

# Crimson Sky

## FITTING A MOLD NOT DESIGNED FOR ME

Senior Airman Noah Sudolcan, 51st Fighter Wing Public Affairs journeyman, describes his experiences and body dysmorphia in a commentary, Osan Air Base, Republic of Korea, June 16, 2021. From his perspective, the gay community hyperfocuses on body types casting labels to categorize the shapes and sizes. Whether you are skinny, a twink, hairy, stocky or a bear, the pressure to fit into a certain mold can cause us to feel inadequate. (U.S. Air Force photo illustration by Tech Sgt. Vernon Young Jr.)

### By Senior Airman Noah Sudolcan 51st Fighter Wing Public Affairs

**OSAN AIR BASE, Republic of Korea** -- After intense 60-minute gym workouts, I typically return to my dorm room to judge myself. Grabbing at what little fat lingers on my stomach, overanalyzing if I'll ever look good enough. The thought of being physically vulnerable quickly forces me to put a shirt on.

Have you ever looked in the mirror and thought to yourself, Wow! I look great! for some people that day never comes, especially in the

LGBT community.

The mixture of growing up overweight and in the closet into my 20's, I find myself falling into the category of someone who struggles with body dysmorphia. Often times opting to keep my shirt on at the pool even though I looked similar to most people there.

In my experience, the gay community hyperfocuses on body types casting labels to categorize the shapes and sizes. Whether you are skinny, a twink, hairy, stocky or a bear, the pressure to fit into a certain mold can cause us to feel inadequate.

Being judged by first glances leads someone to care more about the outer appearance rather than their own character. Striving for something unattainable we forget to love ourselves in the process. But then why should going to the gym everyday be an issue when we are taught to be 'fit to fight?'

As a gay male, I tend to view myself in a negative light. I grew up hiding, being ashamed, wondering, "Why me?"

I often felt my sexuality was on display and the need to inform others of the gender I am attracted to so I can prevent offensive gestures.

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7th Air Force

Commanding General/Publisher  
Lt. Gen. Scott L. Pleus

Public Affairs Officer/Editor  
Lt. Col. Omar Villarreal

Editor/COR  
Park, Do Young

Editor/Staff Writer  
Master Sgt. Rachelle Blake

51st Fighter Wing

Commander  
Col. John F. Gonzales

Public Affairs Officer

Staff Writers

Master Sgt. Joshua Garcia  
Tech. Sgt. Matt Davis  
Staff Sgt. Ramon A. Adelan  
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Staff Sgt. Sergio A. Gamboa

8th Fighter Wing

Commander

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Staff Writers

Tech Sgt. Will Bracy  
Staff Sgt. Kristen High  
Staff Sgt. Jordan Garner,  
SRA. Mya Crosby  
SRA. Jessica Blair

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Oriental Press

Chief Executive Officer  
Charles Chong

Marketing Director  
Joseph Shim

Director, Digital Media Development  
Minho Shin

Art Director

Eric Young-Seok Park

Commercial Advertising

Telephone: 02-6903-6815 / 010-4016-8048  
E-mail: oriental\_press@outlook.com  
Address: PSC 450, Box 758, APO AP 96206-0758  
Location: Dragon Hill Lodge, Bldg. 4050-B

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7afpa@us.af.mil  
51fwpa@us.af.mil  
8fw.pa@kunsan.af.mil

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U.S. Air Force Chief Master Sgt. Justin Apticar, 51st Fighter Wing command chief, marshalled Col. John Gonzales, 51st Fighter Wing commander, piloting an A-10 Thunderbolt II after his final flight at Osan Air Base, Republic of Korea, June 16, 2021. Family, friends, and co-workers gathered on the flightline to congratulate Gonzales and wish him well as he moves on to his next base. (U.S. Air Force photo by Senior Airman Branden Rae) ▲

# 51st FW/CC takes Fini-Flight



U.S. Air Force Col. John Gonzales, 51st Fighter Wing commander, prepares to exit an A-10 Thunderbolt II after his final flight at Osan Air Base, Republic of Korea, June 16, 2021. The fini-flight is a long-standing Air Force tradition, dating back during World War II, that occurs when a pilot departs from a base. (U.S. Air Force photo by Senior Airman Branden Rae) ▲

U.S. Air Force Col. John Gonzales, 51st Fighter Wing commander, is sprayed with water by his children after his final A-10 Thunderbolt II flight at Osan Air Base, Republic of Korea, June 16, 2021. Gonzales' family and friends met him on the flightline to celebrate this event. (U.S. Air Force photo by Senior Airman Branden Rae) ►



# 607th Air Support Operations Group Change of Command

Brig. Gen. Jason Rueschhoff, 7th Air Force deputy commander, left, passes off the ceremonial guidon to Col. Scott Morgan, 607th Air Support Operations Group inbound commander, at Osan Air Base, Republic of Korea, June 22, 2021. This act marks the official beginning of Morgans command of the 607th ASOG. (U.S. Air Force photo by Tech. Sgt. Nicholas Alder) ►



Osan Air Base honor guard performs colors at the 607th Air Support Operations Group change of command at Osan Air Base, Republic of Korea, June 22, 2021. The change of command ceremony is deeply rooted in military tradition that dates back to the reign of King Frederick of Prussia and has persisted into modern day. (U.S. Air Force photo by Tech. Sgt. Nicholas Alder) ▲

Brig. Gen. Jason Rueschhoff, 7th Air Force deputy commander, left, receives the ceremonial guidon from Col. William Edmunds, 607th Air Support Operations Group outbound commander, at Osan Air Base, Republic of Korea, June 22, 2021. This act marks the official end of Edmunds tenure as commander of the 607th ASOG. (U.S. Air Force photo by Tech. Sgt. Nicholas Alder) ▼



Brig. Gen. Jason Rueschhoff, 7th Air Force deputy commander, left, and Col. William Edmunds, 607th Air Support Operations Group outbound commander, right, congratulate Col. Scott Morgan, 607th ASOG commander at Osan Air Base, Republic of Korea, June 22, 2021. With the passing of the guidon, Morgan begins his tenure as the commander of the 607th ASOG. (U.S. Air Force photo by Tech. Sgt. Nicholas Alder) ▼



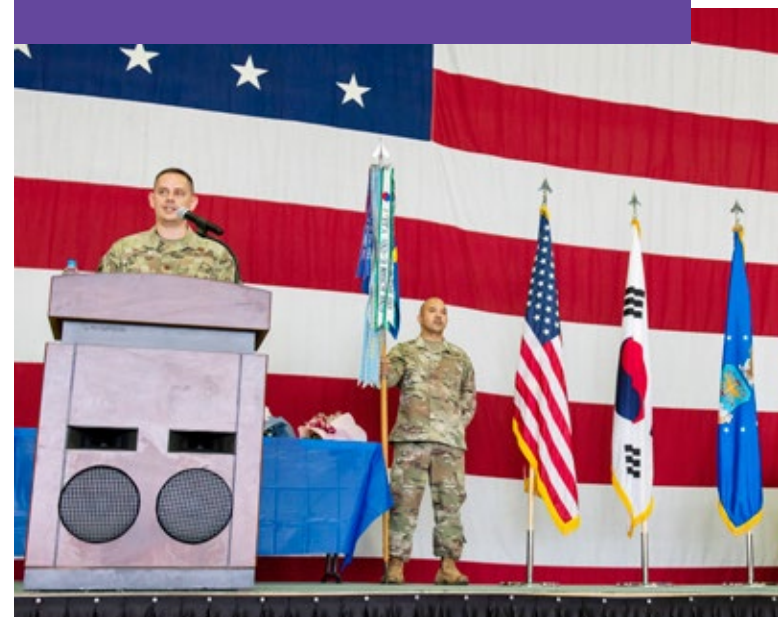
Brig. Gen. Jason Rueschhoff, 7th Air Force deputy commander, pins the Legion of Merit onto Col. William Edmunds, 607th Air Support Operations Group outbound commander, at Osan Air Base, Republic of Korea, June 22, 2021. Edmunds earned the Legion of Merit for his meritorious conduct as the 607th ASOG commander. (U.S. Air Force photo by Tech. Sgt. Nicholas Alder) ▲



Col. Brian Moore, 51st Maintenance Group commander, left, presents the ceremonial guidon to Maj. Benjamin Abshire, 51st Maintenance Squadron inbound commander, at Osan Air Base, Republic of Korea, June 18, 2021. From this moment onward, Abshire is now officially the commander of the 51st MXS. (U.S. Air Force photo by Staff Sgt. Douglas Lorraine) ▶



## 51st MXS Change of Command



Maj. Benjamin Abshire, 51st Maintenance Squadron inbound commander, speaks at the 51st MXS change of command ceremony at Osan Air Base, Republic of Korea, June 18, 2021. Abshire established his hopes and expectations for the 51st MXS going forward as the new commander. (U.S. Air Force photo by Staff Sgt. Douglas Lorraine) ▲

Col. Brian Moore, 51st Maintenance Group commander, speaks at the 51st Maintenance Squadron change of command ceremony at Osan Air Base, Republic of Korea, June 18, 2021. (U.S. Air Force photo by Staff Sgt. Douglas Lorraine) ▼



Col. Brian Moore, 51st Maintenance Group commander, left, pins the Legion of Merit onto Lt. Col. Robert Campbell, 51st Maintenance Squadron outbound commander, at Osan Air Base, Republic of Korea, June 18, 2021. Campbell earned the Legion of Merit for his meritorious conduct in the performance of his duties as 51st MXS commander. (U.S. Air Force photo by Staff Sgt. Douglas Lorraine) ◀



Col. Brian Moore, 51st Maintenance Group commander, left, awards the Legion of Merit onto Lt. Col. Robert Campbell, 51st Maintenance Squadron outbound commander, at Osan Air Base, Republic of Korea, June 18, 2021. Campbell earned the Legion of Merit for his meritorious conduct in the performance of his duties as 51st MXS commander. (U.S. Air Force photo by Staff Sgt. Douglas Lorraine) ▲

## Pride in Air Force family

By Tech. Sgt. James Cason  
8th Fighter Wing Public Affairs

KUNSAN AIR BASE, Republic of Korea -- U.S. Air Force Staff Sgt. Foster Conner projects a room-brightening personality. He holds his head high, shoulders straight, he's comfortable, confident and proud of who he is.

