

NEW JERSEY



NOVEMBER 2015

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Tips



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WARNING:
WHEN WORKING ON OR NEAR BLEEDER
SYSTEMS, ALWAYS RELEASE HYDRAULIC
SYSTEMS PER APPLICABLE P-2 SERVICES TO

Dangers lurking in your medicine cabinet

Story by Maj. Bill Swart, 108th Medical Group

If it is over-the-counter it's got to be safe, right? WRONG!

With the cough and cold season in full effect, we will soon be headed to the local pharmacy to fix what ails us. Self-medicating seems harmless and chances are you will be fine, but don't count on it. Just like prescription drugs, OTC medication come with a litany of side effects. They can aggravate medical conditions, mask symptoms of serious disease and counteract various prescription medications. Therefore, it is important to highlight some common dangers to keep you safe and fit to fight.

I cannot emphasize enough how important it is to know what medications you are taking. At a minimum, you should keep a list of medications in your wallet. One hack is to take a picture of your medication bottles with your smartphone. With one simple click, you instantly have the names, doses and specific instructions as well as your pharmacy's phone number. Furthermore, involve your local pharmacist as they spent a lot of time learning about dangerous drug interactions and are eager to help keep you safe and informed.

Cough and cold medications come in a variety of brands with flashy names. It can be very confusing so be sure to read labels for active ingredients. The most common medication in these and other OTC pills is acetaminophen, otherwise known as Tylenol. Without realizing, you may quickly exceed safe limits for this drug. You should take no more than four grams (one gram is equivalent to 1000 milligrams) of acetaminophen daily. Exceeding this limit can lead to permanent liver damage especially for those who drink alcohol to excess.

Nonsteroidal anti-inflammatory medications like ibuprofen and naproxen should not be combined. These types of medications are better known as Motrin, Aleve, Pamprin and Anaprox. They can reduce the efficacy of many blood pressure medications, so I would recommend keeping track of your blood pressure. Common side effects include swelling, kidney damage, ulcers and high blood

pressure. Furthermore, scientific studies have shown long term use of NSAIDs increase risk for cardiovascular diseases such as strokes and heart attacks. Be very careful if you are taking blood thinners and combining them with NSAIDs, as this can lead to serious internal bleeding.

Dextromethorphan is a common cough suppressant. It can interact with antidepressants such as Prozac or a common herbal formulation for depression called St. John's Wort. This serious interaction can be life threatening. Common initial symptoms include feeling flushed, tremors, anxiety and palpitations. Stop this medication immediately and contact your provider immediately if you notice these symptoms.

Pseudoephedrine, better known as Pseudoed, and phenylephrine are common nasal decongestants. These medications can make it hard for you to urinate and raises blood pressure, so be careful. People with heart issues such as arrhythmia or angina should avoid them.

Antihistamines similar to Benadryl such as brompheniramine and chlorpheniramine have not been proven to help with the common cold. They are chock full of side effects such as retaining urine, dry mouth and constipation.

This article was intended to improve your situational awareness with the dangers of over-the-counter medication. Remember to read labels. Reach out to your local pharmacist for advice. Be sure to alert your provider if you are not getting better or for side effects. Fly safe.



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

Several KC-135R Stratotankers with the 108th Wing rest on the flight line as the sun sets at Joint Base McGuire-Dix-Lakehurst, N.J., Nov. 4, 2015. The Stratotanker provides the core aerial refueling capability for the United States Air Force. The aircraft, which enhances the Air Force's capability to accomplish its primary mission of global reach and global power, also provides aerial refueling support to Air Force, Navy, Marine Corps and allied nation aircraft. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)



