STUDENTS

As part of the Good Neighbor Program, 7th AF Public Affairs has been supporting the conversational English program organized by the Osan City Mayor for middle school children in Osan city. The program is in need of volunteers who will assist and teach conversational English to the students for the 2020 first semester.

The program occurs every Thursday from 7 May 2020 to 23 July 2020. Transportation is provided from Checkertails at 1540 and will return 1830 each Thursday. If you are interested in this "Adopt-A-School English Tutoring Program", please contact 7 AF/PA Ms. Yom, Kyong Suk via email kyong_suk.yom.kr@us.af.mil or DSN 784-4724, cell phone 010-4736-7979.



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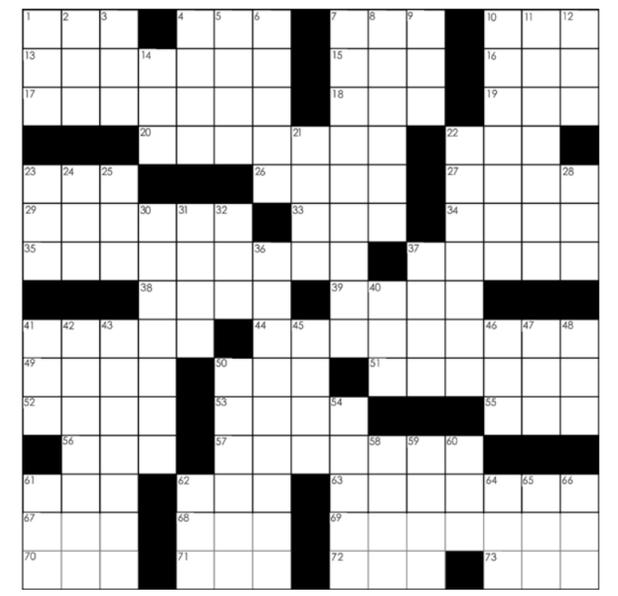
CFC #11117

charity.org/cfc



The Crossword

By Jon Dunbar



- ACROSS
1 Flash drive
4 Video game media company
7 The Santa Fe or Kona
10 ___ Fighters
13 Texas Rangers' Choo
15 Singer Brian
16 Therein lies the ___
17 Desecrator
18 Are you a man ___ mouse?
19 Aliens
20 Japanese singing room
22 FBI agent
23 Korean basic cable channel
26 Ova
27 "Snowfall" actress Emily
29 Nick Fury's agency
33 Pothole
34 ___ uncertain terms
35 Goes with soap or Pez
37 Played a prank on Halloween
38 Helper
39 ___ boy!
41 Korea's official state car
44 Korean War ender
49 Sea bird
50 Hip-hop doctor
51 Common Korean plastic surgery target
52 Singer Marvin
53 E-commerce website
55 ___ Vegas
56 Rochester LATA code
57 Senior field grade military officer rank
61 K-pop group
62 Alias
63 D in DSLR
67 Urinate
68 Disney's "___ Fuhrer's Face"
69 Secret bride and groom
70 Title for married woman
71 Former Monterey Bay army post
72 Jazz guitarist Paul
73 Type of Talk

- DOWN
1 Greenback
2 Opposite of he
3 Canadian singer Naked
4 Spanish island
5 Goes with church, movie, out
6 Korean singing room ___ bang
7 Gyeongju hermitage
8 Public strife
9 US gov't int'l broadcaster
10 Liberating
11 Exceeded
12 Korean beers
14 Goes with word, beat, peace
21 Troll cousin
22 Warship
23 DOD staff
24 Showtime drama "The ___"
25 Korean spy agency
28 Turf
30 Uniform decoration
31 Opposite of more
32 IP system
36 Opposite of port
37 Artsy e-commerce site
40 Draw
41 Goes with deviled or nest
42 25 percent
43 James Joyce novel
45 Opposite of fake
46 Sick
47 Pompeo's last post
48 Begley Jr or Wood
50 USFK first commander George
54 Austrian singing style
58 World's longest river
59 Psyches
60 Brim
61 Music speed
62 Much ___ About Nothing
64 1968 offensive
65 Where ___ you?
66 Acid

- Answers to Previous Crossword
ACROSS
1 STAR
5 SOFAS
10 SHUN
14 WIRE
15 ABATE
16 EASE
17 ATMS
18 NIXON
19 ALEC
20 BOYCOTT
22 MARFORK
24 INA
25 TOO
26 SPINOFF
30 POTOMAC
34 WEED
35 ERROR
37 DATA
38 ESL
39 AIR
40 COD
41 ATTA
43 QUOTE
45 HALE
46 ROSEBUD
48 ASSAULT
50 ROO
51 TIM
52 BOLOGNA
56 FOXHOLE
60 ASIS
61 SCION
63 UNIT
64 JAMO
65 ENNUJ
66 NANO
67 ANAL
68 TESLA
69 GNAT
7 FAX
8 ATOM
9 SENATOR
10 SEAFOOD
11 HALO
12 USER
13 NECK
21 ONO
23 ROT
26 SWEAR
27 PESTO
28 IELTS
29 FRAUD
30 PORTA
31 MACAU
32 ATOLL
33 CADET
36 RIO
42 AEROSOL
43 QUONSET
44 ESTONIA
45 HAMHUNG
47 BOG
49 SIX
52 BAJA
53 OSAN
54 LIMA
55 ACNE
56 FOUL
57 ONAN
58 LISA
59 ETAT

