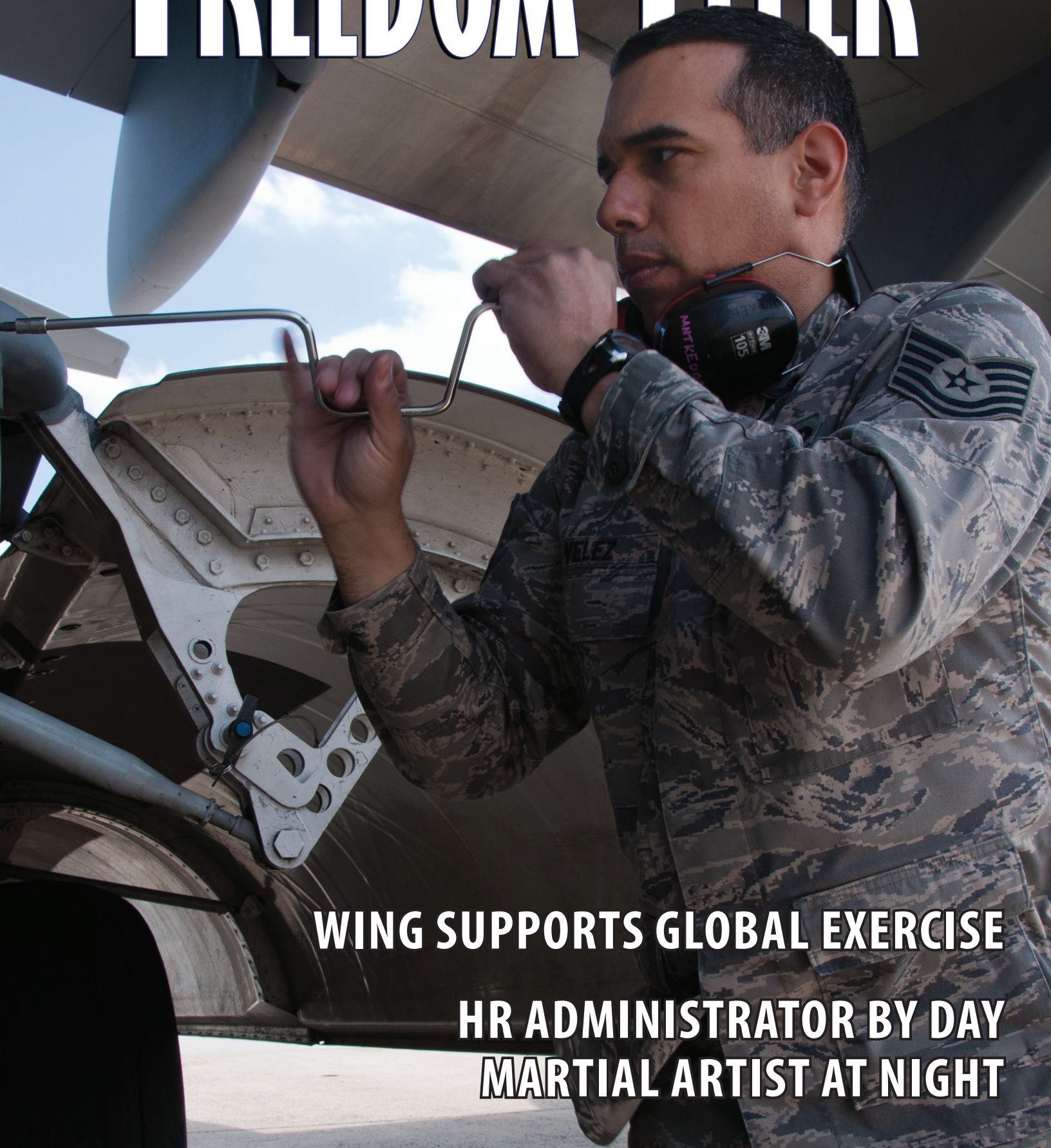


514TH AIR MOBILITY WING

MARCH/APRIL 2014

FREEDOM FLYER



WING SUPPORTS GLOBAL EXERCISE

HR ADMINISTRATOR BY DAY

MARTIAL ARTIST AT NIGHT



FREEDOM FLYER

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ON THE COVER

Tech Sgt. Dionisio Velez, 514th Aircraft Maintenance Squadron electronic warfare systems technician, prepares to install an ALM288, or a defensive system tester, to check countermeasure dispense systems on a C-17 Globemaster III aircraft here April 5



