

514TH AIR MOBILITY WING

WINTER 2014

# FREEDOM FLYER



**SLOWING DOWN  
TO INCREASE YOUR SPEED**

**AIRMEN SHARE KNOW-HOW  
WITH INDIAN AIR FORCE**

**WING CELEBRATES ITS OWN**



# FREEDOM FLYER

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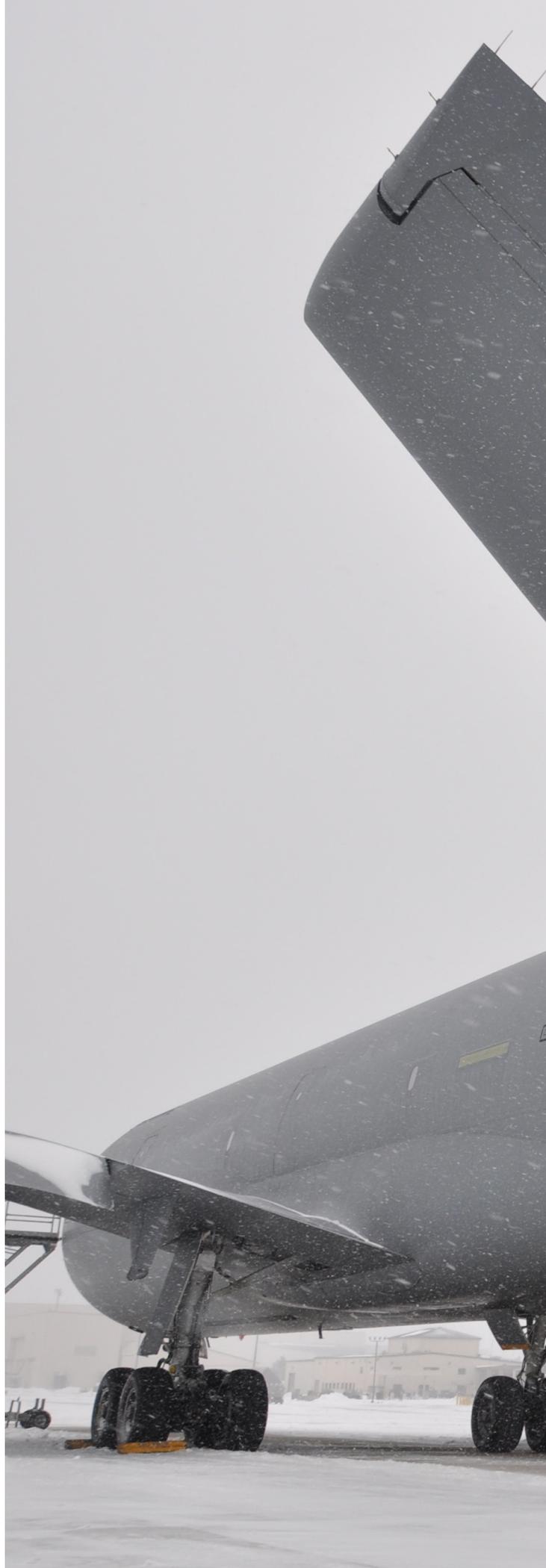
## ON THE COVER

Senior Airman Diana Getting of the 714th Aircraft Maintenance Squadron monitors the progress of engine cover installation on a KC-10 Extender amid high winds and feathery snowflakes during snow removal efforts here Jan. 25



Photo by Tech. Sgt. Jonathan White

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Tech. Sgt. David Delitta and Senior Airmen Alejandro Enriquez and Diana Getting of the 714th Aircraft Maintenance Squadron, install engine covers on the KC-10 Extender aircraft to prevent snow accumulation here Jan. 25 on the flightline.



Photo by Tech Sgt. Jonathan White

# Born to Run

## Photos and Story by

Christian DeLuca

514th Air Mobility Wing public affairs

Lieutenant Colonel Mark Cucuzzella, Air Force Marathon chief medical consultant, conducted a day-long running seminar at Fort Dix, Feb 21, highlighting methods and habits designed to reduce injury, increase running speeds and improve overall health.