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Kunsan

- KUNSAN PHOTO CLUB -

Interested in sharing your photography experience with others and exploring Korea along the way? Have a camera, but want to learn how to use it more completely? Then join the Kunsan Photo Club as they delve into the finer qualities of photography where the key concept is: "It's not the camera that makes a great photo, but the photographer." If interested in joining, the group can be found on Facebook, just search for "Kunsan Photo Club."

- WOLF PACK LODGE -

Lodging Space A Policy
Need a break? Got family visiting and no room to house them? You can book

lodging rooms on a space available basis up to 120 days in advance for a maximum of 30 days depending on availability. You can also book reservations for the holiday season (November and December) up to 30 days in advance for a maximum of 15 days. (Depending on availability) Book now for all of those relatives coming for the holiday!

Reservations – Front Desk-DSN 782-1844 or Commercial (82)63-470-1844 FAX: DSN 315-782-0633 Commercial (82)63-470-0633

- SUNDAY SONLIGHT DINNER -
Every Sunday, volunteers from a spe-

cific unit cook dinner for their fellow Wolf Pack members at the Sonlight Inn. The dinner begins at 6 p.m. following grace led by a chaplain. Meals range from "breakfast for dinner" to "Italian cooking" to "Southern style." For more information or to volunteer, contact the chapel at 782-HOPE.

- SPONSOR TRAINING -

Learn creative ways to assist newcomers reporting to Kunsan AB. Registration required. Class is held at the Airman and Family Readiness Center. Call 782-5644 for more information, dates or to sign up.

- ROKAF ENGLISH CLASS -

Team 5/6 is looking for volunteers to support the ROKAF English class every Saturday, at the Sonlight Inn. You will be talking to ROKAF Airmen (enlisted) for approximately one hour. This event is open to all ranks! Civilian attire is preferred, however, UOD is allowed. For more information, contact Staff Sgt. Charles Nelson.

- PING PONG TOURNAMENT -

Free to all. Prizes for first and second places. Prizes include Wolf Pack Won. To sign up, dates or for more information, call the CAC at 782-5213 or 4679.

Osan

FEDERAL VOTING ASSISTANCE PROGRAM:

The 2020 election season is approaching. The Federal Voting Assistance Program (FVAP) allows all US citizens to vote while their away from their voting jurisdiction. To register and request a ballot, fill out the Federal Post Card Application: fvap.gov/r3/fpca/state. You may also pick up a hard copy from the Installation Voting Assistance (IVA) Office, Bldg. 769 M-F 0800-1700. New Hampshire and South Carolina hold their primary election in Feb, register today to ensure receipt of the ballot. For more information fvap.gov or the Installation Voter Assistance Office at 784-5440.

OSAN YOUTH SPORTS OFFICIALS AND SCOREKEEPERS: Officials and scorekeepers are needed for all of Osan's Youth Sports and Intramural Sports games. Qualified personnel receive training and pay for working these games. If interested, please send a short text to Dave Moysey at 010-2188-5528.

THRIFT STORE VOLUNTEER OPPORTUNITY: Team Osan Spouse's Club owns and operates the Osan AB Thrift Shop as a nonprofit organization.

The income raised through operating the Thrift Shop is given back to the Osan community through community grants and scholarships. Volunteers are always needed to help sort, price and organize items received. Please contact the Thrift Store Manager at thriftshopmanager@teamosansc.com for more information.

TUTORING VOLUNTEER OPPORTUNITY: We have a tutoring opportunity

for grade school to young adults, on base, for all subjects, especially the sciences, technology, engineering, and mathematics (STEM). In order to be a volunteer, applicants would have to complete a coach/volunteer application and background check. Interested participants can get additional information at our "Osan AB Tutoring" Facebook page <https://www.facebook.com/osantutors/> We meet every Wednesday & Thursday from 1630-1830 at the Base USO.

51 FSS/FSDE MILTA BRIEFINGS: The Education Center offers the Military Tuition Assistance (MiITA) Briefing every Tuesday at 0800 and Thursday at 1500 in Bldg. 788, Rm 26. The briefings are held twice a week to aid in capturing shift workers. This briefing is required for first time users of Tuition Assistance and for members who received an AFVEC notification that follow up counseling is required. No sign up needed. If you have any questions concerning MiITA, please contact the Osan Education Center at 784-4220.

GO GIRLS GO 5K RUN: 5K Run/Walk to finish off the season of the Go Girls Go running club (3rd-5th grade girls). Come out to join them, get a great workout in, or just make signs and cheer! We are also looking for volunteers for the water stations and road guards.

