FREEDOM FLYER

514th Air Mobility Wing

FAIL 2013

AIRMAN DISPLAYS ACT OF VALOR
TUITION ASSISTANCE CHANGES
HURRICANE SANDY ONE YEAR LATER





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On the cover

Senior Airman Chad Turko, 714th Aircraft Maintenance Squadron KC-10 crew chief, removed the driver of an 18-wheeler from a fiery accident near exit seven on the New Jersey Turnpike.



Photo by Senior Airman Acdel Tap

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In the early 1980s, the British rock band Dire Straits wrote a song "Money for Nothing" which parodied the life of rock stars. Band members fashioned the lyrics from actual comments, some crude and inappropriate, they overheard from deliverymen in an appliance store. These men were bemoaning both the excess and perceived ease of the musicians' jobs as compared to their own and as depicted in loud and flashy music videos. The song's refrain, sung initially in a voice cameo by the hugely popular artist Sting, starts with "I want my MTV". For years this was the advertising tag line for the aptly named 24-hour cable network. As weird as this might sound, for the last few months the "Money for Nothing" melody has been playing in my head with the lyrical substitution of "I want my Freedom Flyer".

The publication of your Freedom Flyer has been delayed due to the lack of availability of public affairs specialists. Our magazine editor transferred to HQ AFRC this past summer, our public affairs officer left the Air Reserve Technician program, our public affairs NCO was deployed for more than six months, and we've had a lack of funds to bring in reservists to put the publication together. Talk about the perfect storm.

We've finally filled the editor position with Mr. Chris Deluca, a seasoned photojournalist from the Department of the Army. While we haven't been able to hire an ART public affairs officer yet, our highly talented and valued ART NCO is back home and back to work with us. Traditional reservists have held the PA ship together for months on a shoestring budget doing the most important functions first, and then capturing photos and stories for the Freedom Flyer. We just recently gained an additional public affairs traditional reservist on the team. You can expect more magazines in your mailbox shortly, be sure to share them with your family. That's why I'm still refusing to go to a digital only publication. I want your family to physically touch the magazine as they read it, then put it away in a place where it can be viewed again and possibly by future generations. Our magazine is not a suspense list of things to do at an upcoming UTA. It is a documentary and educational publication, designed to tell stories. Call me a dinosaur.

Even though we are rebuilding our award winning public affairs staff, we need your help. Capture photos that we can't. Write stories about your deployments or training events. Make sure we know about your special awards. This isn't just for you, but for your family-parents, kids, nieces and nephews. They need to know now and be reminded in the future how, where, and why you served. Thanks for all you do.

Col. Michael J. Underkofler 514th Air Mobility Wing commander

Freedom Wing's Top Tips for Health



Col. Thomas J. Pizzolo 514th Aerospace Medicine Squadron

- 1. Brush after meals and floss daily.
- 2. Rinse after you eat. Decay is brought on by the frequency of eating the wrong foods.
- 3. Drinking milk and eating cheese after a meal have been shown to lessen the effects of erosion.
- 4. Wear a mouth guard when playing sports.
- 5. Most people should see a dental professional every six months.



Col. Paulette R. Schank
514th Aerospace Medicine Squadron

- Drink plenty of water stay hydrated. Divide your body weight in half and drink that number of ounces daily.
 Eat smaller portions more frequently. Eating 5-6 smaller nutritious meals builds muscle and burns fat.
- 3. Establish a Training Program. There are so many online training programs, fitness DVDs, workout groups. Get a workout buddy.
- 4. Too busy for a regular fitness routine? Get creative. Walk in the park and/or take the stairs. Wear a pedometer to track your progress.

VIEW POINTS

Running with McGuire's dog whisperer

By Senior Airman Chelsea Smith

514th Air Mobility Wing public affairs

As the van rounded the corner into the vacant parking lot, five eager heads peered through the crack of its windows revealing large gaping eyes, the silhouette of wagging tails and a hyper-awareness of what was to come. When the door glided open, frantic paws paced the van floor never exceeding the door seal as each anxiously awaited their turn to be leashed and released. With verbal assurance and the release of his hand, Lt. Col. Dean Owens gave the cue as they accelerated towards the parking lot to embark on a normal exercise routine, yet an aesthetically unique version of troop running.

