



## Cholesterol guidelines: Is it relevant to you?

By Maj. Andriy Fetsak, 108th Medical Group

If you or one of your relatives is over the age of 40, this article might be of interest to you.

There's a new approach to treat high cholesterol, or more accurately, to alter your risk for atherosclerotic cardiovascular disease, which can lead to heart attack or stroke and is more commonly referred to as "atherosclerosis" or "hardening of the arteries".

Since June 2008, the U.S. Preventive Services Task Force has strongly recommended screening men over 35 and women over 45 for high cholesterol. The USPSTF also recommended screening anyone as young as 20 if they were at risk for coronary heart disease. This strategy has been widely adopted by the military.

On Nov. 12, 2013, the American College of Cardiology and American Heart Association released new guidelines for treating high cholesterol to reduce the risk of ASCVD in adults based on the fact that a person's risk is a better predictor of treatment benefit than the degree to which cholesterol is lowered. In other words, treating individuals because they are at risk is more beneficial than lowering cholesterol levels.

The new guidelines specify four groups that merit medication therapy:

- People with clinical ASCVD
- People with LDL-C levels or "bad cholesterol" of 190 or higher
- People with diabetes, age 40 to 75
- People without diabetes, age 40 to 75, with LDL-C levels of 70-189 and a 10-year ASCVD risk of 7.5 percent or higher as determined by the new risk calculator.

Guard members over 40 could fall into the fourth category. Now, the main question is how to calculate your individual risk. If you know your cholesterol level, search the "ASCVD risk estimator", and you will find: <http://tools.cardiosource.org/ASCVD-Risk-Estimator/>. Open the webpage and enter your numbers into the calculator and learn about your risk.

Consult with your physician and learn how you can sig-

nificantly lower your risk by making lifestyle choices through diet, exercise and smoking. The difference can be quite impressive.

You may be able to lower your cholesterol level without medications. Avoid red meat, butter, fried foods, cheese and other foods that have a lot of saturated fat. If you are overweight, lose weight and be more active. The benefits of such lifestyle modifications usually become evident within six to 12 months.

If you're too focused on lowering your "bad cholesterol", you might overlook the other "good" cholesterol in your body. High-density lipoprotein (HDL) acts as a scavenger by cleaning up bad cholesterol in the blood. Having high levels of HDL - at least 60 - helps protect against heart disease and stroke. Several options are available to raise your HDL level:

- Cut your sugar intake: People with the highest levels of good cholesterol have diets in which sugar accounted for just five percent or less of their calories.
- Purple foods: Food sources like plums, grapes, purple cabbage, eggplant and raspberries. Anthocyanins are the chemicals in



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### Spreading Holiday Cheer

Airmen from 108th Wing and the 177th Fighter Wing were joined by 47 fourth graders from the Seaview School in Linwood, N.J., for the 14th Annual Holiday "Songfest" at the Veterans Memorial Home at Vineland, N.J., Dec. 9, 2014. Upon arrival, the 32 Airmen and fourth graders were issued holiday greeting cards and candy canes, assigned to groups and sent out to spread cheer among the residents. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)



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Staff Sgt. Brian Carson - Photojournalist  
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# AF to safeguard PII

*From the 24th Air Force Public Affairs*

JOINT BASE SAN ANTONIO-LACKLAND, Texas—The Digital Signature Enforcement Tool is scheduled for Air Force-wide integration Dec. 5, providing Microsoft Outlook email users with an interactive, automated virtual assistant to help ensure the security of personally identifiable information

“I can’t overstate the operational importance of preventing PII breaches,” said Maj. Gen. B. Edwin Wilson, commander of 24th Air Force and Air Forces Cyber. “It’s not an IT problem, it’s a Total Force problem and DSET is an effective tool the Total Force can use, right now, to help reduce inadvertent PII breaches.”

