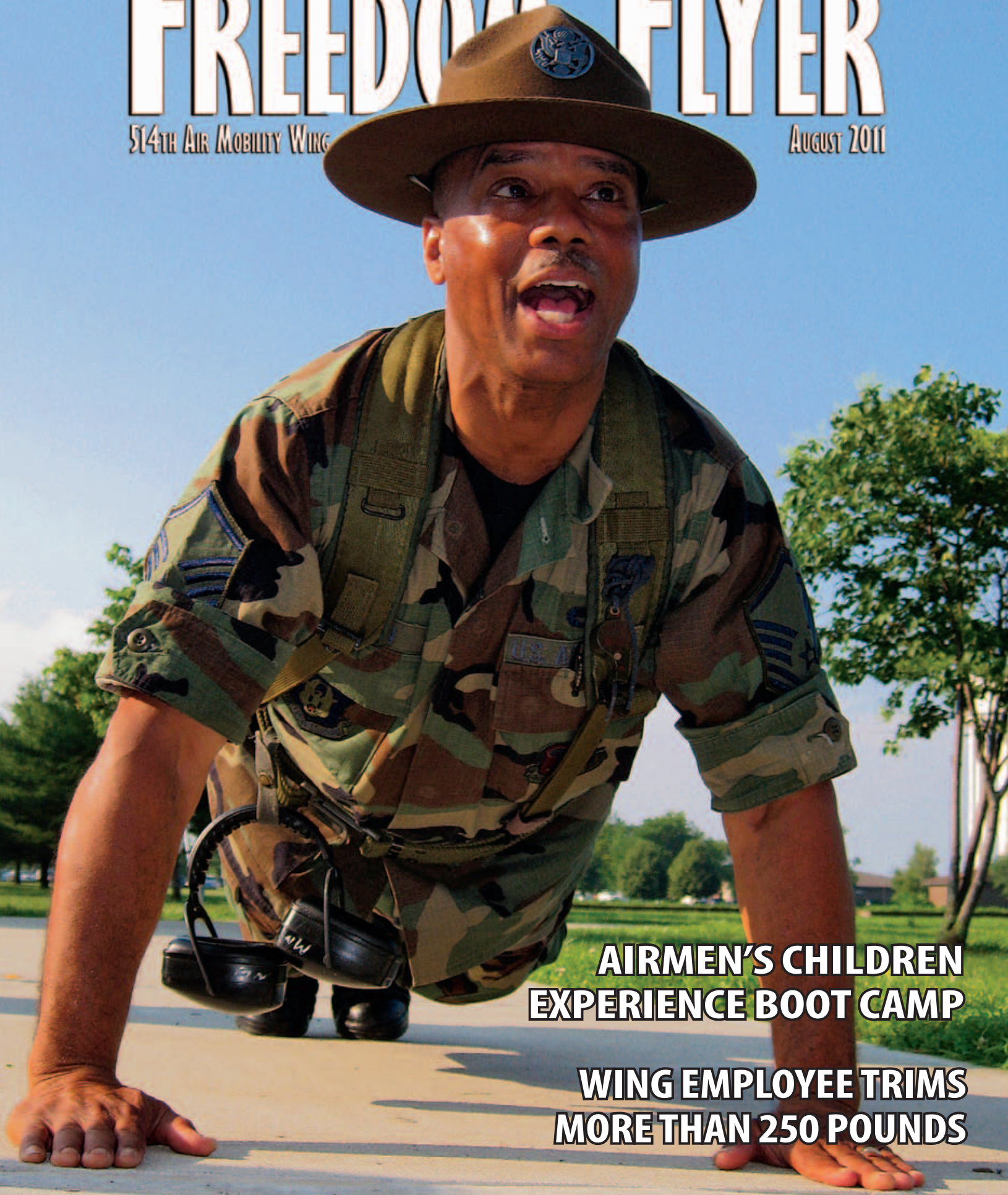


# FREEDOM FLYER

514TH AIR MOBILITY WING

AUGUST 2011



**AIRMEN'S CHILDREN  
EXPERIENCE BOOT CAMP**

**WING EMPLOYEE TRIMS  
MORE THAN 250 POUNDS**





# FREEDOM FLYER

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## CONTENTS

VIEW POINTS	4
NEWS	6
PHOTO FEATURE: MINI-BOOT CAMP	8
WING EMPLOYEE DROPS 250 POUNDS	10
NEWS BRIEFS	13
PHOTO FEATURE: C-17 MAINTENANCE	14

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## ON THE COVER

Master Sgt. Randall Scotton, 514 Aircraft Maintenance Squadron, demonstrates the proper way to do a pushup during a mini-bootcamp for the children of 514th Maintenance Group Airmen here July 9. A photo feature about the mini-bootcamp begins on page 8.