OSAN BASE HONOR GUARD "TO HONOR WITH DIGNITY": Are you highly motivated, dedicated to excellence, and want to be among the sharpest? If the answer is yes, the

Osan Honor Guard Team welcomes you! Join us for practice every Tues & Thurs at 1600!

VOLUNTEERS FOR TEAM OSAN INNOVATION EFFORT: Osan Innovation Team is seeking volunteers to become council members that are eager to take the Osan innovation cell to the next level. Email org box for list of open positions/descriptions.

OSAN ELEMENTARY SCHOOL FIELD DAY: Osan Elementary school is seeking 100+ volunteers to host stations during Field Day on May 22. The first planning meeting will occur on February 28th and all volunteers should reach out by Feb 7 to sign up.

DR. SEUSS WEEK: Dr. Seuss Week is a week long celebration of reading. Great volunteer opportunity with tasks ranging from daily readers, décor set up and breakdown.

OSAN ELEMENTARY SCHOOL CAREER DAY: Osan Elementary School needs your help to conduct our Annual Career Day Event. Volunteers will provide presentation on their specific career field to OES students.

DOWN RANGE DEPLOYMENT DONATIONS: Red Cross is unpacking 5 pallets of items to send around Korea & downrange. We need your help unpacking, sorting, repacking. https://volunteerconnection.redcross.org/?nd=vms_public_form&form_id=7469

OSAN AB CGOC QUARTERLY COMMISSIONING PANELIST BRIEFING:

This is a great opportunity for enlisted members who are: Interested in applying to a commissioning program? Curious about the different commissioning opportunities? Want to hear from officers that commissioned via the different routes? To enable screen reader support, press Ctrl+Alt+Z To learn about keyboard shortcuts, press Ctrl+slash

AIR FORCE ASSISTANCE FUND CAMPAIGN: The AFAF campaign is a fundraiser among AF personnel for the benefit of uniformed AF personnel. It truly is Airmen helping Airmen. All contributions provide financial support to four AFAF affiliates: The Air Force Village Charitable Foundation, the Air Force Aid Society, the Air Force Enlisted Village and the General and Mrs. Curtis E. LeMay Foundation. Find a Key Worker in your workplace to give! To enable screen reader support, press Ctrl+Alt+Z To learn about keyboard shortcuts, press Ctrl+slash

EASTER EGG HUNT: CPPO will be hosting Easter Egg Hunt on 11 April 2020, We are looking for volunteers. Sign up here: <https://www.signupgenius.com/go/9040F4AADA62CA7FD0-easter> To enable screen reader support, press Ctrl+Alt+Z To learn about keyboard shortcuts, press Ctrl+slash

CARNIVAL: CPPO will be hosting a Carnival Event and are looking for Volunteers. Sign up here: <https://www.signupgenius.com/go/9040F4AADA62CA7FD0-carnival>

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☒ Korean Visa:

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- Invite family members, friend, business partner from U.S and other countries to Korea. (미국이나 다른 나라에 거주하는 가족, 친척 등 초청)
- Helping discharged soldiers' settlement in Korea (전역군인의 한국정착)

☒ Family Law:

- Divorce and separation (이혼, 별거)
- Child custody/ support (자녀 양육비 지원 등)
- Spousal support/ alimony (배우자 별거/이혼, 위자료 등)
- Estate inheritance under Korean law (유산, 상속 등)

☒ SOFA/ Criminal Cases:

- SOFA consulting (SOFA 관련 상담)
- Police and court trial preparation and representation (형사사건 조사 및 재판)

☒ Other Services:

- Car accident & insurance claim/ DUI defense (차량사고, 보험금문제등)
- Small claim related to Korea labor law (고용관련 분쟁)
- Tax/accounting claim (세금 등 분쟁)
- Business establishment in Korea (한국에서 회사설립 운영 등)



Attorney:
Ahaelin Chung & Park Sang-Hoon

Address:
Evaluation Institute of Regional Public Corporation 3-4F, 12-6, Banpo-daero 30-gil, Seocho-gu, Seoul, Korea