Dr. Cucuzzella, who is also a Professor of Family Medicine at West Virginia University, director of the Freedom's Run races held annually in West Virginia, and executive director of the Natural Running Center a comprehensive web resource focused on running, has been racing competitively over the past 30 years completing more than 70 marathons and ultra-marathons. He has won the Air Force Marathon twice, the last one in 2011, just shy of his 45th birthday.

The seminar focused on a three-pronged approach to running and health improvement, which includes: increased endurance, proper form and proper fuel or diet.

"Your body is like an airplane," said Dr. Cucuzzella. "To have a sustainable long performance life, you've got



Dr. Mark Cucuzzella leads seminar attendees in running drills designed to improve form and mobility. Cucuzzella teaches a low-impact, fun approach to running that concentrates on form, aerobic conditioning and diet, focusing on increased overall health rather than short-term advances.

to have a good engine. Along with the engine, you have to have a good chassis. Then you need good form or movement. And then there's the fuel."

"Food is the medicine," he told attendees, "Understand food. Learn how to cook. It will improve your running."

"Ounces are lost in the gym, pounds are lost in the kitchen," he added.

Although many diets advertise better health through

the elimination or inclusion of certain types of food, Dr. Cucuzzella explained the best way to get proper nutrition is through moderation and eating real foods, or foods that were recently alive.

In 2000, after an injury resulting in arthritis in his big toe, Dr. Cucuzzella underwent surgery and was told to quit running. After studying elite, natural runners, including runners from Kenya and "canyon runners" from the Tarahumara Indians, he embraced their form, which minimizes stress on the body.

This style of running focused on not over-striding and contacting the ground with the middle of the foot, while it was right below the knee. This style of running put less strain on the joints and enabled Dr. Cucuzzella to continue to run without doing further damage to his feet.

Proper posture also helps to improve form, he said before going over a number of balancing exercises designed to improve posture. Good posture varies slightly from person to person, but a good rule is to stand so the ears, shoulders,

hips and knees all line up.

To increase endurance, the doctor recommends slowing down.

"If you die of a heart attack, it doesn't matter how healthy you are," he said, explaining that overexertion can be just as detrimental to your health as inactivity.

Dr. Cucuzzella spoke about the difference between aerobic and anaerobic exercise stating that slowing down your pace will increase your oxygen intake which will, over time, increase your mitochondria and capillary count. Mitochondria are the "energy factories" that deliver oxygen to the blood stream and the capillaries are the "roads" the energy travels to get there. When you have an increase in the two, you are able to get more oxygen to the blood stream with less exertion, therefore your speed will increase with less effort and injury.

To find out more about Dr. Cucuzzella and his running methods visit his Air Force Reserve Command-funded website [www.efficientrunning.net](http://www.efficientrunning.net) or his other website [www.naturalrunningcenter.com](http://www.naturalrunningcenter.com).



Dr. Mark Cucuzzella demonstrates the "couch" stretch, used to loosen up the hips and torso, during his day-long running seminar Feb 21. Cucuzzella used a combination of classroom lecturing and physical application to teach his healthier running style.



Col. Cynthia A. Wong, 514th Mission Support Group commander, and fellow members receive the group-level Freedom Wing award at the 14th Annual Awards Banquet held at Tommy B's Community Center here Jan. 11.

## Annual awards banquet recognizes Wing's finest

**Photos and Story by  
Senior Airman Chelsea Smith**  
*514th Air Mobility Wing public affairs*

Despite the rainy weather, 514th Air Mobility Wing members convened in support and recognition of more than 60 noteworthy Airmen for their accomplishments during the 2013 fiscal year at the 14th Annual Awards Banquet held at the community center here Jan. 11.

Award winners included: Senior Airman Sara Kim, 35th Aerial Port Squadron, Airman of the Year; Staff Sgt. Francis A. Carcel, 514th Aircraft Maintenance Squadron, nonCommissioned Officer of the Year; Senior Master Sgt. Christopher Hofrichter, 514th Maintenance Operations Squadron, Senior NCO of the Year; Master Sgt. James T. Meehan, 78th Air Refueling Squadron, First Sergeant of the Year; Capt. Erin Fassold, 88th Aerial Port Squadron, Company Grade Officer of the Year; Marjorie Green, 76th Aerial Refueling Squadron, Category 1: Civilian of the Year; Carl Schmidt, 514th Force Support Squadron, Category 2: Civilian of the Year.