*Photo by Tech. Sgt. Monica Dalberg*



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Staff Sgt. Alison Artiga, a client systems technician with the 514th Force Support Squadron, stretches at the running track near the fitness center here July 19. Artiga plans to run the Air Force Marathon on Sept. 17 in Dayton, Ohio.  
*Photo by Master Sgt. Donna T. Jeffries*



## Good wingmen essential for fitness success

By Senior Master Sgt. Trina Pharr  
514th Aerospace Medicine Squadron

Establishing goals and working toward them are great ways to maintain measured focus. A good wingman can also help provide the motivation and direction needed to reach those goals.

I found this to be most true as I prepared to take my Air Force fitness test.

As a reservist with the 514th Aerospace Medicine Squadron, and as many of us have experienced, I was preparing and working very hard. With just a few weeks before the big day, I wasn't performing at a level to "comfortably" pass the test.

Since the fitness test can be career-impacting, my confidence and career options hung in the balance. Needless to say, I generated enough anxiety, doubt and trepidation weeks leading into the event.

Through my civilian position as a systems analyst and trainer with the 87th Medical Group, I met Capt. Andrew Gawlikowski, a lead pharmacist at the 87th MDG, at a training event. During a break at the training event, we talked about the fitness test, and I explained the areas in which I needed improvement. Gawlikowski invited me to join his staff and run in the weeks leading up to the test.

I jumped at the opportunity.

He routinely exercises with his team members, enhancing morale while preparing them to pass their fitness tests.

On one of our runs, he said, "Don't focus on how tired you are, smell the honeysuckle."

Gawlikowski has a reputation for pushing those he works with to reach beyond their personal limits. Why? He wants everyone to do more than pass – he wants them to do their very best.

In the days leading up to my test, he gave me important tips on nutrition, hydration, and rest as well as how to focus myself during the run. To my great surprise, he offered to pace me on test day, which was on a Saturday, his day off.

As we waited at the start, my nerves at their peak, he looked and said calmly, "Relax, you can do this."

In hindsight, my run was not without a great deal of effort, and I was tempted to stop a few times. Gawlikowski focused on my quarter lap times, gave me encouragement and pushed me to a strong finish.

Because of his dedicated efforts and my own preparation, I am proud to report that I passed!

Not only that, my run time decreased by two minutes from my previous best time, and with my other efforts, my overall test score improved by 12 percent in just three months.

His actions serve as a great example of what the Air Force core values represent – not just the words. In 22 years of military service, I have met few people who embodied the concept of being a good wingman as much as Captain Gawlikowski.

What I appreciate most is he didn't have to help me. He sacrificed valuable personal and family time after long duty days. I am very grateful. The selfless action of an active-duty Airman helping a Reserve Airman is also a great example of the impact of building positive relationships within the joint base community, in which active-duty, National Guard and Reserve servicemembers from all the military branches can help one another.

So what lessons can you learn from my personal experience? Set realistic, measurable goals, practice, practice, practice and never be afraid to ask for help.

As the old Ethiopian proverb says, "When spider webs unite, they can tie up a lion."

**What I appreciate most is he didn't have to help me. He sacrificed valuable personal and family time after long duty days. I am very grateful.**

## Balanced training program reduces injury risk

Lt. Col. Michael Palmer  
514th Aerospace Medicine Squadron

Remember when we could play any sport all day without the aches and pains in our joints and back?

When we were young, we generally took physical fitness for granted. As time passes, participating in our favorite sports becomes more difficult.

The discomfort we experience after we exercise and the decreased ability to bounce back after strenuous physical activity can make us feel old, mentally and physically.

As we age, we become more prone to getting injuries. These sprains and strains can interfere with our preparation for our physi-

cal fitness test and even with our recreational activities.

When we make a decision to become more fit and active as we age, we must commit to careful planning that includes a well-balanced approach to physical training.

Most training plans emphasize cardiovascular fitness and strength training. What are often overlooked are flexibility, balance and core strengthening. Flexibility training and core balance has long been promoted for decades as an important part of decreasing the risk of injuries. Ignoring these aspects of fitness may lead to the strains and sprains that can derail your fitness goals.

Being able to prevent injuries from occurring requires a consistent, regularly sched-

uled training program that prepares you to run, do pushups and crank out that last sit-up. Preparing for the military fitness test is in fact a test of your ability to meet these standard requirements at any time of the year.

