

Crimson Sky

General Paul J. LaCamera receives the United Nations Command colors from Adm. John C. Aquilino, commander of U.S. Indo-Pacific Command, during the United Nations Command, Combined Forces Command, and U.S. Forces Korea change of command ceremony on July 2, 2021 at Barker Field. (U.S. Army photo by Staff Sgt. Kris Bonet)



General Paul J. LaCamera giving remarks

Gen. LaCamera Assumes Command of UNC/CFC/USFK

USAG HUMPHREYS, Republic of Korea — General Paul J. LaCamera assumes command of United Nations Command, Combined Forces Command, and U.S. Forces Korea in a ceremony held at Barker Field at the UNC and USFK Headquarters today.

Gen. LaCamera assumed command from Gen. Robert B. “Abe” Abrams who had been in command since November of 2018.

The ceremony was officiated by the Republic of Korea Minister of National Defense Suh

Wook, and Adm. John Aquilino, Commander, U.S. Indo-Pacific Command.

Gen. LaCamera most recently served as the Commanding General of the United States Army’s largest Service Component Command, U.S. Army Pacific, headquartered at Fort Shafter, Hawaii, with portions of the command forward deployed and based throughout the Indo-Pacific.

“The most sacred trust given to me is to prepare our soldiers, sailors, airmen, Marines,

guardians, and civilians to fight and win,” said LaCamera. “Our alliance forged in blood in the crucible of the Korean War has been the bedrock of peace and stability on the Korean peninsula for more than 70 years. I look forward to us getting together in the true spirit of one team to strengthen our alliance, and propel it to even greater heights.”

Gen. Abrams will retire in the United States after a distinguished military career of 39 years.

< *Continued on page 4* >



INSIDE →



PAGE 3

Defining my future: Airman faces adversity, instills tenacity



PAGE 18

Travis AFB nurse competes in US Strongman Nationals



PAGE 20

Travis AFB nurse competes in US Strongman Nationals

COVID-19 pandemic not over, concerns over delta variant growing



Air Force Senior Airman Ashton Gilbert, 673d Healthcare Operations Squadron medical technician, administers the first of a two-dose series of a COVID-19 vaccine to Lt. Gen. David Krumm, Alaskan North American Aerospace Defense Command Region, Alaskan Command and 11th Air Force commander at Joint Base Elmendorf-Richardson, Alaska, Jan. 4, 2021. Upon receiving the initial shipment of the vaccine, JBER began inoculating personnel following the Centers for Disease Control and Prevention's prioritization guidelines. (U.S. Air Force photo by Airman 1st Class Samuel Colvin) ▲

By C. Todd Lopez, Department of Defense News

WASHINGTON (AFNS) -- Nearly 68% of active duty personnel have been vaccinated against COVID-19 with at least one dose. But that still leaves many service members vulnerable to the delta variant of the virus, health officials at the Pentagon said.

Due to the effectiveness of the Defense Department's ongoing vaccination program, COVID-19 case counts across the department are dropping and installation commanders have been reducing local health protection conditions, or HPCON levels, Dr. Terry Adirim, the acting assistant secretary of defense for health affairs, said during a press briefing at the Pentagon.

"However, the delta variant poses a threat to that return to normal," Adirim said. "We are particularly concerned with the impact of the delta variant on our unvaccinated or partially-vaccinated population, and its potential spread at installations that are located in parts of the country with low vaccination rates."

According to the military health system, the delta variant of the COVID-19 virus is more transmittable, causes more severe disease, and results in higher cases of hospitalization and death than any other strain of the virus.

"The pandemic is not over, and we are not done with our all-out efforts to encourage vaccination," Adirim said.

The DOD has an active whole genome sequencing program in place to identify what strain of the virus is present in those who test positive for COVID-19, Adirim said.

"We're closely watching our DOD case counts, positivity rates and the prevalence of the delta variant among all the other variants of concern," she said.

"We anticipate that health protection conditions could change at some of our installations in the future based on outbreaks that result from the high transmutability of the delta variant.

"The more virulent delta variant is spreading quickly through communities with lower vaccination rates," she said. "... and it is likely to become the predominant variant in the United States. The delta variant poses a threat to our service members who are not fully vaccinated. The best way to beat the delta variant is to be fully vaccinated."

Studies have shown that one dose of a COVID-19 vaccine is only about 33% effective against the delta variant, while two doses are at least 88% effective, Adirim said.

"We are investing great effort into ensuring our service members and other beneficiaries get both doses," she said. "So the bottom line is get vaccinated, they are safe and effective."

Across the entire DOD, including military personnel, family members, civilians and contractors, there have been 303,000 cases of COVID-19 and 355 deaths related to the disease.

"Right now, there are about 21 individuals hospitalized for COVID-19 in DOD facilities," said Army Lt. Gen. Ronald J. Place, Defense Health Agency director.

"This is a decline from a peak of 240 inpatients on January 8 of this year, essentially the lowest point we've had since the earliest days of the pandemic," Place said.

"If those who have not yet been vaccinated need further proof of the vaccine's effectiveness," Place said, "it's the status of those currently hospitalized within the military's health system. Of the 21 COVID-positive individuals in DOD hospitals, none of them are vaccinated."

We thank our service members and DOD personnel who have been vaccinated and continue to strongly encourage our remaining service members, DOD retirees, all of their families, and DOD staff to get vaccinated — for themselves, for their families and for the community."



Staff Sgt. Joseph Clark, 80th Aircraft Maintenance Unit weapons load crew chief, poses in front of an F-16 Fighting Falcon at Eielson Air Force Base, June 22, 2021. Clark decided to join the military to provide a better life for his family and get away from Brooklyn, New York, to avoid criminal activity. He uses his experiences of when he first joined the military to promote a culture of being inclusive so everyone feels accepted. (U.S. Air Force photo by Senior Airman Suzie Plotnikov)

Defining my future: Airman faces adversity, instills tenacity

**By Senior Airman Suzie Plotnikov
8th Fighter Wing Public Affairs**

KUNSAN AIR BASE, Republic of Korea --

"Growing up you're told you're not going to make it past 16 and if you did then that's a miracle," Staff Sgt. Joseph Clark, 80th Aircraft Maintenance Unit weapons load crew chief. "I wanted to make sure I made it past 16."

Clark grew up in Brooklyn, New York. Gangs and drugs were all around, but he didn't want to go down that road.

"I was with a group of friends, where we decided that it was better to die in the military, than die going to the corner store and get called a gang banger," he said.

Not only aiming to preserve his own life, honoring Clark's cousin, who died in the twin towers on 9/11, also played a role in his decision to enlist.

Clark said he first decided to join the Army, but was rejected due to prior arrests. He faced rejection from every branch until he spoke to an Air Force recruiter.

After a four year waiver process, Clark was finally able to enlist.