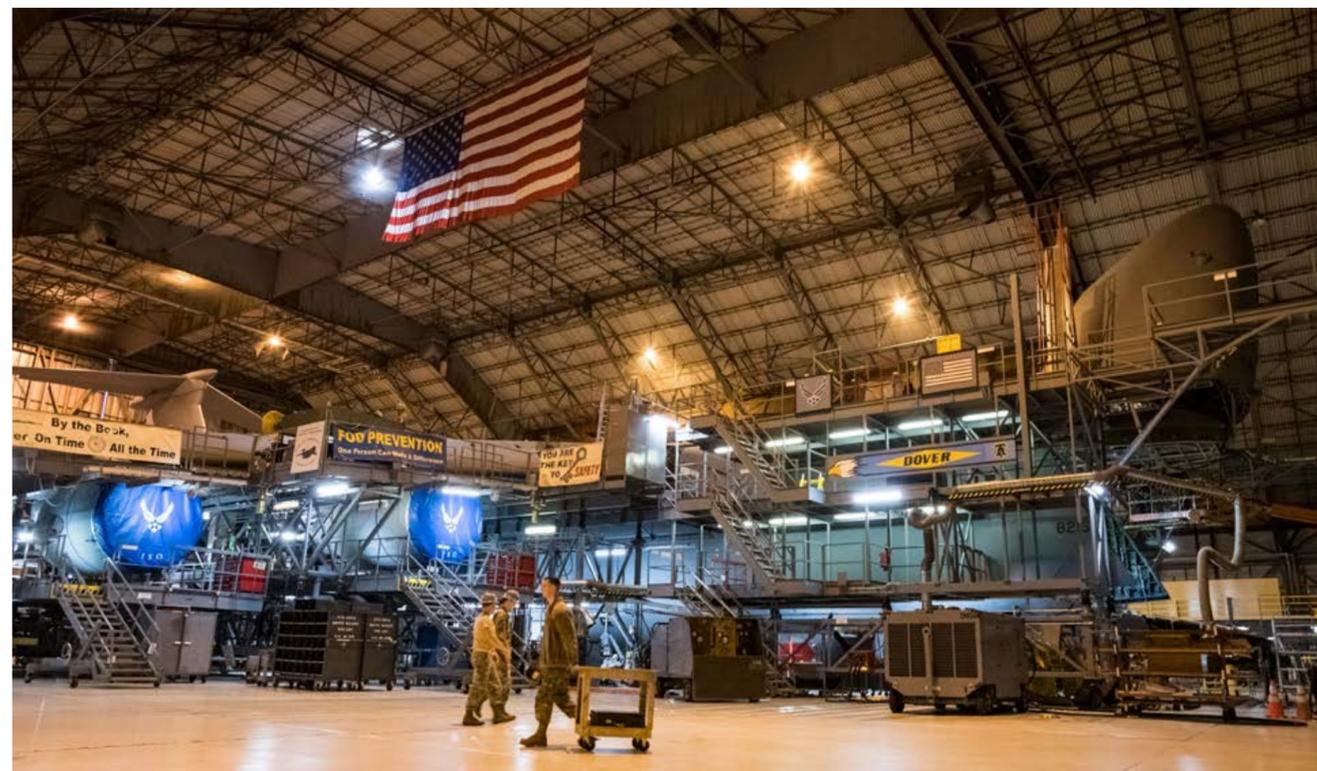
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Cell: +82-10-5384-7310

Email: kontak-us@keumseong.com

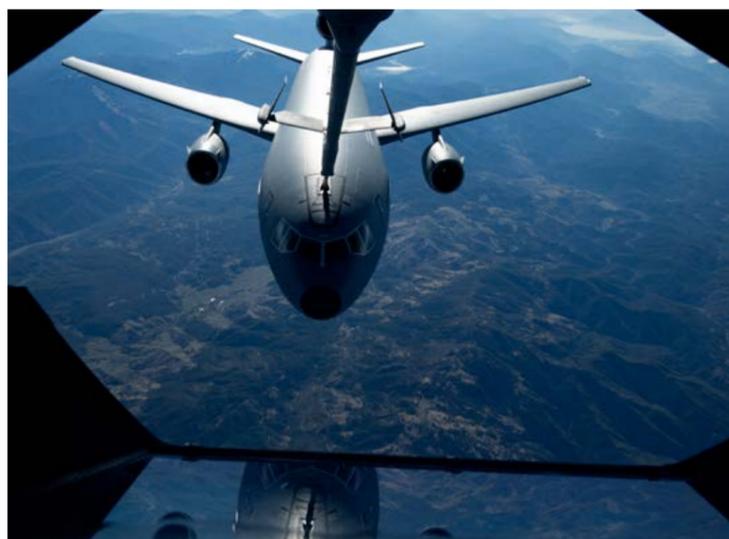
Kunsan's emergency phone numbers			
Emergency Services	911		
Off Base/Cell Emergency	063-470-0911	Nurse Advice Line	1-800-723-8255
Crime Stop: (to report a crime)	782-5444	IG Complaints FWA Reporting:	782-4850 (duty hours) 782-4942 (anytime)
Base Locator: (after duty hours)	782-4743	Chaplain (After duty hours)	782-6000
Law Enforcement desk	782-4944	Sexual Assault Response Coordinator (SARC)	782-7272
Emergency Leave / Red Cross		782-4601 (on base) 1-800-733-2761 (anytime)	

Osan's emergency phone numbers			
Emergency Services (Fire, Medical, Security Police)	911	Commander's Hotline	784-4811
Off Base/Cell Emergency	031-661-9111	Crime Stop: (to report a crime)	784-5757
Emergency Room:	784-2500	IG Complaints FWA Reporting:	784-1144
Base Locator: (after duty hours)	784-4597	Emergency Leave	784-7000
Force Protection Information Hotline:	115	Sexual Assault Response Coordinator (SARC)	784-7272
Chaplain (After duty hours)	784-7000	Security Forces Control Center	784-5515