Photo by Christian DeLuca

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Staff Sgt. Hector Martinez, 514th Aircraft Maintenance Squadron aerospace propulsion technician, conducts a routine inspection of the engine blades of a C-17 Globemaster

Photo by Senior Airman Chelsea Smith

E-Holocaust: Get connected

By Col. Michael Underkoffler
514th Air Mobility Wing commander

I take solace in knowing that young Americans want to be connected to the past. They proudly post pictures on social media sites of the life and service of grandparents, aunts, uncles, and other relatives. They similarly seem to enjoy connecting to more than once-removed family members they have never met. Through online genealogy sites, if they look hard enough, many, like me, will find a connection to a holocaust victim, survivor, or death camp liberator.

Unlike earlier generations who relied on information written in old bibles, on tombstones, or in court house records, today's novice genealogists have wide and immediate access to family data. Online it's possible to locate and collaborate on the detective work of others, showing family tree branches that often include the cultural and ethnic identities of relatives not previously known. The world seems to have gotten smaller and more interconnected as new familial associations are learned. Distant cousins are embraced. Differences of opinions or practices that once separated families are relegated to the past.

I too, have enjoyed the emergence of internet genealogy. My surname forefather came to the United States in 1739. Through marriage I'm related to earlier settlers as well as former U.S. presidents, inventors, and the well-heeled. Hundreds of cousins living here and in Germanic countries, even though by centuries, have been discovered and met. These familial revelations haven't changed my social or economic condition, but they serve as touchstones to the past. Truth has replaced family legend and connections to others have grown exponentially.

My maternal side is composed of more recent immigrants from Eastern Europe; there aren't many American cousins. But despite generational proximity, I've yet to locate any maternal European cousins. Not

long ago, I finally had to acknowledge that it wasn't so much that I wasn't searching hard enough, but during the Holocaust, hatred and war pruned many of the family tree branches.

Starting first as name calling and harassment, European Jews were quickly rounded up and subjected to the worst genocide the

Jehovah Witnesses, homosexuals, the Roma (or gypsies), and those mentally and physically challenged.

Over the years I have tried to help the military community remember those who perished in the Holocaust and honor those who helped liberate the death camps during the annual Days of Remembrance. This year

“By supporting genealogy efforts that bring out the truth of the Holocaust, maybe future generations will see how they are connected to this dark past.”

we focus our remembrance efforts from April 27 – May 4. But as I've gotten older, I've worried that in communities where there is an absence of riveting first-person stories the citizenry might have forgotten the evilness

that took place. Within a decade, few survivors and liberators will be alive. Will we collectively, as a nation, forget or diminish what happened when they are gone?

In Israel during the remembrance week there will be many memorial events. Sirens will also sound everywhere for two minutes starting at 10:00 a.m. on April 28th, which is Yom HaShoah, the day of remembrance of the Holocaust. For these two minutes, citizens are asked to quietly reflect on the horrors of the past. All humanity suffered by what happened in wretched cesspools of hatred, indifference and bigotry. Maybe we should have our nation's sirens blast for two minutes and together pause and remember too.

In America, we honor and hold in high esteem individuals and families who settled the country, fought for its independence, held a nation together, or insisted on social justice and equality. Equal respect should be afforded to those who perished in the Holocaust, liberated the camps, documented the atrocities, or sought justice for what happened. By supporting

genealogy efforts that bring out the truth of the Holocaust, maybe future generations will see how they are connected to this dark past. It might help them to have the fortitude to stand up to intolerance, indifference, and other atrocities against humanity.



world has ever known. Hitler was close to his “Final Solution,” the complete elimination of Jews in Europe. Killed along with the six million Jews in the Holocaust were five million others – those who challenged the Nazis. Clergy, dissenting political and social party leaders met their death by execution or mass murder. Also included were those the Nazis deemed inferior such as

Illustration by Christian DeLuca

514TH AIR MOBILITY WING MISSION

Recruit, Train and Sustain
Combat-Ready Citizen Airmen to Fly, Fight and Win

OUR PRIORITIES

- Deploy Combat Ready Airmen
- Develop our Airmen
- Defend the way we serve
- Fun--incorporate it into what we do



Eight freedom wing chiefs recognized during ceremony

By Christian DeLuca
514th Air Mobility Wing public affairs

Eight members of the 514th Air Mobility Wing were welcomed into the Air Force's top enlisted rank during the Chief Master Sergeant Recognition Ceremony at Tommy B's Community Activities Center, here May 3.