"When I first came in a lot of people told me I didn't belong here," he added. "I had a security manager say I didn't belong in his Air Force, and it made me think I wouldn't last my first enlistment," Clark said. "But I've seen a lot of changes since I've been in, and a lot of the changes are for the better."

Despite going through adversity in the beginning of his career, Clark is now on his third enlistment. He empowers his team to execute the mission, while also leading with empathy, and treating every Airman with dignity and respect.

"I've known him for a little over three years and he's a very good individual," said Master Sgt. Jacob Maldonado, 80th AMU quality assurance inspector. "He always tries to be the best supervisor and a good role model. Anytime Airmen have any type of problems he has always been there to help them through everything. He's very loyal and passionate about what he does."

Clark's main motivation for everything he does is his wife, Betina, and his two kids, Bella and Maximus.

"I think my job, especially now as a noncommissioned officer, is for Airmen coming into the military to not see or feel what I went through," Clark said. "My kids might come into this [Air Force] so I definitely want to leave it better

than what I came into. If I can make the world better by doing things or taking care of people who might make those changes in the future, then I did my job and I did my job for my kids. They're my soul."

The Air Force provided him opportunities he'd never had if he hadn't joined. Clark travelled, met diverse people, and worked with different countries in a joint environment. Clark believes an inclusive Air Force can better accomplish its mission of fly, fight and win... airpower anytime, anywhere.

"We're not just representing ourselves, or our last names; we're representing a whole country," he stated. "To be the best America, and to be the best Air Force, we need to branch out and include everybody so they can feel accepted."

Clark is proud of the direction the Air Force is going with diversity and inclusion, including the recent recognition of Juneteenth as a federal holiday. He's especially proud, though, of the way the Air Force has shaped his life.

"I felt like the Air Force helped define me as the man I am today," said Clark. "I'm a proud father, husband and I'm proud to be a weapons troop. I'm proud to be in the United States Air Force."

Crimson Sky
Published by Seventh Air Force

7th Air Force

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

Public Affairs Officer/Editor
Lt. Col. Kelley Jeter

Editor/COR
Park, Do Young

Editor/Staff Writer
Master Sgt. Rachelle Blake

51st Fighter Wing

Commander
Col. John F. Gonzales

Public Affairs Officer
Capt. Renee Douglas

Staff Writers
Master Sgt. Joshua Garcia
Tech. Sgt. Matt Davis
Staff Sgt. Ramon A. Adelan
Staff Sgt. James L. Miller
Staff Sgt. Sergio A. Gamboa

8th Fighter Wing

Commander
Colonel Chris B. Hammond

Public Affairs Officer
Capt. Scarlett Trujillo

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

This Air Force newspaper is an authorized publication for members of the Department of Defense. Contents of Crimson Sky bi-weekly are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, or Department of the Air Force. The editorial content of this bi-weekly publication is the responsibility of the 7th Air Force Public Affairs APO AP 96278

Circulation: 7,000

Printed by Oriental Press, a private firm in no way connected with the U.S. Government, under exclusive written contract with the Contracting Command-Korea. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Air Force or Oriental Press of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, religion, gender, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

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
oriental_press.eric@gmail.com
Address: PSC 450, Box 758, APO AP 96206-0758
Location: Dragon Hill Lodge, Bldg. 4050-B

theOrientalPress.com

Visit us online

Crimson Sky

www.7af.pacaf.af.mil



Submit Letters to the Editor, guest commentaries, and story submissions to the bi-weekly Crimson Sky at:

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

For all submitted items include a point of contact name and telephone number. All items are subject to editing for content and to insure they conform with DoD guidelines. Seventh Air Force Public Affairs and the Crimson Sky bi-weekly staff are located at Seventh Air Force Osan Air Base. For information, call Commercial 0505-784-4709 or DSN 315-784-4709.

< Continued from front page >



General Paul J. LaCamera and General Robert B. "Abe" Abrams inspect the troops during the United Nations Command, Combined Forces Command, and U.S. Forces Korea change of command ceremony on July 2, 2021. (U.S. Army photo by Staff Sgt. Kris Bonet) ▲

General Robert B. "Abe" Abrams passes the colors to Adm. John C. Aquilino, commander of U.S. Indo-Pacific Command, during the United Nations Command, Combined Forces Command, and U.S. Forces Korea change of command ceremony on July 2, 2021 at Barker Field. (U.S. Army photo by Staff Sgt. Kris Bonet) ►



Adm. John C. Aquilino, commander of U.S. Indo-Pacific Command makes remarks during the United Nations Command, Combined Forces Command, and U.S. Forces Korea change of command ceremony on July 2, 2021 at Barker Field. (U.S. Army photo by Staff Sgt. Kris Bonet) ▲

General Robert B. "Abe" Abrams (left) and Adm. John C. Aquilino, commander of U.S. Indo-Pacific Command (right) join Mrs. Connie C. Abrams as she is presented with the Distinguished Public Service Award. (U.S. Army photo by Staff Sgt. Kris Bonet) ►



General Paul J. LaCamera takes the colors from Republic of Korea Minister of National Defense Suh Wook during the United Nations Command, Combined Forces Command, and U.S. Forces Korea change of command ceremony on July 2, 2021 at Barker Field. (U.S. Army photo by Staff Sgt. Kris Bonet) ▲

Republic of Korea Minister of National Defense Suh Wook makes remarks during the United Nations Command, Combined Forces Command, and U.S. Forces Korea change of command ceremony on July 2, 2021 at Barker Field. (U.S. Army photo by Staff Sgt. Kris Bonet) ▼



General Robert B. "Abe" Abrams gives farewell remarks during the United Nations Command, Combined Forces Command, and U.S. Forces Korea change of command ceremony on July 2, 2021 at Barker Field. (U.S. Army photo by Staff Sgt. Kris Bonet) ▼



Adm. John C. Aquilino, commander of U.S. Indo-Pacific Command presents General Robert B. "Abe" Abrams with the Defense Distinguished Service Medal during the United Nations Command, Combined Forces Command, and U.S. Forces Korea change of command ceremony on July 2, 2021 at Barker Field. (U.S. Army photo by Staff Sgt. Kris Bonet) ▲



General Paul J. LaCamera provides remarks during the United Nations Command, Combined Forces Command, and U.S. Forces Korea change of command ceremony on July 2, 2021 at Barker Field. (U.S. Army photo by Staff Sgt. Kris Bonet) ▲

Col. Brian Moore, 51st Maintenance Group commander, left, presents the guidon to Maj. Scott Kubalek, 51st Munitions Squadron inbound commander, during the change of command at Osan Air Base, Republic of Korea, July 6, 2021. With the passing of the guidon, Kubalek begins his tenure as the commander of the 51st MUNS. (U.S. Air Force photo by Tech. Sgt. Nicholas Alder) ▶