A C-5M Super Galaxy undergoes an isochronal inspection by 436th Maintenance Squadron aircraft maintenance personnel at the C-5 Isochronal Inspection Dock at Dover Air Force Base, Del., March 17, 2020. To help mitigate the spread of COVID-19, Airmen practiced social distancing as much as possible while performing maintenance on the aircraft. (U.S. Air Force photo by Roland Balik) ▲

The boom of a KC-10 Extender, flown by the 6th Air Refueling Squadron, makes dry contact with another KC-10 over Oregon, March 12, 2020. Making contact without offloading fuel is referred to as a "dry contact." (U.S. Air Force photo by Senior Airman Jonathon Carnell) ►



Air Force Chief of Staff Gen. David L. Goldfein conducts a press briefing with the Pentagon Press Corps to address Air Force response efforts for COVID-19 at the Pentagon in Arlington, Va., March 18, 2020. (U.S. Air Force photo by Wayne Clark) ▲

Master Sgt. Mauritiu McCall, 436th Security Forces Squadron first sergeant, picks up a box before stocking shelves March 25, 2020, at Dover Air Force Base, Del. The Chiefs Group and first sergeants volunteered at the commissary checking IDs, assisting with social-distancing measures and stocking shelves to help mitigate the spread of COVID-19, reduce confusion and ensure Airmen and their families still had access to essential items. (U.S. Air Force photo by Airman 1st Class Jonathan Harding) ►



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Spiritual Charge

COVID-19: Overcoming Adversity Through Perseverance



By Chaplain, Lt. Col. Dwayne Jones

One minute we were enjoying the holiday season and bringing in the year 2020. The next minute, many of us began preparing to PCS this summer. Then, it happened... COVID-19! For a short period of time it appeared to be a problem only for those living in China...then it became everyone's problem.

Life is a journey, we are going to have challenges along the way. Adversity does not usually come by invitation or correspondence. It just happens. COVID-19 has changed our way of living, breathing, connecting and working. Yet, there are many things you can do during times of adversity. Ultimately,

you can choose to be helpless or powerful—it's your choice. I want to give you several perspectives on adversity which I hope will make you more powerful, resilient and gritty.

First, adversity brings out our potential. Sometimes we don't know our full potential until we are challenged with life's calamities. Resilient people seek to reach their full potential when confronted with adversity. Adversity oftentimes feels like a punch in the stomach. But what's important is not that we got punched; it's how effectively we punch back. I believe our ability to rebound is enhanced by the military. COVID-19 is throwing punches at us but we have acquired strategic capabilities to punch back harder. Our power comes from our training, discipline and guidelines we follow that help us achieve our objectives. Our strength is engrained in the ethos of the "Profession of Arms" and other salient doctrines that have prepared us to reach our potential. I encourage you to focus on reaching your full potential. I believe every service member possesses a gem of salient courage he or she does not know resides in their DNA. Some people say in order to find a diamond you have to dig in a pile of coal. Adversity resembles that pile of coal but achieving our potential is like discovering the diamond.

Secondly, adversity teaches us what is important. COVID-19 illustrates that being connected to

others is very important. People want to connect with other people which is a positive trait. Personally, I miss the large social gatherings that have been cancelled due to COVID-19. I want people to come out and socialize, but I understand the bigger picture is that everyone needs to be safe. What do you miss? As we know, being connected to others is an innate human need. Most of the time, there simply is no replacement for close connections with family and friends. What is important to you? If you're like me, you realize how important it is to be connected!

Thirdly, when adversity strikes, look for positivity. It is easy to fall into a slump when adversity strikes. Adversity has the tendency to hijack positivity. I believe positivity lurks in the crevasse of every challenge. We have to seek it out—it is there! COVID-19 has put a damper on our daily routines but we can still seek out innovative and positive ways to get connected with people. You can't always control what happens in life but you can control your attitude. True positivity comes from within one's life perspective. Adversity cannot defeat gritty positivity. Your attitude dictates your outcome.

Fourth, adversity will test your state of readiness. It is every person's responsibility to maintain a high level of readiness. Adversity will appear when least expected. Adversity will attack your state

of mind, relationships, finances, self-esteem, etc. Procedures and policies on COVID-19 change every day. There was a time when I wondered why there are so many policy changes. I then realized these changes are designed to keep us in a state of readiness. Adversity reveals to us how ready we are. We can truly learn and grow from adversity; it cultivates our readiness posture. COVID-19 has added weight to our rucksack of life, but we must maintain a heightened level of preparedness because we STILL must be ready to fight tonight.

Adversity has the proclivity to take our minds away from our mission. So let's remember to take care of ourselves and stay in a constant state of readiness. We do this by: eating healthy, getting the appropriate amount of sleep, exercising, engaging in fun and safe activities, and maintaining a healthy, daily routine so our bodies can eventually adjust to normalcy. Readiness falls on each individual to achieve.

In closing, strive to reach your full potential during challenging times. We can then help other people reach their potential too. Additionally, let us take time to reflect on what is important in our lives. Finally let us rise above petty nuances and negativity by developing a positive attitude that will help us stay focused on the mission and defeat Covid-19. Together, we can overcome adversity through perseverance!