"In the military, I've found my community," said Conner, 8th Security Forces Squadron Airman at Kunsan Air Base. "A community where I don't have to worry about being shunned. We're all family here."

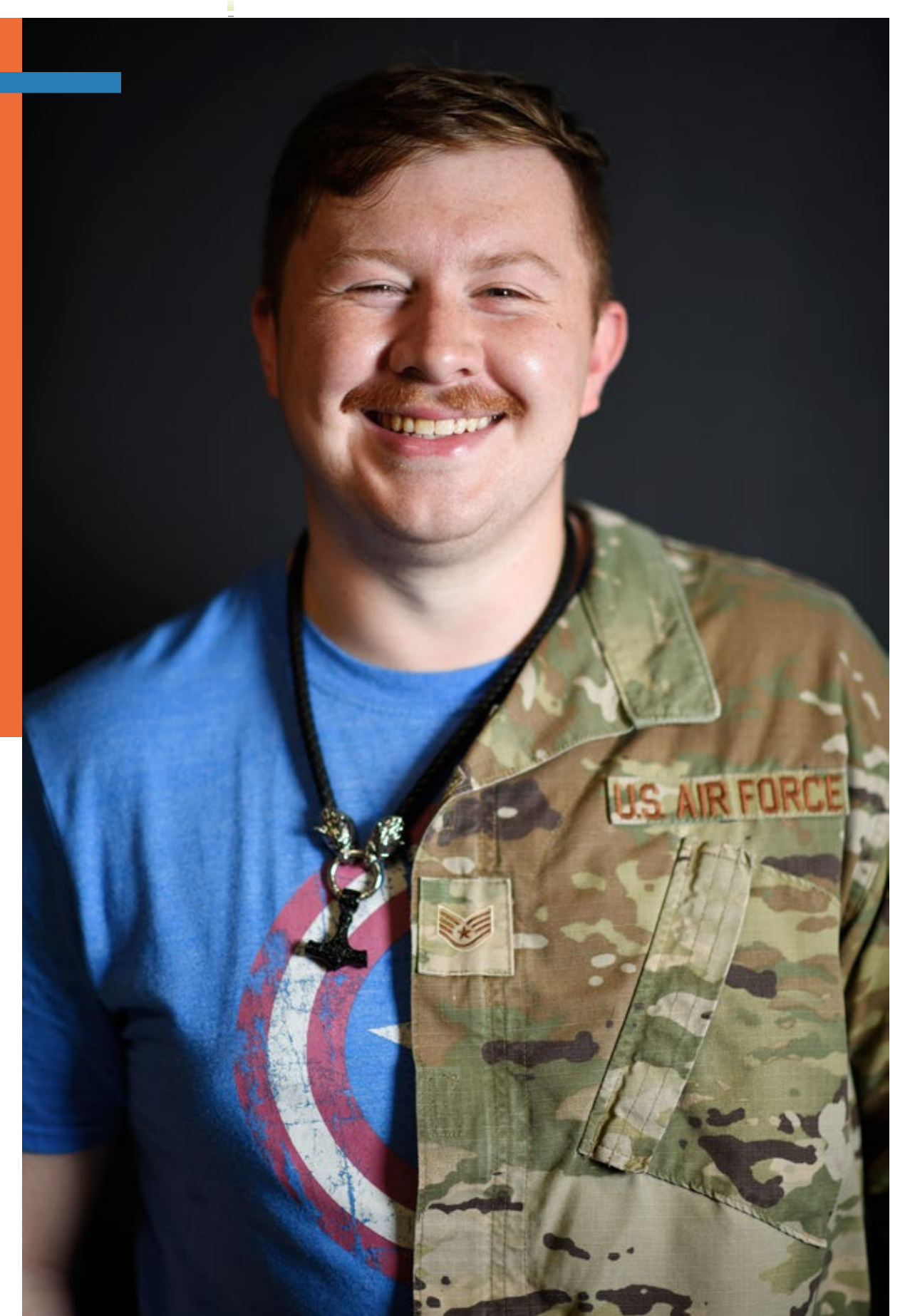
Before he joined the Air Force, Conner shared how he did have to worry about being shunned...by both his community and his family.

Raised in a strictly religious home, Conner said he was taught to look down on people who fell outside of the community's standards. Until the age of 12, Conner's life revolved around activity inside, and with people from, his church. However, at the age of 12, Conner came out as gay to his family and church.

Immediately, he said he had become one of those looked-down-upon outsiders. Conner said he was even barred from interacting with his church friends because adults "didn't want him to spread the disease of being gay to other kids."

Conner said he felt he could no longer connect with his parents, spending many sleepless nights in secret, researching why he felt the way he did, because there was no one in his family he could speak with.

The emotional disconnectedness between Conner and his family came to a head when he was 15, and his grandfather died. Between withholding who he truly was from his grandfather under familial pressure, and then



being accused of being willfully distant after his death, it was all too much.

Conner said he spent the rest of his high school years at home, feeling depressed, experiencing suicidal ideations, and unable to escape the weight of confusion and disbelonging in the world.

After high school, Conner sought new life experiences, which eventually led him to an Air Force recruiter. There, Conner laid out his family situation and the fact that he was gay.

"My recruiter told me the military is a place where all of that stuff doesn't matter," Conner said.

Five years later, Conner is here at Kunsan and he says the recruiter was right.

"In the military, you're all brothers and sisters. It doesn't matter if you're gay or black or this or that, we're all family...I was able to break away

U.S. Air Force Staff Sgt. Foster Conner poses for a photo at Kunsan Air Base, Republic of Korea, June 11, 2021. Conner struggled with familial controversy regarding his sexual orientation when he lived at home, now in the Air Force, he shares how he has finally found community and acceptance. (U.S. Air Force photo by Staff Sgt. Mya Crosby)

from a toxic culture," Conner said. "Standing here today, I would tell my 12 year old self to not fall into the traps you were taught. You are your own person and no matter what they say they can't break you."

Staff Sgt. Foster Conner is an Airman in the United States Air Force. He is gay, and proud to be.



**Staff Sgt. Miguel Guajardo, 374th Security Forces Squadron military working dog handler, kneels near Splash, 374th SFS MWD, at Yokota Air Base, Japan, June 11, 2021. With the acquisition of Splash and another MWD, the 374th SFS went from a year-long shortage in manpower for MWDs to an overage. (U.S. Air Force photo by Staff Sgt. Joshua Edwards)**

# Black labs bring enhanced capabilities to the kennel

**By Staff Sgt. Joshua Edwards  
374th Airlift Wing Public Affairs**

**YOKOTA AIR BASE, Japan** -- The 374th Security Forces Squadron received a 5-year-old and 4-year-old black Labrador retriever from the III Marine Expeditionary Force located at Camp Hansen in Okinawa, May 17.

Staff Sgt. Miguel Guajardo, 374th SFS Military Working Dog handler, with the help of the 459th Airlift Squadron, travelled to Okinawa to pick up MWDs Splash and Allie last month.

"It was a last minute notice and I was told I had to go pick them up," said Guajardo. "The 459th had a plane for me, a C-12 [Huron]. We flew all day to get them. It was four hours there and another five hours back."

The dogs came from a deployment program the Marine Corps is downsizing in favor of normal law enforcement MWDs.

"The Marine Corps were originally going to retire these dogs," Shannon said. "These dogs are worth \$100,000 apiece. Instead of retiring them at such a young age, it made more sense for them to reach out to the other services. When we found out about it, I immediately reached out."



**Allie, 374th Security Forces Squadron military working dog, prepares for exercise at Yokota Air Base, Japan, June 11, 2021. Due to prior Marine Corps training, Allie can detect additional scents not required through Air Force training. (U.S. Air Force photo by Staff Sgt. Joshua Edwards)** ▲

Since Splash and Allie were trained to meet Marine Corps regulations, they have a slightly different skillset than the normal Air Force trained German shepherds and Belgian Malinois.

"These dogs know three more explosive odors than the Air Force standard," said Shannon. "They are single purpose, which means they will only do detection and were never trained on bite. In the event that we go down range, we can use them off leash and have them search around without having to think about if my dog is going to bite someone."