51st Munitions Squadron Change of Command



Col. Brian Moore, 51st Maintenance Group commander, left, presents the Meritorious Service Medal to Maj. Hoyoon Chung, 51st Munitions Squadron outgoing commander during the change of command ceremony at Osan Air Base, Republic of Korea, July 6, 2021. Chung earned the Meritorious Service Medal for his conduct as the 51st MUNS commander. (U.S. Air Force photo by Tech. Sgt. Nicholas Alder) ▼



Col. Brian Moore, 51st Maintenance Group commander, left, receives the guidon from Maj. Hoyoon Chung, 51st Munitions Squadron outgoing commander, during the change of command ceremony at Osan Air Base, Republic of Korea, July 6, 2021. This act marks the official end of Chung's tenure as commander of the 51st MUNS. (U.S. Air Force photo by Tech. Sgt. Nicholas Alder) ▲



Col. Brian Moore, 51st Maintenance Group commander, left, presides over the 51st Munitions Squadron command ceremony at Osan Air Base, Republic of Korea, July 6, 2021. As the presiding officer, Moore facilitated the transition of 51st MUNS command by receiving the ceremonial guidon from the outgoing officer and presenting it to the incoming officer. (U.S. Air Force photo by Tech. Sgt. Nicholas Alder) ▼



Maj. Scott Kubalek, 51st Munitions Squadron inbound commander, returns a salute to his squadron during the change of command ceremony at Osan Air Base, Republic of Korea, July 6, 2021. The ceremonial passing of the guidon to Kubalek marks the official beginning of his command of the 51st MUNS. (U.S. Air Force photo by Tech. Sgt. Nicholas Alder) ▲



Col. Christopher Kiser, 515th Air Mobility Operations Group commander, left, returns a salute to Lt. Col. Sabrina Winter, 731st Air Mobility Squadron incoming commander, during the change of command ceremony at Osan Air Base, Republic of Korea, July 1, 2021. As the presiding officer, Kiser facilitated the transition of 731st AMS command by receiving the ceremonial guidon from the outgoing officer and presenting it to the incoming officer. (U.S. Air Force photo by Tech. Sgt. Nicholas Alder) ◀

731st Air Mobility Squadron Change of Command

Col. Christopher Kiser, 515th Air Mobility Operations Group commander, left, presents Lt. Col. Ryan Murray, 731st Air Mobility Squadron outgoing commander, with the Meritorious Service Medal during the change of command ceremony at Osan Air Base, Republic of Korea, July 1, 2021. Edmunds earned the Meritorious Service Medal for his conduct as the 731st AMS commander. (U.S. Air Force photo by Tech. Sgt. Nicholas Alder) ▼



Col. Christopher Kiser, 515th Air Mobility Operations Group commander, left, presents Lt. Col. Sabrina Winter, with the 731st Air Mobility Squadron guidon during the change of command ceremony at Osan Air Base, Republic of Korea, July 1, 2021. This act marks the official beginning of Winters' command of the 731st AMS. (U.S. Air Force photo by Tech. Sgt. Nicholas Alder) ◀

The Osan Air Base honor guard performs colors at the 731st Air Mobility Squadron change of command at Osan Air Base, Republic of Korea, July 1, 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) ▼



Lt. Col. Ryan Murray, 731st Air Mobility Squadron outgoing commander, right, shares a congratulatory fist bump with Lt. Col. Sabrina Winters, 731st AMS inbound commander, during the change of command at Osan Air Base, Republic of Korea, July 1, 2021. With the passing of the guidon, Winters begins her tenure as the commander of the 731st AMS. (U.S. Air Force photo by Tech. Sgt. Nicholas Alder) ▲

An F-16 Fighting Falcon flies over Eielson Air Force Base, Alaska during Red Flag-Alaska 21-2 at Eielson AFB, Alaska, June 17, 2021. RF-A reinforces the United States' continued commitment to the region as a Pacific nation, leader and power. (U.S. Air Force photo by Senior Airman Suzie Plotnikov)



Wolf Pack develops skills, alliances at Red Flag-Alaska 21-2

By Senior Airman Suzie Plotnikov
8th Fighter Wing Public Affairs

EIELSON AIR FORCE BASE, Alaska -- The 80th Fighter Squadron trained in Red Flag-Alaska 21-2 at Eielson Air Force Base, Alaska, from June 14 to 25. The first full-fledged Red Flag exercise following the beginning of the COVID-19 pandemic.

Red Flag-Alaska is designed to provide realistic training in a simulated combat environment in the Joint Pacific Alaska Range Complex, which provides more than 77,000 square miles of airspace, one conventional bombing range, and two tactical bombing ranges containing 510 different types of targets and 45 threat simulators.

"The training the pilots get [here] is unlike any other place," said Chief Master Sgt. Leon Montgomery, 80th Aircraft Maintenance Unit superintendent. "They're dropping live ordnance so they're getting real combat training, and they're also getting trained with our allied nations."

RF-A dates back to 1975, when it was called Exercise Cope Thunder, and has been instrumental in developing better pilots, who are prepared for any air-to-air, or air-to-ground conflict.

"It was designed to provide pilots as close to a combat experience as possible," said Lt. Col. Tyler Young, 80th FS commander. "It is our job to be ready to fight in any environment, whether the weather is good or bad."

Approximately 1,500 service members flew, maintained and supported more than 100 aircraft from more than 20 different units. Joint and allied forces at Joint Base Elmendorf-Richardson, Alaska, and the Koku Jietai (Japan Air Self

An aircraft maintenance crew member with the Koku Jietai (Japan Air Self Defense Force) strikes the 80th Fighter Squadron "crush em" pose as an F-16 Fighting Falcon assigned to Kunsan Air Base, Republic of Korea, taxis by during Red Flag-Alaska 21-2 at Eielson Air Force Base, Alaska, June 18, 2021. RF-A is a U.S. Pacific Air Forces-sponsored exercise designed to provide training to U.S. and allied forces in a simulated combat environment. (U.S. Air Force photo by Senior Airman Suzie Plotnikov) ▼



Defense Force) also participated.