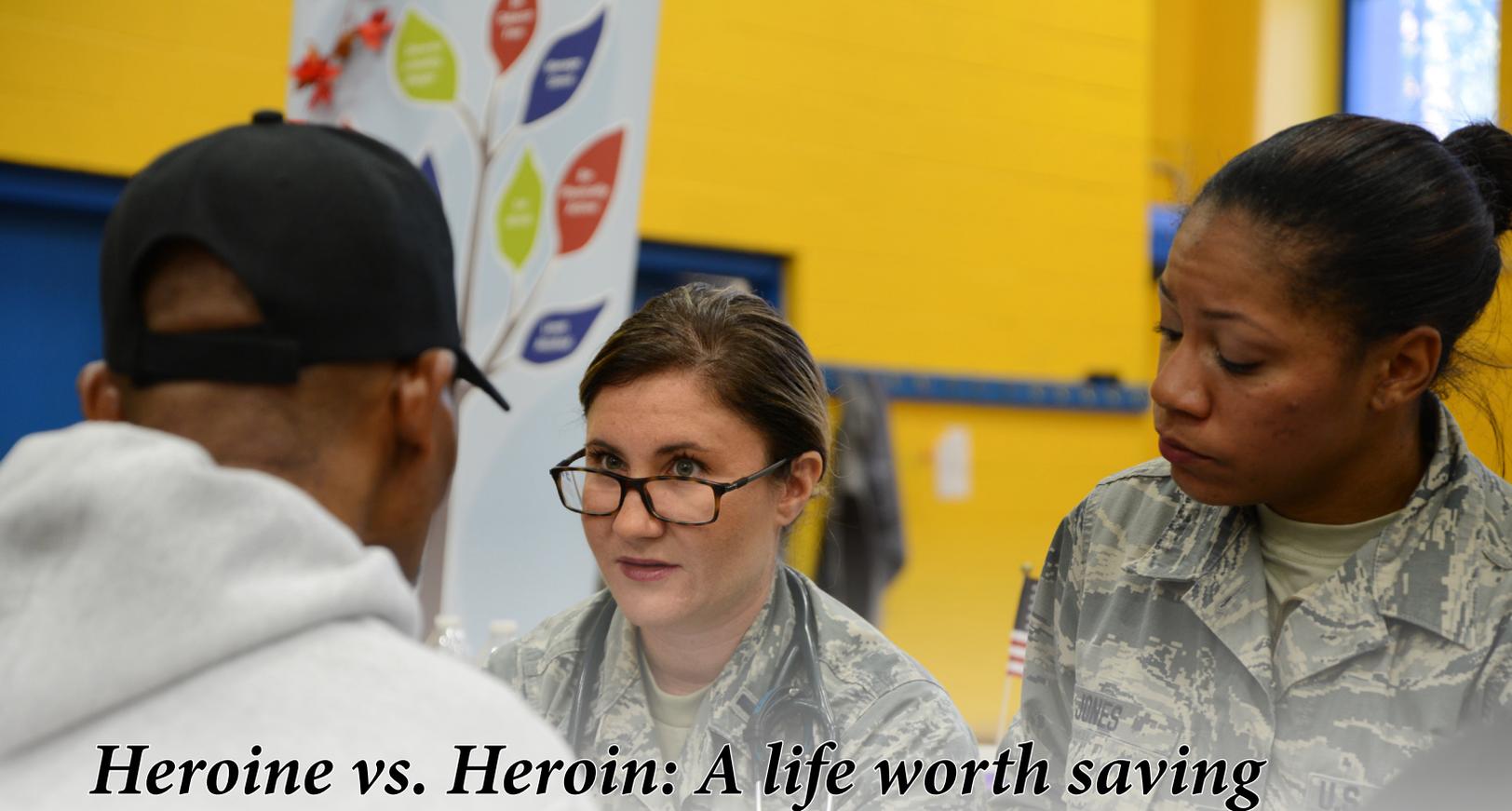
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www.flickr.com/photos/108th_wing
<https://www.youtube.com/user/108thWing>

WING TIPS STAFF

Col. Andrew P. Keane - Commander, 108th Wing
Maj. April B. Doolittle - Chief, Public Affairs
2nd Lt. Jacquelyn E. Vasvari-Toke - Public Affairs Officer
Master Sgt. Carl Clegg - Superintendent, Public Affairs
Master Sgt. Mark C. Olsen - NCOIC, Public Affairs
Tech. Sgt. Matt Hecht - Broadcast Journalist
Tech. Sgt. Armando Vasquez - Photojournalist
Staff Sgt. Brian Carson - Photojournalist
Senior Airman Kellyann Novak - Photojournalist
Airman 1st Class Julia Pyun - Photojournalist
Airman 1st Class Maria Rella - Broadcast Journalist





Heroine vs. Heroin: A life worth saving

Story by Airman 1st Class Julia Pyun, 108th Wing Public Affairs

Sara Kucharski is a dedicated nurse. She is also a first lieutenant in the New Jersey Air National Guard and recently, the Infection Control Officer from the 108th Medical Group, saved a man's life from a heroin overdose in Camden County this past April.

During her time away from the 108th Wing, Kucharski is a community nurse with the Camden County Department of Health and Human Services. Kucharski works out of a mobile health van called Health Connection that provides health screening and disease risk assessment services to the local community.

After finishing work, Kucharski and her coworker were sitting in traffic on Route 130 when a car ahead of them pulled off to the side of the road. A person exited the car, started to jump up and down while screaming "He's dying!"

"All I saw was a blue and purple arm dangling from the car door," said Kucharski. "He was tangled in the seatbelt and his entire body was blue. It was a struggle to get him out of there." Another driver stopped to help Kucharski remove the man from the vehicle as other cars passed by them on the highway.

"Once we got him loose, he fell out and hit his head," said Kucharski. "The man was pretty much dead with no pulse or breathing, and he was young, maybe in his early 20s." Kucharski started to perform chest compressions in hopes of reviving the man whose friend said his name was Brian. The friend thought Brian may have overdosed since they just finished using heroin.

Brian vomited and his pulse and breathing started to come back. "He tried to get up, but I told him to relax," said Kucharski. The police and emergency medical technicians arrived, took control of the scene and called for Narcan, an opioid disruptor that took effect immediately. Brian got cleaned up, waved and said thank you to Kucharski for saving his life as she drove away. "I wished him good luck as I left," said Kucharski.