This allows the labs to travel farther from their handler than Air Force MWDs and watch for a variety of hand signals while off the leash.

"They are a lot of fun to work with and it's a different experience than working with what I'm used to," said Guajardo. "My normal dog, Florida, searches one way and these dogs search a completely different way. Not all dogs are the same, and I'm learning more and more as we go along."

With the acquisition of the labs, the 374th SFS went from a year-long shortage in manpower for MWDs to an overage. This will allow for the retirement of a MWD that has been at Yokota for several years and not leave any gaps in the mission.

While neither MWD currently has anyone assigned to them, their handlers are due to arrive at Yokota within the next couple months.

**Splash, 374th Security Forces Squadron military working dog, runs back to a handler at Yokota Air Base, Japan, June 11, 2021. The Marine Corps closed a mission set for their MWDs allowing the 374th SFS to acquire two new black Labrador retrievers. (U.S. Air Force photo by Staff Sgt. Joshua Edwards)** ▶



**Staff Sgt. Miguel Guajardo, 374th Security Forces Squadron military working dog handler, throws a tennis ball for Splash, 374th SFS MWD, at Yokota Air Base, Japan, June 11, 2021. Splash is one of two new black Labrador retrievers the 374th SFS acquired from the Marine Corps. (U.S. Air Force photo by Staff Sgt. Joshua Edwards)** ▲



**Senior Airman Noah Sudolcan, 51st Fighter Wing Public Affairs journeyman. (U.S. Air Force photo by Tech Sgt. Vernon Young Jr.)**

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I find that some topics, especially within our Air Force, are taboo or not discussed. The issue is that so many things thrive in the dark, simply shining light on an issue is not enough to fix it, but it's a start.

It's been 10 years since the repeal of "Don't Ask, Don't Tell." As a member of the LGBT community, I love to see our fighting force making strides towards diversity and inclusion.

The feeling of fitting in, or acceptance, was not something obtained until I arrived at my first duty station and 'came out' to my first supervisor. To my surprise, I was met with an overwhelming amount of love and acceptance.

With mental health, the stigma is still the same, seek help for a problem and face consequences, whether the case requires that kind of attention or not. Members of the LGBT community often feel the need to fix things alone. I spent 21 years 'in the closet' of a religious family and it made it very difficult to express myself freely.

In my time of need, I got to the point where I reached out for help from my kin, unfortunately, I was met with disdain and disapproval and caused an emotional spiral in my life.

Thankfully, my supervisor caught my hand and showed me the advantages and support of my Air Force family.

No matter what you are facing in life, there is an Air Force family there to help you. I implore you to find them.



Staff Sgt. Nathan Powers, 51st Civil Engineer Squadron construction inspector technician, inspects a small unmanned aircraft system for damage after landing at Osan Air Base, Republic of Korea, June 6, 2021. Operators pilot the Aeryon SkyRanger as part of their quarterly Rapid Airfield Damage Assessment System training. (U.S. Air Force photo by Tech. Sgt. Nicholas Alder)

# 51st CES Airmen have a birds eye view

By Tech. Sgt. Nicholas Alder  
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- Airmen from the 51st Civil Engineer Squadron took to the skies to accomplish their quarterly Rapid Airfield Damage Assessment System training and maintain their Small Unmanned Aircraft Systems operator proficiency.

Their training is part of the Air Force Civil Engineer Centers "RADAS" program, which allows CE Airmen to quickly assess airfields after a damaging event while reducing their exposure to hazards.

"This is an expedient method to help the base recover much faster after an attack and minimize the risk to Airmen," said Staff Sgt. Jason Holmes, 51st Civil Engineer Squadron small unmanned aerial systems program manager. "This whole program is designed to make us more effective and efficient at getting our job done."

The SUAS operators volunteer to participate in the program. Their primary CE jobs are not piloting small unmanned aerial systems. Airmen come together from various career fields to learn a new skill designed to



Senior Airman Clara Song, 51st Civil Engineer Squadron construction inspector, inspects small unmanned aircraft systems after landing at Osan Air Base, Republic of Korea, June 6, 2021. As a SUAS operator, Song must be proficient with operating the Aeryon SkyRanger system. (U.S. Air Force photo by Tech. Sgt. Nicholas Alder) ▲



Small unmanned aircraft system operators from the 51st Civil Engineer Squadron, pose with their equipment at Osan Air Base, Republic of Korea, June 6, 2021. These operators conduct quarterly aerial assessments of the airfield, as part of the Rapid Airfield Damage Assessment System. (U.S. Air Force photo by Tech. Sgt. Nicholas Alder) ▲

streamline some of their job specific duties. "I'm a structures troop and I'm doing this as a way to aid in roof inspections" said Tech. Sgt. Russell Metts, 51st Civil Engineer Squadron structural supervisor. "The RADAS program is the primary focus, but roof inspections will be my secondary priority to make them quicker and safer for our structures Airmen."

Airmen from other specialized career fields also participate in the training because it provides a unique perspective on the airfield and installation that helps them complete their missions too.

"The purpose of today is so that all of our SUAS operators can stay current, but also to work with our EOD counterparts to make assessing damages after an attack much faster," said Holmes. "We have operators that control the aircraft and cameras, while EOD technicians are right next to us monitoring the live feed looking for any unexploded ordnance".

The operators face different challenges from their day-to-day jobs. They have to learn airfield operations, communication procedures, runway and taxiway procedures, and general air space specific rules. All of this while piloting an unmanned aerial system.

"It's interesting because as a CE Airman, the last thing you're thinking about is communicating with the tower asking them to clear the airspace so we can fly," said Holmes. "It's a challenging new dynamic for us to deal with, because we now have to monitor aircraft for each other, communicate with the tower, quickly assess your mission time, and monitor the airspace."

Through this regimented training, the Airmen operating these aircraft enjoy the uniquely rewarding perspective gained from it.

"Being a SUAS operator is cool because it's a different challenge that you traditionally don't get within civil engineering," Said Holmes, "You are trying to do the same civil engineer mission, but in the air".



Tech. Sgt. Adam Crough, 51st Fighter Wing flight safety manager, left, and Tech. Sgt. Charles Smith, 51st Civil Engineer Squadron contracting officer representative, observe the landing of a small unmanned aircraft system at Osan Air Base, Republic of Korea, June 6, 2021. Members of the 51st Civil Engineer Squadron perform quarterly flights to maintain their SUAS operator proficiency. (U.S. Air Force photo by Tech. Sgt. Nicholas Alder) ◀



Senior Airman Austin Duck, 51st Civil Engineer Squadron explosives ordnance disposal technician, points out a training marker on the video feed of a small unmanned aircraft system at Osan Air Base, Republic of Korea, June 6, 2021. The operators perform aerial assessments of the airfield, as part of the Rapid Airfield Damage Assessment System. (U.S. Air Force photo by Tech. Sgt. Nicholas Alder) ◀

# General Camerer visits Osan AB



The U.S. Air Force Expeditionary Center Command Chief, Chief Master Sgt. Anthony Green, left, The U.S. Air Force Expeditionary Center Commander, Maj. Gen. Mark Camerer, middle left, Col. John Gonzales, 51st Fighter Wing commander, middle right, and Chief Master Sgt. Justin Apticar, 51st Fighter Wing command chief, right, give farewells at Osan Air Base, May 19, 2021. The Expeditionary Center is the Air Force's preeminent authority for expeditionary operations and supports AMC's worldwide mission of providing Rapid Global Mobility to America's armed forces. (U.S. Air Force photo by Senior Airman Branden Rae) ◀

U.S. Air Force Tech Sgt. Christopher Jones, NCO in charge of passenger services, right, briefs the USAF Expeditionary Center command team during a tour of the unit at Osan Air Base, May 19, 2021. During the visit, leadership addressed Airman's concerns and struggles with COVID-19. (U.S. Air Force photo by Senior Airman Branden Rae) ▼



The U.S. Air Force Expeditionary Center Commander, Maj. Gen. Mark Camerer, left, and the USAF Expeditionary Center Command Chief, Chief Master Sgt. Anthony Green, middle, receive a brief from Staff Sgt. Frederick Smith, 731st Air Mobility Squadron unit training manager, at Osan Air Base, May 19, 2021. (U.S. Air Force photo by Senior Airman Branden Rae) ▲



The U.S. Air Force Expeditionary Center Commander, Maj. Gen. Mark Camerer, left, coins Staff Sgt. Percy Mitchell, 731st Air Mobility Squadron commander's executive assistant, at Osan Air Base, May 19, 2021. The leadership team recognized many high performing Airmen with a challenge coin. (U.S. Air Force photo by Senior Airman Branden Rae) ▲



The U.S. Air Force Expeditionary Center Commander, Maj. Gen. Mark Camerer, center, receives a tour of the newly built air freight terminal warehouse at Osan Air Base, May 19, 2021. The \$34 million project enhanced the squadron's ability to support the readiness of U.S. Forces on the Korean Peninsula. (U.S. Air Force photo by Senior Airman Branden Rae)



## SUMMER FIRE SAFETY

Summertime should be a time of fun and making happy memories. Summertime, however, also brings fires and injuries due to fireworks and outdoor grills. According to the United States Fire Administration, almost 3,800 Americans are injured by gas or charcoal grill fires annually. Knowing a few fire safety tips and following safety instructions will help everyone have a safe summer.