Chief Master Sgt. Sebrena Flagg-Briggs, 88th APS
Chief Master Sgt. William A. Gross, 714th AMXS
Chief Master Sgt. Michael D. Jassman, 35th APS
Chief Master Sgt. Lance E. Lonsinger, 514th SFS

Chief Master Sgt. Alan Lu, 514th AMS
Chief Master Sgt. David L. Minnich, 514th AMXS
Chief Master Sgt. Matthew R. Muldowney, 514th AMXS
Chief Master Sgt. Kevin E. Warbrick, 514th AMW



Photo by Christian DeLuca

Command Chief Master Sgt. Cameron B. Kirksey, Air Force Reserve Command, speaks to a full house at the Chief Master Sergeant Recognition Ceremony at Tommy B's Community Activities Center, May 3.



Photo by Christian DeLuca

Chief Master Sergeant William Gross, 714 Aircraft Maintenance Squadron, flight chief, and wife, Bridget Gross are introduced at the Chief Master Sergeant Recognition Ceremony at Tommy B's Community Activities Center, May 3.



HR admin by day, martial arts expert at night

By Senior Airman Chelsea Smith
514th Air Mobility Wing public affairs

Photo by Christian DeLuca

Balancing a healthy work-life is a familiar challenge for any wingman. In turn, off duty hours are precious moments to be used however one chooses.

For Tanya Jones, 514th Air Mobility Wing human resources technician, this time is spent in the competitive martial arts world as an instructor of Nisei Goju Ryu and Chinese Goju, where she holds a line of accolades and accomplishments both locally and internationally.

For more than 43 years, Jones has dedicated countless hours to studying Nisei Goju Ryu, the second generation of a traditional form of Okinawan Japanese martial arts; and Chinese Goju, a unification of Japanese and Chinese style Goju Ryu. She has competed in local and international tournaments but spends most of her time teaching martial arts to more than 50 students at classes in Philadelphia, Pa., and Pemberton and Camden, N.J.

Currently holding a sixth and seventh degree black belt in Nisei Goju Ryu and Chinese Goju, respectively, Jones is the highest ranking woman in the tri-state area. She is only three degrees shy of the highest rank in the hierarchy of mastery, she said.

Jones has earned the title of Kyoshi, meaning an instructor

of masters, but still remains a student, perfecting her craft by regularly taking classes under her instructor Hanshi A.D. Lingo, she said.

“The title isn’t based solely on your mastery of skills,” she said. “It encompasses everything about you. I engage in the community, conduct seminars for the elderly, and continuously train with other black belts and those of higher ranks. I also have success stories with my students and respect amongst my fellow instructors.”

At 11 years old she was introduced to the martial arts world when she wandered into a karate school in her hometown of New Haven, Conn. There, she was inspired by a female black belt performer. Five years later, she would achieve the same belt.

She continued her training while conforming to a transitory lifestyle as the wife of a now retired active-duty service member. Her military travels allowed her to meet world-renown instructors and adapt her teaching style based on her experiences, she said.

The constant moving also propelled her career to international status – having been recognized in countries such as Japan and Panama for her work.

“I’m an anomaly,” she

said. “I’m accommodated and treated with such respect because you don’t see many women who’ve reached my rank. There’s a great disparity between women and men in the top tiers of martial artistry, but I’m glad I’m able to break some of those barriers.”

As an instructor, she demands high standards of academic performance from her students and works diligently to instill virtuous character traits as a means of success. Unsatisfactory report cards can hinder a student’s rate of promotion, she said.

“I teach students how to empower themselves,” she said. “It builds your character. Positive energy is projected onto other people and they feel your energy. I want people to feel my positive energy. I want my students to excel and get involved in school. I want them to help other students with bullying. My goal is that when you leave me you’ve learned at least two things that are going to save your life.”

She encourages her students to be lifelong learners but also learn to share their talents and expertise to other students.

“I can’t be a good instructor if I don’t continue to be taught,” she said. “My cup is always half-full – new information has to be constantly flowing in so I

can filter out information.”

If not handling paperwork for reservists or demonstrating breathing techniques to her students, she sharpens her ability to speak and write fluently in Arabic, Spanish and Japanese language, she said.