"When telling my coworkers about this incident, I was surprised to see how many of them would not have done what I did,"

said Kucharski. "Situations like this are seen all the time. Many of my coworkers think it's 'just another drug addict', but I would do it all over again in a heartbeat."

"As medical personnel, we don't have an obligation to stop and help when we're off duty, that's the job of the first responders," said Kucharski. "Many nurses and emergency medical technicians get burned out from their regular work, let alone additional things during their free time."

"I want to turn this into a wake-up call for kids out there and have them realize that he could have died and put my life at risk too," said Kucharski. "I worked hard and passionately on wanting him to live. If he died, it would have impacted my life forever too—I couldn't bring him back. It would have impacted everybody around him."

"I recommend anyone who has the potential to be around those with an addiction to heroin to get trained in administering Narcan," said Kucharski. "It's a choice for you to get trained to have it on your person at all times." Narcan is approved by the U.S. Food and Drug Administration to be used by family members or caregivers to treat a person known or suspected to have a heroin overdose.

"I feel that people have a negative stereotype with addiction," said Kucharski. "They think it's a disease and look at the people like they're dirty. It's a mental disease like any other, and getting help from friends and family would help addicts recover. Anyone around you could be addicted to heroin and you would never know it. Addicts are everyday people like you and me."

"This was the first time I resuscitated someone on the street," said Kucharski. "All I could think about was my six-year-old son. In 14 years, this could be him; I hope that someone would save him like I saved Brian. I also hope that this was the turning point for Brian to change his life in a better direction."



COMMANDER'S WALKABOUT



Col. Andrew P. Keane, the 108th Wing's new commander, visited Wing work centers Oct. 18, 2015 to greet and meet with all of his troops and applaud their success. During his walkabout, Keane spoke with Airmen about the expectations of them, and listened as they expressed their needs for mission accomplishment. (U.S. Air National Guard photos by Senior Airman Kellyann Novak/Released)

Procrastination: the art of wasting time

Story by Jill Barrett, 108th Wing Director of Psychological Health

I sit down at my computer each month with a fresh Word document waiting to become a living, breathing Wing Tips article. Before I even start typing, I minimize the Word document, double click on Outlook and peruse my e-mails while checking my voicemail.

Why does this happen every time? Why can't I just finish what I already started?

In an attempt to figure out why I can't seem to give up this toxic relationship with procrastination, I decided to focus this month's article on procrastination and hope that the insight might enlighten us all. About 20 percent of the general population identify themselves as chronic procrastinators. Procrastination came in second only to sleep troubles in the problems category of our 2015 Airmen Needs questionnaire.

So why do so many of us procrastinate? Maybe we tell ourselves we perform better under pressure. Or that the quality of the work that we do when we're not feeling in the mood isn't as good. Perhaps we think that we have more time than we actually do and/or underestimate the amount of time a task will take to complete. I think I procrastinate with writing because I'm afraid that I won't feel inspired when I sit down to work and I will write something that's not relatable and viewed as poor quality.

Fear of failure. Fear of success. Fear of judgment. Fear that we won't, or don't, have enough time. Fear that it won't be perfect. Fear that the task will be unpleasant and frustrating. What do they

all have in common? In the case of procrastination, fear is generated in our mind based on past experiences or potential future events. As we look for easy distractions from our task at hand, we are regulating the uncomfortable feelings that arise from the fear in our mind.

Procrastination is also not good for our health. Putting things off creates higher levels of stress and sends all those stress hormones coursing through our body, wearing it out faster and weakening our immune system.

There are some quick fixes to beating procrastination: Write a statement of intention and make your task meaningful. Set realistic goals and break things down into small specific steps. Promise yourself a reward. Estimate the amount of time you think it will take you to complete the task and increase the amount by 100 percent.

These quick fixes may be fine, but if our fear remains unabated, it will continue to influence us and cause us to procrastinate despite our best intentions. One of the reasons fear can be so powerful is that it lurks in the dark, unnoticed or acknowledged, in the recesses of our mind. It acts upon us without us knowing. So the first step is to shine some light on it. The light is our attention, our examining of the fears, and our determination if those fears are rational or completely baseless.

So the next time I start checking my email to avoid crafting an article, I will shine the light on myself and ask, "What are you so afraid of?"



108th Wing photographer nationally recognized

Story by Staff Sgt. Wayne Woolley, Department of Military and Veterans Affairs Public Affairs

Tech. Sgt. Matt Hecht of the 108th Wing Public Affairs Office received a \$1,000 grant from the Eddie Adams Foundation Oct. 12 in recognition of his work as a military photojournalist and videographer.

Hecht was one of four military photographers to gain admittance to the Eddie Adams Photography Workshop in Jeffersonville, N.Y., which each year trains, the top 100 professional visual storytellers from news organizations around the world.

The foundation and workshop were founded by the late Eddie Adams, a Pulitzer Prize winning photographer for the Associated Press who captured one of the most iconic images of the Vietnam War, the execution of a Vietcong prisoner by a Vietnamese general. Adams, who died in 2004, established his annual workshop in 1988 to foster the professional development of outstanding photographers and videographers.