### Barbecue Safety

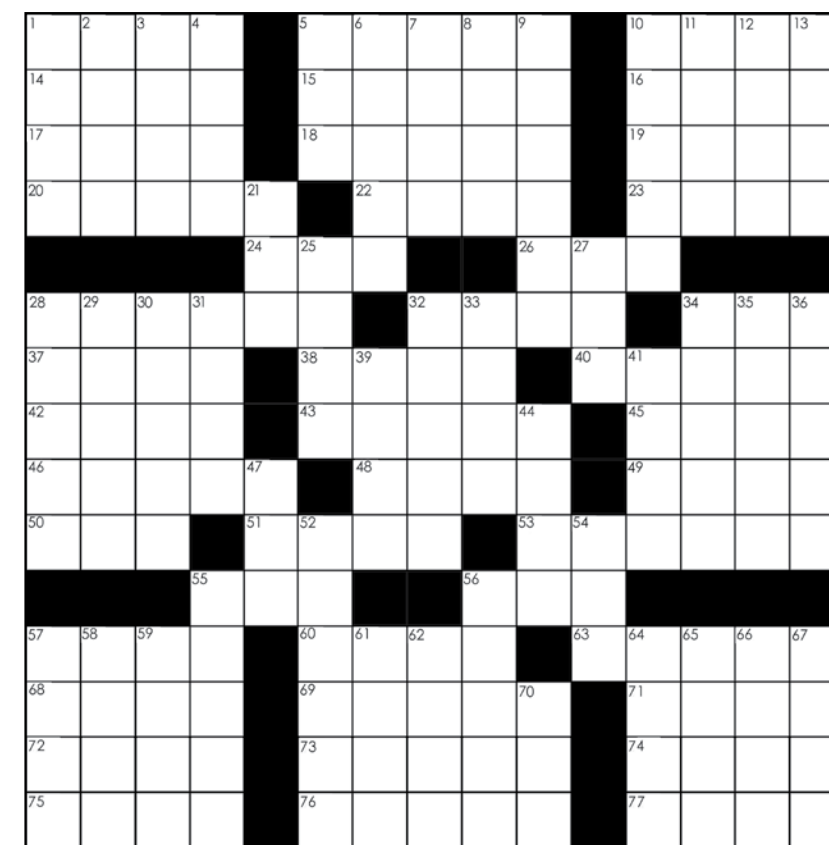
- Before using a grill, check the connection between the propane tank and the fuel line.
- Do not wear loose clothing while cooking at a barbecue.
- Keep all matches and lighters away from children.
- Dispose of hot coals properly - douse them with plenty of water, and stir them to ensure that the fire is out. Never place them in plastic, paper or wooden containers.
- Never grill/barbecue in enclosed areas - carbon monoxide could be produced.
- If the flame goes out on a propane grill, turn the grill and gas off and wait at least 15 minutes before re-lighting it.

Open fires are not permitted unless approved by the Fire Emergency Services Flight. Barbecue grills will not be used within 15 feet of a building or 50 feet from an aircraft or flammable storage. DO NOT dispose hot coals in garbage chute or trash cans.

Any questions, feel free to contact Fire Prevention Office at 784-4835/4710.

## The Crossword

By Jon Dunbar



- ACROSS**
- 1 Explosive sound
  - 5 Some frogs
  - 10 Alan Alda TV show
  - 14 Troll cousin
  - 15 7-10 in bowling
  - 16 Singer Fitzgerald
  - 17 Scottish valley
  - 18 Water mammal
  - 19 University head
  - 20 Korean capital
  - 22 Very small amount
  - 23 Snakes
  - 24 UK TV news
  - 26 Unwell
  - 28 Bibimbap hometown
  - 32 Part of a URL
  - 34 "Takin' Care of Business" band
  - 37 Former UK aircraft maker
  - 38 General's decoration
  - 40 Goes with honor or life
  - 42 Type of bog
  - 43 Traditional Korean house
  - 45 Opposite of false
  - 46 Pretentious
  - 48 Military on campus
  - 49 Korea \_\_\_-Fisheries Trade Corp.
  - 50 Bill the Science Guy
  - 51 Someone from Bangkok
  - 53 Yongin neighbor
  - 55 Any port \_\_\_ storm
  - 56 Cheerleader chant
  - 57 Hotshot pilots
  - 60 Western alliance
  - 62 PX operator
  - 68 La. city
  - 69 Persona non \_\_\_
  - 71 Chair
  - 72 Space shuttle builder
  - 73 Used to measure farmland
  - 74 Opposite of hard
  - 75 Goes with Guinness or Baldwin
  - 76 Suites
  - 77 Incheon airport train
- DOWN**
- 1 Swamps
  - 2 Leer at
  - 3 Black and white cookie
  - 4 Found at a restaurant table
  - 5 Chinese general famous for chicken
  - 6 Type of eye nerve
  - 7 Type of saxophone
  - 8 What you eat
  - 9 Sea passage between land
  - 10 Service reward
  - 11 Alcoholic drinks
  - 12 Smack
  - 13 Blix or Christian Andersen
  - 21 JFK's successor
  - 25 Clinton's successor
  - 27 Taxi fuel
  - 28 Korea's neighbor
  - 29 Each
  - 30 Give a lecture
  - 31 The haves and have-\_\_\_
  - 32 Vietnam capital
  - 33 Old Korean pop
  - 34 Scow
  - 35 Cape Cod town
  - 36 Ancient Greek performance theater
  - 39 Actress Reid
  - 41 Salt Laced City state
  - 44 NIS predecessor
  - 47 Korean 24-hour news channel
  - 52 Airplane garage
  - 54 Ambassador nominee Victor \_\_\_
  - 55 Korean toast maker
  - 56 Hyundai defense manufacturer
  - 57 Goes with Kendrick or Kournikova
  - 58 Black energy source
  - 59 Or \_\_\_
  - 61 US oil company
  - 62 Root vegetable
  - 64 Not docked
  - 65 Worry
  - 66 "At \_\_\_"
  - 67 "Mr. Roboto" band

- Answers to Previous Crossword**
- |             |              |              |              |           |
|-------------|--------------|--------------|--------------|-----------|
| ACROSS      | 27 OLAF      | 63 ITAEWON   | 10 GHILLIE   | 46 ETA    |
| 1 REG       | 28 BONIER    | 67 PAL       | 11 BARBARA   | 47 ELM    |
| 4 ASS       | 33 DNS       | 68 TED       | 12 PGA       | 48 NYC    |
| 7 GIF       | 34 TIRE      | 69 NETTING   | 14 AMY       | 50 ISRAEL |
| 10 GBP      | 35 MISTLETOE | 70 PRO       | 15 IODO      | 54 BLING  |
| 13 NATALIE  | 37 AHEAD     | 71 PLO       | 22 MOTHERS   | 58 ITEM   |
| 15 ODE      | 38 SOFA      | 72 GMO       | 23 IBM       | 59 NATO   |
| 16 HAG      | 39 YULE      | 73 LEO       | 24 DOI       | 60 SET    |
| 17 AUGMENT  | 41 OPOON     | 44 EVERGREEN | 25 SNS       | 61 APP    |
| 18 LIE      | 49 NORK      | 50 IKE       | 28 FED       | 62 HIP    |
| 19 IRA      | 51 LK        | 52 ASIA      | 30 ITSOYAKAY | 64 WIL    |
| 20 YEOLUIDO | 53 SWAB      | 55 AMC       | 31 ELON      | 65 ONE    |
| 22 MLB      | 54 ALEE      | 56 TOY       | 32 REF       | 66 NGO    |
| 23 IDS      | 55 SINO      | 57 ROLLINS   | 3 GTG        |           |
| 26 POET     | 56 TOY       | 61 AWL       | 4 ALEE       |           |
|             | 57 ROLLINS   | 62 HAN       | 5 SINO       |           |
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|             | 62 HAN       |              | 7 GOLDENEYE  |           |
|             |              |              | 8 IDIOTS     |           |
|             |              |              | 9 FEE        |           |
|             |              |              | 43 CRIOLLO   |           |
|             |              |              | 44 URI       |           |
|             |              |              | 41 ONA       |           |
|             |              |              | 42 POSTWAR   |           |
|             |              |              | 43 CRIOLLO   |           |
|             |              |              | 45 VEAL      |           |



**A** C-17 Globemaster III assigned to Joint Base Charleston deploys flares as part of a training event over the Atlantic Ocean in a military operating area outside Charleston, S.C., June 5, 2021. The C-17 is capable of rapidly and strategically delivering troops and all types of cargo to MOAs or forward-operating bases in deployment areas. The C-17 can perform tactical airlift and airdrop missions as well as transport litters and ambulatory patients during aeromedical evacuations. (U.S. Air Force photo by Tech. Sgt. Chris Hibben) ▲

**T**ech. Sgt. Dalla, a 140th Aircraft Maintenance Squadron crew chief, works on an F-16 Fighting Falcon at Thule Air Base, Greenland, June 14, 2021. Exercise Amalgam Dart runs from June 10-19, with operations ranging across the Arctic from the Beaufort Sea to Thule, Greenland. Amalgam Dart 21-01 provides NORAD the opportunity to hone continental defense skills as Canadian and U.S. forces operate together in the Arctic. (U.S. Air National Guard photo by Airman Basic Mira Roman) ►