The most effective way to achieve your goal to maintain your fitness and rejuvenate yourself is a progressive plan that includes cardiovascular training, stretching, strength training, yoga, core balance training and Pilates. Using a well-balanced program will help prevent many injuries while allowing you to perform at the highest standards for many years to come.

As always, please seek the advice of your health care provider before entering any new exercise program.

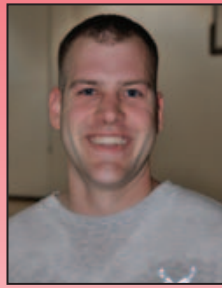
## **PULSE CHECK:** *What part of the fitness test is most challenging and how do you overcome it?*



**Staff Sgt.  
Kevin Hyde**  
514th

*Force Support Squadron*

“The run is the greatest challenge. To overcome this problem I plan to train three times a week and change my diet.”



**Staff Sgt.  
John Getz**  
714th Aircraft  
Maintenance Squadron

“The waist measurement is my biggest challenge, so I watch what I eat, especially in the month before the test. I also participate in multi sports like triathlons to keep the weight off.”



**Tech. Sgt.  
Jingwei Mai**  
514th  
Air Mobility Wing

“The run is my biggest challenge, so I train on an elliptical machine about three times a week. I also do sit-ups, push-ups and pull-ups to improve my overall fitness.”



**Tech. Sgt.  
Greta Spradley**  
514th  
Force Support Squadron

“The run because of my knee. I overcome it by taking it slow, gradually increasing my momentum, setting goals in small increments, and staying focused on the end result.”



**Airman 1st Class  
Daniel Condo**  
514th  
Security Forces Squadron

“The 1.5-mile run poses the greatest challenge to me. I prepare by running two miles three times a week with ten sprints at the end of each run.”

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## **Health and Wellness Center is ready to help reservists**

From quitting smokes to choosing the right shoe, the staff of the Health and Wellness Center is here to help Airmen reach their goals. Since the center is not typically open on the weekends, many Reserve Airmen may not be familiar with the services and pro-

grams, most of which are available to all servicemembers and their families. Reservists are welcome to use the HAWC's services whether they are on or off duty. The following is a list of major programs offered by the HAWC. For more information, call 754-2462.

### **Healthy Eating**

When you eat healthy food, your body will function better and you will feel better, look better, have more energy, think more clearly, be more alert, lower your risk for cancer, heart disease, diabetes and obesity and you'll enjoy life more! If this sounds good to you, join us to learn how to eat more healthy.

### **Tobacco Cessation Program**

This four-week course will help you to be free of tobacco for life! Each session will enlighten and educate you in different areas that will not only reinforce your desire to quit, but will help you develop the necessary skills and confidence to live your life without the need for tobacco. Spouses and partners are encouraged to attend. Medications may be provided to qualifying individuals.

### **Noon HAWC Walk**

Jump start your exercise program! Walk with a member of the HAWC staff Wednesday at noon, weather permitting.

### **Gait Analysis**

Video analysis of your running stride mechanics. You will receive personalized shoe recommendations based on your foot type. Call the HAWC to schedule your appointment!

### **Healthy Heart**

This class is for anyone interested in preventing heart disease or has been referred by their provider because of risk factors. You will learn the basics of reducing high cholesterol and high blood pressure. We will discuss lifestyle choices that affect your health. You will learn about blood pressure, good and bad fats, the importance of being active, and medications. (Prospective participants are encouraged to have current cholesterol blood readings done 2 or more weeks prior to class.)

### **Physical Training Leader Course**

The Physical Training Leader course provides a review of the Air Force Fitness Program and certifies PTLs to conduct mock fitness assessments and lead unit physical training. This course meets the requirement for PTL training as outlined in the AFI 36-2905.

### **Be Well (Balanced Eating – Workout Efficiently – Live Long)**

This is for active duty and reserve personnel, and is required for those personnel who scored Unsatisfactory on their Physical Fitness test. This informative three-hour course covers topics on behavior change, motivation, nutrition and exercise.

### **Diabetes Nutrition**

The program is available to all active duty, dependents, and retired personnel who have been clinically diagnosed with diabetes or pre-diabetes. You will learn how to better manage your diabetes and blood sugar through carbohydrate counting.

### **Bod Pod**

Air displacement technique for measuring body composition has been developed using the same principles as under water weighing. The technique uses air, as opposed to water and is known as air displacement plethysmography. Subjects enter a sealed chamber that measures their body volume through the displacement of air in the chamber. Body volume is combined with body weight (mass) in order to determine body density. The technique then estimates the percentage of body fat and lean body mass through known equations (for the density of fat and fat free mass).