The network of canines forged ahead and dispersed, instinctively assuming their self-designated slots while Owens kept pace behind their strides. Unified despite their size difference, each dog understood the cadence of its siblings as they pushed full throttle into their much anticipated run. The crew can often be sighted running at various locations on base or in local neighborhoods, four times a week, drawing admirers and amazed spectators along the routes of their passages.

Owens, 514th Air Mobility Wing chief of wing safety and devout dog-lover, said he enjoys running three to four miles with his dogs to satisfy his love of running while simultaneously maintaining Air Force fitness standards. Although he may feel exhausted after a long workday, once he straps on his running shoes he's motivated to start and maintains that motivation witnessing the dynamic of his dog pack, he said.

"When I come home at the end of the day and I've got those excited pairs of eyes staring at me, it's hard to deny them a run," said Owens. "Even if I don't feel like running that day, I feel guilty not taking them out because they walk me to the door in the morning and greet me when I return home in the evening."

Owens said he initially started running with one dog, but as he added more to the family it was a natural decision to include each additional dog to the expanding bunch. Although he said he can't take credit for their ability to stay in sync, he can credit them for encouraging him to maintain high fitness standards and achieve excellent physical training scores on every fit-to-fight test.

"If I keep up with them, I'm able to keep a consistent pace—usually around a 7:30 mile," he said. "It's also fascinating to watch them naturally align so it diverts my focus from being tired."

With more than 28 years of combined active-duty and Reserve time in service, Owens said he has exceeded Air Force fitness standards largely due to routine runs with his dogs, but also due to innate qualities of his thin stature and love of exercising.

"I fully embrace the concept of keeping in good shape as a tenant of our roles as service members," he said. "Running is necessary, but as I get older and the joy of running diminishes, it's more motivation when I look at their expectant faces eager for a run."

Owens' motivators—all rescue dogs, include Lucy, a Jack Russell and Chihuahua mix, Cocoa, a Dachshund, Jake, a Boxer and Great Dane mix, Duke, a German shepherd, and Ivy and Wylie, both Chow and Rottweiler mixes. Appropriately, Owens said he'd welcome adopting a seventh dog admitting there would be no problem



Lt. Col. Dean Owens, 514th Air Mobility Wing chief of wing safety, and his five dogs enjoy a leisurely run. His brood of all rescue dogs can often be sighted running at various locations on base or local neighborhoods four times a week, drawing admirers and amazed spectators along the routes of their passages.

handling another furry family member.

"I'm confident that any dog we take in would jump in and learn the routine" he said. "Each time I'd add a new dog there would be some confusion for the first half mile, but every dog eventually falls into place."

However, taking care of his current brood is a priority for Owens. Taking his roles as owner, alpha dog and friend seriously, he often alters running schedules based on extreme temperatures and monitors each dog's physical condition, he said.

"Chaining your dog and throwing them a bone every now and then does not equate to responsible ownership," he said. "Find an activity to include them in because the relationship between dog and owner is symbiotic so it's mutually beneficial. Luckily, all my dogs share my love of running."

Lt. Col. Dean Owens' tips for running with your dogs:

- If you don't have a dog, get one. If you have one get two. If you have two, what is one or two more?
- Be a responsible pet owner.
- Be mindful of extreme weather conditions when exercising.
- Know their physical limitations they've got aches and pains just like humans
- Running is a great way to bond, but you can also incor porate other activities to ensure their emotional and physical well-being.
- Guaranteed to improve your fit to fight scores.



Senior Airman Chad Turko, 714th Aircraft Maintenance Squadron KC-10 crew chief, encountered the fiery accident and removed the driver of the 18-wheeler. He swiftly performed emergency medical care before first responders arrived on the scene. Turko is a registered emergency medical technician and has worked as a firefighter for three years.

Airman intervenes after fiery highway crash

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

The morning of Sept. 7 began normal for Senior Airman Chad Turko, 714th Aircraft Maintenance Squadron KC-10 crew chief, who left his home in Rockaway Township, N.J. to attend unit training assembly here. Suddenly deterred by ominous smoke on the horizon, Turko encountered a surreal scene unfolding in real time while traveling southbound on the New Jersey Turnpike.

Approaching exit seven, he drove upon an overturned 18-wheeler tractor trailer engulfed in flames under an overpass surrounded by excessive debris and papers strewn about the area. The intense flames from the burning truck caused structural damage to the bridge, Turko said. Venturing towards the site of the accident, he immediately felt the impact of the smoldering heat. As Turko approached the damaged 18-wheeler, he noticed a man slumped over inside the burning tractor trailer.

