



# DMAVA HIGHLIGHTS

APRIL 14, 2016



# Empowering Airmen: On the path of success

Story and photo by Tech. Sgt. Andrew Merlock, 177th Fighter Wing Public Affairs



Senior Master Sgt. Robert Cross, center, 103rd Airlift Wing Fire Department, Connecticut Air National Guard and Senior Master Sgt. Jeremiah Jordan, right, 101st Airlift Wing Fire Department, Maine Air National Guard, instruct a group of Airmen from the 177th Fighter

Wing Fire Department, New Jersey Air National Guard, on the Air Force inspection system and other topics at the 165th Airlift Wing's Regional Fire Training Facility April 7, 2016. (U.S. Air National Guard photo by Tech. Sgt. Andrew J. Merlock/Released)

SAVANNAH, Ga. - Airmen from the 177th Fighter Wing Fire Department, New Jersey Air National Guard, attended training sessions at the 165th Airlift Wing's Regional Fire Training Facility April 7, 2016.

The training will benefit not only their careers, but, more importantly, the overall success of their department and the Air National Guard.

The training sessions, which focused on the Air Force inspection system, training records, awards and decorations and counseling, provided the Airmen with a better understanding of the administrative actions required to ensure overall mission effectiveness.

"You matter to the overall picture," explained Senior Master Sgt. Robert Cross, Chief of the 103rd Airlift Wing Fire Department, Connecticut Air National Guard. "We intend to give you the tools to successfully progress in your career. Conformity in this area by all Air National Guard units is an integral part of overall mission success."

Senior Master Sgt. Jeremiah Jordan, Chief of the 101st Air Refueling Wing Fire Department, Maine Air National Guard, joined Cross in instructing the Airmen and stressed the importance of taking a proactive approach in fulfilling

their training requirements. Both Cross and Jordan communicated how the successful completion of all training requirements benefit not only their units, but ultimately the Air Force in a

**"You matter to the overall picture. Conformity in this area by all Air National Guard units is an integral part of overall mission success."**

**Senior Master Sgt. Robert Cross**

**CHIEF, 103RD AIRLIFT WING  
FIRE DEPARTMENT  
CONNECTICUT AIR NATIONAL GUARD**

deployed environment.

"Self-motivation is a big part of the process," explained Jordan. "It's important to provide Airmen at the lowest levels the tools, proper avenues and training to be self-motivated and understand the need to

delegate responsibility throughout the organization."

Cross and Jordan also provided the Airmen exposure to the Air Force's Management Internal Control Toolset. The Airmen were taught the purpose of MICT and how the Air Force utilizes the program to conduct readiness inspections. Cross concluded the training day with a 2003 "And the beat goes on" video of Deputy Chief Billy Goldfeder, which stressed the importance of fire-fighter training and the tragic results that have occurred due to poor preparation and complacency.

"During the past week, we gave you the best training that we could," said Cross. "Our hope is that you lead the charge and facilitate a better future for the Air National Guard as a whole."

## Cover: Lift!

Airmen 1st Class Trey Gates, left, and Kenneth Brown of the 177th Fighter Wing Fire Department, New Jersey Air National Guard, lower a ladder during an exercise at the 165th Airlift Wing's Regional Fire Training Facility April 12, 2016. (U.S. Air National Guard photo by Tech. Sgt. Andrew J. Merlock/Released)

# 177th firefighters wrap-up at Savannah

Photos by Tech. Sgt. Andrew Merlock, 177th Fighter Wing Public Affairs



Senior Airman Amber Lueddeke, center, 177th Fighter Wing Fire Department, New Jersey Air National Guard, executes rope rescue training at the 165th Airlift Wing's Regional Fire Training Facility April 12, 2016. (U.S. Air National Guard photo by Tech. Sgt. Andrew J. Merlock/Released)

Airman 1st Class Adam Osmola, center, and Senior Airman Brian Collison of the 177th Fighter Wing Fire Department, New Jersey Air National Guard, lower a ladder during an exercise at the 165th Airlift Wing's Regional Fire Training Facility April 12, 2016. Firefighters from five different Air National Guard units trained for two weeks at the Facility in Savannah, Ga. (U.S. Air National Guard photo by Tech. Sgt. Andrew J. Merlock/Released)



# When quitting is winning

From Guard your Health

Quitting tobacco is hard, but it's never too late to quit and begin reaping the health benefits of a tobacco-free lifestyle.

Whether you use cigarettes, cigars, snuff, chew or e-cigarettes, all forms of tobacco are harmful and can be addictive. Tobacco products contain several chemicals, as well as a substance called nicotine that stimulates your nerves, increasing your blood pressure, respiration and heart rate.