**C**hief Master Sgt. of the Air Force JoAnne S. Bass, right, talks with Airman 1st Class Yusuf Shabazz, an aerospace physiology technician with the U.S. Air Force School of Aerospace Medicine, during her visit to the school, June 3, 2021, as part of a three-day tour of Wright-Patterson Air Force Base, Ohio. Bass visited several units within the 88th Air Base Wing, Air Force Materiel Command, Air Force Life Cycle Management Center and Air Force Research Laboratory. (U.S. Air Force photo by Airman 1st Class Alexandria Fulton) ▲

**J**akoby, a search and rescue dog working with the Mississippi Task Force 2, takes an orientation flight aboard a Mississippi Army National Guard UH-72 Lakota at Volk Field Combat Readiness Training Center, Wis., June 13, 2021. Patriot 21 is a training exercise designed for civilian emergency management and responders to work with military entities in the same manner they would during disasters. (U.S. Air National Guard photo by Airman 1st Class Michelle Brooks) ▼



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

**OSAN BASE HONOR GUARD "TO HONOR WITH DIGNITY":** Are you or someone you know highly motivated, dedicated to excellence, and want to be among the sharpest? If the answer is yes, the Osan Air Base Honor Guard Team welcomes you! For more information please contact Program Manager SSgt Akin Hyde at 784-1091 or via email [akin.hyde@us.af.mil](mailto:akin.hyde@us.af.mil).

**OSAN ANTHEM SINGERS:** Osan Anthem Singers are looking for volunteers who would like to sing the Korean and U.S. national anthems during various official/unofficial events throughout the base. You must be able to sing in a group in four-part harmony. Any member with a musical background and singing talent can audition for the group. Please contact MSgt Knollenberg at [minji.knollenberg@us.af.mil](mailto:minji.knollenberg@us.af.mil) if you are interested.

**MUNITIONS 100 PERCENT INVENTORY:** Ammo will be conducting a 100 percent wall-to-wall inventory of our stockpile. During this time, manning will be strained, so please be sure that all custody issues, expenditures and turn-ins are submitted at least a week prior to the start of this inventory.

**HEALTHY THINKING CLASS:** Want to be the best version of You? It all starts in your head! Come to the Healthy Thinking Class held every Wednesday from 1000-1100 in the Dental Conference Room. Open to Active Duty/adult dependents/civilians/contractors. For more information or to register, call

784.2148...registration is encouraged but not required.

**MUNITIONS 100 PERCENT INVENTORY:** Ammo will be conducting a 100 percent wall-to-wall inventory of our stockpile. During this time, manning will be strained, so please be sure that all custody issues, expenditures and turn-ins are submitted at least a week prior to the start of this inventory.

**GRAPHICS DESIGNER NEEDED:** The Osan AB Chapel is looking for a volunteer with Graphics Design skills and experience to create stunning graphics for FB, Worship Services, and other advertising. If you are interested please email [osanpcc@gmail.com](mailto:osanpcc@gmail.com)

**51 MDG VACCINATIONS BY APPOINTMENT:** 51 MDG is currently administering COVAX in the Immunization Clinic at the 51 MDG by appointment. Call 784-DOCS (appointment line) or use TRICARE online to make your reservation: Tues 0700-1000 - 50 slots Wed 1500-1600 - 20 slots Thurs 0700-1000 - 50 slots

**YOUTH SOCCER COACHES NEEDED:** We are wanting volunteer soccer coaches for our youth sports program. Please go to <https://51fs.com/youth-sports/> to fill out the forms and send them to the email on the page. Thank you for supporting our youth.

**NO HAT NO SALUTE POLICY UPDATE AT THE CHILD DEVELOPMENT CENTER:** The entrance areas and associated

parking lots of Child Development Centers, School Age Programs, and Youth Centers on PACAF installations are designated as no-hat, no-salute areas. All uniformed personnel will still be required to render verbal greetings and to maintain customs and courtesies during the playing of reveille and retreat.

**HUMIDITY SEASON:** As the summer season approaches, humidity increases and so does the opportunity for mold growth. The 51 CES Housing Office will post and send reminders to residents on best practices to help prevent mold. Mold is a common occurrence in this region of South Korea. It is important to clean up water and keep air flowing. Additionally, open blinds to allow sunlight in units as much as possible. UV light will help kill any spores that may exist. Should you observe growth, clean with vinegar or bleach and water. If you take leave for more than 7 days do not turn off your air conditioning. Please notify the Housing Office of the length of your leave. Stay tuned for more info!

**51 CES SERVICE CALL DESK:** A facility emergency is any HVAC, electrical, or water outage that was not a pre-planned outage and affects the life, health, and safety of the building occupants. Please call 0505-784-6226 (DSN 784-6226) and press 1 for emergencies, press 2 for dig permits, or press 3 for utility outages. For anything else, please email us at [51cesservice.calldesk@us.af.mil](mailto:51cesservice.calldesk@us.af.mil). We also update our SharePoint every Monday and

Thursday here: <https://usaf.dps.mil/sites/osan/51FW/51MSG/51CES/CEO/SitePages/Custom%20Service.aspx> Building occupants will be able to see the current status for the work tasks that have been submitted into TRIRIGA—this is the fastest and easiest way to get updates on work orders.

**MAIN GATE CONSTRUCTION EXTENDED WATER OUTAGE:** A 19-day water outage started on 11 Jun 21 and will end on 30 Jun 21 as part of the Main Gate construction project. This outage will affect the elementary school (relocated operations), 51 FSS Kennels (limited capabilities using potable water from a water buffalo), AAFES facilities (laundromat unable for clothes washing), and the Mustang Café (closed).

**OSAN AB SHARED DRIVE CLEAN-UP (PHASE 2):** On 1 Jul, 4.5 TB of data that is 5 years and older will be quarantined from the shared drive. Files identified as official records will be kept for records management and the rest will be deleted as the shared drive is close to max capacity. Users are encouraged to review and update files that are older than 5 years old if they are still required as working documents.



U.S. Space Force Master Sgt. Tyler Duncan chats with U.S. Air Force Staff Sgt. Jeremiah Stone, 374th Air Maintenance Squadron crew chief, during RED FLAG-Alaska 21-2 at Joint Base Elmendorf-Richardson, Alaska, June 15, 2021. Duncan is the first Guardian supporting JBBER RF-A 21-2. Approximately 1,500 service members are expected to fly, maintain and support more than 100 aircraft from more than 100 units during this iteration of the exercise. (U.S. Air Force photo by Sheila deVera)

# Guardian provides critical support for RED FLAG-Alaska

By Sheila deVera  
JBBER Public Affairs

**JOINT BASE ELMENDORF-RICHARDSON, Alaska** -- A first sergeant provides a dedicated focal point for all readiness, health, morale, welfare, and quality-of-life issues within an organization. For the first time, a Space Force Guardian is doing the job for RED FLAG-Alaska 21-2.

U.S. Space Force Master Sgt. Tyler Duncan is currently supporting RF-A participants as a first sergeant.

Duncan crossed over to the Space Force in February 2021, but the job of the first shirt stayed pretty much the same.

"I am just an avenue to funnel all the information to all the units participating here," the 17-year veteran said. "My role is making sure the unit is looked after."

While Duncan waits for a permanent U.S. Space Force assignment, he is filling the crucial position.

"You wouldn't do a RED FLAG-Alaska without a deployed forces first sergeant – it just wouldn't work," said U.S. Air Force Capt. David Sellona, 374th Maintenance Squadron maintenance operations officer. "We already send individuals home for various reasons, and having a shirt that can focus on administration issues is very helpful, or else our mission would not get done."

RF-A is only manned to plan exercises on behalf of

JBBER participants. Duncan takes care of everyone else.

"When our service, joint and coalition participants arrive here to execute, our organization is not adequately staffed to effectively run the exercise alone so we require augmentation and defined command relations to facilitate successful execution," said Air Force Lt. Col. John Fuccillo, 354th Operations Group Detachment 1 director of operations. "MSgt Duncan is a key provider of care and feeding to all our Red Flag AK participants and not just his home station unit staging out of JBBER and fully embraces that if you take care of the people the mission takes care of itself."

Before Duncan became a guardian, he joined the U.S. Air Force three years after he graduated high school in the small rural town of West Plains, Missouri, with a population of about 12,000.

"I joined in 2004 as then-ground radio to radio frequency transmission systems," Duncan said. "I became a first shirt in 2019."

Duncan credits having an excellent command team as part of the reason he became a first sergeant.

"They rallied behind me during a difficult time where I could have easily made a long-term decision to a short-term problem," Duncan said. "They scooped me up during my lowest point until I was okay."

Because of the small gesture, he decided to pay it forward by assuming the role of being there for somebody the way he experienced with his prior

Service members from U.S. Air Force and Japan Self-Air Defense Force listen to the Deployed Forces Commander, Col. Brian Cusson, to kick-off RED FLAG-Alaska 21-2 at Joint Base Elmendorf-Richardson, Alaska, June 10, 2021. Approximately 1,500 service members are expected to fly, maintain and support more than 100 aircraft from more than 100 units during this iteration of the exercise. The RF-A provides unique opportunities to integrate various forces, including the Japanese Air Self-Defense and Republic of Korea Air Forces, into joint and multilateral training. (U.S. Air Force photo Sheila deVera) ▼



leadership. With his unique position at RF-A, Duncan makes it a point to walk around and get to know their stories. When you get to know a member, you figure out the resources or needs that best fit them, Duncan said.