### **Anger Management**

Learn how to identify the warning signs of anger and how to express anger appropriately and keep anger from taking over. This class is conducted from 1 to 3 p.m. on Fridays at the HAWC.

## Joint base delivers intangible benefits

By Donna Miles

American Forces Press Service

With two months left for Defense Department officials to comply with the 2005 base realignment and closure plan, a related initiative -- joint basing -- already is paying off through closer interservice collaboration and the promise of future cost savings, officials here reported.

Joint Base McGuire-Dix-Lakehurst was part of the first phase of the plan that consolidated 26 military installations around the country into 12 joint bases. The concept was designed to generate efficiencies, reduce redundancy, and ultimately, save taxpayer dollars.

"I think this joint base initiative is great," said Army Col. Joseph Poth, the former deputy commander here who helped to plan and execute the merger. "The logic is, if we can train together, if we can fight together, why can't we run a base together?"

Joint basing brought big changes here when three installations -- McGuire Air Force Base, Fort Dix and Naval Air Engineering Station Lakehurst -- merged on Oct. 1, 2009, to become the Defense Department's only tri-service base.

As McGuire, Dix and Lakehurst formed one giant base that stretches 20 miles east to west and encompasses 60 square miles of southern New Jersey, each retained its operational identity and mission.

The Air Force, the lead service here, continues to provide global mobility and expeditionary combat support with its C-17 Globemaster III, KC-10 Extender and KC-135 Stratotanker aircraft.



Courtesy photo

Workers post the sign for Joint Base McGuire-Dix-Lakehurst after McGuire Air Force Base, Fort Dix and Lakehurst Naval Air Engineering Station in New Jersey merged on Oct. 1, 2009, to become the Defense Department's only tri-service base.

The Army conducts Soldier training and pre- and post-mobilization activities. The Navy designs and tests aircraft carrier catapult and arresting gear and other naval air support equipment.

Joint basing offers the opportunity to share some of the costs of supporting these operations, said joint base commander Air Force Col. John Wood.

In his new role, Wood has command and control of the 87th Air Base Wing and support responsibility for more than 80 tenant organizations referred to here as "mission partners."

He plans to continue fine-tuning the process by emphasizing teamwork, communication and inclusion.

To help promote these principles in his command structure, Wood recently welcomed Navy Capt. Andrew Butterfield as a second deputy commander to provide a Navy perspective to his command team.

Operating with two deputies, one Army and one Navy,

is a new concept, Wood acknowledged.

"It's different than the doctrine I have grown up with, but it has a lot of advantages and potential," he said.

Much of the potential of joint basing will come in savings on contracts for services such ground maintenance and snow removal, Wood said.

In addition, the joint base's contracting workforce can operate more efficiently cost-effectively by awarding and managing a single contract for each service, rather than three.

Wood said he looks forward to those cost savings, but that he knows they won't be realized fully until contracts already in place expire and can be renegotiated. Meanwhile, he added, he plans to continue looking across the joint base structure to identify other ways to streamline operations and make them more efficient.

Air Force Col. Jonathan Spare, 514th Air Mobility Wing vice commander, said the cooperative efforts among the base's mission partners

provides for a synergistic result.

"The joint base concept presents many challenges, but the ensuing efficiencies will undoubtedly make it worth the effort," he said.

Wood and his leadership team say they are already seeing some of the other benefits of joint basing. The gates that once divided the installations are gone, enabling Airmen, Soldiers, Sailors, as well as Marines and Coast Guard members who have activities here, to move freely around the joint base. As they do so, they interact regularly, sharing everything from training facilities to housing, dining halls and morale, welfare and recreation activities.

Air Force Brig. Gen. William Bender, the commander of the Air Force Expeditionary Center here, said that pays off in mission readiness.

"Because we have the benefit of living and working in an integrated environment, we naturally 'learn the language' of our service counterparts and we learn what the other services bring to the fight, wherever that fight may be," he said.

Looking back over the consolidation during a Defense Department joint basing program management review conference in February, the joint base's first commander Air Force Brig. Gen. Gina Grosso discussed the benefits of bringing the separate military cultures together at the joint base.

"You cannot calculate the takeaway from your military members living together and training together," she said during the forum in Washington. "It's a benefit you just can't quantify."