“My world is huge outside of this installation,” she said. “I’m a wife, mother, instructor, student, healer, linguist, and the list goes on. But I love what I do here, too.”

Incorporated by her future possibilities, she embraces her midlife transition and said she vows to continue teaching and studying Nisei Goju Ryu and Chinese Goju until her body can no longer sustain the physicality of the movements.

Consequently, her studies have expanded to incorporate Qigong, a healing art that focuses on aligning breath, movement, and awareness for exercise, healing, and meditation, to her collection of talents, she said.

“If I’m in a nursing home, I’m going to be teaching them cleansing spirit and mind,” she said. “I’ll be doing this until the Lord is done with me because I don’t belong to myself, I belong to everyone else and I will continue to be used as a vessel for others.”

PASS IN REVIEW



Photo by Christian DeLuca

Participants of the Junior Officer Leadership Seminar gathered for a group photo at Pudgy's Circle May 2. JOLDS is a four-day seminar managed by Air Force Reserve Command that provides company grade officers the opportunity to interact with a variety of senior leaders and learn their perspective on what it takes to be successful in the USAFR.



Photo by Christian DeLuca

Brig. Gen. John C. Flournoy Jr., 4th Air Force commander, congratulates newly enlisted reservists after taking the Oath of Enlistment during a ceremony at Hanger One, Lakehurst, N.J., May 3. More than 40 Airmen and first-time enlistees gave their oath to protect and defend the Constitution of the United States of America.



Photo by Capt. Shannon Stoneking

Members of the Freedom Wing take a 'selfie' photograph with Brig. Gen. John C. Flournoy, Jr., 4th Air Force commander and Col. Michael J. Underkofler, 514th Air Mobility Wing commander, during the Outstanding Airmen Breakfast here May 3.



Photo by Tech. Sgt. Jonathan E. White

Senior Airman Greg Coburn, 78th Air Refueling Squadron, explains the aerial refueling process to a group of children onboard a KC-10 Extender aircraft static display during "Take Your Child To Work Day" April 24.



Photos by Christian DeLuca

Left: Members of the 42nd Combat Communications Squadron discuss hypothetical situations to increase their knowledge and preparedness while providing support for the Global Medic 2014 exercise. **Right:** Senior Airman Justin Ross, 42nd Combat Communications Squadron, explains the workings of the satellite dish to Tech. Sgt. Isaura Medina, 514th Aeromedical Evacuation Squadron. The dish provides participants internet, phone, email and other communication services

Freedom Wing supports exercise of Global proportions

By Christian DeLuca

514th Air Mobility Wing public affairs

Transferring the wounded out of harm's way and into proper medical facilities takes practice, know-how and lots of communication.

Members of the 42nd Combat Communications Squadron, 514th Aeromedical Staging Squadron and the 514th Aeromedical Evacuation Squadron offered their know-how and communication skills in support of the Global Medic 2014 exercise, conducted at ASA Fort Dix.

Global Medic is an annual exercise that tests the operational readiness of medical units in a joint military training situation. The exercise replicates battlefield evacuation situations by combining virtual and live simulations in real-time events.

The 42nd CBCS supported the exercise by providing communication services to over 300 participants.

In a military tent, protected from the winter cold, laptops sat on top of folding tables, creating an impromptu cyber cafe that was manned 24 hours. The café, a small portion of support provided a reprieve for participants, some who were in the field for two weeks, when they had a little down time.

On the other side of the tent were the guts of the 42nd CBCS operation. Cables and wires weaved in and out of equipment. Monitors displayed scrolling cryptic code. Lights flickered as bytes of information pulsed through the apparatus. In the middle of it all, technicians monitored the process and talked through hypotheticals, gaining further knowledge of their profession. The set-up looks incomprehensible to the layman's eyes.

"It's not as complicated as it looks," Staff Sgt. Michael Gates, 42nd CBCS, said. "It's like trying to read Shakespeare in kindergarten. It seems impossible at first, but if you break it down into steps, you see it's not that hard."

Outside the tent, a satellite communications system transmits information throughout the exercise site providing participants internet, phone, email and other communication services.

"It's very durable," Senior Airman Justin Ross, 42nd CBCS said describing the satellite dish. "It's been out here in the winter weather, through multiple snowstorms. It's only gone down a couple times. We'd come out, clear it off and it would pop back up."