Three additional awards were presented to Airmen and two Freedom Wing awards were given at the squadron and group level.

Winners of the Chief Master Sgt. Antoinette Kolesnikov Mentorship award, presented to an individual or group who best displays the spirit of mentorship, and the John Purroy Mitchel Cup award, presented for outstanding leadership and advocacy of the United States Air Force Reserve culture, included Master Sgt. Lorraine Cuff, 88th Aerial Port Squadron and the 514th Aerospace Medicine Squadron, respectively.

The Maj. Gen. Joseph A. McNeil award, presented in honor of the former Freedom Wing commander, was awarded posthumously to Master Sgt. James Vigilante and accepted by his daughter, Ashlee. The award is given in commemoration of the general's 39 years of military service, his career as a civil service worker with the Federal Aviation Administration, and his contributions as a civil rights pioneer.

To conclude the evening's festivities, the group and squadron level Freedom Wing awards were presented to the 514th Mission Support Group and the 714th Aircraft Maintenance Squadron, respectively. These awards recognize the group and squadron that earned the most points for submitting officer and enlisted performance reports, awards and decorations, quarterly awards, and other individual award nominations.

The awards banquet is a formal affair to highlight the outstanding achievements of individuals, squadrons and groups within the 514th AMW. Individuals are nominated by their peers for consideration. Winners of these awards are forwarded to the 4th Air Force to compete with other units within the numbered Air Force. Those selected will compete with individuals at the Air Force Reserve Command level, and upon further selection, will compete for the prestigious Air Force 12 Outstanding Airmen of the Year and the Air Force First Sergeants of the Year.



The Joint Base Honor Guard perform the Missing Man Table and Honors Ceremony during the 514th Air Mobility Wing's annual awards ceremony Jan 11. The ceremony honors missing members of the five services of the military.



Col. Thomas J. Pizzolo, 514th Aerospace Medicine Squadron commander, and Master Sgt. Vanity N. Day, 514th AMDS, accept the Mitchell Cup Award on behalf of their squadron at the 14th Annual Awards Banquet held at Tommy B's Community Center here Jan. 11.

# As “Fini” flight lands, a career takes off

**Photo and Story by  
Christian DeLuca**  
514th Air Mobility Wing  
public affairs

The final flight of an Airman is a time-honored tradition steeped in history, camaraderie and the reflection of one’s career. But for Senior Master Sgt. Anthony Nanni, 714th Aircraft Maintenance Squadron, his final flight is also the first flight for one of the newest members of the 514th Air Mobility Wing...and that couldn’t make him happier.

Nanni’s son, Airman Andrew Nanni, who joined the wing late last year, accompanied his father on his “Fini Flight” Feb. 4, culminating 30 plus years of service with the wing.

“It’s great. It’s rare to be able to work side-by-side on a mission with your kid. I’m lucky to be in a position to do just that,” Nanni said. “I can’t wait to see him on his first flight and watch him bust his butt preparing the jet before and after the leg of each mission.”



Airman Andrew Nanni, 714th Aircraft Maintenance Squadron, poses next to his father Senior Master Sgt. Anthony Nanni, 714th Aircraft Maintenance Squadron before accompanying him on his “Fini” flight.

“I am proud of him,” Andrew Nanni said. “I’m glad I got to work with him during his last months here. I know he wanted to go on at least one trip together. For it to be his final flight and my first flight is something really cool.”

The senior Nanni is proud of his son as



Senior Master Sgt. Anthony Nanni and Airman Andrew Nanni, 714th Aircraft Maintenance Squadron, check the tire pressure of a KC-10 Extender aircraft as part of the pre-flight inspection. The flight was the elder Nanni’s final flight of his career and the younger Nanni’s first.

well. He said Andrew’s decision to join the 514th is a smart move that, if played right, should reap him a number of rewards throughout his years of service.

“I know it will help him learn the importance of teamwork,” he said. “Not just for the soul purpose of launching jets, but also from the safety aspect of having each other’s back in a hazardous environment.