Beyond potential identity theft, PII breaches can lead to significant compromises in operational security. For example, a well-meaning member working to meet an operational deadline sends an unencrypted email, containing PII on several unit members, to a “non .mil” email account. The sender could be attempting to get ahead on a project or be providing a status update to unit members on pending unit movements. Unknown to the sender, hackers have compromised email transport infrastructure between the sender’s desktop and one of the destination, “non .mil” desktops. Hackers intercepting this unencrypted email traffic can utilize the newly acquired personal information to form specifically targeted attacks, known as spear phishing, to acquire additional information such as account numbers or passwords. Unfortunately the attack does not stop there. Once an attacker has acquired enough information, he can simulate user accounts or even pass off communications on behalf of the service member, who is likely still unaware that his information has been compromised. Those false communications could be leveraged to gain digital access to Air Force systems, or even physical access to installations and personnel. Obviously, the negative implications caused by PII breaches are severe, and equipping the force with tools to mitigate the risk is paramount.

DSET version 1.6.1, an updated version of the DSET 1.6.0 software already in use by the Air National Guard, Air Force Reserve Command, and Air Force Space Command, contains fixes for some previously identified software bugs as well as enhancements to make the digital tool more effective.

“DSET 1.6.0 launched back in July to three major commands,” said Alonzo Pugh, cyber business system analyst for 24th AF. “Feedback has been overwhelmingly favorable for the use of the tool, and version 1.6.1 is definitely ready for Air Force-wide usage.”

DSET is regarded as a short-term fix to help all Air Force network users protect PII, specifically if that information is to be included in an email communication. DSET 1.6.1 still only scans

for PII in the form of social security numbers, leaving overall responsibility on the user to safeguard the sensitive information in all of its forms.

“First, the user should ask him or herself if the PII in the email is truly necessary,” said Pugh. “DSET scans the email draft before transmission. If PII is identified, DSET will notify the user through a series of pop-up windows. This interactivity allows the user to make a conscious decision of how to proceed with the information in question.”

According to Pugh, if the information must be transmitted, encrypting the PII is all that is necessary to protect the data during transmission. DSET will trigger when it detects potential PII in an email, giving the user the opportunity to delete the information if not necessary to the communication, encrypt the information, or override and transmit the email as originally written.

If the file containing PII is already encrypted – through the Microsoft Office “protect” permission feature or some other software – DSET will not trigger and the email can be sent as usual to any recipient’s email address, whether “.mil,” “.com,” etc. However, if the email itself is encrypted through Microsoft Outlook, the communication is only safe to transmit to a recipient’s “.mil” email address. An email encrypted in this fashion cannot be sent to any “non-.mil” addresses. If the user attempts to do so, DSET and Microsoft Outlook will provide pop-up boxes explaining the user’s options.

“I can’t overstress the importance of reading the information in the pop-up box,” said Pugh. “Read the training materials on the use of DSET; read the training slides on how to use Microsoft Office features to encrypt various documents; understand how these tools can help you safeguard PII.”

In preparation for the Air Force-wide release of DSET, you can access training at:

DSET tutorials: <https://afpki.lackland.af.mil/tutorials/dset/>

DSET Quick Reference Guide: [https://afpki.lackland.af.mil/assets/files/OE-15-40-064\\_QRG-DSET\\_v0001.pdf](https://afpki.lackland.af.mil/assets/files/OE-15-40-064_QRG-DSET_v0001.pdf)

Additional training on how to encrypt Microsoft Office documents can be accessed at: <http://www.24af.af.mil/shared/media/document/AFD-140701-064.pdf>

Users have multiple tools at their disposal to protect PII if encrypting e-mail is not feasible, but if electronic transmission of sensitive PII is operationally required, users can leverage approved Department of Defense file exchange services at: <https://safe.amrdec.army.mil/safe/>

More information regarding DSET implementation can be found at: <http://www.24af.af.mil/news/story.asp?id=123417788>



# Humvee egress training enhances survival skills

Story by Tech. Sgt. Armando Vasquez and Photos by Senior Airman Kellyann Novak, 108th Wing Public Affairs Office

The thump of various objects falling and grunts of pain could be heard as the vehicle turned upside down. Confusion and a tinge of panic can be seen in the eyes of the occupants. After getting their bearings, the occupants work together and safely exit the vehicle, secure their perimeters and check each other for any injuries that might require medical aid.