At the end of this year's workshop, Hecht also received the Major Herman Wall Memorial Award for Military Journalism, named for a public affairs officer who captured some of the first images of the D-Day invasion and was wounded in the battle.



Hecht, a military technician who drills with the 108th Wing, said he plans to use the grant money to support his work on a visual project that will honor Adams's legacy.

Holiday Photos

PRICE
FREE (108th Members Only)

WHEN
December 12th and 13th
1630-1730

WHERE
Headquarters Building
(Public Affairs Office)



The holidays are quickly approaching - get your photos taken by a professional photographer FREE of charge!

Limited availability - book today

SrA Jenkins | P: 732-685-9867 | E: info@retouchfactory.com

FINANCE TIP OF THE MONTH

Travel Pay Tip:

Flat Rate PerDiem - Travelers performing temporary duty assignment for more than 30 days in one location (CONUS and OCONUS) and housed off base, will receive a flat rate per diem. Ensure your authorization is built correctly to avoid overpayment.

Here is the link to look up FLAT RATE Per Diem by TDY location:

<http://www.defensetravel.dod.mil/site/perdiemCalc.cfm>

Partial Payments - If you receive scheduled partial payments while TDY, you must file a final voucher at the end of the trip to finalize payment.

MILPAY Tip:

Effective Oct. 1, 2015, all NGB 105s for Inactive Duty (RUTA, AFTP, PT, TTPA) will be submitted for pay through AROWS. See the orderly room for details.

Electronic Funds Transfer information and address changes can be updated any time through MyPay website:

<https://mypay.dfas.mil/mypay.aspx>

FM Customer Service Contact Information
3327 Charles Blvd
Joint Base MDL, NJ 08641

Customer Service Line: 609-754-4178
Customer Service Fax: 609-754-2110
Customer Service E-mail: 108-wg.mbx.wg-fm-customer-service@mail.mil