# Readiness office helps with challenges of military life

By Tech. Sgt. Monica Dalberg

When Airmen embark on new chapters of their military lives such as deployments or retirements, they must often prepare by completing paperwork, training classes and counseling sessions. There is also significant burden placed upon their immediate family members.

The 514th Air Mobility Wing's Airman & Family Readiness Office helps facilitate those preparations and ease those burdens.

"So many times we see Airmen in crisis, and they feel overwhelmed and helpless and don't know where to turn," said Judith Pates, the director of the A&FR office.

Pates said that she and her staff will provide guidance, resources and information to those Airmen and their families.

"They come back months later and say, 'This is what I've done to improve my situation,'" she said. "It's a nice feeling to get that feedback. It really is."

Many agencies, both on and off base, are available to assist members with specific needs, and readiness staff will work with individuals to connect them with the right resources.

"We try to cater our programs toward the needs of our reservists," she said.

Pates said that many Airmen come to the office to seek help with employment and personal financial issues that are affecting them and their families.

The readiness office has many programs and classes that can help. The office's staff recommends several websites to help servicemembers and their family members with their job search, such as [usajobs.gov](http://usajobs.gov), [careeronestop.org](http://careeronestop.org) and [onetonline.org](http://onetonline.org). Some of the sites provide a list of resume-building skills and civilian jobs associated with the specific military career fields.

In addition to job-search tools, the readiness office offers assistance with resume-writing, interview coaching, assessing skills and interests to find compatible employment, and dressing for success.

"Sometimes we have Airmen who are not sure what they want to do, and this is their first time searching for civilian employment," Pates said. "We encourage them to go to job fairs, which can give them experience in meeting potential employers, handing out resumes and interviewing."

Pre-separation counseling is conducted quarterly and mandated through Pates' office for retiring traditional reservists, air reserve technicians and members coming off orders of 180 days or more.

Airmen are often most interested in learning about their Veterans Administration and Tricare benefits, she said, and the counseling sessions typically include representatives from those agencies.

Militaryonesource.com is another free website Pates recommends, and she said the site has information on anything from filing taxes to finding pet care to writing a research paper. Additionally, the site's consultants can confidentially refer users for a limited amount of free counseling sessions related to short-term non-medical concerns.

The readiness office supports outreach activities such as a food pantry for Airmen in need and a Key Spouse Program to help families of deployed Airmen. The office also helps support the children of the wing's Airmen by providing gifts during the holidays and blankets for babies.

The Airman & Family Readiness Office can be reached at 754-8229.



Photo by Tech. Sgt. Monica Dalberg

Judith Pates, 514th Force Support Squadron Airman & Family Readiness director, folds a donated handmade baby blanket. The A&FR offers programs geared to improving the quality of life for members and their families in meeting military life challenges.

## Counselors help with post-deployment reintegration

Trenton Vet Center counselors are available to confidentially meet with Airmen on Saturdays of every unit training assembly through November at the 87th Medical Group immunization clinic conference room here.

Vet Center representatives can conduct individual assessments in areas such as marriage and family, post traumatic stress disorder, sexual trauma, bereavement and employment.

They can also assist servicemembers in obtaining Department of Veterans Affairs services.

"We would like for men and women of the 514th who are having difficulty readjusting after returning

from warzones to schedule individual sessions so we may connect them with the appropriate services," said Darryll Johnson, a Trenton Vet Center counselor. "Our services are provided with strict confidentiality, and we are required to adhere to the HIPPA Privacy Rule," he added, referring to the law that provides federal protections for personal health information.

The counselors will provide combat-related workshops as needed on topics such as improving sleep quality, family reintegration, substance abuse, suicide prevention and goal setting.

The Airman & Family Readiness office can provide more informa-





# BACK TO BASICS - M

Makinze Scotton, daughter of Master Sgt. Randall Scotton, is refreshed from the extreme heat as mini boot camp participants are doused with water from an aircraft firetruck demonstration put on by the Joint Base Fire Department during the 514th Maintenance Group's 9th Annual Children's Mini Boot Camp here July 9.

**Near Inset:** Master Sgt. Randall Scotton, mini boot camp coordinator, gets down to eye level as he shows the participants the proper way to do pushups. The boot camp is designed to introduce the children to military customs and courtesies in a fun environment.

**Middle Inset:** Jaden Brown, son of Senior Master Sgt. Alexander Brown, races through the obstacle course challenge at Wacky World playground here during the boot camp.

**Far Inset:** Col. Oreste Varela, 514th Maintenance Group commander, presents mini-boot camp graduates with a certificate of completion during a ceremony held at the group's family day picnic at Doughboy Field.