More than 30 Airmen from the 108th Security Forces Squadron and 108th Contingency Response Group received Humvee egress assistance training at the Joint Training and Training Development Center in Joint Base McGuire-Dix-Lakehurst, New Jersey, during November's unit training assembly.

The purpose of the training is to teach combat Airmen the proper procedures to egress from an inverted Humvee, said Master Sgt. James Scannell.

"We spin them around so they can understand what a roll-over feels like," said Master Sgt. Purvis Coley. Both Scannell and Coley are security forces non-commissioned officers trained on this critical skill.



The training comprises of two sessions. For one hour, Airmen are provided with classroom lectures about what to expect and how to react if a Humvee rolls over. Following the lecture, the Airmen are given hands on roll-over training in a Humvee simulator.

Under controlled conditions, the Airmen will gain experience in the proper process to egress. This practice is crucial for Airmen, as it will help them achieve self-control and overcome natural fears and panic following a catastrophic event which led to the vehicle being inverted.



"I liked the Humvee training," said Airman 1st Class Justin Rodriguez, a security forces Airman who's been with the unit for just one year. "It felt like a real life situation and we had to communicate in this situation to get out safely."

Although the training was simulated, the lessons learned will become valuable tools in times of combat.

**Security Forces Airmen from the 108th Wing's Security Forces Squadron receive Humvee egress assistance training at Joint Training and Training Development Center at Joint Base McGuire-Dix-Lakehurst, N.J., Nov. 9, 2014. The purpose of the training was to teach Airmen the proper exiting procedures from an inverted Humvee. (U.S. Air National Guard photo by Senior Airman Kellyann Novak/Released)**





'Tis the Season to go out and about, and with this comes: Some cups of cheer that may be too subtle for some to recognize that they should not be driving. Consequently, watch out for impaired drivers on the road (impairment from substances as well as technical equipment use (phones, iPads, GPS's, kindles, etc.)).

Nighttime driving increases risk. Darker earlier = twilight commutes = more deer being hit on the road, swerving to avoid a raccoon or opossum on slick roads and ending up in a ditch!

Colder temperatures increase the risk of black ice forming on roads. Always have emergency kits (blankets, flares, kitty litter, etc.) in your car when traveling. Furthermore, a lot of people travel to see friends and family during the holiday season. Beware of fatigued driving, especially after a heavy meal. Let someone know where you are traveling and when to expect you.

Use your time off to enjoy and take a personal break and de-stress; don't forget about those who are home alone or far away from home - keep in contact with them (social media but remember OPSEC).

Here are some Do's and Don'ts: Do not leave lit candles unattended, burn package wrappings in the fireplace, leave space heaters on unattended, hang wet clothes/gloves over a heater, overload outlets/power strips, or leave raw poultry on the counter.

Exercise good ladder safety when stringing lights, check smoke and carbon dioxide/monoxide detectors (biggest season for home fires), have a home escape and rally plan for your family, and check the Christmas tree's water level daily.

Lastly, if you happen to give or receive this as a Christmas present: Red Rider BB guns can put your eye out! Be careful!