“I hope he develops a strong pride in the role he plays in the overall success of the mission,” the senior Nanni continued. “And I hope he builds a few long lasting friendships, like I have over the years.”

It’s the friendships and relationships that Anthony Nanni, who has worked as section chief for the 714th AMXS the past 17 years, said he will miss the most when he leaves the wing.

“I have been blessed to work with some of the greatest groups of men and women, at McGuire Air Force Base, for the past 34 years,” he said. “Not just in the maintenance field, but from all the support groups, like the flying squadrons, military pay, customer service, medical group, arial port...I could go on and on. Without a doubt I will miss the people.”

Andrew Nanni said it is his father’s overall happiness with his job that made the decision to join easy. That, and the stories and photos his father brought back from his trips.

“As long as I can remember, he was always going to cool places around the world,” Andrew Nanni said. “I remember pictures of him with the Thunderbirds and I thought that was cool. He seems to love his job. No doubt he’s had bad days, who doesn’t, but overall he loves his job.”

Travel, education and having a successful and rewarding career are some things Andrew Nanni hopes to gain from his service. He will also become a part of a family military tradition that began with his grandfather, who served during World War II in the Army.

“My dad’s in, I’m in, and somewhere in the next two or three years you’ll probably see another Nanni running around, because my little brother is thinking about joining. It would be cool to work with him,” he said. “Hopefully, one day, my kids will be in the Air Force as well.”

As for his father, Anthony Nanni maybe retiring from the Air Force Reserve, but he doesn’t want to stop making contributions to the public.

“I’m not ready for that yet,” he said. “Though I’ll end my military career, I still would like to put in another 10 years of civil service somewhere.”

# PASS IN REVIEW



*Photo by Christian DeLuca*

Col. James D. Marques, Col. Jack Sariego, 514th Aeromedical Staging Squadron, and Col. Thomas Pizzolo, 514th Aerospace Medicine Squadron listen as Col. Michael Underkofler, 514th AMW commander speaks at a combined Change of Command, Assumption of Command ceremony. During the ceremony Marques relinquished command of the 514th ASTS to Sariego and Pizzolo assumed command of the 514th AMDS.



*Photo by Master Sgt Donna Jeffries*

Tech Sgt. Ryan Jackson, 732nd Airlift Squadron, poses with Tech. Sgt. (Ret.) George Watson, an original Tuskegee Airman, at a Human Resource Development Council-sponsored mentoring luncheon, Feb 7, where Watson shared stories of his experiences. The luncheon was the first of a series planned for 2014.



*Photo by Staff Sgt Aristide Colonna*

Col. Michael Underkofler, 514th Air Mobility Wing commander, and Command Chief Master Sgt. Kevin Warbrick, 514 AMW, pose with country singer Lindsey Elyn after she performed a free concert for wing members Feb. 7.



*Photo by Senior Airman Chelsea Smith*

Chief Master Sgt. (Ret.) Chryl Ruff, 514th Aerospace Medical Squadron, hugs her granddaughter, Ana, during her retirement ceremony Dec. 6 2013.



*Photo by Senior Airman Chelsea Smith*

Members of the 514 Air Mobility Wing gather at Tommy B's Community Activities Center Sept. 7, for the quarterly commanders call.

# Wing's vice commander receives a Philly farewell



Photo by Christian DeLuca

Col Jonathan Spare, 514th Air Mobility Wing vice commander, poses with members of the Philadelphia Eagles cheer squad and mascot Swoop, Feb. 23, after his final flight before retirement. Spare has served with the Air Force and Air Force Reserve for the past 30 years.

Col. Jonathan Spare, 514th Air Mobility Wing vice commander flew the final flight of his 30-year career in the Air Force and Air Force Reserve here Feb. 23. Spare, a diehard Philadelphia Eagles fan, was met on the flightline by friends and family, as well as Eagles cheerleaders and their mascot Swoop.

## PULSE CHECK: *What advice would you give your younger self?*



**Tech. Sgt. Jean Emizet**  
514th Force Support Squadron

“Have patience and humility to be able to be more effective at the workplace, especially relevant in my line of work, which is customer service.”