"The scene was unfathomable," he said. "There was a huge cloud of thick black smoke, so thick you could barely see the car in front of you."

A registered emergency medical technician for two years and a firefighter for three years, Turko instinctively grabbed his EMT bag and pulled the injured man from the truck's cab, now severely engulfed in flames.

"I immediately felt concern for whoever was inside that truck," he said. "My only thought was to jump out of the car to do anything I could to rescue and help the victim."

With an EMT bag and sense of urgency, Turko immediately began rendering emergency care to stabilize the injured man before first responders arrived. Fortunately, he was able to determine that the driver had no apparent concussion and continued to clean his wounds. Turko determined that the driver suffered a head laceration and other minor injuries.

A second vehicle involved in the accident had its entire left side shattered, leaving debris strewn all over the roadway. The driver from that vehicle emerged unharmed, he said.

Reports quickly spread of Turko's courageous actions and he was promptly recognized by Col. Michael Underkofler, 514th Air Mobility Wing commander at the quarterly commander's call and within his own squadron by Maj. Joseph Zackaricz, 714th AMXS commander.

"I believe his actions were absolutely heroic," said Maj. Joseph Zackaricz, 714th AMXS commander. "Especially these days when you so often see people who do not want to get involved, and regardless of his training, I believe he would have stopped even if he had not been a three year first responder."

Turko's swift intervention saved lives and prevented casualties. He said he attributes his actions to holding a steadfast moral code of responsibility.

"I didn't waste time trying to make a decision," he said. "I had the skills and ability to intervene and I was raised to help people whenever you're capable."

Throughout the chaos, other vehicles diverted to side lanes to drive past the accident site. No other vehicle stopped to assist Turko or the driver. Shortly after the accident, police and emergency responders arrived to assess the scene and take statements from witnesses.

"His actions not only bring great pride to the 714th AMXS, but they are a true testament to the caliber of people we have in our units," said Zackaricz. "I continue to hear and experience story after story of how our folks have taken care of each other, or have gone above and beyond to help others even at their own peril. I have been to the desert with these men and women and have witnessed their selfless sacrifices. Turko is another great example of how awesome our Airmen are."

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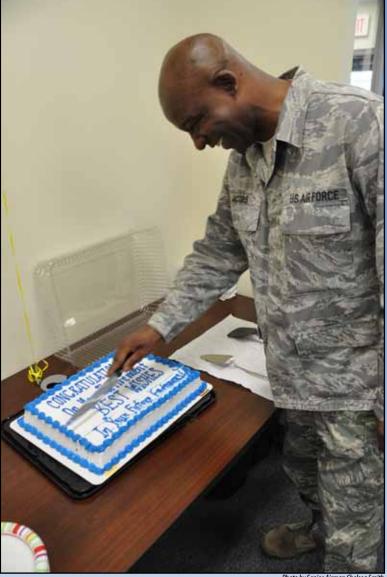
Pass In Review



Tech Sgt. Michael Nero, Lt. Col. Anthony Gomez, Maj. Henry Bernard, Tech Sgt. Eddie A Colon, Maj. Christine Smith and Maj. Gail Garland (left to right), all doctors and nurses who comprise the 514th Aeromedical Staging Squadron critical care air transport team, tend to a critically-injured patient during a simulated CCATT exercise.



Maj. Matthew W. Bianchini, 514th Maintenance Operations Flight commander, relinquishes command of the 514th Maintenance Operations Flight at the Inactivation Ceremony. More than 28 members of the now defunct 514th MOF are currently realigned under the 514th Maintenance Operations Squadron commanded by Col. Anthony Esposito.



Master Sgt. George T. Jacobs cuts a cake during his retirement gathering held at the wing.



Brig. Gen. Alphonse J. Stephenson joins members of the 514th Air Mobility Wing and 87th Air Base Wing chaplain offices for chapel team training.

An Airman's journey following destruction and devastation

By Senior Airman Chelsea Smith

514th Air Mobility Wing Public Affairs

Hurricane Sandy's punch brought a long aftermath of recovery efforts to rebuild, renew and regenerate livelihoods and a sense of normalcy to the victims. Now remembered as one of the strongest and possibly most brutal hurricanes on record to ravish the East Coast, many were forced to start from scratch, tirelessly rebuilding homes, businesses and replacing a life's worth of belongings.