< Continued on page 23 >

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



# Spiritual Charge

## Whatever It Takes



By Chaplain Chris Crutchfield

Growing up I loved watching and playing sports; they were what I lived for. Basketball was my favorite to play back in those days; however, I do not play as much as I used to. Nowadays, I am more inclined to put on some running or golf shoes. Sports help us to learn things,

such as how to compete and work together as a team. They even teach us how it feels to lose and help us to answer the question of whether or not we are able to do whatever it takes to succeed and to win. That is not solely in sports or other competitions, but in this journey called life.

I am well aware that there are many things in life that would have us believe that there is no way out or that it would be easier to give up. I have experienced my own fair share of hardships, difficulties, obstacles, detours and dead ends that could have derailed my life's direction. Although many of those experiences were unpleasant at the time, I had to make a decisive choice of whether or not I would do whatever it takes to succeed.

A distinguishing feature of those who society considers successful is their attitude. More specifically, it is the attitude they have about both their successes and failures. Ancient

wisdom literature teaches us that a person becomes what he or she thinks about and is able to put into practice. Often times the question is not whether we have the desire to be successful or not. It comes down to whether or not we are willing to do what is required in order to accomplish our goals.

I suggest you consider the following as a way to help you do whatever it takes:

- 1) Attitude and values matter. Your attitude affects everything that you do, as well as your values. What and how you think about your life will affect the way in which you choose to live.
- 2) Discipline is important. You must be willing to do those things that are sometimes uncomfortable and inconvenient. We do not grow by doing the things that come easy to us.
- 3) Remain committed. Never lose sight of the goal that you are working towards. Also, never let

anyone or anything stop you from being the best that you can be.

Success is not guaranteed and we should not expect it to be handed to us. If we have the desire to make something of ourselves, do something great in life, or make a difference in the world, it will start with making a determined decision to do whatever it takes.



U.S. Air Force RC-135 Rivet Joint aircraft assigned to the 763rd Expeditionary Reconnaissance Squadron is refueled by a KC-135R Stratotanker aircraft assigned to the 340th Expeditionary Air Refueling Squadron during an operation in support of the Resolute Support Mission in Afghanistan over the U.S. Central Command area of responsibility, May 23, 2021. The Rivet Joint is an intelligence, surveillance and reconnaissance platform that hosts an extensive sensor suite to allow the crew to detect, identify and geolocate signals throughout the electromagnetic spectrum. (U.S. Air Force photo by Senior Airman Taylor Cruil) ▲

Staff Sgt. Ricky Meno, 152nd Security Forces Squadron alpha flight team lead, fires an M-4 carbine from behind a barricade during a live-fire training exercise at the Hawthorne Army Depot Freedom Range, Nev., June 9, 2021. The purpose of live-fire training is to maintain and improve weapon proficiency. (U.S. Air National Guard photo by Airman First Class Thomas Cox) ►



U.S. Air Force special tactics operators assigned to the 352nd Special Operations Wing and U.S. Navy special warfare operators perform joint dive training at the Naval Activity Center, Souda Bay, Greece, May 25, 2021. Joint training events enhance the ability of special operations forces and partners to work together effectively and respond to threats from any direction. (U.S. Army photo by Staff Sgt. Brandon Nelson) ▼

Air Chief Marshal Masihuzzaman Sernibat, Bangladesh air force chief of the air staff, meets with Air Force Chief of Staff Gen. CQ. Brown, Jr. at the Pentagon in Arlington, Va., May 19, 2021. Brown and Sernibat discussed partnerships between their military branches. (U.S. Air Force photo by Eric Dietrich) ▼



## 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

Due to the upcoming demolition and construction of the Osan Chapel facilities, the offices and worship services have been relocated as follows:

#### Chapel Offices:

The main chapel offices are located on the second floor of building 745 (formerly the Wing Safety building).

#### Chapel Worship Services:

Protestant service times/location:  
There is now only 1 service @ 1000  
- Base theatre -

#### Catholic service times/location:

Catholic Sunday Masses are now being held at the Mustang Center (multi-purpose room) across from the gym:  
Confession @ 0830  
Mass @ 0900  
Adult Formation @ 1015

Catholic Daily Masses will be held in building 769 (former AFRC bldg):  
Tuesday - Thursday @ 1130

For the most current updates and announcements, please visit our "Osan AB Chapel" Facebook page.

Find us on the web @  
<https://www.facebook.com/OsanABChapel>

### HUMPHREYS

#### PROTESTANT

Sundays -  
0930 Christ The King Liturgical Service - Pacific Victors Chapel  
0930 & 1100 Agape (Contemporary Service) - 4CMC  
1000 Burning Bush Gospel Service - Warrior Chapel  
1100 Church of Christ - Pacific Victors Chapel  
1100 Common Ground (Traditional Service) - Freedom Chapel  
1300 Apostolic Pentecostal (Oneness) - Warrior Chapel  
1330 Spanish Service - Pacific Victors Chapel  
Wednesdays -  
1200 Christ The King Eucharist Service - Pacific Victors Chapel  
1800 KATUSA Service - Pacific Victors Chapel

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS (LDS)  
Sundays -  
1400-1600 Worship Meeting - Freedom Chapel  
POC: CH Droge; 010-8685-2976; shawn.a.droge@mail.mil

RELIGIOUS STUDIES AND MINISTRY AUXILIARIES  
MON/WED 1830 Catholic Men of the Chapel - Freedom  
TUES 1000-1200 Korean Ladies Bible Study (KLBS) - Freedom  
TUES 1800-2000 Club Beyond Christian Youth Group - 4CMC  
Summer Break until 30 August  
WED 0930-1145 Protestant Women of the Chapel (PWOC) - 4CMC  
\* Summer Schedule: 1800-2030 (until 28 August)  
1830-2030 PWOC Evening Study - 4CMC  
WED 1000-1200 Korean Catholic Women Bible Study - Freedom  
1730-1930 Catholic Women of the Chapel (CWOC) - Freedom  
WED 1830-2000 Church of Christ Mid-Week Bible Study - Pacific  
THUR 0915-1130 Catholic Women of the Chapel (CWOC) - Freedom  
THUR 1800-2000 Protestant Men of the Chapel (PMOC) - 4CMC  
POC: CH Underhill 010-8520-7217  
1st SAT/Month 0830 Knights of Columbus - Freedom

CATHOLIC - Freedom Chapel  
1600-1700 Adoration (Saturdays)  
1600-1700 Reconciliation/Confession (Saturdays)  
1640 Rosary/Benediction (Saturdays) \* 1730 Vigil Mass (Saturdays)  
0900 Mass (Sundays) \* 1730 Daily Mass (M-F)  
POC: usaghcatholiccoordinator@gmail.com

JEWISH  
2nd and 4th Fridays - 4CMC  
1800-2100 Shabbat Evening Service  
POC: CH (CPT) Daniel Kamzan; daniel.j.kamzan@mail.mil

ISLAMIC - Pacific Victors Chapel  
Fridays: 1200-1330 Jumrah Service  
Sundays: 1300-1500 Islamic / Arabic classes  
POC: CPT Anour Bencheqroun 010-3382-7231 anour.k.bencheqroun.mil

PAGAN Traditions  
Fridays: Freedom Chapel Rm 110 / 1800-1900 Pagan Fellowship  
POC: CPT Ryan S. Robinson; ryan.s.robinson14@mail.mil

BUDDHIST  
Tuesdays - Warrior Chapel / 1800-1900 Buddhist Service  
POC: CH (CPT) Somya Malasri; 010-7460-1281; somya.malasri@mail.mil

# Celebrating True Identity



By Airman 1st Class Nicole Molignano  
Seventh Air Force Fighter Wing Public Affairs

KUNSAN AIR BASE, Republic of Korea -- The month of June is recognized as Pride Month; commemorating the sacrifices the Lesbian, Gay, Bisexual, Transgender and Queer community have made throughout history.

Numerous LGBTQ Airmen have bravely served and defended their country long before they were allowed to do so openly. As for Master Sgt. Linwood Cypress, 8th Health Care Operations Squadron superintendent, nine years of his military career was spent in disguise.

In October of 2002, Cypress joined the Air Force to become a Security Forces defender. At that time, it was banned for members of the gay community to serve openly in the armed forces. It wasn't until mid-2011 that President Barack Obama announced the repeal of "Don't Ask, Don't Tell," ending years of secrecy and silence for lesbian, gay, and bisexual members of the U.S. military.

"Security Forces was very difficult for me; I was not comfortable being myself in that career field," Cypress stated. "I didn't feel like I could be myself until I cross-trained into the medical career field in 2006."

Cypress explains that he was aware of his sexuality at a very young age, but then he was thrown into a very male dominated career field and he didn't see any outlet where he could express himself fully.

"I thought I would have a target on my back if I showed a side that was too feminine," Cypress said.