Master Sgt. Donovan Cameron, 42nd CBCS said participating in these joint exercises are important for the readiness of the squadron.

"That's the way the military is now," he said. "We don't deploy by ourselves. So working with different services, like the Army, and learning their equipment is an important part of being deployment ready."

"It's also important for our new troops who haven't deployed before," Staff Sgt. Jermaine Cooper, 42nd CBCS said. "It's a way for them to get experience under their belt. So when the call does come, they're ready to go. They know what they have to do."

The 514th AES supported the exercise by providing logistical assistance to the Army and other participating parties during casualty and medical evacuation exercises.

Working out of a giant tent hospital where mock injuries ranging from routine to catastrophic were treated, the 514th AES team performed preparatory procedures necessary to evacuate the wounded.

"When they want to get a patient air (evacuated) out, we go through and make sure there is a complete history

to work with," 1st Lt. Michael Price, 514th AES, said. "We make sure all the orders are there, that all the proper equipment is ordered, because there is different equipment that they can fly with. We make sure all the medication is packaged up and ready to go. That there is enough food and water for the patient and that there's an organized transportation plan. There's a lot of moving parts."

Once all the information is gathered, it gets sent to the Joint Patient Requirement Movement Center, where the package is validated, and it's decided whether the mission is approved or if more information is needed.

If approved, personnel load patients on to military ambulances. The ambulances meet with evacuation aircraft and vehicles at a designated landing zone and the wounded are evacuated to the appropriate military medical facilities.

"It's amazing that it all comes together, and it works" Lt. Col. Anne Maker, 514th AES, said. "(This system) has become one of the successes of the war. I don't know what it is now, but at one point there was like a 98 percent survival rate. So it's pretty amazing."



Photos by Christian DeLuca

Lt. Col. Anne Maker, 514th AES talks with members of the 865th Combat Support Hospital, Utica, N.Y., at a potential Landing Zone on Fort Dix during the Global Medic 2014 Exercise, March 1.

Airman's Council to increase force development from the bottom up

By Senior Airman Chelsea Smith
514th Air Mobility Wing public affairs

In April 2013, lower-enlisted Airmen of the 514th Civil Engineering Squadron started a force development program by initiating the first and only 514th Airman's Council here for reservists.

The program aims to instill Air Force core values, promote good character, offer volunteer opportunities, and encourage professional military education and increased presence in unit activities, said Senior Airman Rachel Hollinger, 514th Airman's Council president.

To foster the continued development of well-rounded Airman, the council plans to expand their reach through community engagement, environmental projects and providing educational incentives, Hollinger said.

Currently, the council is offering five-level and Airman Leadership Distance Learning course assistance, a \$100 educational incen-



Photo by Senior Airman Chelsea Smith

514th Airman's Council board members (from left to right) include Senior Airman Anthony Lopez, secretary, Robert Hamilton, treasurer, Rachel Hollinger, president, and Daniel Florio, vice president. Since April 2013, the Airman's Council has been open to lower-enlisted Airmen of the 514th Civil Engineering Squadron, but plans are underway to expand membership wing-wide. The program aims to instill Air Force core values, promote good character, offer volunteer opportunities, and encourage professional military education and increased presence in unit activities.

tive for the member with the highest grade point average, and is pursuing an adopt-a-highway initiative in the south New Jersey region, said Senior Airman Daniel Florio, 514th Airman's Council vice president.

"We're the future of the Reserves," Hollinger said. "It's important that the lower enlisted have a voice and a welcoming environment to discuss matters that affect them."

Since its onset, Hollinger said it has been

a lot of trial by error to find out what engages Airmen, but through engagement and support from unit leadership and council members of the 87th Air Base Wing's First Four group, she's grown membership to approximately 50 Airmen.

She's also gained valuable entrepreneurial, management and organizational development skills, she said.

Although the council is currently 514th CES specific, Hollinger said she plans to open up membership to all lower-enlisted reservists in the wing. Currently, members meet Sun-

days during the B unit training assembly.

"The long-term objective is sustainability," Hollinger said. "Programs like this contribute to the overall retainability of the Reserves. Hopefully we can provide more volunteer opportunities and replicate our organizational strategy to other Reserve wings."

Children experience Freedom Wing's capabilities

By Tech Sergeant Jonathan White
514th Air Mobility Wing public affairs

The spotlight was on the children as members of Joint Base McGuire-Dix-Lakehurst brought their young ones with them to work here April 24.