# MAINTAINERS HOLD MINI BOOT CAMP

Photos by Master Sgt. Donna T. Jeffries







Jared Coty, a student-hire with the 514th Air Mobility Wing safety office, is pictured at the running track near the fitness center here July 11. Coty, who weighed 500 pounds as recently as 2009 (see picture on opposite page), now weighs less than 235 pounds.



# HALF THE MAN HE USED TO BE

By Mr. Shawn J. Jones

Every weekday around lunchtime, the same man can be found on a treadmill at the fitness center here. Sometimes he runs. Sometimes he walks. But he always shrinks.

In fact, since he started working as a student-hire with the 514th Air Mobility Wing safety office in January, Jared Coty has trimmed more than 100 pounds from his 6-foot 4-inch frame.

"The scale is basically what pushes me to work out the next day," he said. "I'm motivated by watching the numbers drop."

Working on a military base has contributed to his weight loss. He appreciates access to the base fitness center, which he said has really good equipment, and he said he is motivated by being around so many Airmen who take fitness seriously.

"I look at them to push me and give me ideas."

Also, Coty said that working out around fit service-members causes his competitive nature to kick in. When exercising at the fitness center, he said he'll often peek at the settings of nearby treadmill runners and try to match their pace.

Coty's hard work hasn't gone unappreciated. His supervisor Master Sgt. Ben Atkinson said that he doesn't notice the day-to-day weight loss, but when he saw old photos of Coty, he was "amazed at what a great accomplishment he has performed."

However Atkinson said it's not important what other people think, but how Coty feels about himself.

"When we talk you know that he feels great and more confident in himself," Atkinson said.

The 100 pounds that he has dropped since January are only part of his overall weight loss that began after he reached his peak weight of 500 pounds in 2009.

"I was doing absolutely nothing. I would go home, lie on the couch, wake up and eat something and basically sit around watching TV until it was time to go back to bed."

He finally became motivated to lose weight when he moved in with a childhood friend, who was a student-athlete attending college. His friend frequently invited Coty to join him at the gym. While he credits his friend for getting him into the gym, it was one aspect of the gym itself that made him aware of how much he had lost control of his weight.

"The entire gym was covered in mirrors," he said. "That probably had something to do with it."

The secret to Coty's weight loss is really no secret at all. He consistently finds time to exercise, typically 5 or 6 times per week. Most of his training consists of walking and running on a treadmill with a medium-to-high incline. He burns about 800 to 1,000 calories per workout. To a much lesser degree, he also performs some anaerobic conditioning such as pushups or sit-ups.

Despite the intensity of his workout routine, Coty said there is a weight-loss obstacle that continuously challenges him.

"It's easy to go to the gym," he said. "The hardest part is changing the diet."

Coty is not following any complex mass-market weight-loss plans, he just relies on the advice that he's collected throughout the years. His diet is based on eating healthy foods in responsible portions and avoiding junk food.

He said the weight loss has been a long road. His diet and exercise plan has worked. He is now only thirteen pounds from his goal of 225 pounds.

"I didn't realize I had the determination." ♦





# AIR FORCE RESERVE PRESENTS TOUR FOR THE TROOPS

## BLAKE SHELTON



**OPEN TO DoD ID CARD HOLDERS  
AND THEIR FAMILIES AND GUESTS**

**AUG. 29, 2011**

JOINT BASE MCGUIRE-DIX-LAKEHURST  
DOUGHBOY FIELD

**8:00PM**



**AIR FORCE RESERVE**

800-257-1212 • [AFReserve.com](http://AFReserve.com)

For more information, visit [www.514.afrc.af.mil](http://www.514.afrc.af.mil)





The following enlisted Airmen were promoted in July.