CHAPEL SCHEDULE

KUNSAN AIR BASE

Protestant Services

Gospel Service

Sunday, 11:30 a.m.

Main Chapel, Bldg. 501

Contemporary Service

Sunday 5 p.m.

Main Chapel, Bldg. 501

Catholic Services

Sunday Catholic Mass

Sunday, 9:45 a.m.

Main Chapel, Bldg. 501

Daily Mass and Reconciliation

Please call the Chapel

Other Worship Opportunities

LDS Service

Sunday, 1:00 p.m.

SonLight Inn, Bldg. 510

Point of Contact:

Kunsan Chapel, 782-HOPE

Visit us on SharePoint:

<https://kunsan.eis.pacaf.af.mil/8FW/HC>

OSAN AIR BASE

Protestant Services

Community Service @ 1030

Gospel Service @ 1230

Regular Occurring Ministries:

PYOC: (Middle School & High School Students)

- Mondays—1830-2000 @ Chapel Spiritual Fitness Center.

PCOC: (AWANA)

- Wednesdays @ Chapel, Age 3 to 6th grade meet 1800-1930 & grades 7th-12th meet 1700-1800.

PMOC: (Men)

- Tuesdays - 1830 @ Chapel Annex.

PSOC: (Singles & Unaccompanied)

"Osan Hospitality House"

- Bible Studies:

*Saturdays - 1900 @ Hospitality House. Dinner is provided.

Sundays - 1700 @ Community Center, Classroom #3.

Game Night:

*Fridays - 1900 @ Hospitality House. Dinner is provided.

*Van pickup: Fridays: Chapel @ 1730, Mustang CTR @ 1735.

Saturdays: Chapel @ 1830, Mustang CTR @ 1835

PWOC: (Women) "PWOC Osan AB"

- Mondays 1800-2000, Tuesdays 0845-1100 @ Chapel Annex (Child Watchcare provided) & Sunday 1600-1730 @ Posco Apartments.

MOPS: Join us for OSAN MOPS!

- Meet twice a month on Wednesday @ the Chapel Annex

Contact: osanmops@gmail.com

Apostolic Pentecostal

Apostolic Connection Church

Bible Study: Osan Chapel Sanctuary, Mondays 7PM-8PM

Catholic Mass

Weekend Masses

Saturday Mass (Sunday obligation), 5 p.m.

Saturday, Also Confessions, 4 p.m.

Sunday Mass, 8:30 a.m.

Tuesday-Thursday Mass, 11:30 a.m.

Friday Mass, 5 p.m.

Catholic Ministries

Catholic Religious Education

Sunday, 10-11 a.m., Chapel annex

Korean Prayer group

Tuesday, 9:30 a.m., Blessed Sacra Chapel

Faith formation class/bible study Wednesday, 6:00 p.m., Chapel annex Catholic Men of the Chapel (CMOC) Wednesday, 7:00 p.m., Chapel annex Catholic Women of the Chapel (CWOC) Thursday, 5:30 p.m., Chapel annex hall Catholic Family social meal (Free) Friday, 6-7:30 p.m., Chapel annex hall Catholic Family social meal (Free) Saturday, 6-7:30 p.m., Chapel annex hall

Knights of Columbus & Baptism classes Meet monthly, PIs call 784-5000

Other Faith Groups

Earth-Based (Contact the Chapel)

Jewish (Contact the Chapel)

Muslim (Contact the Chapel)

Buddhist (Contact the Chapel)

LDS Sunday, 1 p.m., Contact the Chapel

Point of Contact:

Osan Chapel, 784-5000

Visit us on SharePoint:

<https://osan.eim.pacaf.af.mil/51FW/51FW-HC/default.aspx>

Visit us on Facebook (OSAN AB CHAPEL)

<https://www.facebook.com/OsanABChapel>

USAG-YONGSAN

Protestant Services

Traditional Service

Sunday, 9:30 a.m.

Memorial Chapel, Bldg 1597

Sunday, 9:30 a.m.

Brian Allgood Hospital Chapel

Contemporary Service

Sunday, 9 a.m.

South Post Chapel, Bldg 3702

Sunday, 10:30 a.m.

K-16 Chapel

Nondenominational Service

Sunday, 11 a.m.

South Post Chapel, Bldg 3702

Gospel Service

Sunday, 1 p.m.

South Post Chapel, Bldg 3702

Pentecostal

Sunday, 1:30 p.m.

Memorial Chapel, Bldg 1597

Letter Day Saints (LDS)

Sunday, 4 p.m.

South Post Chapel, Bldg 3702

Seventh-Day Adventist

Saturday, 9:30 a.m.

Brian Allgood Hospital Chapel

KATUSA

Tuesday, 6:30 p.m.