**Airman 1st Class Hannah Bartlett, 108th Wing, ceremoniously places a holiday wreath at the New Jersey State House Dec. 8, 2014, as Lt. Gov. Kim Guadagno and Brig. Gen. Michael L. Cunniff, the Adjutant General, observe. The wreath was presented by Wreaths Across America to honor fallen veterans and is held nationwide and at each state's capitol. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)**



**Airmen from 108th Wing and the 177th Fighter Wing, New Jersey Air National Guard, were joined by 47 fourth-graders from the Seaview School in Linwood, N.J., for the 14th Annual Holiday "Songfest" at the Veterans Memorial Home at Vineland, N.J., Dec. 9, 2014. Upon arrival, the 32 Airmen and fourth-graders were issued holiday greeting cards and candy canes, assigned to groups and sent out to spread cheer among the residents. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)**

# Air Force makes strides in combating sexual assault

Story by Staff Sgt. Torri Ingalsbe, Air Force Public Affairs Agency, Operating Location – P / Published December 04, 2014

WASHINGTON (AFNS) -- Eight-hundred fewer Active-Duty Airmen experienced some form of unwanted sexual contact in fiscal year 2014 than in fiscal 2012, and 500 more Airmen reported the crime over the same period.

This data was part of a report provided to the President, Dec. 2, that summarizes the progress the Department of Defense and all the services have made in eliminating sexual assault in the DOD over the past three years.

“The increase in the reporting shows us that victims are more comfortable coming forward, and believe they will get the services they need to recover from the trauma” said Maj. Gen. Gina Grosso, the director of Air Force Sexual Assault Prevention and Response.

A sexual assault report does not automatically trigger an investigation. Victims who choose to file a restricted report can get the care to help them cope with the crime, and the sexual assault response coordinator will assist them in getting any desired assistance. Unrestricted reports also provide care and assistance to a victim, while automatically launching a criminal investigation by The Air

summit in January,” she explained. “We’re pairing Airmen from the field with primary prevention research experts to develop new prevention tools that will drive us to our vision of an Air Force free from sexual assault.”

Another focus area the general wants to address is social and professional retaliation that victims have reported.

“We have training modules this year designed to address communication and training to foster victim empathy,” Grosso said. “This needs to happen at all levels – from the peer group, to the first-line supervisors, with commanders taking the lead.”

Grosso shared that she is often asked if the Air Force’s vision is attainable and she unequivocally says yes. She believes Airmen join the Air Force to be a part of something that’s important for the Nation’s defense and have a set of values they want to live by.

“I believe we can absolutely create an Air Force free from sexual assault because there is no important task for the nation that Airmen cannot achieve,” she said.



*“..we can absolutely create an Air Force free from sexual assault..”*

Force Office of Special Investigations. Victims can always seek care from a medical provider without triggering any kind of report.

“We strongly believe in victim’s choice,” Grosso said. “Victims always have voice and choice when seeking care after an assault. We want all victims to get the help they want and need and should never be pressured into filing one kind of report over another.”

She attributes the decrease in prevalence and increase in reporting to the culture change within the Air Force toward sexual assault, particularly at the commander level.

“Leadership involvement at every level the past three years has resulted in fewer sexual assault incidents and more victims reporting the crime,” Grosso said. “However, we still have work to do.”

Providing a robust sexual assault response system will continue to be a focus moving forward, but Grosso also wants to take a new approach to prevent sexual assault, emphasizing it’s everyone’s responsibility: individual Airmen, peer groups, leadership at all levels, installation-level programs and Air Force-wide programs working together to eliminate the crime.

“We’re starting the new year with a week-long prevention

**SARC**  
SEXUAL ASSAULT RESPONSE COORDINATORS  
(SARC)  
108th Wing Primary: Maj. Doolittle  
(609) 694-9426  
Joint Force Headquarters  
(609) 864-1194  
24/7 Safe Helpline  
1-(877) 995-5247  
**Believe the Victim**



# Re-enlistments



**Col. Robert A. Meyer Jr., right, 108th Wing commander, administered the Oath of Enlistment to members of the 108th Wing at the re-enlistment ceremony held at the Wing headquarters at Joint Base McGuire-Dix-Lakehurst, N.J., Nov. 8, 2014. Back row, left to right: Senior Airman Andrew V. Balint, Staff Sgts. Todd Little and William T.**

**Dougherty, and Tech. Sgt. Mark J. Christian. Front row, left to right: Staff Sgts. Berish B. Wetstein and Daniel J. Vergara, Tech. Sgt. Frank R. Incognito, Chief Master Sgt. Michele L. Evans, and Master Sgt. Scott T. Emmick. (U.S. Air National Guard photo by Senior Airman Kellyann Novak/Released)**

## **Cholesterol... Continued from Page 2**

these fruits and vegetables might increase HDL concentrations as much as 10 percent.