Held every fourth Thursday in April, the day was inspired by the Take Our Daughters and Sons to Work Day program which is directed by Carolyn McKecuen, executive director of Take Our Daughters and Sons To Work Foundation. Conceived in 1992, the program was originally named Take Our Daughters to Work Day and later expanded to include boys in 2003. The day allows children to see another side of their parents as they get a close up view of mom and dad in a professional setting.

"This was an opportunity for my daughters Brianna and Natalie to see where I work," said

Tech. Sgt. Daniel Varnes, 514th Aircraft Maintenance Squadron crew chief. "I showed them the logistic rail systems used to deliver cargo!"

Varnes and other families had the opportunity to tour a P-19 Striker, KC-10 Extender and C-17 Globemaster III while walking on the windy flightline. Each static display consisted of a guide who greeted families, explained their job and answered questions.

Senior Airman Thomas Waters, 87th Civil Engineer Squadron Fire Department, along with fellow firefighters, Senior Airman Braden Kohl and Airman 1st Class Brandan Griffis showed children the operations and capabilities of the P-19 Striker, an aircraft firefighting vehicle.

"Our main objective is to show the kids a good time," said Kohl. "We want them to

see what we are all about while at the same time communicating on a level each of them can understand."

Tech. Sgt. Jason Kelly, 732nd Airlift Squadron loadmaster, served as the subject-matter expert inside the cargo compartment of the C-17 Globemaster III, a military transport aircraft.

"The importance of today is

that we actually provide family members of reservist and active duty a better knowledge of what we do," said Kelly. "I want them to leave with an understanding of the multi-roles that our aircraft play and the different types of missions that we provide the Air Force and America in general."



Photo by Tech Sergeant Jonathan White

Children pose for a photo on a C-17 Globemaster III during the annual "take your child to work day" here, April 24th.

Farewell message from the vice commander

I will always treasure my 19 years as a member of the 514th Air Mobility Wing. Serving as your vice commander these past three years was especially rewarding to me. I would never have believed I'd ever have this chance when first joining the 514th back in 1991. Events serendipitously ran their course to provide me this tremendous opportunity. What a way to finish my career!

It's been a pleasure and an honor to serve with and for you. I already miss it. My only regret is not being able to accomplish more, but my time to hand the ball off had arrived. I am confident that my successor will continue to carry the ball for the wing, and I will assist in any way I can with the transition.

Thank you all for your efforts on behalf of the 514 AMW and the Air Force Reserve. I am especially grateful for you giving me and my family an incredible send-off. It was an overwhelming day of emotion for me, but an extraordinary celebration to share with my family. I will forever miss being a part of the 514th, that I am honored to also call family. The 514th will always be a special part of my life.

Yours Respectfully,

Col. (retired) Jon Spare



PULSE CHECK:

Which sports team do you follow and why?



**Capt.
Gregory Ellis**

514th Air Mobility Wing

"I'm a Philadelphia '4 for 4' guy (Eagles, Flyers, Sixers and Phillies). I love the passion of the fans and the work ethic of the teams, not to mention it's my birthplace."



**Airman 1st Class
Anthony Vince**

514th Force Support Squadron

"I follow the Mets because they have always been an underdog especially growing up watching Mike Piazza play."



**Master Sgt.
Marva Gaston**

514th Aeromedical Evacuation Squadron

"I'm a Pittsburgh Steelers fan because all of my brothers played football. I always loved the game and my closest supported the team so I followed suit."



**Airman 1st Class
Antonio Manente**

514th Security Force Squadron

"The New York Giants because Lawrence Taylor is the greatest defensive player of all time and revolutionized the game."



**Tech. Sgt.
Lisa Brule**

514th Aircraft Maintenance Squadron

"I follow the Philadelphia Eagles because it is a family tradition and I'm afraid of the consequences."



The following enlisted Airmen were recently promoted.