Several Freedom Wing Airmen were affected by Sandy and many participated in the relief efforts following its aftermath. One Airman's unique journey required him to recuperate amid a two-month shipment to basic military training, four months of technical school training and another three months of seasonal training, all within the one year anniversary.

October also marked two anniversaries for Senior Airman Julius Guest, a 514th Air Mobility Wing knowledge operations manager:

The day he lost his home to an accidental fire and his first wedding anniversary with his longtime friend and confidante, Kathlyn Guest, who served as his motivator and supporter along his jarring journey.

A seasoned New Yorker and long-time Queens resident, Guest regularly attended unit training assemblies to prepare for basic military training while serving as a member of the wing's development and training flight. A month into his marriage, he was living the typical newlywed life building a

foundation for his family, which included his wife and cat, Mischief, in their three-bedroom home situated on the second floor of a three-story complex. On the night of the storm, a freak accident would drastically change the trajectory of 2013 – a year pre-planned for new beginnings that would now include new challenges.

"I vividly remember the night of the storm because I was watching Monday Night Football," Guest said. "I was next to my stockpile of flashlights and batteries in case of any outages due to the impending storm."

Despite a fast approaching storm, his block stayed relatively calm and unaffected by the fierce winds which caused power outages. Before retiring to bed, he brewed a cup of tea but was confused by the burning smell permeating the room and the heavy footsteps prodding from above. The commotion concerning due to the arrival of the storm prompted him to wake his wife, retrieve their cat and leave the sanctuary of their home.

"We went outside and saw our neighbors huddled beneath a tree," he said. "They were in a safe spot away from the flames. Smoke engulfed the top level of our housing complex then the fire started spreading to lower levels and to the adjacent houses."

Piercing sirens were heard from the fire trucks which descended upon the scene. Their home did not succumb to flooding or high force winds. Instead, the loss came from a candle flame that ignited a top floor curtain burning not only a building, but families' essentials and several years' worth of belongings. A neighbor's cat was the single fatality in the accident and conditions were unequivocally altered for residents of the housing complex.

"Going back into the house was terrible because there was so much damage," he said. "There was water damage in the living room and bedrooms and we had no clothes left."

Only able to retrieve the few items they were able to salvage, Guest and his wife were forced to move in with their in-laws nearby until the Federal Emergency Management Agency evaluated their losses. The ensuing aftermath was a mandate for Guest to realign his priorities. He was initially hesitant to leave home amidst the chaos and confusion citing concerns about leaving his wife to search for a new home

while spending eight and a half weeks more than 1500 miles away.

However, with the encouragement of his wife and support from Senior Master Sgt. Joseph Gentile and Tech. Sgt. Timothy Mullin, 514th Air Mobility Wing development and training flight instructors, he prevailed. Guest said he could not be deterred by distance and the prospect of uncertainty and was eventually able to reclaim his ambition and enthusiasm for an aspiration he's desired for years – a career in the Reserves.

"The members here were very empathetic to my situation," he said. "I was able to go to my instructors for assistance and they were very helpful with coordinating assistance through the family readiness center here which supplied me with canned goods, clothing and other resources I needed help getting access to."

A component of the recovery process required Guest to follow through with obligations to his family and the Reserves. His wife was an integral piece of that realization and an enforcer of his commitment.

"One of the many lessons I learned from my relationship with Julius is that you have to support the healthy, positive dreams," said Kathlyn. "Julius has always wanted to join the Reserves and I felt like I would be doing our relationship a great injustice by holding him back. Julius is my best friend, and when he is happy, I am happy."

Challenges brought on by the uncertainty of home conditions stayed with him in January of this year when he arrived in San Antonio and found himself immersed in an intimidating new world known as basic military

training. Even without the burden of starting a life from scratch, BMT can be daunting for any new trainee under the watchful eye of virulent military training instructors and unfamiliar situations, but the greatest hindrance was scarce communication and updates from home.

"I needed reassurance that I could make it through BMT but at the same time I had to stay positive for my family because my wife was still living with her mother, dealing with FEMA, working fulltime, and trying to secure a new home for us," he said. "The distance was hard because I didn't want her to feel like she was Although the anxiety of his absence brought worries, Kathlyn said she redirected her energy towards stabilizing the situation at home. In March, she moved into a three-bedroom home just five months after the storm, spending time organizing their possessions and decorating her canvass to prepare for her husband's return. "Coping was hard after the fire," she said. "In some ways, I'm still deeply affected. I panic if I smell an unfamiliar scent in the house or if I hear a fire truck nearby. But the humbling lesson from this experience was to appreciate life's treasures found in people and relationships. Realize how sudden your life and loved ones can be taken away from you and cherish the time you have with them."