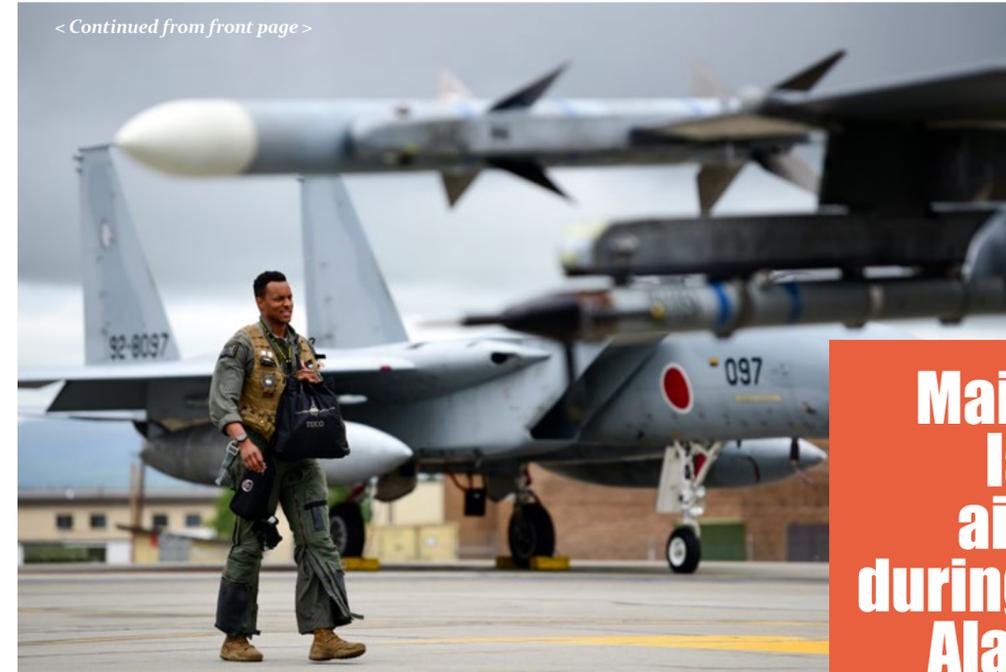
"It's always been extremely important to do missions, like this, with our allies," added Young. "I've flown with allies since I [entered] the Air Force, including flying with the JASDF, and I've flown with Air Forces around the world. Now we're able to interact and fly with them because we now speak the same language, and that [language] is flying and combat."

RF-A serves as an ideal platform for international engagement, and the exercise has a long history of including allies and partners;

ultimately enabling all involved to exchange tactics, techniques and procedures while improving interoperability.

"We are the best in the United States Air Force and we are the best Air Force in the world because of flags like RF-A," Young said. "I'm extremely proud of the men and women of the 80th FS and everyone that deployed here from Kunsan Air Base. They are putting an extreme amount of effort in every day as we train here, and I'm extremely thankful for the support we received here at Eielson."

< Continued from front page >



Maj. Chris "Tuco" Harrison, 80th Fighter Squadron assistant director of operations and chief of standards and evaluations, walks toward an F-16 Fighting Falcon assigned to Kunsan Air Base, Republic of Korea, during Red Flag-Alaska 21-2 at Eielson Air Force Base, Alaska, June 18, 2021. RF-A is a Pacific Air Forces-directed field training exercise designed to provide realistic air combat training for U.S. and allied forces. (U.S. Air Force photo by Senior Airman Suzie Plotnikov) ◀

Maintainers launch airpower during RED FLAG-Alaska 21-2



Airman 1st Class Matthew Wood, 8th Aircraft Maintenance Squadron crew chief, left, and Senior Airman Kodi Vigil, 80th Aircraft Maintenance Unit crew chief, pose for a photo during Red Flag-Alaska 21-2 at Eielson Air Force Base, Alaska, June 18, 2021. (U.S. Air Force photo by Senior Airman Suzie Plotnikov) ▲

Maj. Chris "Tuco" Harrison, 80th Fighter Squadron assistant director of operations and chief of standards and evaluations, left, and Senior Airman Kodi Vigil, 80th Aircraft Maintenance Unit crew chief, Kunsan Air Base, Republic of Korea, work together to prepare an F-16 Fighting Falcon for launch during Red Flag-Alaska 21-2 at Eielson Air Force Base, Alaska, June 18, 2021. (U.S. Air Force photo by Senior Airman Suzie Plotnikov) ▼



Senior Airman Kodi Vigil, 80th Aircraft Maintenance Unit crew chief, prepares the cockpit of an F-16 Fighting Falcon assigned to Kunsan Air Base, Republic of Korea, during RED FLAG-Alaska 21-2 at Eielson Air Force Base, Alaska, June 18, 2021. RF-A exercises are focused on improving the combat readiness of U.S. and international forces and providing training for units preparing for air and space expeditionary force tasking. (U.S. Air Force photo by Senior Airman Suzie Plotnikov) ▼



Airman 1st Class Wilmer Perez Perez, 18th Logistics Readiness Squadron fuels distribution operator, Kadena Air Base, Japan, monitors the control panel while refueling an F-16 Fighting Falcon assigned to Kunsan Air Base, Republic of Korea, during Red Flag-Alaska 21-2 at Eielson Air Force Base, Alaska, June 18, 2021. Laboratory petroleum, oil and lubricants Airmen ensure the fuels distributed to aircraft are safe and within guidelines to ensure RF-A 21-2's mission success. (U.S. Air Force photo by Senior Airman Suzie Plotnikov) ▲



51st DS furls up the flag

Col. Michael Fea, 51st Medical Group commander, left, pins the Legion of Merit onto Col. Leon Nieh, 51st Dental Squadron commander, at Osan Air Base, Republic of Korea, June 28, 2021. The 51st DS mission was to support the oral health of Team Osan. (U.S. Air Force photo by Staff Sgt. Douglas Lorraine) ▼



Col. Leon Nieh, 51st Dental Squadron commander, receives his final salute from the 51st DS before the squadron is deactivated at Osan Air Base, Republic of Korea, June 28, 2021. The 51st DS was first activated on August 25, 1992 and served until June 30, 1998 when it was inactivated before being reactivated again on August 1, 2003. (U.S. Air Force photo by Staff Sgt. Douglas Lorraine) ▲

51st FW Change of Command



Brig. Gen. Jason Rueschhoff, 7th Air Force deputy commander, left, presents the ceremonial guidon to Col. Joshua Wood, 51st Fighter Wing inbound commander, at Osan Air Base, Republic of Korea, June 25, 2021. Rueschhoff is a command pilot with over 2,700 hours in the A-10A/C and F35, including 267 combat hours. (U.S. Air Force photo by Staff Sgt. Douglas Lorraine) ◀

Col. John Gonzales, U.S. Air Force 51st Fighter Wing outbound commander, right, receives a plaque commemorating a letter of appreciation from Maj. Gen. Han Joo Park, Republic of Korea Air Force Operations Command vice commander, at Osan Air Base, Republic of Korea, June 25, 2021. This plaque was awarded in recognition of Gonzales' efforts to reinforce military cooperation and promote friendship between both nations' air forces. (U.S. Air Force photo by Staff Sgt. Douglas Lorraine) ▼



BARBEQUE SAFETY

People look forward to happy summer and barbecue season is finally here! Summertime, however, also brings fires and injuries due to barbecue grills. According to the United States Fire Administration, grill fires on residential properties result in an estimated average of 10 deaths, 100 injuries, and \$37 million in property loss each year. Knowing a few fire safety tips and practice the following guidelines will help everyone have a safe summer.

Before Barbecuing

1. Check your grill thoroughly for leaks or cracking before using it.
2. Make sure the grill is at least 25 feet away from a building or 50 feet from an aircraft and flammable storage. Do not BBQ under overhangs or indoors.
3. Keep children away from fires and grills. It is a good idea to establish a safety zone around the grill and instruct children to remain outside the zone.
4. Have fire extinguishers or a garden hose attached to a water supply.

During Barbecuing

1. Do not wear loose clothing while cooking at a barbecue.
2. Use only a labeled starter fluid to start fires in the grill.
3. Never leave the grill unattended.
4. Keep alcoholic beverages away from the grill, they are flammable.
5. Make sure everyone knows to STOP, DROP and ROLL in case a piece of clothing does catch fire.

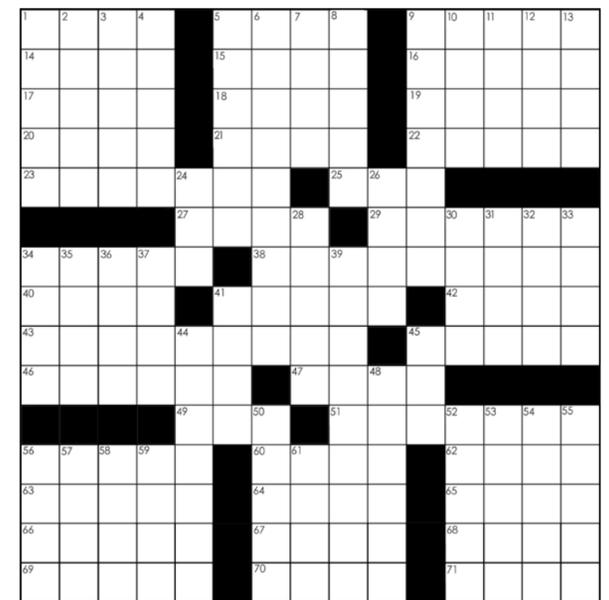
After Barbecuing

1. Keep your grill and free of grease buildup that may lead to a fire.
2. Never store liquid or pressurized fuels inside your home.

In case of fire or emergency, dial 911 or 0505-784-9111. Any questions on this matter, please do not hesitate to contact Fire Prevention Office at 784-4834 or 4835.

The Crossword

By Jon Dunbar



ACROSS

- 1 "Rebel ____"
- 5 ____, crackle, pop
- 9 Mindfreak Angel
- 14 Window
- 15 Velcro alternative
- 16 Andong traditional village
- 17 Curves
- 18 Actress Watson or Stone
- 19 Large open space
- 20 The seven ____
- 21 Some drinks
- 22 Chase away
- 23 Domino's local competitor
- 25 Electric fish
- 27 Watched
- 29 Many Korean War battles happened on these
- 34 Fourteen divided by two
- 38 Korean alcoholic drink

- 40 Eager
- 41 Looney ____
- 42 Should
- 43 "Sympathy for Lady ____"
- 45 Las ____
- 46 Marx's partner
- 47 Type of fail
- 49 ER procedure
- 51 Forays
- 56 Mr. T show
- 60 Marvel chief Avi
- 62 Writer Bombeck
- 63 Bart's mom
- 64 Polynesian style
- 65 Strut
- 66 Church instrument
- 67 Opposite of closed
- 68 Turkish currency
- 69 Athletic game
- 70 Flatten
- 71 Hardworking bugs

DOWN

- 1 Seizure
- 2 Attendant
- 3 Open a bottle
- 4 Soccer star Lionel
- 5 Seedy
- 6 Seoul's oldest market
- 7 41 Across company
- 8 Portsmouth airport
- 9 Between Bravo and Delta
- 10 Anger
- 11 Denny's competitor
- 12 Painful
- 13 ____ Team Six
- 24 Type of Buddhism
- 26 Units of work
- 28 Foxtrot or waltz
- 30 Stephen King's "Under the ____"
- 31 Drinking sound
- 32 "Frozen" princess

- 33 Relaxes in a chair
- 34 Rescue
- 35 Opposite of odd
- 36 Actor Rhames
- 37 U2 guitarist
- 39 Mementos
- 41 Duty
- 44 Something on the periodic table
- 45 DVD player predecessor
- 48 Disinfectant
- 50 Croc cousin
- 52 Inventor Nikola
- 53 Crocodile Hunter Steve
- 54 Lotte Mart rival
- 55 Epics
- 56 "____ and Andy"
- 57 Tent material
- 58 Cogito ____ sum
- 59 Growth medium
- 61 TV host Kelly

Answers to Previous Crossword

ACROSS	28 JEONJU	68 NOLA	9 STRAIT
1 BOOM	32 HTTP	69 GRATA	10 MEDAL
5 TOADS	34 BTO	71 SEAT	11 ALES
10 MASH	37 AVRO	72 NASA	12 SLAP
14 OGRE	38 STAR	73 ACRES	13 HANS
15 SPLIT	40 GUARD	74 EASY	21 LBJ
16 ELLA	42 PEAT	75 ALEC	25 BUSH
17 GLEN	43 HANOK	76 ROOMS	27 LPG
18 OTTER	45 TRUE	77 AREX	28 JAPAN
19 DEAN	46 ARTSY		29 EVERY
20 SEQUIL	48 ROTC	DOWN	30 ORATE
22 IOTA	49 AGRO	1 BOGS	31 NOTS
23 ASPS	50 NYE	2 OGLE	32 HANOI
24 BBC	51 THAI	3 ORED	33 TROT
26 ILL	53 ICHEON	4 MENU	34 BARGE
	55 INA	5 TRURO	35 TRURO
	56 RAH	5 TO	36 ODEON
	57 ACES	6 OPTIC	39 TARA
	60 NATO	7 ALTO	41 UTAH
	63 AAFES	8 DIET	44 KCIA
			47 YTN
			52 HANGAR
			54 CHA
			55 ISAAC
			56 ROTEM
			57 ANNA
			58 COAL
			59 ELSE
			61 ARCO
			62 TARO
			64 ASE
			65 FEAR
			66 EASE
			67 STYX



Col. John Gallemore, 8th Fighter Wing commander and F-16 Fighting Falcon pilot, and Republic of Korea Air Force Col. Do-Hyoung Kim, 38th Fighter Group commander and KF-16 pilot, fly together in formation over the Yellow Sea, June 29, 2021. Gallemore and Kim flew together, constituting the Seventh Air Force's priority of strengthening the U.S. and R.O.K alliance. (U.S. Air Force photo by Staff Sgt. Mya M. Crosby) ▲

Airmen with the 26th Expeditionary Rescue Squadron conduct refueling operations at an undisclosed location in Southwest Asia, June 28, 2021. The 26th ERS stands alert for the U.S. Central Command area of responsibility, providing tanker capability for the associated HH-60G Pave Hawk helicopters and providing a forward refueling point at an austere location. (U.S. Air Force photo by Tech. Sgt. Jamie Spaulding) ►



US. service members compete in an intramural soccer tournament at Andersen Air Force Base, Guam, June 16, 2021. The tournament is scheduled to run until June 28. (U.S. Air Force photo by Master Sgt. Richard P. Ebensberger)



Airman 1st Class Sarah Miller and Senior Airman Austin Dihn, 374th Aircraft Maintenance Squadron, clean the windows of a C-130J Super Hercules during Red Flag-Alaska 21-2 at Joint Base Elmendorf-Richardson, Alaska, June 14, 2021. Approximately 1,500 service members are expected to fly, maintain and support more than 100 aircraft from more than 100 units during the exercise. (U.S. Air Force photo by Airman 1st Class Mario Calabro) ▲

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.

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 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

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. 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.

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

51st CES assumption of command



Col. Jonelle Eychner, 51st Mission Support Group commander, left, passes the guidon to Lt. Col. Brian Low, incoming 51st Civil Engineer Squadron commander, during the 51st CES assumption of command ceremony at Osan Air Base, Republic of Korea, July 6, 2021. As the presiding officer, Eychner facilitated the transition of 51 CES command by presenting the ceremonial guidon to the incoming officer. (U.S. Air Force photo by Staff Sgt. Douglas Lorange) ▲



The 51st Fighter Wing honor guard posts the colors during the 51st Civil Engineer Squadron assumption of command ceremony at Osan Air Base, Republic of Korea, July 6, 2021. ▲



Lt. Col. Brian Low, incoming 51st Civil Engineer Squadron commander, receives his first salute from 51st CES Airmen during the 51st CES assumption of command ceremony at Osan Air Base, Republic of Korea, July 6, 2021. The first salute rendered is a tradition to honor the new commander upon their assumption of the command. (U.S. Air Force photo by Staff Sgt. Douglas Lorange) ◀

Spiritual Charge

Perspective



By Michael Payne

It was a Friday night on a bus from Houston to Dallas. At the last pickup of the evening, a man and his two kids boarded the bus. The father slumped into his seat and stared out the window. Shortly after the bus departed the station, the two children became restless

and left their seats. Soon they were roaming the bus, making noise, and disrupting the other travelers. Some tried to ignore the kids, but found it difficult to do. In time the frustrated and angry passengers signaled to the person seated across the aisle from the inattentive father, silently voting him the spokesperson on behalf of the bus to address the situation.

"Sir...Sir...SIR!" The father slowly turned to face the man across the aisle, who with significant frustration in his voice said, "Would you please control your kids? Be responsible and respectful of the other people on this bus. It's a long trip and your kids are out of control."

The father apologized, gathered up his kids, and returned them to their seats. He asked them to stay seated and then turned to the man. "I'm so sorry, they just lost their mother; we just came from the hospital where their mom, my

wife, just passed away." At that moment the entire tenor of the bus changed from frustration to understanding and from anger to sympathy.

One little piece of information changed everything on that bus. When we encounter any situation, we have a limited viewpoint. We simply don't have all the information. We draw a conclusion and then act on it. All too often, that results in conflict, because our assumptions are flawed.

I've learned some hard lessons over the years. One is to ask more questions to gain understanding. Gaining understanding is important, because it forces me to consider that I don't know everything, and that is humbling. Asking questions allows me to gain perspective that I otherwise would not have had, and that changes things, often significantly. A second lesson I've learned is to believe the best

about others even when I don't feel like it. It's a mantra that my wife taught our kids while growing up: believe the person's intentions are not against you, until proven otherwise. This too is humbling. It forces me to check my attitude and get out of my own way. That is often enough to change a confrontation into an opportunity.

The Bible says in the book of James to be quick to hear, slow to speak, and slow to anger. In the age of social media, we can be a little too quick to speak, and that leads to unnecessary drama. If we all take some time to listen, ask questions with a desire to understand, and believe the best in others, we might just find our whole tenor change. Everyone wants to be understood; it's a fundamental human need. Seek to understand others as you desire to be understood. Like the Bible says, do unto others as you would have them do unto you.

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 -
0900 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
WED 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: usghcatholiccoordinator@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 Jum'ah Service
Sundays: 1300-1500 Islamic / Arabic classes
POC: CPT Anouar Bencheqroun 010-3382-7231 anouar.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



Airmen work into the early morning at Kallax Air Base, Sweden, June 11, 2021 during exercise Arctic Challenge 21. Participation in multinational exercises enhances professional relationships and improves overall coordination with allies and partner militaries during times of crisis. (U.S. Air Force photo by Tech. Sgt. Warren Spearman) ▲

Brig. Gen. Larry R. Broadwell, 380th Air Expeditionary Wing commander, gets sprayed down with water after completing his fini-flight, or final flight, at Al Dhafra Air Base, United Arab Emirates, June 2, 2021. Broadwell has served as the 380th AEW commander since June 2020. (U.S. Air Force photo by Master Sgt. Wolfram M. Stumpf) ►

Staff Sgt. Nicholas Brunetto, 38th Rescue Squadron pararescueman, greets his family during the 38th RQS redeployment at Moody Air Force Base, Ga., June 17, 2021. Pararescue specialists rescue and medically treat downed military personnel around the world. (U.S. Air Force photo by Senior Airman Hayden Legg) ▼



Basic cadets transit to their next task during training at the U.S. Air Force Academy in Colorado Springs, Colo., June 29, 2021. Basic Cadet Training is a six-week indoctrination program to guide their transformation from being civilians to military academy cadets prepared to enter a four-year officer commissioning program. (U.S. Air Force photo by Trevor Cokley) ▼





By Nicholas Pilch
60th Air Mobility Wing Public Affairs

Capt. Jamie Navarro, 60th Surgical Group Command Squadron charge nurse, flexes for a portrait June 9, 2021, at Travis Air Force Base, Calif. Navarro recently competed at U.S. Strongman Nationals and placed second. (U.S. Air Force photo by Nicholas Pilch) ▲

TRAVIS AIR FORCE BASE, Calif. (AFNS) -- "Now that's a downright sprint right there; that's amazing!" a master of ceremonies yells into the microphone as Capt. Jamie Navarro, 60th Surgical Group Command Squadron charge nurse, carries 165 pounds in each hand at the U.S. Strongman Nationals competition, June 5, in Minneapolis.

Navarro, a 36-year-old Phoenix native, has been competing in strongman competitions since 2017. The Marine Corps veteran served as a truck driver, deployed for 13 months in 2006 and separated after eight years of service. She then went to school to become a nurse and to get back in shape. She used CrossFit and around this time, she was tinkering with the idea of commissioning in the Air Force to serve again.

"I was first introduced to strongman (competitions) in a CrossFit gym," she said. "I remember seeing people push trucks and flip tires thinking, 'Oh, I'm not strong enough to do that.' I went out there and pushed the truck ... my legs felt like Bambi legs after, but I did it."

Since then, Navarro has competed in many strongman competitions, even winning two. She won Arizona Strongest in 2020 before the COVID-19 pandemic and California Strongest earlier this year. However, her goal was to compete in an international event, and to do so, Navarro would need to place in a nationals show — she did on June 5, placing second.

"To actually place at a national show ... it's what I've been working for," she said. "A lot of times when you compete, you look at your mistakes and you look at what you could have done better, but in this one, this was my best — I'm really proud of myself. I'm walking away with my head held high saying, 'I did good.'"

Navarro credits her children and gym family for keeping her motivation and drive high.

"Family to me is the backbone of my motivation," she explained. "The blood, sweat and tears that I've shed for my sport is to be a role model for my kids ... to show them what it means to be dedicated to something."



Neala Navarro, Capt. Jamie Navarro, 60th Surgical Group Command Squadron charge nurse, and Marcus Navarro sit for a portrait June 26, 2021 at Travis Air Force Base, Calif. (U.S. Air Force photo by Nicholas Pilch) ▲

Navarro explained that on days where she didn't want to show up or wanted to slack off, that's where her gym family played the biggest role.

"My gym family will always be there to give me that extra push to get through my workouts when it's tough, hold me accountable and remind me of what my goals are," she said. "This is love and support at its finest."

Preparing for competition is more than daily workouts. To be competition ready, Navarro needed a strict workout and diet to which she credits her trainer and nutritionist for helping her prepare. They would give her specific workouts and a diet to follow for weeks, leading up to nationals.

The U.S. Strongman Nationals consists of competitors of the same weight class competing

in multiple categories — Navarro competed in the 132-pound weight class.

The competition consisted of five events: a log-axle press medley where competitors had to press a 140-pound log and 150-pound axle over their heads repetitively for 60 seconds; a 345-pound deadlift, repeated as many times for 60 seconds; a timed farmers carry holding 165 pounds in each hand for a total distance of 100 yards; a timed sandbag carry medley where competitors carry a 165-pound keg for 50 yards, sprint back and return with a 150-pound sandbag; a timed atlas stone series where competitors pick up and carry a 150-pound, 175-pound and 205-pound stones over a tall bar.

Navarro is competing in the U.S. Strongman Pro Women's Worlds V, Oct. 9, 2021, in Williston, North Dakota.



Ms. Neli Meier, 8th Fighter Wing community support coordinator, poses with Resiliency Week stress ball during a resiliency training class on June 23, 2021, Kunsan Air Base, Republic of Korea. Multiple base organizations came together between June 20 to 25 to run Kunsan's Resiliency Week. U.S. Airmen and Soldiers stationed here participated in activities from promoting and healthy habits informing members on the many base programs designed for overcoming resiliency challenges. (U.S. Air Force photo by Tech Sgt. James Cason) ◀

Kunsan's Resiliency Week 2021: providing servicemembers lifetime tools

By Staff Sgt. Jesenia Landaverde
8th Fighter Wing Public Affairs

KUNSAN AIR BASE, Republic of Korea -- Resiliency isn't just a buzz word at Kunsan Air Base. According to Ms. Neli Meier, the 8th Fighter Wing community support coordinator. Resiliency means being able to thrive, no matter where you go.

"When airmen start their journey in the military, building resiliency is very important to be able to adapt to military culture and withstand being constantly relocated," said Meier.

Multiple base organizations came together between June 20 to 25 to run Kunsan's Resiliency Week. U.S. Airmen and Soldiers stationed here participated in activities from promoting and healthy habits informing members on the many base programs designed for overcoming resiliency challenges.

"We know the military lifestyle can take a toll on Airmen, so we try to equip them with resilience skills to grow stronger in the four domains and complete the mission," said Meier.

Meier went into how the Air Force has developed a Comprehensive Airman Fitness program focusing on developing life skills Airmen can use throughout their careers and lives in four domains: mental, physical, social and spiritual.

This week highlighted all the helping agencies, helped Airmen become familiarized with the four pillars so they can use when or if they need help. These agencies include Chaplain Services, Mental Health Clinic, Family Advocacy, Airman and Family Readiness Center, Area Defense Counsel, Alcohol Drug Abuse Prevention and Treatment (ADAPT) Program, Health and Wellness Center (HAWC), Equal Opportunity, Air Force Aid Society, and more.

"The hope is you get the message across in a positive manner, and give Airmen the tools they need to succeed, and you do make a difference," said Master Sgt. Andrew Hobart, resiliency week program manager. "As you move up in the ranks, you start fine tuning these tools and skills, not only for ourselves, but also to develop those in the ranks below us."

To gather more information or to become more involved with Resiliency Program at Kunsan, please email 8FW.CVB. ResilienceTraining@us.af.mil



"MILITARY DISCOUNT!!"

LOTTECINEMA Songtan

<Movie Ticket 30~40% off>

weekdays	All 2D movies 12,000 won 8,000 won
weekend	All 2D movies 13,000 won 9,000 won



JUNE



JULY



AUGUST

Show Times : **LOTTECINEMA SONGTAN**

Riding KTX-Eum to Andong's Best Attractions



Andong is one the best cities to visit for a trip filled with Korea's traditional culture. Often referred to as "the capital of Korea's spirit," Andong has a long history of Confucian culture from the Joseon dynasty, with that same scholarly ambiance found in the city today. Thanks to the newly opened KTX-Eum line, you can quickly travel to Andong and begin exploring the city's best attractions!



▲ Woryeonggyo Bridge

Woryeonggyo Bridge is a 3.6-meter-wide wooden pedestrian bridge stretching over the Nakdonggang River. At 387 meters in length, it is the longest wooden bridge in Korea.

The bridge name, meaning "Moonlight Bridge," was selected from among 322 submissions from local citizens in a naming contest.

Aptly named, the bridge is beautiful at night, earning it a spot on KTO's list of 100 Must-Visit Nighttime Tourist Spots.

Woryeongjeong Pavilion, located in the middle of the bridge, is a popular spot for taking photos to upload on social media. To see more of the natural surroundings, ride the traditional yellow hemp sailboat around the Andong Dam basin.

- Address: Area of Sanga-dong, Andong-si, Gyeongsangbuk-do
- Directions: Take a taxi for approx. 20 min from Andong Station or Andong Bus Terminal
- Operating hours: Open 24 hr

< Continued on page 23 >

▼ Andong cuisine

Andong is also famous for its local cuisine. To fill up on energy, order the Andong-style bibimbap, also called heotjesabap. This traditional dish stands out from the regular bibimbap by using the foods that would typical appear on the table of ancestral ceremonies. Most restaurants will also serve Andong-style sikhye, a sweet rice punch seasoned with radish, chili powder, ginger essence, and rice water.