**Fely Shuler**  
514th Force Support Squadron

“To love other people all the time even when I don’t feel like it. Try to understand everyone’s uniqueness despite differences. And lastly, that patience is key. Smile because laughter makes your heart younger.”



**Senior Master Sgt. Chris Hofrichter**  
514th Maintenance Group

“Integrity is a full-time calling. No matter what level of responsibility, there is always someone out there who is within your sphere of influence, whether you’re aware of it or not.”



**Victoria Rivera**  
514th Air Mobility Wing

“Go to college, save money, invest in an IRA and to stay true to you. Don’t let anyone intimidate you from striving for a better future.”



**Capt. Gwen Soden**  
514th Mission Support Group

“Be brave. It’s been my motto lately.”

Col. Spare shares a moment with his wife, Cheryl, after landing a KC-10 Extender aircraft and getting soaked by friends and family, who sprayed him with water and champagne to celebrate the final flight of his career.





Courtesy photo

Staff Sgt. Michael N. Ramos and Senior Airman MD A. Mazed of the 514th Aircraft Maintenance Squadron pose with members of the Hindon Air Force Station avionics team in front a C-17 aircraft they performed training on Nov. 2013. A joint group of U.S. maintenance technicians trained the Indian Air Force avionics crew on electronic warfare mission systems detailing procedural information pertaining to card inspections, full up operational checkouts, and the removal and replacement of system core components.

## ***514th Aircraft Maintenance Squadron shares knowledge, know-how with Indian Air Force***

**Photo and Story by Senior Airman Chelsea Smith**  
*514th Air Mobility Wing public affairs*

Two 514th Aircraft Maintenance squadron members accompanied the 172nd and 164th Aircraft Maintenance Squadrons on a 15-day joint training mission to India Nov. 15-30.

Staff Sgt. Mike Ramos and Senior Airman MD Mazed, 514th AMS joined the 172nd and 164th AMS from Jackson Air National Guard Base and Memphis Air National Guard Base, respectively, on a recent trip to Hindon Air Force Station, Ghaziabd, India to conduct transition training for avionics members of the Indian Air Force.

The team of 23 members provided on-the-job training assisting members of the IAF to conduct home station checks on ten new C-17 aircraft and reinforced skills learned during basic maintenance specialty courses.

The team also trained the IAF avionic members on electronic warfare mission systems, detailing procedural information pertaining to card inspections, full-up operational checkouts, and the removal and replacement of system core components, said Ramos.

“We got a lot done in a very short amount of time,” said Ramos. “The IAF has a completely different approach to maintenance than we do, especially when pertaining to safety practices. We have more support equipment to complete out jobs more efficiently, from tools to uniform wear.”

Potential barriers to the mission were overcome while assisting the Indian team members, said Ramos. Although IAF avionics members spoke English, communication difficulties brought on by thick accents was a challenge the team had to overcome. However, Mazed proved invaluable, operating as a liaison by clarifying communications between U.S. and Indian forces, said Ramos.

“Sometimes it was hard to understand a question or make sure they understood an important message,” said Ramos. “But Mazed just filled in the gaps with Hindi and all the puzzled faces disappeared.”

Overall, the assessment of personnel and maintenance skills acquired from the electronic warfare mobile training team were successful. At the end of training, all members of the shop were deemed adequately prepared to complete assigned EW tasks safely and competently, and continue their commitments to study and perform practical applications on the tasks moving forward, said Ramos.

“In the end, they were very grateful,” said Ramos. “They offered us a picture of them as a token of appreciation. They were all equally intelligent, hard-working individuals and easily coachable.”