He would continue to serve an additional five years hiding. Once the repeal was passed down via an official memorandum, Cypress' supervisor directly e-mailed him with a subject line of "this is for you."

"When he sent that to me, it was an overwhelming experience," Cypress said. "The fact that my work family accepted me and celebrated me before this repeal and after the fact, meant the world to me."

After completing almost 50 percent of a typical military career, Cypress explains that it took him a while to adjust to being completely true to himself, even after the repeal.

"I still felt like that was my private life and not something I wanted to reveal completely yet," he said.

Something that was once considered taboo, to all of a sudden being accepted by every force, felt like a scary transition. Yet, Cypress continued to stay true to himself which would only serve him as a means to becoming stronger.

"Now, I celebrate me in all facets of life," he said. "My professional life and my personal life. It didn't feel real to me until I put on master sergeant last year in Aviano."

Cypress explained that it was the first Air Force event he brought a date.

"My induction ceremony meant the world to me," Cypress said. "It was a huge milestone to be able to openly bring a date for the first time in my career."

He said he always wanted his peers to look at him from a professional stand point as opposed to being judged by his private life.

"I always knew I carried myself in a way to be respected regardless of my sexuality," he said. "When it comes to different individuals in our community, we can all be celebrated in a professional and respectful manner."

As the Armed Forces continues to make strides towards a more inclusive force, it is important to recognize diversity on a multitude of levels.

"Everyone needs to feel included," Cypress said. "We're already have a diverse force just from coming from different backgrounds, but it's the inclusion piece we need to work on. We're getting there. Just by sharing experiences with one another, it allows us to have these discussions that are becoming normalized."

The commitment to service the LGBTQ community has made continues to make the Air Force stronger, and the nation safer. Their courage and the sacrifices made along the way add to the inclusivity and rich diversity of the Air Force family.

Courtesy of the Seventh Air Force Diversity and Inclusion Council

Master Sgt. Linwood Cypress, 8th Medical Group Health Care Operations Squadron superintendent, poses for a photo at Kunsan Air Force Base, Republic of Korea. As a member of the Lesbian, Gay, Bisexual, Transgender and Queer community, Cypress continues to strengthen the diversity represented by the U.S. Air Force. (U.S. Air Force courtesy photo) ▲

Master Sgt. Linwood Cypress, 8th Medical Group Health Care Operations Squadron superintendent, poses for a photo at Lackland Air Force Base, Texas, 2002. Pictured as an Airman, Cypress graduated Basic Military Training in 2002, nine years before the "Don't Ask, Don't Tell" policy was repealed. (U.S. Air Force courtesy photo) ▼



# Air Guard's 'Baby Doc' overcomes early health condition to become leader in pandemic battle

By Staff Sgt. Matthew Greiner  
152nd Airlift Wing Public Affairs

LAS VEGAS (AFNS) -- Undeterred by a rare health condition early in life, Nevada Air Guard 1st Lt. Caleena Longworth is now on the front line of health care in southern Nevada during the ongoing coronavirus pandemic. Few in the state have vaccinated more people than Longworth, who has personally administered the vaccine to more than 4,000 people while acquiring the nickname "Baby Doc" from her health care coworkers given her youthful appearance. And she did that all while finishing her medical doctorate at University of Nevada, Las Vegas' Kirk Kerkorian School of Medicine this spring.

Her passion for medicine originated during childhood. Longworth, 30, entered the world with a rare health condition called duplex collecting system when she was born with a renal tract abnormality caused by an incomplete fusion of a kidney. The ailment can lead to health problems and kidney damage. Because of the potential threat to her health, a portion of her kidney was removed when she was 13. The procedure left her with a large scar across her abdomen and remains a reminder of what she has overcome.

Inspired by health care providers she encountered during her youth spent in Reno, she was motivated to become a medical doctor.

She's now a medical service corps officer in the 152nd Medical Group participating in the Early Physician Appointment program. The program aims to recruit young doctors exactly like "Baby Doc" into the National Guard.

Longworth has been busy with Nevada National Guard activations during the global pandemic. From April-May 2020, she established and was the officer in charge of the initial Community Based Collection Site in southern Nevada.

She was called back into duty this winter, joined Task Force 17, and administered the vaccine to thousands of Nevadans at the Cashman Center in Las Vegas.

Longworth said her first stint on duty focused on planning while this past winter's duty involved working directly with patients.

"It was just me and the patient and the vaccine," she said. "There was a real sense of hope." Longworth also volunteered to administer vaccines on behalf of UNLV. In total while on military duty and as a medical volunteer, she has personally vaccinated more than 4,000 people -- about the equivalent of vaccinating the entire population of Ely, Nevada.

"I checked my updated numbers and I have



First Lt. Caleena Longworth, a 152nd Medical Group medical service corps officer assigned to Joint Task Force 17, prepares a syringe with the coronavirus vaccine at the Las Vegas Readiness Center, Jan. 27, 2021, in Las Vegas. (Air National Guard photo by Staff Sgt. Matthew Greiner) ▲

vaccinated about 4,500 people personally, with the help of an admin person," Longworth said. "The admin person does all of the paperwork; I just poke patients and give the shots."

While working for the Nevada Air Guard during the pandemic, Longworth was concurrently finishing up her degree to become a medical doctor. She graduated in May and is set to do her residency at Utah HealthCare Institute in Millcreek, Utah.

To say the final year of medical school for Longworth was a challenge is an understatement.

"I received great support from both the military and medical school during the past year," Longworth said. "My unit was extremely supportive of my school obligations and accommodated my school schedule."

"The medical school was just as supportive. The faculty was great, especially when our C-130 broke down and I didn't get back when expected. I had to miss class and clinic -- but the staff was always very accommodating."

In fact, UNLV gave Longworth academic credit for her work at the Community Based Collection Site that was cooperatively staffed by both the school and Nevada National Guard.

"The medical school gave me six weeks of credit for the first seven weeks I was on military duty," Longworth said.

Before receiving her degree, Longworth received two major awards from UNLV. She was named the Outstanding Student in the

Family Medicine Department and she received the school's Exceptional Service Award for her work during the pandemic. The service award noted her effort to increase the community based collection site's testing capacity and her willingness to volunteer at the site even while on vacation.

Longworth is quick to offer advice on how one can maintain a healthy lifestyle. She said the best medicine is preventive medicine and noted it's far easier to live a healthy life than cure a disease.

"Health care is just that -- it's all about keeping people healthy," Longworth said. "I'm set to enter family medicine, which emphasizes preventive medicine."

Even after 4,500 vaccinations, Longworth said she never became immune to the joy stemming from a dose of the vaccine as recipients realized they could reunite with family. Longworth said many grandparents cried after receiving their vaccination and were overjoyed with the knowledge they'd be spending time with their grandchildren.

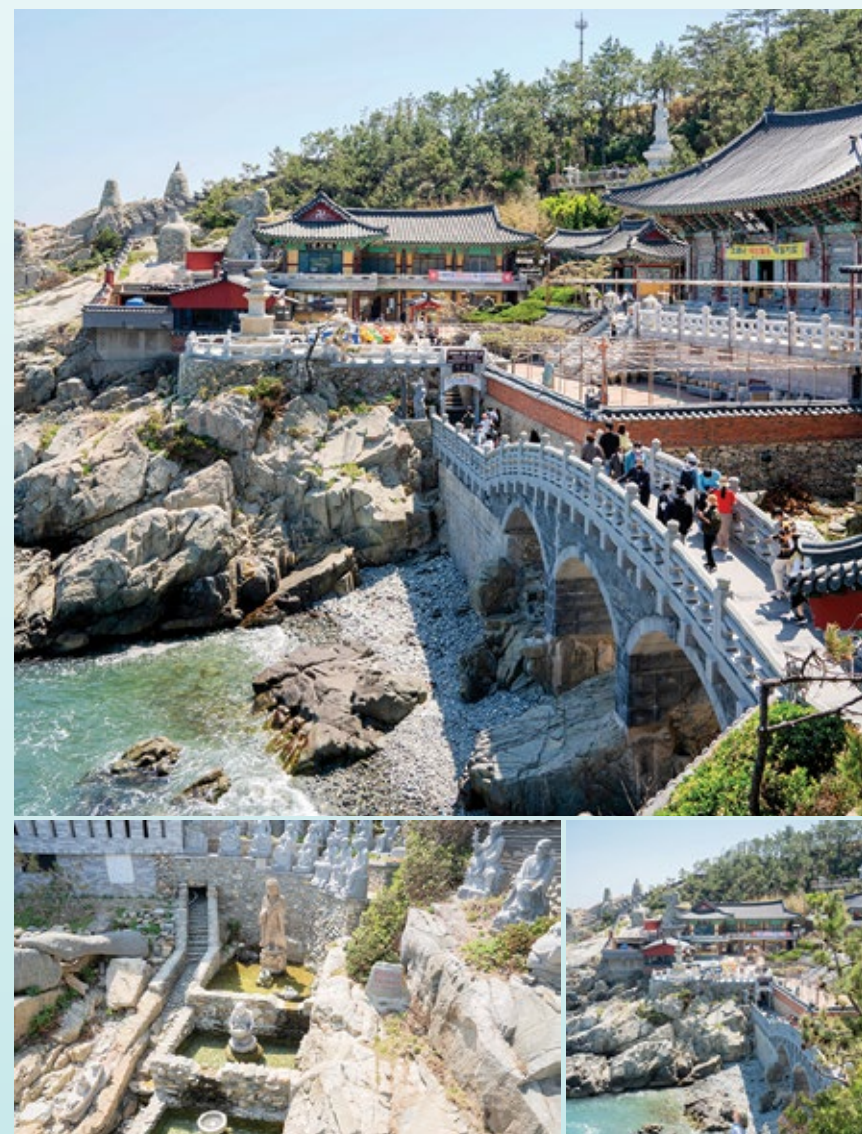
Now two decades after her battle with duplex collecting system, Longworth realizes her own past doctors provided her the motivation for her own career.