## Risky Business

Understanding how tobacco affects your body is the first step in quitting. Using tobacco can shorten your life expectancy by at least 10 years. When you smoke, tobacco's harmful chemicals can damage your body, putting you at higher risk for health and bodily impact such as:

**Lungs:** Respiratory infections and colds

**Skin:** Skin discoloration, wrinkles, and premature aging

**Nails:** Yellow fingernails

**Heart:** Heartbeat irregularities

**Mouth:** Gum inflammation, gingivitis, infections, and oral or throat cancers

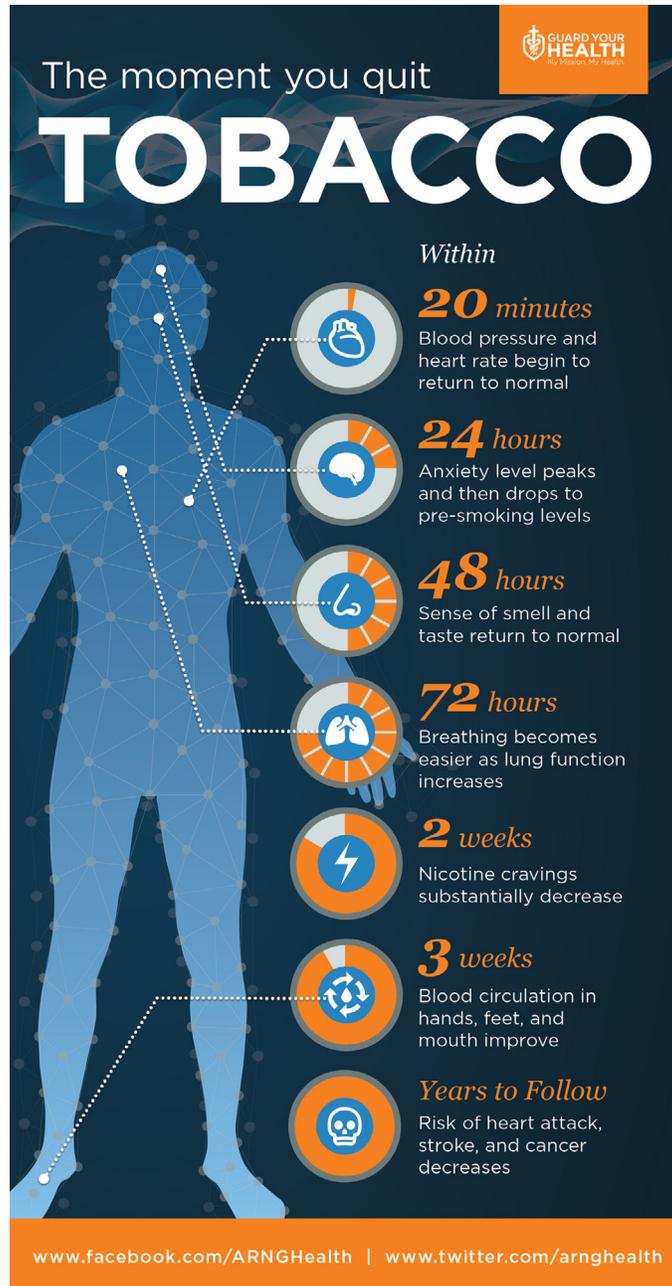
**Teeth:** Brown-stained teeth, tooth decay, tooth loss, and chronic bad breath

**Reproductive System:** Cervical cancer, pregnancy complications, and infertility

Tobacco not only risks your health, but also affects your looks and social life. Because tobacco restricts blood flow in the body, smoking can cause erectile dysfunction or the inability to achieve orgasm. Other negative results include tobacco smoke, which sticks to your hair, vehicle, clothing and furniture. The residue and smell linger long after you finish smoking.

Conversely, quitting tobacco use has nearly immediate positive results. In an otherwise healthy person, after 72 smoke-free hours, your lungs begin to repair. Between two weeks and three months after your last smoke, blood flow and circulation improves and lung function increases by about 30 percent, so you'll get winded less easily and feel less tired. One year later, your risk of heart disease will be cut in half, and 10 years after quitting, the risk of lung cancer is about half that of a person who smokes.

## Getting Help



Although there are cases of people who successfully quit cold turkey, statistics show this is not the most reliable approach to quitting. Fortunately, there are several options to help you kick the habit, manage your withdrawal symptoms and take back your health. Medication, counseling and support groups can all aid you in your journey to quit tobacco while saving you money and lengthening your lifespan.

## Patches and Medications

Tobacco cessation medication can double your chances of kicking the habit permanently. Talk to your health care professional to discuss the best treatment plan for you. Types of medication include:

Nicotine replacement therapies

Nicotine gums or lozenges

Nicotine patches, inhalers or nasal sprays

Quit-smoking pills

## Counseling and Support Groups

If you want to take a non-medical route, a counselor or a quitting coach can give you advice and support while you are trying to quit. The more often you meet, the more likely your choice to quit will be a permanent one. Your quitting coach can help you set a start date, learn coping skills know the common smoking triggers, gain social support, and

help you tobacco-proof your life.

Other support options for quitting include national help numbers and online chat rooms. Free phone, chat room and texting resources from UCanQuit2 can be a useful supplement to personal counseling and coaching. Learn more at 1-800-QUIT-NOW.

In addition, you can find information about support programs in your state.

## A word about E-Cigarettes

E-cigarettes are battery-operated devices often designed to look like regular tobacco cigarettes. Instead of tobacco, e-cigarettes are filled with liquid that contains nicotine and other chemicals. When that liquid is heated it turns into vapor that can be inhaled.

But you don't know for sure what's in that vapor because there are no regulations on what chemicals e-cigs can contain. And there's no evidence that they help you in any way.

**New Jersey Department of Military and Veterans Affairs**

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