- Fatty fish: Increasing your intake of salmon to once or twice a week is a good goal.
- Dark chocolate: Eating 50 grams of dark chocolate (about 1.5 ounces) daily can improve the antioxidative action of HDL. Just don't overdo the chocolate as excess weight can also complicate cholesterol management.
- Red wine: Low to moderate consumption of alcohol has heart-healthy benefits and red wine is the beverage most often recommended for people who want to improve their HDL. Men may have up to two glasses of red wine a day and women

can have one (a glass of wine is about five ounces). However, alcohol consumption remains a personal choice. If you prefer not to drink, don't feel pressured to do so purely to raise good cholesterol levels.

Finally, speak with your primary care provider to learn more about your specific risk factors and to determine which treatment is best suited for you. Whether you take medication, make better lifestyle choices or both, the benefit of lowering your risk for a heart attack or stroke is in your hands. If you have any questions, come over and meet with us at the 108th Medical Group.



### Lt. Col. Lamar's retirement selfie

*KC-135R Stratotanker pilot Lt. Col. Jonathan G. Lamar takes a selfie during his retirement speech at the 108th Wing, New Jersey Air National Guard, at Joint Base McGuire-Dix-Lakehurst, N.J., Nov. 8, 2014. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)*



### Promotion ceremony

*A promotion ceremony is held at the 108th Operations Group's conference room in Joint Base McGuire-Dix-Lakehurst, N.J., Nov. 9, 2014. Staff Sgt. David Spaeth, center, receives a ceremonial tack of his new rank onto his arms by his stepson, Jayden Watson, right, and 108th Wing commander, Col. Robert A. Meyer, Jr. (U.S. Air National Guard photo by Tech. Sgt. Armando Vasquez/Released)*



### Newcomers' briefing

*Newcomers to the 108th Wing receive briefings at the 108th Contingency Response Group conference room at Joint Base McGuire-Dix-Lakehurst, N.J., Nov. 9, 2014. The incoming Airmen are briefed on various aspects of the Air Force and Air National Guard mission and culture, as well as benefits entitlements for service members. (U.S. Air National Guard photo by Tech. Sgt. Armando Vasquez/Released)*



### "Happy Birthday" to a veteran

*New Jersey Veterans Memorial Home Vineland resident Robert Brown, right, receives birthday wishes from, left to right, Tech. Sgt. Debra L. Zygmunt, Master Sgt. George C. Wutsch, and Tech. Sgts. Edson M. Casanova and Rasha A. Burton during the New Jersey National Guard Counterdrug Task Force's annual visit to the Home in Vineland, N.J., Nov. 12, 2014. NJNG CDTF Soldiers and Airmen have been visiting the New Jersey Veterans Memorial Homes in Menlo, Paramus and Vineland as part of their veteran outreach program for the last six years. (U.S. Air National Guard Photo by Master Sgt. Mark C. Olsen/Released)*

**IF IT'S INTERESTING, WE'RE INTERESTED. CALL PA AT 754-4173**

# Stratotanker Inspection



Above: Staff Sgt. William A. Munoz, left, and Senior Airman David G. Abreu, both with the 108th Wing Maintenance Squadron, remove the fuel boom during a periodic inspection of a KC-135R Stratotanker at Joint Base McGuire-Dix-Lakehurst, N.J., Nov. 8, 2014. Right: Staff Sgt. Ivan R. Martinez, front, and Airman 1st Class Gerald R. Meagher, both with the 108th Wing Aircraft Maintenance Squadron, check for evidence of fuel leaks. Below: Airman 1st Class James R. Hess, 108th Wing Maintenance Squadron, examines a CFM-56 turbofan engines' turbine outlet guide vanes (U.S. Air National Guard photos by Master Sgt. Mark C. Olsen/Released)