If you're in the area of the old city hall, be sure to stop by Andong Jjimdak Alley. Jjimdak is a stewed chicken dish with potatoes, spinach, green onion, and glass noodles in a soy sauce-based sauce. While jjimdak can be found in many places, it is most famous in Andong. If you prefer fish, you'll definitely want to try the Andong-style grilled salted mackerel. And after all that food, if you still have room for dessert, visit Mammoth Bakery! This famous restaurant was listed in the 2011 Michelin Guide, and is famous for its cream cheese bread and citron pound cake.



Maj. Kenneth Jenkins II, 73rd Intelligence, Surveillance, and Reconnaissance Squadron Detachment 2 incoming commander, receives the ceremonial guidon at Osan Air Base, Republic of Korea, June 30, 2021. From this moment onward, Jenkins is now officially the commander of the 73rd ISRS Det 2. (U.S. Air Force photo by Senior Airman Kevyn Allen) ◀

73rd ISRS Det 2 change of command

Maj. Rachel Johnston, 73rd Intelligence, Surveillance, and Reconnaissance Squadron Detachment 2 outgoing commander, displays the Legion of Merit she received at a change of command ceremony at Osan Air Base, Republic of Korea, June 30, 2021. Johnston earned the Legion of Merit for her meritorious conduct in the performance of his duties as 73rd ISRS Det 2 commander. (U.S. Air Force photo by Senior Airman Kevyn Allen) ▶



51st Operational Medical Readiness Squadron Assumption of Command



Col. Michael Fea, 51st Medical Group commander, left, passes the guidon to Lt. Col. Shannon Hunt, 51st Operational Medical Readiness Squadron commander at Osan Air Base, Republic of Korea, June 29, 2021. As the presiding officer, Fea facilitated the transition of 51 OMRS command by presenting the ceremonial guidon to the incoming officer. (U.S. Air Force photo by Tech. Sgt. Nicholas Alder) ▼

Chaplain Christopher Crutchfield, left, performs an invocation at the 51st Operational Medical Readiness Squadron assumption of command at Osan Air Base, Republic of Korea, June 29, 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) ▲





Osan Air Base leadership cuts the ribbon at the 51st FW headquarters building renaming ceremony at Osan Air Base, Republic of Korea, July 1, 2021. The building was dedicated to Gen Benjamin O. Davis Jr. in recognition of his accomplishments and 34 years of military service. (U.S. Air Force photo by Staff Sgt. Douglas Lorange) ▲

51st FW HQ building renamed in honor of Brig. Gen. Davies



Col. Joshua Wood, 51st Fighter Wing commander, speaks at the 51st FW headquarters building renaming ceremony at Osan Air Base, Republic of Korea, July 1, 2021. Wood discussed the accomplishments and history of Brig. Gen Benjamin O. Davis Jr. during 34 years of military service. (U.S. Air Force photo by Staff Sgt. Douglas Lorange) ▲



A plaque highlighting the accomplishments of Brig. Gen Benjamin O. Davis Jr., remains on display at the 51st FW headquarters building renaming ceremony at Osan Air Base, Republic of Korea, July 1, 2021. Davis' 34 years of service spanned across World War II, Vietnam, Korea and the Cold War, including leading the Tuskegee Airmen in WW2. (U.S. Air Force photo by Staff Sgt. Douglas Lorange) ▲

< Continued from page 20 >



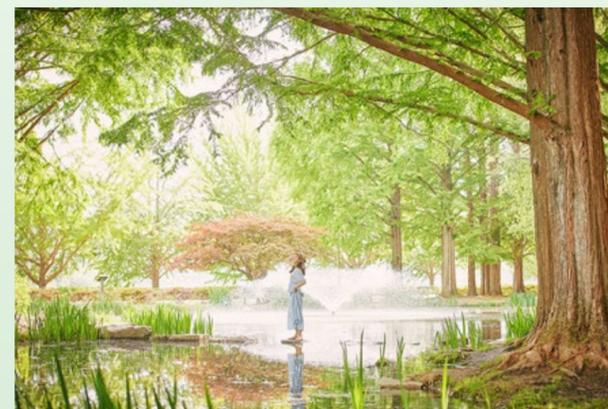
▲ Hahoe Village & Buyongdae Cliff

Andong Hahoe Village is filled with beautiful traditional buildings, from houses and pavilions to Confucian academies. Walking through the streets, you can easily see the effects of Confucian culture on the society, earning this village a spot on the UNESCO World Heritage list in 2010.

The name of the village comes from the S-shape of the Nakdonggang River as it winds around the village.

When here, you have to make time to watch the Hahoe Mask Dance Drama Performance! The performance takes place at the stage within the village. The performance itself has over 800 years of history, and shows the history of Andong over various time periods. An explanation is provided in English, Japanese, and Chinese while you watch.

While at Hahoe Village, be sure to visit Buyongdae Cliff! The view from the cliff is outstanding, with the slowly meandering Nakdonggang River and the entire village spread out below you. You can also add in Hwacheonseowon Confucian Academy, just a 10 minutes' drive away, to your trip itinerary.



▲ Nakgang Mulgil Park

Nakgang Mulgil Park is one of Andong's most trending spots on social media channels like Instagram. Despite being rather small in size, the park gives off a much large aura with a lush forest and exotic fountain, perfect for enjoying a picnic.

If you want to get some amazing photos without having to worry about other people getting in the way, be sure to visit on a weekday morning. The park has become so popular through social media that many of the best photo spots, including on the bridge, the walking deck, and in the forest garden, will have a line of people waiting.

- Address: 423, Sanga-dong, Andong-si, Gyeongsangbuk-do
- Directions: Take a taxi for approx. 25 min from Andong Station or Andong Bus Terminal
- Operating hours: Open 24 hr
- Admission: Free

▼ Manhyujeong Pavilion

Manhyujeong Pavilion became a popular attraction after appearing in the drama "Mr. Sunshine (2018)," starring Lee Byung-hun and Kim Tae-ri. With a name meaning "a pavilion for resting a thousand years," Manhyujeong Pavilion was built in the 1500s as a place for literary studies of Kim Gyehaeng during the Joseon period.

The pavilion is located in a picturesque setting, with water flowing over smooth rocks in the valley from Songampokpo Falls and lined with aromatic pine trees. When visiting, don't forget to take a picture standing on the single-log bridge, just like the characters from "Mr. Sunshine."



▼ KTX Eum & Andong Station

Starting January 5, 2021, KTX-Eum is the newest high-speed train line to open in Korea, operating between Cheongnyangni Station in Seoul and Andong Station. The roughly 2-hour trip passes Yangpyeong, Seowonju, Wonju, Jecheon, Danyang, Punggi, and Yeongju Stations before arriving at Andong Station.

With the addition of the new line, Andong Station was remodeled, offering even more services! Before starting your trip, you can get information from the tourist information center, pick up snacks in the convenience store, and even rent a car to get around the city more easily.