Memorial Chapel, Bldg 1597



Point of Contact:

USAG Yongsan Religious Support Office, 738-3011

Visit us on SharePoint:

<http://www.army.mil/yongsan>



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Donny (left) age 6, laughs at finding a teddy bear with his older brother DJ, age 8, at Andersen Air Force Base, Guam, March 24, 2020. Donny and DJ were participating in a treasure hunt taking place in the residential area of AAFB during a health emergency from COVID-19. The treasure hunt was formed by base spouses as a way for families to participate in a group activity while still being able to maintain good hygiene and social-distancing practices with no person-to-person contact. (U.S. Air Force photo by Senior Airman Michael S. Murphy)

Teddy Bear Treasure Hunt

By Senior Airman Michael S. Murphy, 36th Wing Public Affairs

ANDERSEN AIR FORCE BASE, Guam -- Google trends show that the top search worldwide is COVID-19, a virus that is listed as a pandemic across the globe.

This has caused many to be isolated in their own homes, looking for ways to pass time. Hannah Butler, an Andersen Air Force Base spouse member, created a fun activity for parents to do with their children that was also safe.

The idea was to place teddy bears in base housing windows and for families to drive around and locate them. Butler was talking with a friend one day who mentioned the idea to her. Butler liked the idea so much that she rallied those around her and proposed the idea to her neighbors and friends.

"For me, the idea was to find a way to connect our community while still keeping our distance from one

another," Butler said. "And to give parents and children something fun to do outside of the house."

Multiple families began participating in the treasure hunt, which was the goal, said Butler. She says that every street has a family participating in it.

"One woman said they found 36 bears," Butler said. "I have only received positive feedback on this. We were sitting outside last Saturday and I saw probably five families walk by looking for bears. The kids and parents would get so excited when they would find a bear. It was so much fun to watch."

During the COVID-19 outbreak, families are encouraged to practice good hygiene and social-distancing procedures with no person-to-person contact. Maintaining social-distancing reduces the chance of spreading COVID-19 according to the Center for Disease Control and Prevention.



Osan Air Base Movie Theater

April 30th
 6:07am: Opening Remarks/Memorial Push Ups
 6:30am: 24 Hour Run Start

May 1st
 6:07am: Final Formation Run
 6:30am: 24 Hour Run End/Closing Remarks/Memorial Push Ups

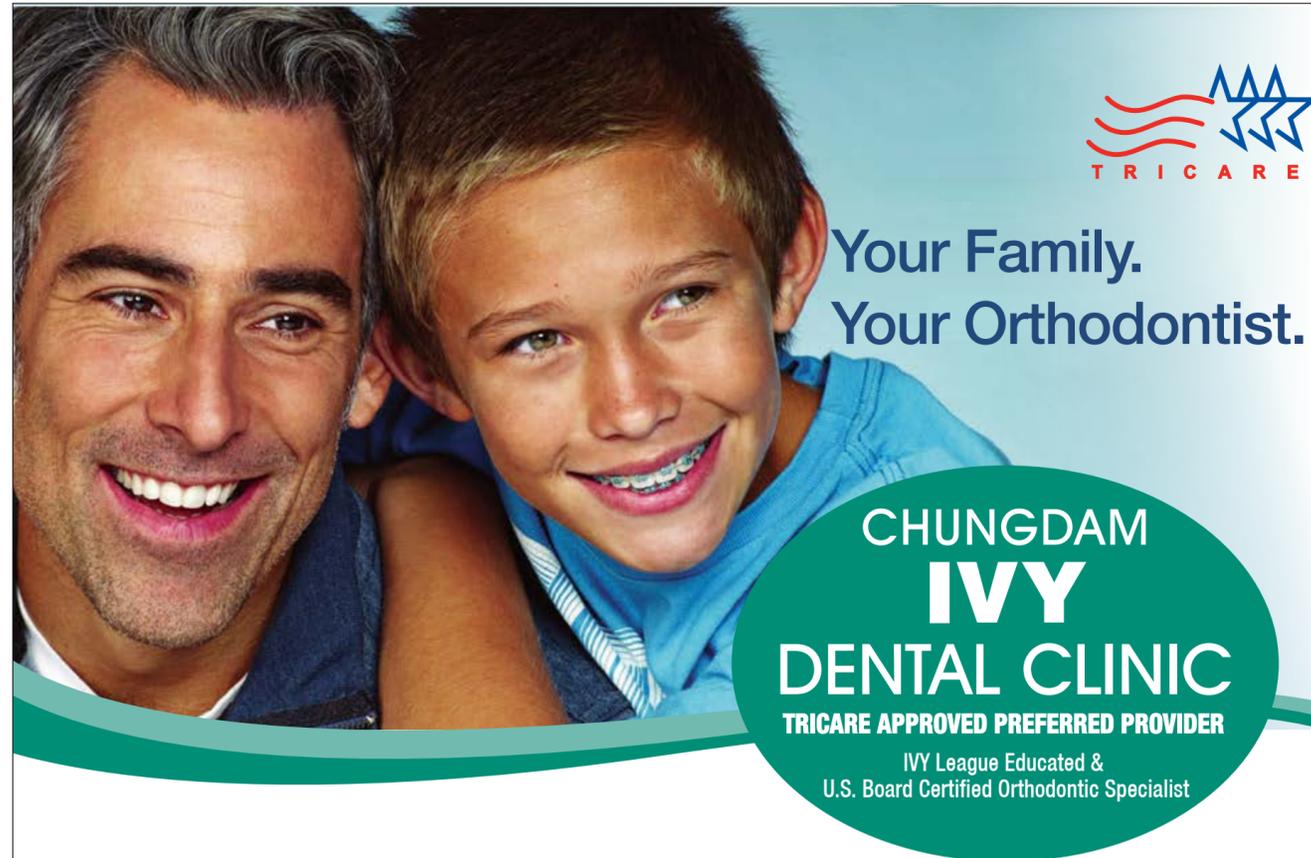
The 24 Hour Run is a worldwide annual event raising money for the TACP Association. Participants run, ruck, and/or walk as many miles as they can in a 24 hour period.