# Cyber Security Mission

*From the 108th Operations Group*

The 108th Wing will be gaining a Cyber Operations Squadron in the summer of 2015. The 71-person unit will be responsible for performing a cyber defense mission aimed at protecting Air Force, DoD and national information systems.

The squadron will consist of 14 cyber operations officers (AFSC 17Dxx), 30 enlisted positions (AFSC 1B4xx) and a commander's support section.

The requirements for officers are a degree in Science, Technology, Engineering or Math.

The requirements for enlisted are ASVAB scores of 64 in General Science and 70 in Electronics Information. Additionally, there are MEPS tests that must be passed prior to attending tech school. Schools to obtain the basic AFSC are offered at Keesler AFB and are approximately five months long, but additional schools will be required to attain mission ready status.

Currently, the Wing is seeking qualified applicants to fill leadership and supervisory roles within the squadron. Although no personnel moves can be accomplished until the

manning document is published in mid-2015, interested individuals are encouraged to submit a military resume and letter of intent to the 108 OG/CC (care of Master Sgt. Rodney Harris 609-754-6104) at the earliest opportunity.



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## Servicemember's Civil Relief Act

*From the 108th Wing Legal Office*

The Servicemember's Civil Relief Act (SCRA) provides a wide range of protections for service members who are either called to active duty, or deployed. Under this law, an eligible service member may postpone or suspend certain civil obligations, ensuring that the service member is able to devote his full attention to the mission as well as alleviate some of the stress that his family members may face during the deployment. Some examples of obligations that you may potentially be protected against include: Six percent cap on interest rate; Judicial Relief; and termination of a lease. Let's look at these examples more closely.

**Six percent Interest Cap:** For all debts incurred prior to military service or activation, SCRA limits the interest rate that a lender may charge to six percent on any loan or credit obligations. In addition, while the service member remains on active duty, the excess interest cannot become due once the service member leaves active duty. Any portion of the debt that is above the six percent interest threshold is permanently forgiven. Furthermore, the monthly payment due must be adjusted by the amount of interest saved during the covered period. Examples of debt covered include, credit cards, vehicle loans, and mortgages.

**Civil Court:** Service members on active duty who are unable to attend a scheduled court appearance may request postponement

of civil court or civil administrative proceedings. But, this protection does not extend to criminal matters. Actions that are included in this provision include bankruptcy, divorce, foreclosure, or any other issue handled by a civil court.

**Lease Termination:** SCRA protects a service member who received permanent change of station orders or who is deployed to a new location for 90 days or more, the right to terminate a housing lease. Additionally, this law protects service members and their families from eviction from their primary residence while on active duty due to nonpayment of rents. A lease of an automobile used by a service member or a service member's dependents may be terminated if the member PCS's OCONUS or deploys for more than 179 days.

**Eligibility:** The SCRA covers all active duty service members, Reservists and the members of the National Guard while on active duty. SCRA protection begins as of the date of entering active duty and generally terminates within 30 to 90 days after the date of discharge from active duty.

To learn whether SCRA applies to your situation and the scope of protections that it may provide, please visit the 108th Wing's Legal Office. Appointments for legal assistance are available every drill weekend and can be scheduled by contacting us at 609-754-5049.