Airman

Quadre Ya Stephens Charles, 732 AS
Saul Gonzalez, 514 ASTS

Airman 1st Class

Chanter Jackson, 35 APS

Senior Airman

Sarah Andrews, 42 CBCS
Morris Alvin Brown III, 732 AS
Jacob Aviles, 514 AMDS
Gabriele Eder, 514 ASTS
Harold Colbourne, 514 AMDS
Elijah Davis Jr., 35 APS
Matthew Foulks, 514 SFS
Robert Gilmore, 88 APS
Michael Grell, 714 AMXS
Kacey Harris, 514 AMDS
Saku Herring, 88 APS

Rani Johnson, 35 APS
Roth Mean, 88 APS
Shaniya Moore, 514 FSS
Jonathan Payano, 88 APS
Jennifer Raad, 514 FSS
Michael Reckley, 35 APS
Horace Stevenson II, 88 APS
Courtney Strohl, 88 APS
Hoanh Thach, 76 ARS
Nicolas Torres, 88 APS
Christopher Vicente, 514 CES
Anthon Villalon, 514 SFS
Jeremiah Warren, 42 CBCS
Jeffrey Weitzman, 514 SFS
Armen Zhamaryan, 35 APS

Staff Sergeant

Balewattie Bandhu, 514 AMDS
Sean Barrett, 514 CES

Vanessa Francois, 88 APS
Christy Harris, 514 FSS
William Lawrence Lukacs, 78 ARS
Andrew Monastero, 42 CBCS
Christopher Myers, 514 CES
Douglas Phifer, 88 APS
Emmanuel Pineiro, 35 APS
Blaine Williams, 88 APS

Technical Sergeant

Loverrrz Major Alford, 514 MXS
Angela Burrough, 514 ASTS
Fredy, Cadavid, 514 AMDS
Vicente Cerna, 35 APS
Michael Czepyha, 78 ARS
Florentina Florescu, 514 FSS
Austin Hudgins, 514 OSS
Ashley Jones, 514 AMDS

Nunzio Malara, 714 AMXS
Brian Nangle, 514 AMXS
Patrick Pendleton, 88 APS
Christopher Tucker, 76 ARS
Jacqueline Valiente, 514 AMDS
Ivelisse Vasquez, 514 AMXS
Richard Wiencek, 514 AMXS

Master Sergeant

Miriam Carpiohospedales, 514 SFS
John Cicalo, 714 AMXS
Kristina Davenport, 35 APS
Andy Jeanpierre, 714 AMXS
Thomas Mikan JR, 714 AMXS

Senior Master Sergeant

Geoffrey Morales, 714 AMXS
John Schadt, 714 AMXS

Wing instructor recognized for playing it safe



By Capt. Allison Ecung
514th Air Mobility Wing public affairs

One of the most important things members of the 514th Air Mobility Wing do is take care of each other, both on and off duty. The high operations tempo and budget cuts during the past decade often necessitated performing more duties with less personnel.

During 2013, the 514th flew over 11,100 hours of flying time in the KC-10 Extender

and C-17 Globemaster III aircrafts, and while safety is one of those things that is always in the back of one's mind it usually comes to the forefront when something

for the tanker Large Force Exercise, which concluded with 100% mission effectiveness. His efforts directly contributed to the wing's high level of safety awareness

Flightline safety is critical to mission effectiveness but personnel should also ensure offices are risk free as well. Although many Air Force members work in office environments, they don't normally

“My name might be on the award but the 514th made this happen.”

goes wrong. This time something is definitely right and it's Lt. Col. Dean Owens.

Owens was presented with the 2013 Air Force Reserve Command Safety Officer of the Year Award for his commitment to safety excellence in the wing. As adjunct instructor for the Air Force Safety Center, he trained safety instructors from the Reserves, National Guard, and active duty.

Lt Col Owens was selected by the Federal Aviation Administration as a member of their safety team and as a top participator by the regional administrator. He was also named Director of Operations and Safety

associate these areas as potentially hazardous. It's important to be aware of potential safety hazards even in a seemingly secure environment.

According to the Occupational Safety and Health Administration, falls are the most common cause of office injuries followed by ergonomic issues. To avoid accidents in your office take the time to clear boxes and clutter out of working areas and use appropriate ladder safety procedures. Avoid ergonomic injuries by adjusting your desk chair and computer screen to ensure your feet rest firmly on the ground.

When asked how he feels about this honor Owens stated, “My name might be on the award but the 514th made this happen.”



514TH AIR MOBILITY WING MISSION

***TO BUILD A DIVERSE, COLLABORATIVE, EXPERIENCED TEAM
THAT VALUES AND NURTURES
THE TIME AND TALENTS OF CITIZEN AIRMEN,
COACHING AND IMPROVING EACH OTHER
WHILE BUILDING UPON THE CONTRIBUTIONS
OF THOSE WHO HAVE SERVED BEFORE***