In June, they were reunited when Guest returned from technical school. The devastating consequences of the most life-altering event either of them had endured, brought the pair closer together and equipped them to face adversity in the future, said Guest.

"This ordeal was a learning experience for both of us," he said. "As soon as my wife found a new home, we immediately purchased renter's insurance, educated ourselves on fire prevention and home safety measures, and committed to save more money."

Guest and his wife bestow a great deal of credit toward their network of supportive family and friends, including service members here, who carried them through the roughest period of their lives. On the weekend of their first anniversary, they celebrated with dinner and a movie, capped off by a relaxing evening in their new home.

"We had a great double anniversary weekend," said Guest. "I hope going forward things only get better. We are still planning our honeymoon and hopefully, we can avoid any hurricanes."

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HOT DIGGITY DOG DAY CELEBRATION Photos by Senior Airman Chelsea Smith

Hawaiian shirts and grilled hot dogs were the theme for Hot Diggity Dog Day, a two-hour appreciation lunch, held here Sept. 26 for Freedom Wing reservists, Air Reserve Technicians and civilian personnel. Attendees feasted over a complimentary barbeque lunch hosted by 514th Air Mobility Wing commander, Col. Michael Underkofler, and his staff. The fiscal year-end event saw more than 300 attendees who came to celebrate the wing's accomplishments, including the recent 2012 Air Force Outstanding Unit award, and resiliency during Hurricane Sandy and the 2013 government furlough.





The following enlisted Airmen were promoted and the officers were selected for promotion

Airman

Rajpert Smith, 514 CES

Airman 1st Class

Sergey Kim, 514 AMXS Andres Orellana, 514 AMXS

Senior Airman

Humphrey Anene, 88 APS Shane Cantie, 514 MXG Johnny Colon, 514 SFS Jensen Dayle, 514 MXS Jaime Galezo, 714 AMXS Diane Glasgow, 514 FSS Jordana Gordon, 88 APS Roneka Gould, 42 CBCS Bernard Johnson, 35 APS Dylan Kearns, 88 APS Gabrielle Lopez, 514 FSS
Henry McKay, 514 CES
Sean Mintiens, 514 FSS
Alana Moses, 514 AMXS
Andre Pangalangan, 35 APS
Jessica Phillips, 42 CBCS
Eric Surarez, 514 MXS
Ryan Trotta, 514 CES
Kyle Woods, 35 APS

Staff Sergeant

Hedai Chan, 514 MXS Zakkiyah Corchado, 76 ARS Mervic Diaz, 88 APS Blake Francis, 42 CBCS John Joe, 88 APS Moises Mateus, 514 AMDS Katherine Miranda, 514 MOF Devin Pharr, 78 ARS

Technical Sergeant

Ibetty Alache, 514 FSS
Pamela Alcivar, 35 APS
James Ardito, 88 APS
Thomas Brown, 88 APS
Shirodk Faison, 42 CBCS
Erica Faulk, 35 APS
John Gannaio, 514 SFS
Cyril Hinds, 514 CES
Tracy Latchaw, 514 ASTS
David Lee, 714 AMXS
Andrea Mackereth, 88 APS
Sheran McNeil Johnson, 514 ASTS
Melissa Meeker, 42 CBCS
Curtis Palmer, 78 ARS
Bryce Perdomo, 514 AMDS

Joseph Petrycki, 88 APS Jorel Pollock, 514 ASTS Wesley Sime, 514 MXS William Simurra, 76 ARS Rebekah Spedaliere, 514 SFS

Master Sergeant

David Brenhuber, 88 APS Lance Frasier, 514 MXS Jorge Garcia, 514 FSS Vincent Majors, 42 CBCS Sean Marshall, 514 MXS Joshua Nenscel, 514 FSS Luis Rosario, 514 MXS