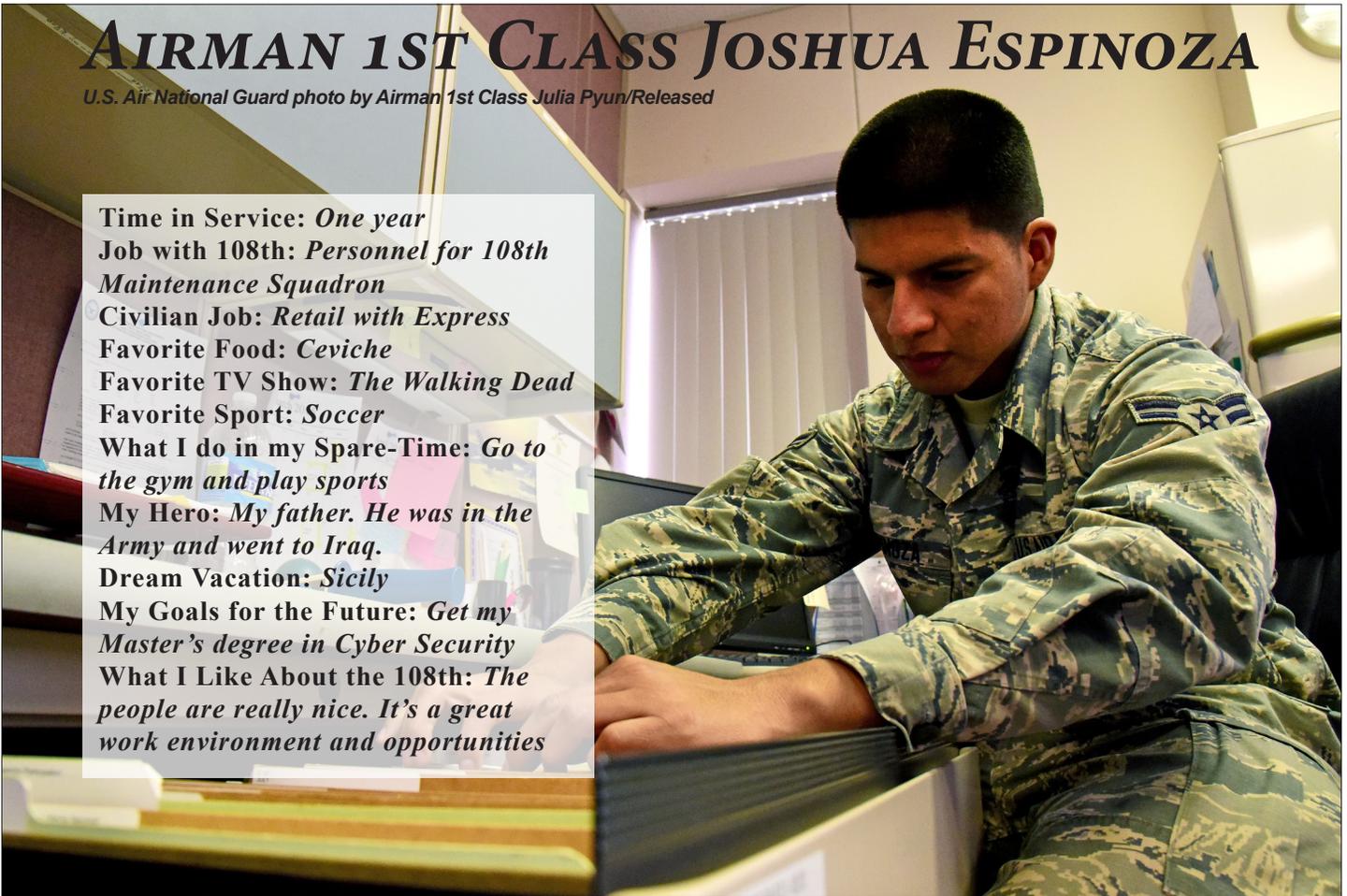




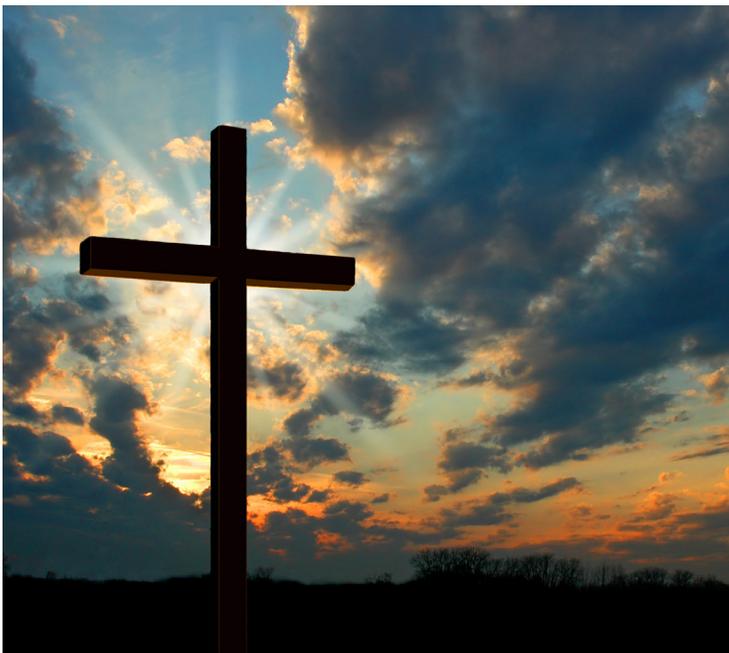
AIRMAN 1ST CLASS JOSHUA ESPINOZA

U.S. Air National Guard photo by Airman 1st Class Julia Pyun/Released

Time in Service: *One year*
Job with 108th: *Personnel for 108th Maintenance Squadron*
Civilian Job: *Retail with Express*
Favorite Food: *Ceviche*
Favorite TV Show: *The Walking Dead*
Favorite Sport: *Soccer*
What I do in my Spare-Time: *Go to the gym and play sports*
My Hero: *My father. He was in the Army and went to Iraq.*
Dream Vacation: *Sicily*
My Goals for the Future: *Get my Master's degree in Cyber Security*
What I Like About the 108th: *The people are really nice. It's a great work environment and opportunities*



Message from the Chaplains' Office



Religious Services held on Saturday:

- 11 a.m. - Protestant Services (Wing conference room)
- 11 a.m. - Kiddush Services (Wing Chaplains' office)
- 12:35 p.m. - Protestant Services (108th Operations Group building, XP classroom)
- 3:30 p.m. - Roman Catholic Mass (108th Medical Clinic conference room) - fulfills Sunday mass obligation

Looking for a rewarding Leadership Opportunity?

The Chaplain's Office is seeking the assistance of Wing members interested in becoming a lay leader for their specific faith group. For more information, please contact the Religious Support Team: Lt. Col. James Buckman, chaplain, or Senior Airman Dan-essa Duverce, chaplain assistant, at 609-754-2496.

Decisions: Stay or Leave?

Story and photos by Airman 1st Class Julia Pyun, 108th Wing Public Affairs

With the oath of enlistment, Airmen swear to support and defend the Constitution of the United States. Airmen agree to put their lives on the line and commit to more years of service. Like everything else in the military, there is a behind-the-scenes that is accomplished by more hardworking Airmen.

Senior Airman Jenna Ruggiero, who works in career development with the 108th Force Support Squadron, is one of those Airmen who make reenlisting possible.

"I love my job," said Ruggiero. "I love communicating to so many different members. The commanders, supervisors and chiefs really make my job easier. We work really well as a team. I get to learn a lot about the members I'm serving with."

Airmen who are approaching the end of their enlistment must make the decision to stay or leave the military. The FSS staff makes it possible for Airmen to go through their military careers smoothly.

To make the process easier, "Make sure you have that conversation with your commander before reenlisting," said Ruggiero. "Be proactive and don't wait until last minute. This makes for a less stressful reenlistment. I send a roster to each commander of members upcoming Expiration Term of Service within 90 days. The commander sends me a recommendation and contracts are created."