**Airman**

Angel Oquendo, 35 APS

**Airman 1st Class**

Roevelle Gustave, 88 APS

Tia Price, 514 AES

**Senior Airmen**

Jamal Archer, 35 APS

Ziyad Nadeem Bacchus, 88 APS

Bryan Baurys, 35 APS

Eugene Claros, 514 MXS

Magdala Destima, 35 APS

Khadeem Jonas, 35 APS

Sri Mosheen Kurukulasekara, 35 APS

Marvin McCrea, 88 APS

Drequan Smith, 514 ASTS

Sheldon Spence, 35 APS

**Staff Sergeant**

William Bonifacio, 514 CES

William Brown, 35 APS

Anthony Deluca, 35 APS

Maria Deramos, 514 ASTS

Tyra Everett, 514 AES

Asia Guiste, 514 MXS

Bradley Heller, 514 MXS

Winnie Lowney, 514 OSS

Patrick Pendleton, 88 APS

Joseph Petrycki, 88 APS

Daniel Wood, 514 MXS

**Technical Sergeant**

Jared Lacovara, 88 APS

Maximino Ruiz, 88 APS

Jkeera Stephens, 514 ASTS

Michael Tibbetts, 714 AMXS

**Master Sergeant**

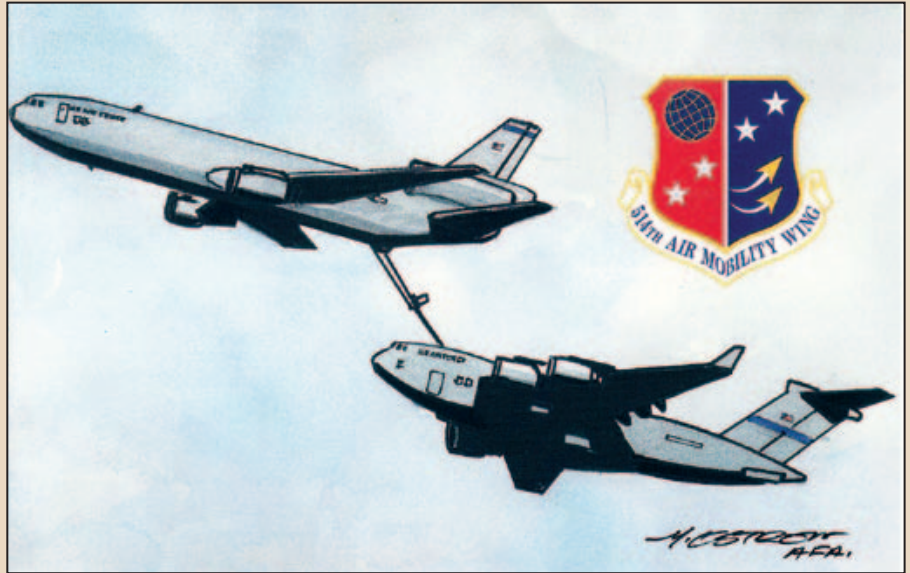
Joel Lieberman, 35 APS

Todd Domke, 35 APS

**Senior Master Sergeant**

Kimberly Asewicz, 514 OSS

Jeremy Shewmake, 514 AMXS



Painting by Nate Ostrow

A KC-10 Extender provides fuel to a C-17 Globemaster III in a painting depicted by Nate Ostrow, an illustrator who works for the Army at Aberdeen Proving Ground, Md. Ostrow is a friend of the 514th Air Mobility Wing and has produced many paintings of the wing's aircraft.

## News Briefs

### Free Blake Shelton concert

Reserve recruiting is sponsoring a “Tour for the Troops” concert at Doughboy Field here Aug. 29. The concert features country music singer Blake Shelton and is free to those with a military ID and their guests. Also, volunteers are needed to assist with pre-concert set-up, tear down, maintenance during the concert and clean-up details. For more information contact Master Sgt. Ricky Young at 754-5103 or Master Sgt. Donna Jeffries at 754-3487.

- ◆ Food and beverages are available for purchase. Concessions open at 6:30 p.m.
- ◆ Bring lawn chairs or blankets.
- ◆ Pets, coolers or bottles will not be allowed onto the field.
- ◆ Handicapped parking is located in the parking lot directly behind the grandstand. General parking is available on Pennsylvania Avenue and Dough Boy Loop. Parking attendants will provide specific directions.
- ◆ ID card holders are encouraged to obtain visitor passes for their guests prior to the day of the event.

### Employer Appreciation Day

Airmen can provide their civilian employers a first-hand look at the Air Force in action during Employer Appreciation Day, scheduled for Oct. 22. The event includes an orientation flight on a KC-10 Extender, a ground tour of a C-17 Globemaster III, and an overall exposure to the many missions carried out by the 514th Air Mobility Wing. Employer nomination forms can be delivered to the public affairs office, e-mailed to 514amw.pa@us.af.mil or faxed to 754-3734. The forms can be found at www.514amw.afrc.af.mil, attached to this issue of Freedom Flyer or picked up at the public affairs office. They will also be available at the August commander’s call.

### Combat Dining-In

A combat dining-in is scheduled for Sept. 24. A combat dining-in is an informal social event that in which Airmen typically wear Airman Battledress Uniforms or flight suits. To get involved with planning of event, call Chief Master Sgt. Danica Dejanovic at 754-2491.