**knowledge**



## AIRMAN 1ST CLASS ALEXANDER M. ZANFAGNA

**Time in service:** 1 year  
**Job with 108th Wing:** Supply  
**Civilian job:** Material handler  
**Favorite food:** Pizza  
**Favorite movie/movie last seen:** Star Wars  
**Favorite actor/actress:** Brad Pitt  
**Favorite TV show:** Breaking Bad  
**Favorite book/last book read/author:** Hunger Games  
**Favorite music genre/artist:** Rock, Avenged Sevenfold  
**Favorite sport:** Soccer  
**What I do in my spare time/hobbies:** Play soccer and guitar  
**My hero:** My mother  
**Dream vacation:** Italy  
**Dream car:** My Honda Civic  
**Goals for the future:** Become a State Trooper  
**What I like most about the 108th:** The People  
**If I was CC for a day:** Everybody would have the day off



Photo by Staff Sgt. Jacquelyn E. Vasvari-Toke

# Congratulations!!

## Enlisted Air National Guard of New Jersey Award Winners

### Outstanding Airman

Senior Airman Brian J. Gluck  
108th Operations Support Squadron

### Outstanding Non-Commissioned Officer

Tech. Sgt. Michael J. Hickey, Jr.  
108th Wing

### Outstanding 1st Sergeant

Master Sgt. John J. O'Keeffe  
108th Aircraft Maintenance Squadron

## Undergraduate Pilot Training Board

Applications Due:

To: Maj Jason Tiger [jason.tiger@ang.af.mil](mailto:jason.tiger@ang.af.mil)

By: 13 December 2014 by 1200L

Board:

Who: **Current 108WG Members Only**

Where: Bldg 3390, Wonnacott Ave, JB-MDL  
OG Conference Room

When: Morning of 14 December

Application Package:

1. Cover Letter/Letter of Intent
2. Resume
3. AF IMT Form 24
4. No More Than 2 Letters of Recommendation
5. College Transcript
6. Current Driving Record/History
7. Copy of Social Security Card/Proof of Residency
8. Copy of Pilot License (Front and Back)
9. AFOQT/TBAS Scores



# “What are your plans for the holidays?”

Photos by Staff Sgt. Jacquelyn Vasvari-Toke, 108th Public Affairs



***“I plan to stay at home with my family and enjoy my time off.”***

Senior Airman Emmanuel Arzaga, 108th Security Forces Squadron



***“I spend Christmas with my 2 children and we always set out the milk and cookies for the night before.”***

Senior Airman Crystal Brown, 108th Wing



***“I’m going to spend it with my family, probably watch some football and T.V.”***

Senior Airman Christian Campaniolo, 108th Security Forces Squadron



***“I’ll be taking part in fundraisers for CFC. My place of employment plans to raise \$51,000 and I want to help in that effort.”***

Master Sgt. Jacqueline Kennedy, 108th Force Support Squadron



***“I will be going to see family in New York and upstate New Jersey and we’re taking my kids to see The Lion King on Broadway in the city.”***

Master Sgt. Shannon King, 108th Civil Engineering Squadron



***“I hopefully will be going to Saint Cloud, Florida to visit family and do our annual trip to Disney World.”***

Senior Airman Randy Morales, 108th Civil Engineering Squadron



***“I’m going to Miami, Florida for my niece’s christening, and if I have time swinging by Orlando to see The Wizarding World of Harry Potter at Universal Studios.”***

Airman 1st Class Richard Parrales, 108th Civil Engineering Squadron



***“I’m going to New York City with my family to go ice skating and see the Rockefeller tree for the first time.”***

2nd Lt. Jose Rodriguez, 108th Force Support Squadron

# Holiday



Kevin Sedlak, 87<sup>th</sup> ABW/SEG

In Great Britain the word "holiday" has the same meaning as vacation. I always thought of it as a day to get together with family and friends.

Too often we have higher expectations for this season than for any other time of the year. Planning for the holidays can leave us feeling impatient, cranky, and in some cases depressed and overwhelmed. When the realities of day-to-day life conflict with our efforts to make the holiday season perfect, stress results.