"I collect the information of Airmen whose contracts are ending within 90 days, and compile the ETS roster," said Senior Airman Jose R. Petthyng, another career development Airman with the 108th FSS. "Next, we make a point statement that has the Airman's years of active and inactive service that goes into BD form 4, also known as the reenlistment contract."

Airmen can reenlist anywhere from one to six years. Airmen must also pass their Air Force Fitness Assessment to reenlist. Reenlistments can be confused with extensions. Extensions are for career contracts that need to be followed through. An extension can be up to 48 months.

"Let's say someone cross trained to a new career field," said Petthyng. "They only have two years left of their contract, and their new job requires them to fulfill three years in that position. This is when an extension is needed compared to a reenlistment."

After the initial paperwork, Airmen must participate in the reenlistment ceremony where an officer will administer the oath of enlistment for the Airmen to recite.

"I enjoy watching the ceremony," said Petthyng. "I get to work on the Airmen's contracts and see them as they commit themselves to more years of service."

Master Sgt. Michael Ping, who does quality assurance with the 108th Maintenance Group, has served 27 years and decided to reenlist for three additional years. "I was notified that my contract was ending and spoke with my commander about reenlisting," said Ping. "I enjoy what I do. The people, travel opportunities, and education benefits are great, and I would recommend others to reenlist as well."



Top photo: Senior Airman Mecca Jennings, left, and Senior Airman Jose Petthyng sort through paperwork before the reenlistment ceremony starts in the 108th Wing conference room at Joint Base McGuire-Dix-Lakehurst, N.J., Sept. 19, 2015. Jennings and Petthyng are from the 108th Force Support Squadron. **Bottom photo:** Col. Thomas Coppinger, front, administers the Oath of Enlistment for Master Sgt. Steven Wescott, center, and Master Sgt. Michael Ping during a reenlistment ceremony.



Re-enlistments



I DO SOLEMNLY SWEAR THAT I
WILL SUPPORT AND DEFEND THE
**CONSTITUTION OF THE
UNITED STATES**

AGAINST ALL ENEMIES, FOREIGN
AND DOMESTIC; THAT I WILL BEAR
TRUE FAITH AND ALLEGIANCE
TO THE SAME; AND THAT I
WILL OBEY THE ORDERS OF THE
PRESIDENT OF THE UNITED STATES
AND THE ORDERS OF THE OFFICERS
APPOINTED OVER ME, ACCORDING
TO REGULATIONS AND THE UNIFORM
CODE OF MILITARY JUSTICE.

**SO HELP
ME GOD.**

Front row, left to right, Tech. Sgts. William M. Lonzson, Sheila D. Holman and Shawn J. Lazar, Senior Airman Keith C. Miller. Back row, left to right, Staff Sgt. Ian E. Coloncotto, Master Sgts. Russell E. Howarth, Jr. and Timothy R. Lannon, Chief Master Sgt. John E. Mumbower and Capt. Alvin Mallette. (U.S. Air National Guard photo by Senior Airman Kellyann Novak/Released)

Refueling the Families - Thanksgiving



Members of the 108th Wing organize donated food and gift cards that were collected during the Refueling the Families food drive at Joint Base McGuire-Dix-Lakehurst, N.J., Nov. 12, 2015. The food was separated into Thanksgiving meals for 108th members in need. Left photo: Senior Airman Laura Piper, left, and Senior Airman Ashley Ostboe. Center photo: left to right, Airman 1st Class Jacob Coneby, Senior Airman Ashley Ostboe and Master Sgt. Jeffrey McGrath. Right photo: Staff Sgt. Namir Laureano. (U.S. Air National Guard photos by Senior Airman Kellyann Novak/Released)

Continual Process Improvement

Story by the 108th Wing Inspection Team

As we make our way through the Nuclear Operation Readiness and Unit Effectiveness Inspections, it is important that we keep focus on improving our unit. Improving the unit is one of the major graded areas for the Air Force Inspection System, and is one that we all can affect. According to Air Force Instruction 90-201, continual process improvement is a hallmark of highly successful organizations. As a successful organization, we want to make sure that we continue to make the 108th Wing a better place to live and work.

So, how do we go about improving our Wing? We do it through a program called Air Force Smart Operations for the 21st Century, which focuses on generating efficiencies and improving combat capabilities across the Air Force. AFSO21 applies to all of the processes associated with the Air Force mission. Governed by proven process improvement techniques, the goal of AFSO21 is to significantly increase the Air Force's combat capabilities. There are five desired effects of the program: Increase productivity of our people; increase critical equipment availability rates; improve response time and agility; sustain safe and reliable operations; and improve energy efficiency. Achieving these desired effects is something that can be done at all levels in the Wing, regardless of rank.