# PROMOTIONS

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

## Airman

Rosa Gonzalez, 514 LRS  
Daniel Hudspeth, 35 APS  
Porsche Perry, 514 FSS

## Airman 1st Class

Abdon Lopez, 514 AMXS  
Patrice Thomas, 714 AMXS  
Derek Mayer, 514 MXS

## Senior Airman

Benjamin Beckford, 514 AMXS  
Jonathan Bregman, 35 APS  
Thomas Brown, 514 FSS  
Tiffany Bruce, 514 MXS  
Shane Cantie, 514 MXS  
Eric Carr, 714 AMXS  
Michael Chiarella, 514 SFS  
Samantha Choice, 514 SFS  
Tam Tan Dang, 42 CBCS  
Weisler Dutes, 714 AMXS  
Jasmine Easley, 514 FSS  
Eddie Gallego, 514 MXS  
Danny Hernandez, 88 APS  
Andre Hottum, 88 APS  
Ryan Hunter, 714 AMXS  
Mamadou Keita, 514 FSS  
Kristen Kelsey, 514 AMDS  
Jay Kolanko, 514 SFS  
Lilliana Lopez, 714 AMXS  
Annas Mirza, 714 AMXS  
Patrick Molina, 514 SFS  
Sandra Montes, 514 AMDS  
Jorge Padron, 514 AMXS  
Kayla Shillingford, 714 AMXS  
Alex Torres, 714 AMXS  
Elizabeth Vanegas, 35 APS

## Staff Sergeant

Eugene Claros, 514 MXS  
Kens Germain, 88APS  
Ryan Hall, 714 AMXS  
Andrew Riley, 88 APS  
Katherine Rios, 514 ASTS  
George Swartz, 714 AMXS  
Alex Yllanes, 88 APS

## Technical Sergeant

John Andres 514 SFS  
Antonio Delgado, 514 SFS  
Ira Griffin, 514 MXS  
Tiffany John, 35 APS  
Jason Kelly, 732 AS  
Emmanuel Nwaobilio, 514 FSS  
Joseph Perry, 35 APS  
Elizabeth Pritchard, 514 LRS  
Luis Reyes, 42 CBCS  
Ricardo Rivera, 76 ARS  
Vincent Rivera, 514 SFS  
Irene Robinson, 514 ASTS  
Besley Sarazin, 514 AMDS  
Robert Trombley, 514 MXS  
Keisha Wood, 42 CBCS

## Master Sergeant

Lisa Maguire, 514 AES  
Maurice McKenniss, 42 CBCS  
Daniel McLeer, 78 ARS  
Andrew Noll, 76 ARS  
Virma Guzman Reyes, 514 AMDS  
Tyree Smallwood, 35 APS

## Senior Master Sergeant

Mark Hiller, 514 AMDS  
Kevin Reily, 514 CES  
Michael Timmins, 35 APS

## Chief Master Sergeant

Allan Lu, 514 AMDS

## 1st Lieutenant

Thomas Beltz, 732 AS  
Tyson Hill, 78 ARS  
Peter Schlech, 76 ARS

## Colonel

Dennis Duffy, 514 OG  
Laura Fernandez, 514 AMW  
David Moore, 514 AMOS  
kenneth Ostrat, 514 OG



Photo by Senior Airman Chelsea Smith

## SPOTLIGHT: TANYA JONES

**Unit:** 514th Force Support Squadron

**Duty:** Human Resources Technician

**Hometown:** New Haven, Conn.

**Little known fact about you:** I am a martial arts instructor. I hold a six degree black belt in Nisei goju ryu and a 7th in Chinese Goju.

**Best aspect of your job:** Completing orders for the basic military trainees leaving for Lackland Air Force Base and helping the 514th members here on the customer service side.

**Most exciting event in your life:** Saving someone's life by teaching her how to handle dangerous situations.

**Greatest achievement:** Bringing up a child with no self esteem to realize she is smart, strong and able to walk out into society feeling worthy.

**Least favorite food:** Swine.

**Pet Peeve:** People who say "It's not my job."

**Bucket list item:** To one day jump from a plane and enjoy the serenity on the way down and behold the majesty of natural beauty.

**Who do you look up to:** My father, because of the work he has done.

**Where do you see yourself in 10 years:** Owning my own Dojo in a warm climate.

**Ideal retirement Location:** Virginia, because of the simple life (I've heard).

## FREEDOM FLYER

514th Air Mobility Wing Public Affairs  
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FOR THE FAMILY OF:



Tech. Sgt. (Ret.) George Watson Sr., an original Tuskegee Airman, shares his military experience Feb. 7 as part of a mentoring luncheon sponsored by the 514th Air Mobility Wing Human Resource Development Council. The event was held at the Halverson Hall Dining Facility at Joint Base McGuire-Dix-Lakehurst, N.J. and is the first of a series of mentoring luncheons planned for 2014.