For me, I never thought the expectations for the holidays were realistic. The buying of gifts for family and friends and you have no idea what they want. To help manage holiday stress this year try this; list on a piece of paper what you expect from yourself and your family during the holidays. Hidden within these expectations you might find the things particular to you that can cause stress. Under each item in the list, write down what changes you can make to prevent or defuse stress. Adopt changes that will be most helpful to you. Avoid holding on to unrealistic goals, such as creating the most enchanting holiday atmosphere. Remember to include your own needs.

One of the biggest stresses I have during the holiday is giving the perfect gift. To avoid this, don't be afraid to ask people what they want instead of scouring the earth to find the perfect gift. Shop early, when there is more of a selection and most of all, stick to your gift budget. This will prevent the stress of paying off those large bills in January.

Plan out your family get togethers, buy prepared foods instead of cooking everything from scratch, ask others to bring one of their signature dishes, and cook and freeze foods ahead of time. Don't feel just because you are the host you must do everything!

Simplify holiday commitments and traditions. Discuss with your family which traditions are most important. Allow time for yourself. Remember to do things that you enjoy. Avoid time crunches by making plans to visit some friends and family soon after the holidays. Don't over-schedule yourself. Allow enough time to relax and recover after visiting with others. Tell family members about your commitments so you are not struggling against their expectations.

For some, the holidays can be a depressing time. Feelings of sadness, loneliness, and anger can intensify when contrasted with the joy expected of the holidays. There are many things that contribute to holiday depression. Ignoring feelings of sadness, loneliness, or depression in an effort to maintain "holiday cheer" is not a healthy way to cope with your feelings. To cope with these issues, try something new. Take a vacation with a family member or friend. Spend time with people who care about you. Volunteer your time to help others. If you are religious, take time to reflect on the spiritual significance of the holidays. Try to appreciate the good things you have now instead of focusing on the past. Stay active. Get out. Go for a walk. Window shop. Accept feelings of sadness or loneliness. These feelings might not go away just because it's the holidays. And most importantly, get help if you need it. Don't be embarrassed to ask for help during the holidays or any time of the year.

I know this is hard to do during the holidays, but avoid overeating and overdrinking, especially alcoholic beverages. Avoid starving yourself in anticipation of eating at holiday parties. Continue exercising and watching your diet.

Manage your time. Set priorities and let go of impossible goals. Stop to enjoy the fruits of your labor. Take the time you need to finish tasks that are important to you. Don't try to complete everything at once. Ask others, including the kids, to help you complete chores. Rest when your body tells you to. Keep these tips in mind this year and have a safe and enjoyable holiday season!

# Season's Greetings



from the Air National Guard's Suicide Prevention Program

## One small act can make a big difference...



...in the life of a friend, family member, Wingman, or even a stranger. "The Power of 1," a public service announcement from the Veterans Crisis Line, shows how taking the time to reach out can be the first step to getting people the support they need. A single action — one call, one chat, one text, one conversation — can have a significant impact.

The Veterans Crisis Line connects Veterans or Service members in crisis, as well as their families and friends, with qualified, caring U.S. Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, and text-messaging service. You and your loved ones can call 1-800-273-8255 and Press 1, chat online at [VeteransCrisisLine.net/Chat](http://VeteransCrisisLine.net/Chat), or text to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Reach out. One call can open the door to support. — Adapted from Department of Veterans Affairs



Local resources are available via our **Wing's Director of Psychological Health**, offering day-to-day short-term problem resolution and clinical services, including assessments and referrals. **Chaplain** services are also available and offer a confidential venue for those in crisis.

As you engage with this holiday season, remember the power that your one small act can make for someone else. You have the potential to make a big difference in someone's life through even the smallest of gestures.

Video Link: [www.veteranscrisisline.net/Resources/Videos.aspx?v=WSx11Kmmrg](http://www.veteranscrisisline.net/Resources/Videos.aspx?v=WSx11Kmmrg)

Military Crisis Line: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)