"I had doctors in my life who devoted years of training and sacrifice in order to become a physician," Longworth said. "If they can do that for me, I can certainly do that for my future patients."

# Gijang Trip to Busan's Coastal Scenery



Busan has plenty to offer, but if you feel you've already seen all the big attractions, plan a day-trip to Gijang-gun. Located at the point where the eastern and southern seas meet, the ocean color here takes on a special tone, accented by the white coastal cliffs in the area.



## ▼ Jukseong Catholic Church

Jukseong Catholic Church, standing at the top of a coastal cliff, is not an actual church. It was built as a filming set for the drama "Dream (2009)." The building was originally slated to be removed after filming was completed, but it became such a popular photo spot that it has remained.

- Address: 134-7, Jukseong-ri, Gijang-gun, Busan
- Directions: Take Maeul Bus Gijang6 from Gijang Catholic Church Bus Stop by Gijang Station (Donghae Line), Exit 1 to Duho Haenyeo Social Welfare Center Bus Stop and walk for approx. 5 min
- Operating hours: Open 24 hr



## ▲ Haedong Yonggungsa Temple

Haedong Yonggungsa Temple is unlike typical temples in Korea, located deep within the mountains. Instead, this temple is right on the coast, almost appearing to float on the ocean.

The temple has often been referred to as the most beautiful temple in Korea, thanks to the unique combination of the traditional temple structures with the waves crashing onto the large rocks below.

- Address: 86, Yonggung-gil, Gijang-gun, Busan
- Directions: Take Bus No. 1001 from OSIRIA Station (Donghae Line) to Yonggungsa-National Institute of Fisheries Science Bus Stop
- Operating hours: 05:00 - sunset
- Admission: Free
- Website: [www.yongkungsa.or.kr](http://www.yongkungsa.or.kr)



## ▲ Ahopsan Forest

Ahopsan Forest spreads over 520,000 m<sup>2</sup> and is comprised of 400-year-old trees. It's a great place to see bamboo, pine trees, ginkgo trees, azaleas and more in a pristine state.

The forest has stood as a greenbelt for a long time, earning it the designation as a protection area of source water. There are also 116 trees in the forest that are protected. Thanks to the forest's beauty, it has been used as a filming site for many movies, dramas, and television commercials.

- Address: 37-1, Midong-gil, Gijang-gun, Busan
- Directions: Take a taxi for approx. 30 min from Gijang Station (Donghae Line)
- Admission: 5,000 won
- Website: [www.ahopsan.com](http://www.ahopsan.com)



## ▲ Jeonbok juk & haemul pajeon

Being a coastal town, there are lots of restaurants in Gijang offering dishes with seafood. We recommend places offering jeonbok juk, a nutritious rice porridge filled with the full flavor of the sea, and haemul pajeon, a savory pancake with a variety of seafood.

## ▼ Coastal cafés and Hanok cafés

There are lots of cafés in Gijang with ocean views. You can easily find them in the areas around Gijang Haenyeo Village and Imnang Beach. Of course, the best café is always the one that fits into your itinerary best! Relax and enjoy a cup of coffee!

Many of the coastal cafés have their own unique photo zones. Be sure to get a picture of you relaxing in such beauty.

Gijang also has a couple of cafés located in hanok buildings. Take full advantage of the setting and order traditional drinks and desserts!



## ▼ Seafood at Gijang Haenyeo Village

At the Gijang Haenyeo Village, you can purchase sannakji (live octopus), ppulsora (horned turbans), meonggye (sea pineapple), haesam (sea cucumber), and more fresh seafood. Enjoy the different textures of each type of seafood as you dip it in chogochujang, a spicy seasoning made of vinegar and red pepper paste, or makjang, a soybean paste-based seasoning.

Fresh seafood also goes great with soju! While here, try the local brands of Daesun and Joenday.





# Air Force announces art contest winners

Air Force Installation and Mission Support Center Public Affairs



**JOINT BASE SAN ANTONIO-LACKLAND, Texas (AFNS)** -- The Air Force Services Center recently announced the winners of the annual Air Force Art Contest.

The contest ran March 1-31. A team of judges evaluated each entrant's artwork for impact, creativity, and technical criteria in adult and youth categories.

More than 790 artists submitted more than 1,000 pieces of art using a variety of media.

"The judging for this contest is tough every year because there are so many outstanding entries in every category. It is very hard to select only the top three in each," said Col. Christopher Parrish, AFSVC commander. "This is a great opportunity for our Air Force family members to show off their artistic creativity and imagination."

One family is especially proud as their three children each won first Place in the youth categories. They are Morgan (Youth 13-17), Silas (Youth 9-12) and Eason Becker (Youth 6-8) from Hill Air Force Base, Utah.

Lt. Col. (Dr.) Francis Becker, dentist and flight commander of the dental clinic at Hill AFB, and wife, Lori, couldn't be more excited for their kids winning the contest and being able to show off their artistic abilities.

"We are thankful for those involved in supporting the art contest. It has been a great way for our kids to

channel their creativity," Lori said.

Morgan was also a winner in the 2019 Air Force Art contest.

"With my art, there were times when I felt like giving up, but I continued to stick with it," Morgan said. "I think that my determination not only made me a stronger person, but also a better artist."

The Air Force Art Contest winners are:

**Adult Accomplished**

- First Place: Melissa Hodge, Keesler AFB, Miss., "Time and Tide" acrylic painting
- Second Place: Isaac Denton, Fairchild AFB, Wash., "SSgt Adam Erickson" graphite
- Third Place: Elora McCutcheon, Grand Forks AFB, N.D., "Battle, The Battle Buddy" oil painting

**Adult Novice**

- First Place: Tony Rodriguez, Homestead Air Reserve Base, Fla., "Nai" graphite
- Second Place: Erin Shaffner, MacDill AFB, Fla., "Memento Mori" graphite
- Third Place: Lauren Sutton, Eglin AFB, Fla., "Lil Anne" colored pencil

**Youth Ages 13-17**

- First Place: Morgan Becker, Hill AFB, Utah, "Male Red-Breasted Merganser in Winter" acrylic painting
- Second Place: Alyssa Housley, Scott AFB, Ill., "Sugar

Rush" colored pencil

- Third Place: Daveney Overton, Yokota Air Base, Japan, "Chocolate Dipped Strawberry" colored pencil

**Youth Ages 9-12**

- First Place: Silas Becker, Hill AFB, Utah, "Animal Instinct" watercolor
- Second Place: Grace O'Neill, MacDill AFB, Fla., "Mirror Symmetry Self Portrait" colored pencil
- Third Place: Bella Dollar, Robins AFB, Ga., "Bzzz Bella" markers

**Youth Ages 6-8**

- First Place: Eason Becker, Hill AFB, Utah, "Eisley Smiles" colored pencil
- Second Place: Derek Reyna, Hurlburt Field, Fla., "Island Sunset" pastel painting
- Third Place: Evelina Erickson, Scott AFB, Ill., "Self Portrait" mixed media

Winners in each category received \$500, \$400 and \$300 gift cards for first, second and third place, respectively.

The Air Force Services Center manages the Air Force Art and Photo Contests. Visit here to view the winning images and the other submissions.

Entries for the upcoming Air Force Photo Contest can be submitted July 1-31. The AFSVC will release more information and rules soon.



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"I'm the people's champ," Duncan exclaimed. "As the shirt, we are there to advocate for the members of the unit."

Working previously in a joint command, Duncan sees this exercise as a unique opportunity to work side-by-side with our international partners.

"A joint team firing on all cylinders with different perspectives is what makes us the greatest force this world has ever seen," Duncan added. "We constantly face the threat of near-

peer capabilities, the linchpin that will continue to hold us together and allow us to dominate air, land, sea, space, and cyberspace is our joint capabilities."

Having a Guardian walking around the RED FLAG-Alaska building can often spark interest.

Initially, if he was unknown to Air Force Senior Master Sgt. Charles Brittain, 374th MXS Fabrication and Accessories Flight superintendent, would have done a double-take because of his uniform.

"I would ask how a space force is involved in this exercise," Brittain said. "Are they designing

the exercise to include space assets? I want to talk to him -- inquisitively figure out what he is doing out here."

Because Brittain knows Duncan and his role, he says that his presence makes it more of a multi-force exercise, and he is a substantial benefit to the team--to grease the wheels.

However, Duncan's bottom line is taking care of people.

"My end goal is to take care of people," Duncan said. "I want to make sure they are the best they can be every day to get after the airlift that we provide here."