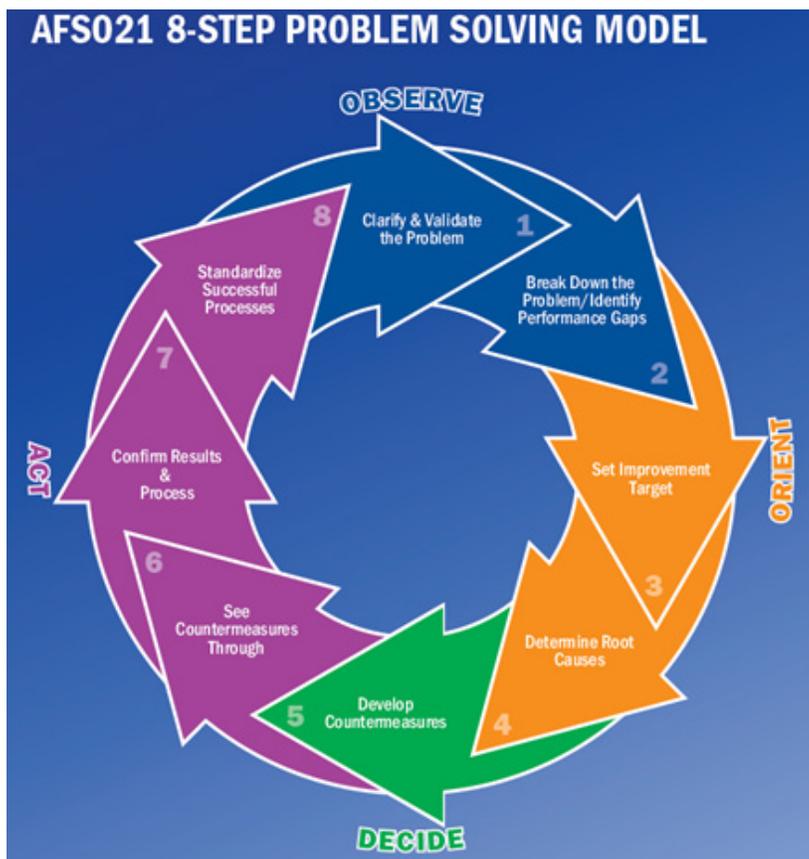


Meeting desired goals begins with mission and vision statements. These items should allow for performance metrics to be established and monitored in order to enable data-driven decisions. For example, the 108th Maintenance Group a 75 percent aircraft mission capable rate, according to the 3Q Commander's Inspection Management Board. That number is a clear goal to achieve.

What if we have shown that we have not been consistently achieving that goal? The answer is that we could hold a process improvement event. Such an event is the collaborative, structured, and focused effort made to improve a process. They are collaborative in nature, meaning, the cornerstone of CPI is teamwork. CPI events are designed to close performance gaps through a standardized eight-step approach to problem solving that follows the observe, orient, decide, and act decision making loop. The eight-step approach helps us not only to identify the problem, but to develop countermeasures and see them through. Please reference the graphic to the left to see what the approach entails.

In the 108th Wing, we can hold an event when a commander at any level identifies a systemic problem that needs to be fixed. In order for him or her to identify a problem, it is important that Airmen at all levels communicate to their chains of command problems they see. At that point, the Inspector General shop can host an event, bringing subject matter experts in the Wing to discuss the issues and find the root causes. Afterwards, we will forward a report for commanders to discuss the findings and what each shop will do to improve the process.

Overall, the CPI process cannot be successful without everyone's inputs, from the lowest level on up. The more we improve our programs, the more effective we are as a Wing. In today's budget-constrained environment, we need to be as efficient as possible, so that we can continue to be a highly effective unit for Air Mobility Command and the Air Force.



National Native American Heritage Month

2015 Presidential Proclamation by President Barack Obama

WASHINGTON - American Indians and Alaska Natives enrich every aspect of our country. As the first to live on this land, Native Americans and their traditions and values inspired - and continue to inspire - the ideals of self-governance and determination that are the framework of our Nation. This month, we recognize the contributions made by Native Americans since long before our founding, and we resolve to continue the work of strengthening government-to-government ties with tribal nations and expanding possibility for all.

Native Americans have helped make America what it is today. As we reflect on our history, we must acknowledge the unfortunate chapters of violence, discrimination, and deprivation that went on for far too long, as well as the effects of injustices that continue to be felt. While we cannot undo the pain and tragedy of the past, we can set out together to forge a brighter future of progress and hope across Indian Country and the entire American landscape.

Since I took office, I have worked with tribal leaders to write a new chapter in our nation-to-nation relationship. Ensuring young people have every opportunity to succeed is a critical aspect of our work together, and this year my Administration hosted the inaugural White House Tribal Youth Gathering following the launch of Generation Indigenious - an initiative aimed at improving the lives of Native youth and empowering the next generation of Native leaders. We will also host the seventh White House Tribal Nations Conference later this year, bringing together leaders of 567 tribes to explore opportunities for progress, with a particular focus on young people. As part of our agenda for providing Native youth the chance to realize their fullest potential, I have engaged tribal communities in a range of critical areas, and we have worked together to boost high school graduation rates and afford young people more chances to pursue higher education, employment, and professional development opportunities. We're also working to expand access to health and

counseling services essential to ensuring youth feel safe and heard.