Awards given to the worldwide participant winners: Male and female most miles covered; 2 man run team; two man ruck team

Free race entry fee, but donations are welcomed. Please donate to the event at:

<https://give.classy.org/Team-Osan>
THIS IS A PRIVATE ORGANIZATION. IT IS NOT PART OF THE DEPARTMENT OF DEFENSE OR ANY OF ITS COMPONENTS AND IT HAS NO GOVERNMENTAL STATUS.

Contact SSgt Bunkley at 010-2353-4425 mark.bunkley@us.af.mil or TSgt Weldon Leonard 010-2309-3210 weldon.leonard@us.af.mil for more information.




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U.S. Airman rescues ROKAF member from drowning

OSAN AIR BASE, Republic of Korea -- The obstructive sounds of a full-up construction site range from drills breaking through concrete to power saws cutting through wood, easily disguising the screams of a man drowning 75 yards away.

It was a warm Labor Day weekend and 51st Aircraft Maintenance Squadron's Senior Airman Cody Kruzel, and Senior Airman Zachary Ledo were six days into escorting contractors on the flight line. With an end in sight, the two weren't expecting to perform life saving measures.

When the first screams rang out, the Airmen confused it for the normal hustle and bustle of the area.

"Two to three minutes go by and we hear the shout again," Kruzel said. "Except this time we heard a slight distress, so we knew we had to investigate. We turned around and walked closer to the sound.

That is when I saw someone's head bobble and go under water."

With little time to think, he began running, throwing his phone and wallet onto the ground.

"I took off my top and dove into the water," Kruzel said. "Not like a full dive -- it was more like a half cannon ball, half doggy paddle because I don't know how deep it was and I didn't know what was in the water."

Submerged in the luke-warm algae

infested water, Kruzel didn't slow down. He had no idea how long the man had been drowning and had no time to waste.

"I have done martial arts most my life, so when I swam up to him I knew how to get ahold of him without getting knocked out," Kruzel said. "I kind of got him into a Half Nelson."

Realizing swimming with boots on was going to prove difficult and time consuming, he asked Ledo for help. Ledo returned with a life preserver and while trying to give it to Kruzel, he also slipped and fell in.

They got the life preserver on the victim, allowing him to take a rest. Kruzel latched onto a fence post with one arm and with the other arm pulled the crew toward the edge of water.

He eventually managed to pull himself and the other two out of the water and even went back in to retrieve the victims boot and hat. Upon his return, the victim embraced him in a hug.

"He said a couple of times when he was going under the water that his life flashed before his eyes," Kruzel said. "He thought his life was ending."

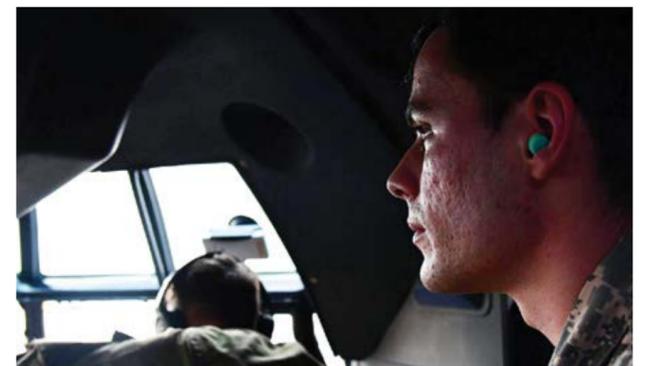
The two exchanged numbers and have become friends, enjoying outings around Korea.

Since then, Kruzel has been heralded as a hero. For him though, it doesn't seem like anything out of the ordinary.

"Life isn't about how successful you are, it is about the impact you make," he said.



Senior Airman Cody Kruzel, 51st Aircraft Maintenance Squadron specialist, checks out equipment to fellow maintainers during exercise Cobra Gold 2020, Korat Air Base, Nakhon Ratchasima, Thailand. During the exercise, Kruzel was responsible for all equipment and tools used by the 25th Aircraft Maintenance Unit.



Senior Airman Cody Kruzel, 51st Aircraft Maintenance Squadron specialist, stands in the cockpit of a C-130 Super Hercules flying over Nakhon Ratchasima, Thailand as part of a familiarization flight during exercise Cobra Gold 2020. Since Kruzel has mostly worked on U-2s and A-10s, this was Kruzel's first time riding in a C-130.