Reserve Airmen of the 514th Aircraft Maintenance Squadron (left) and active-duty Airmen of the 305th Aircraft Maintenance Squadron perform repairs on a C-17 Globemaster III on the flightline here July 12.

# GLOBEMASTER MAINTENANCE

Photos by Mr. Shawn J. Jones



Tech. Sgt. Brian Todd (right), Staff Sgt. Robert Bynum (back), and Master Sgt. Vincent Pellew look into a panel on a C-17 Globemaster III July 12 prior to performing maintenance on one of the aircraft's environmental systems. The Airmen are electrical and environmental specialists with the 514th Aircraft Maintenance Squadron.



Sergeant Bynum routes a hose through the bottom of the C-17 prior to performing maintenance on the on-board inert gas generation system, which lies under the cargo floor of the aircraft. The hose will provide air to keep the electrical and environmental systems specialists cool as they perform the repair.



# PEAK PERFORMANCE

## Airman of the Quarter

The following Airmen are the quarterly award winners for the period of April, May and June.

*Airman of the Quarter*

**Senior Airman Juliana Avila** - 514th Security Forces Squadron

*Noncommissioned Officer*

**Tech. Sgt. Jason Richard** - 714th Aircraft Maintenance Squadron

*Senior Noncommissioned Officer*

**Master Sgt. Rodolfo Espindola** - 514th Logistics Readiness Squadron

## Promotion for Exceptional Performance

The following Airmen have been promoted through the Promotions for Exceptional Performance Program.

*To Technical Sergeant*

**Staff Sgt. Robert S. Glenn** - 514th Maintenance Squadron

*To Master Sergeant*

**Tech. Sgt. Lorraine V. Cuff** - 88th Aerial Port Squadron

**Tech. Sgt. Alexis P. Keown** - 514th Logistics Readiness Squadron

**Tech. Sgt. Bryan A. Pechanec** - 514th Aircraft Maintenance Squadron

## Downrange Distinction

The following Airmen have earned distinction for their actions during their deployment.

*Airman of the Month*

**Senior Airman Avalon Charles** - 88th Aerial Port Squadron

*Rock Solid Airman*

**Senior Airman Andrea MacKereth** - 88th Aerial Port Squadron

*Unsung Warrior*

**Senior Airman Vanessa Francois** - 88th Aerial Port Squadron

## Wing's New Leaders

The following Airmen were recognized for their achievements at their graduation from officer training school at Maxwell Air Force Base, Ala., July 19.

*Top Graduate, Athletic Award, and Class Wing Commander*

**2nd Lt. Allen Nicolosi** - 714th Aircraft Maintenance Squadron

*Col. Dick Scobee Leadership Award*

**2nd Lt. Jerome Wellons** - 76th Air Refueling Squadron

*Class Group Commander*

**2nd Lt. Priscilla Barczynsyn** - 514th Operations Group

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# Spotlight: Staff Sgt. Alison Artiga

**Unit:** 514th Force Support Squadron

**Position:** Client Systems Technician

**Hometown:** San Juan, P.R.

**Place she'd like to visit:** Europe. "I would love to go almost anywhere in Europe and visit medieval castles and historic landmarks. Some spots to travel to are London and Athens, where I would like to complete the original historic marathon course."

**Hidden talent:** "I can read music and play the saxophone among other instruments."

**Favorite sport:** Running

**Favorite childhood gym activity:** Swim class

**Favorite athlete:** American long-distance runner, Kara Goucher and ultramarathon runner, Dean Karnazes

**Pet Peeve:** Wasting time

**Favorite guilty meal:** Lasagna with deep fried chicken with the perfect ending of tiramisu

**Little known fact:** I didn't live in the U.S. until I joined the active-duty Air Force at age 19 along with my husband. The first state I lived in was Texas while attending basic training; then Mississippi for technical school; and then off to our first and last duty station here at McGuire.



Photo by Master Sgt. Donna T. Jeffries



## FREEDOM FLYER

514th Air Mobility Wing Public Affairs  
2217 W. Arnold Ave.  
Joint Base McGuire-Dix-Lakehurst, NJ 08641

### FOR THE FAMILY OF:

**Pictured:** Tech. Sgt. Brian Todd slides through an access bay under the cargo floor of a C-17 Globemaster III July 12 while performing maintenance on the on-board inert gas generation system, which provides air to the aircraft's fuel tanks to reduce the probability of an explosion. Todd is an electrical and environmental systems specialist with the 514th Aircraft Maintenance Squadron.

*Photo by Mr. Shawn J. Jones*