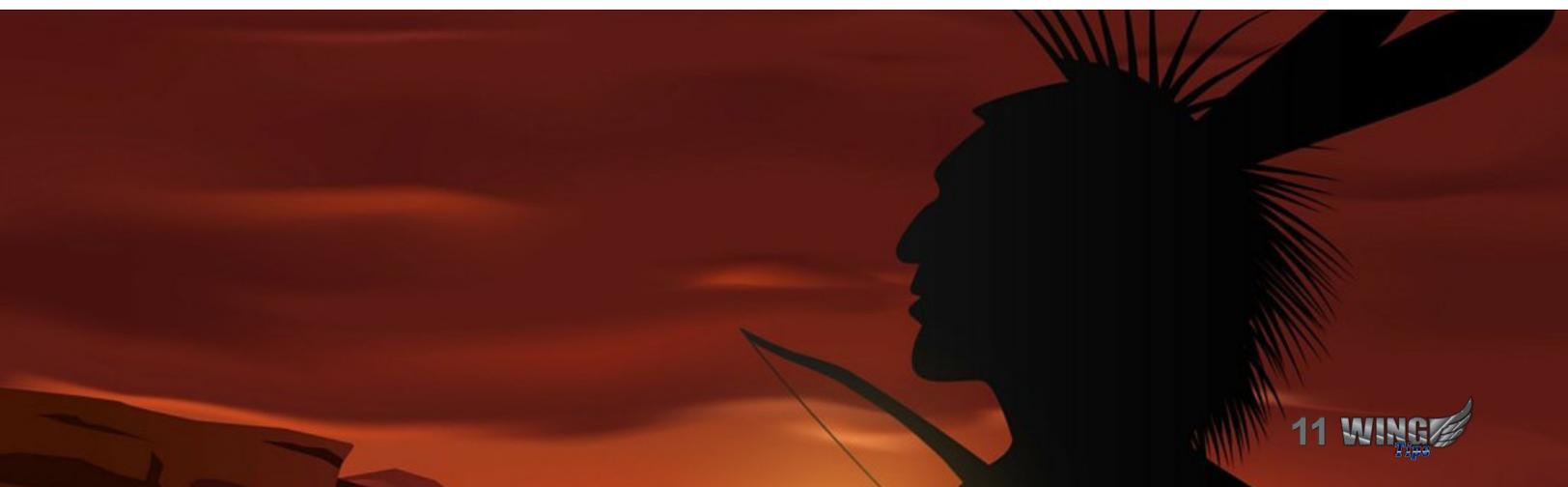
My Administration has continued to partner with tribes to address vital gaps in resources for Indian Country, including equipping communities with broadband, rebuilding infrastructure, spurring economic growth, and increasing renewable energy. To confront the peril of a changing climate, we are also working with tribal leaders across America to develop effective approaches to protecting our communities from this grave threat. And because we

know that fostering pride in the languages, traditions, and practices that make up the extraordinary richness of Native American culture is central to our shared progress, my Administration remains committed to ensuring every community feels connected to the extraordinary legacies they are a part of.

This month, let us reaffirm our responsibility to ensure each generation is defined by a greater sense of opportunity than the last, and let us pledge to maintain our strong relationship with tribal nations across America. By keeping this commitment, and by endeavoring to shape a future in which every citizen has the chance to build a life worthy of their hopes and dreams, we can ensure that ours is a country that is true to our spirit and to our enduring promise as a land where all things are possible for all people.

Now, therefore, I, Barack Obama, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim November 2015 as National Native American Heritage Month. I call upon all Americans to commemorate this month with appropriate programs and activities, and to celebrate November 27, 2015, as Native American Heritage Day.

In witness whereof, I have hereunto set my hand this thirtieth day of October, in the year of our Lord two thousand fifteen, and of the Independence of the United States of America the two hundred and fortieth.





What's Your Favorite Thanksgiving Dish and Why?

Photos by Master Sgt. Mark C. Olsen, 108th Wing Public Affairs



"Turkey, because it's traditional. And I really miss John Madden's turducken."
Chief Master Sgt.
John Early,
108th Comm Flight



"Spinach lasagna. I like to incorporate healthy and nutritious vegetables into my dishes."
Senior Airman Eliysheba
Evans-Williams,
108th FSS



"My Mom's Mac and Cheese. I like how she makes it and I will only eat hers"
Airman 1st Class
Kiyara Jackson,
108th FSS



"My brother's Mac and Cheese, because his is absolutely the best."
Senior Master Sgt.
Tulip Appleton,
108th FSS



"I don't celebrate Thanksgiving, but my favorite dish is Pho."
Airman 1st Class
Tessarosa Tran,
108th Comm Flight



"Coleslaw, because it's tasty."
Senior Airman
Robert Patterson,
108th Comm Flight



"Honey-roasted ham, because I'm not the biggest fan of turkey and ham is the next best thing."
Senior Airman John Moore
108th Comm Flight



"Stuffing is my favorite because it's tasty"
Master Sgt. Susan Smith,
108th Comm Flight