Senior Master SergeantMichael Fletcher, 514 SFS Joseph Jones, 76 ARS

Eamon Lawlor, 514 SFS Kevin Strickland, 514 SFS

Chief Master Sergeant

Sebrena Flaggbriggs, 88 APS

Captain

Blue, Samantha Callan, Joseph Dalkirmaz, Funda Ohara, Daniel Ross, Keith Rudolphi, Maggie Schaeffer, Nicholas Swatek, Jacob White, Gregory

Understanding aeromedical team's critical medical mission

By Tech Sgt. Eddie A. Colon

5 14th Aeromedical Staging Squadron

Imagine yourself in a crowded hospital room. The air is filled with the sound of alarms and staff members shouting orders. Doctors and nurses are tending to severely injured patients at their bedside as a respiratory therapist is caring for a ventilated patient. No, this isn't an emergency department in New York City on a busy Saturday night, but rather the back of a C-130 en route from any location in the world. This is the back of an aircraft converted from a dark, dingy cargo bay into an intensive care medical unit. This medical team taking care of your loved ones can be known as a Critical Care Air Transport Team, or CCATT.

CCATT is a three-person, highly specialized medical asset that can create and operate a portable intensive care unit on board any transport aircraft during flight. Each team is capable of transporting three ventilated or up to six non-ventilated patients. It is a limited, rapidly deployable resource

and a primary component of the Air Force's aeromedical evacuation, or AE, system. CCATT allows AE to transport stabilized, critically-ill patients who would not typically be able to receive a higher echelon of care without the constant medical attention and services of a critical care team.

The CCATT unit type code is comprised of a critical care doctor, critical care nurse and a respiratory therapist. Each member functions as an independent practitioner but together serve one common goal - provide all patients with the highest level of care possible. Our goal is to ensure that patients are transported and received at the next point of care facility in better condition than they were found. The training pipeline is intense and prerequisites are aplenty, but the end reward of being able to give a comrade a stronger fighting chance and playing a part in getting a fallen hero home is a reward in itself.

The 514th Air Mobility Wing proudly supports this wartime mission by sustaining two fully qualified CCATT teams which are assigned to the 514th Aeromedi-

cal Staging Squadron. While stateside and in garrison, teams remain assigned to aeromedical staging units. Whether training in-flight or fulfilling real world missions, teams are attached to the 514th ASTS. Without the assistance of AE, CCATT is unable to complete its mission.

The Freedom Wing's CCATT is a diverse group comprised of citizen Airmen who work in some of the tri-state area's most recognized level one trauma centers. During unit training assembly's, you can find all members assigned to the section nose deep in clinical practice guidelines and undergoing didactic review, written test and performing practical patient simulations based on previous missions from the area of responsibility. The training is high yield and intense with its goal of challenging the members both mentally and physically. The clinical skills, experience and knowledge obtained through civilian employment and UTA's enhance the team's ability to perform its primary mission of returning our wounded heroes in uniform

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PULSE CHECK

What is the greatest reminder that the seasons have changed?



Airman Basic Rosa Gonzalez 514th Logistics Readiness Flight

"Definitely the fact that my younger siblings are all starting to sing holiday songs."



Staff Sgt. Joseph Van Morter 514th Aircraft Maintenance Squadron

"I need to warm up my car 30 minutes before I drive to work."



Capt. Stanley Lau 514th Air Mobility Wing

"Chilly mornings and complete darkness when I leave the office and the abundance of apples at the farmers market. It's definitely apple pie time!."



Senior Airman Joseph Vargo 514th Force Support Squadron

"I realize that I am able to fly back home to be with my family for the holidays."



Staff Sgt. Gerald Richard 514th Aeromedical Evacuation Squadron

"I would have to say the leaves. Leaves are one of the greatest indicators especially in the Garden State."



SPOTLIGHT: TECH. SGT.
CARLOS LOZADA-TABARA

Unit: 514th Civil Engineer Squadron

Duty: Electrical systems craftsman

Hometown: Englewood, N.J.

Civilian Employment: Full-time student

Little known fact about you: I used to be in love with Kelly Kapowski from the sitcom "Saved by the Bell."

Most exciting event in your life: The day I passed the hardest course for my degree called electromagnetic fields.

Favorite movie: Hot shots, Big Fish, The Note-

book, Scarface

Favorite foods: Fresh chicken alfredo

Favorite sports team: New York Yankees

Favorite holiday: Veteran's Day

Bucket list item: To venture on a galactic voyage to Mars or another planet that opens up to members of the human race.

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FOR THE FAMILY OF:

