

MOHAWK

442nd Fighter Wing



2009: A year in review and resolutions for 2010



New year offers new beginnings

*Commentary by Chaplain (Maj.)
James Buckman
442nd Fighter Wing Chaplain*

The God revealed to us in scripture is a God of new beginnings. Open the very first page and it tells us how God created everything. Read a little further, and we see God stepping into human history and working so that we can have new beginnings in our relationships with others and with Him.

New beginnings can be a tremendous blessing for us and for our loved

ones. Life coming out of death is one of the themes of scripture. Many times in our relationships there can come a time that seems like what was once alive is now dead. The romance may not be as hot; the children may not be as respectful; the boss may not be as quick to recognize our contributions.

At times like this, the pressure for a “new beginning” builds and builds. If we are not careful to seek godly wisdom, we will have a “new beginning” that we soon regret.

If you are in a time of “new begin-

nings” and are stressed out, know that this is normal.

Change is always accompanied with challenges. Look around. Who do you trust? Who do you know that has successfully navigated the waters ahead of you? Take advantage of these trusted relationships and take to heart their advice.

Our prayer as your chapel team is that the peace of God, which passes all understanding, will rest in your hearts and in your minds, not only in this time of “new beginnings,” but all year long!

Resolution: Save money in 2010

Preventing the ‘after-the-holidays bill blues’

*By Heidi Hunt
509th Bomb Wing Public Affairs*

The Airman and Family Readiness staff offers the following 10 tips on how to spend smarter for the holiday and post-holiday season:

10. Be proactive. Plan ahead starting in January. Start a holiday savings fund 11 months in advance. Factor in gifts, decorations, food and entertainment. The staff will offer a course called “Preparing for the 2010 Holiday Season Now!” The course is scheduled for Jan. 12 from 5-6 p.m. Finally, take advantage of after-holiday sales.

9. Make a budget and stick to it. Figure out how much you can afford to spend and not how much you want to spend. Discipline yourself and avoid the urge to use credit cards. According to the A&FRC, studies show that people spend 25 to 35 percent more when using a credit card.

8. Not every purchase has to be brand new. Scan the Internet, second-hand stores, newspapers, outlets, flea markets and auctions for gently used items.

7. Couples Communication. Discuss a list of items you need to buy and budget collectively.

6. Create a shopping list and include prices. Write down each item you need and shop around for the best price.

5. Don’t become overwhelmed with gift buying. If you’re unable to stay within a budget, consider shortening

the list. Discuss drawing names and purchase one gift instead of many.

4. Keep receipts. Customer receipts are used for proof of purchase, customer return/exchange and in case an item goes on sale. Find out what the store’s policy is before purchase.

3. Craft gifts. Homemade gift ideas are typically less expensive. Hand make a gifts card which permit the receiver to free babysitting, dog walking or a car wash. Make a batch of cookies for friends and family.

2. Think practical. Consider giving gifts people use most. Additionally, instead of giving children cash-in-hand, start a savings bond.

1. Keep in mind the reason for the season. If someone gives a gift, it does not constitute a gift in return, said R.D. “Smitty” Smith, 509th Force Support Squadron community readiness consultant. Smitty says gift-giving should be about the holiday and not stress because someone can’t afford to buy everyone they know a gift.

Smitty also reminds patrons to protect their identity at all times by using secure payment methods and by using credit cards responsibly.

“Typically when people carry balances on credit cards, they pay twice as much for the item in time through interest rates,” Smitty said.

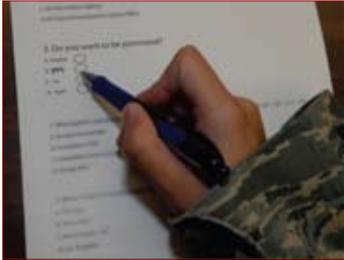
“If possible, pay the credit card off the next month to avoid paying exorbitant rates.”

MOHAWK

442nd Fighter Wing

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442nd Fighter Wing Tip of the Spear

MASTER SGT. ROGER TURNER
442ND CIVIL ENGINEER SQUADRON

Master Sgt. Roger Turner is a supervisor in the 442nd Civil Engineer Squadron's heavy equipment section. His dedication, willingness and desire to go above and beyond all norms are a few of the reasons he is this month's Tip of the Spear.

Sergeant Turner started this year already in the pedal-to-the-metal mode with preparation for the operational readiness inspection. His experience in equipment operation and expertise in personnel management helped train many new Airmen in the squadron. He volunteered to backfill for the 509th Bomb Wing while their operators were deployed to Iraq. While his rank may have put him behind a desk, Sergeant Turner stayed in the field to support several projects that were finished ahead of schedule and under budget. Even though he was backfilling, Sergeant Turner still fulfilled his obligation to the 442nd and stayed even longer than others to ensure the squadron's needs were taken care of. His mentoring skills and strong desire to see young Airmen succeed are some of the reasons he is truly among the best. Sergeant Turner's commitment to the unit and the Air Force Reserve is one of many reasons the 442nd CES had won the Outstanding Unit Award in the past and will win it again in the future.

2009 Charge-of-quarters



MASTER SGT. LEO BROWN
303RD FIGHTER SQUADRON

Call the CQ from on-base at 99-1 (660) 238-7428. From a local off-base number (i.e., Concordia, Warrensburg, Sedalia etc.), dial (660) 238-7428. To call toll free from off-base, dial (800) 260-0253 and press seven after the prompt.

COVER PHOTO: Throughout 2009, among many other accomplishments, the 442nd Fighter Wing has conducted an operational readiness inspection, awarded maintenance group Airmen for their dedication, focused on the family and won the fifth over-30 men's basketball championship title. (Photos by the 442nd Public Affairs staff)

MOHAWK

Vol. 62, No. 1
 2010

This funded Air Force Reserve magazine is an authorized publication for members of the U.S. military services.

Contents of the Mohawk are not necessarily the official views of the U.S. Government, the Department of Defense or the Department of the Air Force.

The editorial content is edited, prepared and provided by the 442nd Fighter Wing Public Affairs Office, 931 Arnold Ave., Whiteman AFB, MO 65305-5070.

All photographs are Air Force photographs unless otherwise indicated.

Deadline for article submission is 12:30 p.m. Sunday during the unit training assembly preceding the desired month of publication.

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 This newspaper is printed on recycled paper.

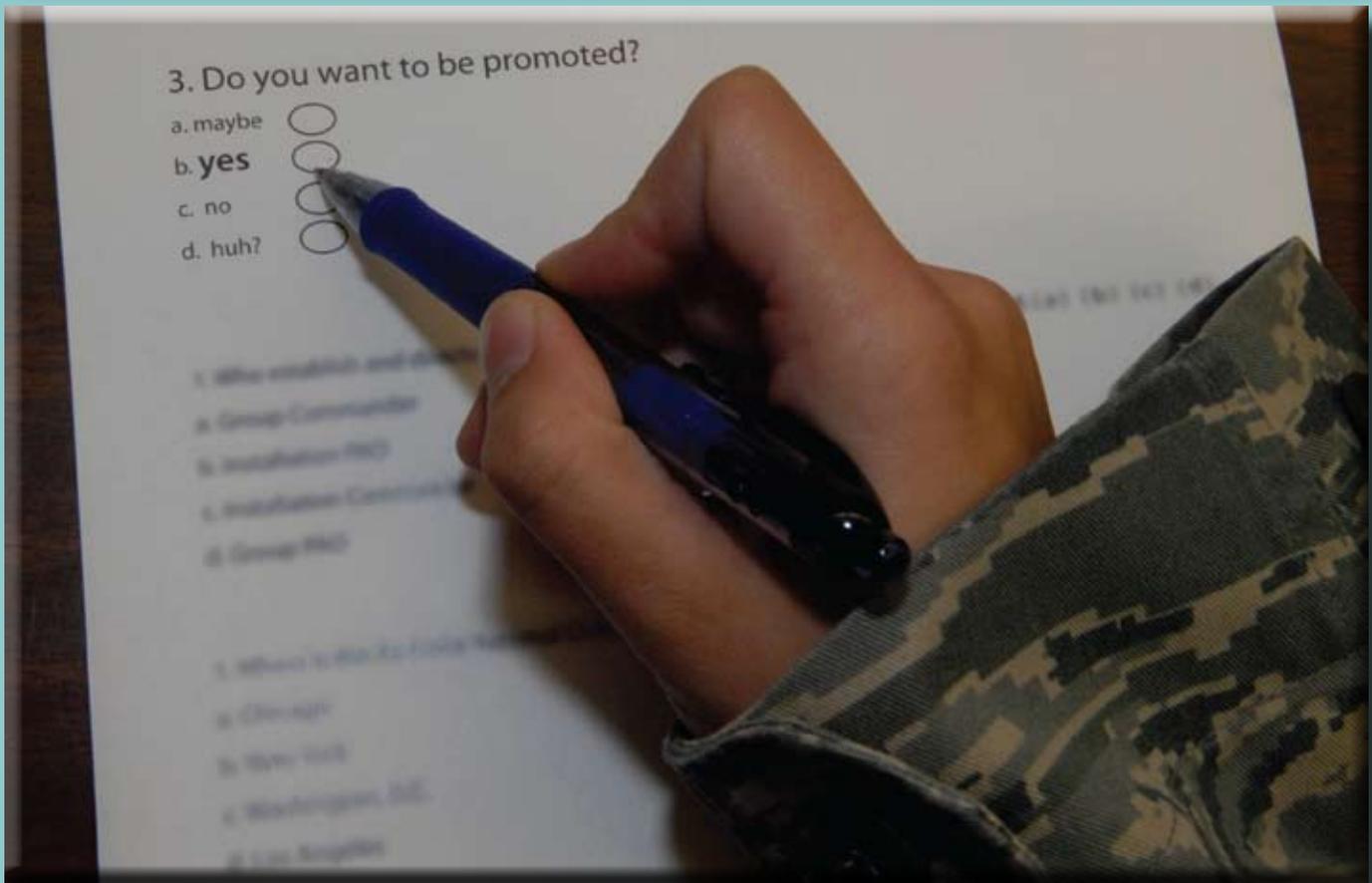


Photo by Staff Sgt. Benjamin Rojek

Career development courses and professional military education courses test an Airman's willingness to study and dedication to the career field.

Exams test commitment to career

By Senior Airman Danielle Wolf

Air Force tests can become challenging when studying for them competes with college coursework, a civilian job and a family.

Nevertheless, failing a career development course or professional military education exam can be detrimental to an Air Force career – and in some cases, even end one. Promotions, which often require passing a PME, usually require an Airman to have reached a particular skill level.

Master Sgt. Christina Suratos, assistant chief of 442nd Fighter Wing education and training, said there are many reasons why people fail these tests, but with some preventative measures and a hefty amount of studying, Airmen may have a much higher success rate.

From airman basic to senior master sergeant to officers, military exams are a way of life in the Air Force. They measure a person's knowledge of a subject, and also, according to Sergeant Suratos, someone's ability to retain information.

She said people often come to her after failing tests and say that much of the material in their CDCs is unrelated – that it deals with different equipment or aircraft components, or

even a different type of aircraft than they work on.

Often, she said, the tests are set in place to evaluate someone's ability to retain information. With ever-changing regulations, Air Force Instructions and technical orders, an Airman's ability to retain information could be vital to their safety, the security of equipment and their careers.

However, if the CDCs talk about underwater basket weaving, she said, and that has nothing to do with a particular career field, there are measures available to ensure that CDC is reviewed and changed if necessary.

The most important thing Sergeant Suratos said Citizen Airmen can do to ensure they are successful at testing is to study. While this concept may seem simple, many people struggle with it, she said.

"Everybody has different study habits," she said.

While college students may be among the most experienced at studying and excel at their regular coursework, Sergeant Suratos said they also tend to be the biggest group of people to struggle with their CDCs.

"College students should treat CDCs like another course they are taking in college," she said.

Often, Airmen who are students come in to the wing

Tips:

*Study early in the day
Make practice tests
Don't cram!
Ask for help*

training office and tell her they were overloaded with college courses and had to put other matters on hold until the semester let up. The problem with this, she said, is that not everyone can be guaranteed a test extension.

“(Also,) when you fail a second time, it is putting your Air Force career in jeopardy,” she said.

Master Sgt. Kenneth Koyles, Maintenance Operations Flight first sergeant, said he was glad he didn’t wait until the last minute to study for his senior non-commissioned officer PME.

Sergeant Koyles said there was some confusion regarding the number of volumes he was to study and the number of tests he had to take. While there were five volumes he had to study, it was unlike regular CDCs with only one comprehensive exam at the end – instead, he found out he would be taking a test after each volume.

“If I had waited until a month before my deadline, I would have been out of luck,” he said.

Many Citizen Airmen are also under the impression, Sergeant Suratos said, that the CDCs are easy and don’t require much studying.

“There’s a big rumor that you can just study the review and the multiple choice questions at the end of the chapters and be ready for the test,” she said.

While that may have been enough preparation in the past, the tests have changed and now the review questions only make up about 20 percent of the exam questions.

Sergeant Koyles said people have asked him the same thing – if studying the questions at the end of each volume of content would be sufficient – and he always tells them, “No.”

“You can’t just study the practice tests, because there are different questions they ask on the tests,” he said.

Instead, he studied the chapters in each volume and used

the multiple-choice questions at the end as a practice test to see how prepared he was. He now advises Airmen to read carefully, take notes and highlight anything they deem important.

Sergeant Suratos also said people shouldn’t solely rely on CDC study materials purchased through various vendors.

“They may not be the current edition,” she said. “It might be helpful, but there is no guarantee you will be studying the right information.”

The best way to succeed, she said, is to develop good study habits now, which could aid in all types of testing, military or otherwise.

While the training office provides mandatory timelines for coursework completion, setting personal goals of when to complete each volume of CDCs may be helpful.

“Generally, we suggest spending about two months per volume,” she said. “(Afterward, if) you and your supervisor do the comprehensive review and you’re ready to go, take the test as soon as possible.”

As for CDCs, Airmen only get two chances to pass before alternative action is taken, which could mean an Air Force discharge or cross training.

“If you are in a career field you really like, you should study hard, because if you cross train, it might be into a field you don’t like as much – and you still have to pass the CDCs with that new (Air Force specialty code),” Sergeant Suratos said. “You have to keep in mind that these tests are part of your career; your career is in your hands.”

For Airmen who know they are bad test takers, she suggests asking for help from their supervisors – who may have experience with previous Airmen’s struggles and can help.

Even as the assistant chief of education and training, Sergeant Suratos, said she knows she isn’t a great test taker. She learned in high school that she has test anxiety – and she said she sees it often with Airmen when proctoring exams.

“When I looked at the tests I had to remind myself, ‘This is in English,’” she said.

Some people may have test anxiety and just don’t know it, she said, but it also doesn’t just come from a lack of preparedness.

Make flashcards

Study while the kids do homework

Allot plenty of time to study



Col. Mark Clemons, 442nd Fighter Wing commander, presents the Outstanding Achievement Award to Master Sgt. Tony Axton.

Lt. Col. Michael Wood, 442nd Maintenance Group commander, presents the 442nd Maintenance Group Junior Enlisted Member of the Year Award to Senior Airman Matthew Bounds.

Lt. Col. Anne Yelderman, 442nd Maintenance Squadron commander presents the Maintenance Squadron Munitions/Armament Junior Enlisted Member of the Year Award to Senior Airman Joshua Barnett

Capt. Jason Weiser, Operations Flight commander presents the Maintenance Group Operations Flight Senior Enlisted Member of the Year Award to Sgt. John Kuiper.

Hogfest ups the ante,

17 Airmen win awards for their accomplishments throughout the year

Photos and story by Senior Airman Danielle Wolf

Several maintenance group Airmen won awards Dec. 5 at Hogfest, the annual awards ceremony hosted at the University of Central Missouri in Warrensburg, Mo.

With only 17 award categories, and more than 500 maintainers, competition was stiff. Each squadron and flight nominated Airmen for quarterly awards throughout the year. Those quarterly winners then were comprised for the competition for the yearly Hogfest awards.

The purpose of the event is to recognize top performers and promote morale throughout the group, said Senior Master Sgt. Russell Hogan, superintendent of the Maintenance Operations Flight and Hogfest co-chairman.

“It’s also a time when we can socialize and get to know each other,” he said.

Getting to know one another came quickly for maintainers in the 442nd that night when they had the opportunity to share a meal, celebrate one another’s awards, watch slideshows of photos

from throughout the year and dance after the awards ceremony.

Four new categories were added to this year’s list of awards.

“The maintenance group has grown due to the number of planes and we wanted to reflect that,” Sergeant Hogan said. “For example, we thought specialist flight should get its own category because it grew by quite a few people.”

Other new awards categories included Maintenance Backshop Enlisted Member of the Year and Outstanding Traditional Reservist of the Year.

“Sometimes a (traditional reservist) does not have the exposure an air reserve technician or someone who is frequently on mandays does,” Sergeant Hogan said, “so we wanted to recognize those people too.”

The Hogfest committee and the maintenance group leadership look at nominees in several different categories and select winners based on the displays of core values, willingness of Airmen to take on additional responsibilities, allowance of mentoring, and application of what they have learned, said Sergeant Hogan.

Maintainers weren’t the only ones who were honored that night. A ceremony to honor prisoners of war kicked off the event



, Maintenance
 mander presents
 up Maintenance
 Senior Enlisted
 ward to Master

**Col Mark Clemons, 442nd Fighter
 Wing commander, presents
 the Outstanding Traditional
 Reservist of the Year Award to
 Staff Sgt. Michael Jewell.**



deals a winning hand

ar at 17th annual awards banquet

with specialist flight maintainers lighting the candle and preparing the table to honor POWs.

“It gives the whole ceremony a sense of honor and tradition,” said Senior Airman Samantha Lane, A-10 Aircraft Maintenance Squadron crew chief. “It’s our duty to honor them and show respect.”

The Hogfest committee worked hard to accomplish these things, according to Sergeant Hogan.

About 20 volunteers worked throughout the year to fundraise for, plan and produce the function. Sergeant Hogan said planning for Hogfest in 2010 began several months ago.

“(The committee) put a lot of effort forward within their own areas of responsibility and went above and beyond,” he said.

Winners not listed in photos were as follows:

Maintenance Squadron Junior Enlisted Member of the Year, Staff Sgt. Joseph Barnard; Maintenance Squadron Senior Enlisted Member of the Year, Tech. Sgt. Tom Hager; Maintenance Squadron Backshop Enlisted Member of the Year, Tech. Sgt. Toby McCord; Maintenance Group Maintenance Operations Flight Junior Enlisted Member of the Year, Senior Airman Matthew

Bounds; Aircraft Maintenance Squadron Junior Enlisted Member of the Year, Senior Airman Samantha Lane; Aircraft Maintenance Squadron Senior Enlisted Member of the Year, Master Sgt. Daniel Abrams, Aircraft Maintenance Squadron Assistant Crew Chief of the Year, Senior Airman Russell Roberts; Aircraft Maintenance Squadron Crew Chief of the Year, Tech. Sgt. James Gum; Aircraft Maintenance Squadron Specialist of the Year, Master Sgt. John Mallas, Aircraft Maintenance Squadron Load Crew of the Year, Tech. Sgt. Ricky Schweim, Senior Airman Tracy Brown, Staff Sgt. Richard Fennewald

2009 Hogfest committee members were as follows:

Chief Master Sgt. Mitch Mozingo, Senior Master Sgt. Regina Brewer, Senior Master Sgt. Kenneth Gibson, Senior Master Sgt. Russell Hogan, Senior Master Sgt. Dennis Lyon, Senior Master Sgt. Aaron McRoberts, Master Sgt. Tony Axton, Master Sgt. Tyler, Bane, Master Sgt. Steven Cohick, Master Sgt. Veronica Gibson, Master Sgt. Patrick Rogers, Tech. Sgt. Michael Cook, Tech. Sgt. Paul Hanson, Tech. Sgt. Shaun McCrea, Tech. Sgt. Michael Price, Tech. Sgt. Ken Portell, Staff Sgt. Don Demarco, Staff Sgt. Brian Ryberg, Senior Airman Kiley Devericks

FIT TO FIGHT

even in January



Photos by Susan Ansel Danille Wolf

Begin with your lower back on the Bosu balance trainer. Put your hands near your head, but do not use them to hold it up, as this may cause neck injury. Begin in the lowest position with your shoulders approximately 4 inches from the floor.

Tip: If you don't own a Bosu balance trainer, you can use the edge of a bed.



Lift your shoulders slowly like you are doing a sit-up. Be sure to squeeze your abs and hold your core muscles tightly the entire time for the most effective abdominal workout.

Tip: Core strengthening exercises will help with sit-ups, push-ups and proper form for the 1.5-mile run.



Keep your chin toward the ceiling to create a proper vertical alignment for your back. In the up position, your shoulders should be about 1 foot off the ground.

Information courtesy of Staff Sgt. Vern Ivy, 442nd Services Flight fitness specialist.

Commentary: Kickin' butts

**By Staff Sgt. Kent Kagarise
442nd Fighter Wing Public Affairs**

It is the time of year when many Airmen around the 442nd Fighter Wing are making New Year's resolutions, and quitting smoking could be a priority for many of them.

I started smoking in 1991 while deployed with the Army to Operation Desert Storm. A fellow soldier was always lighting up, and out of boredom I bummed one off of him every now and then thinking, "It's no big deal; I can quit this at anytime." I was wrong.

Fast forward 18 years and I am still battling the temptation to satisfy the nicotine-starving beast within.

I tried a number of methods to quit: cold turkey, keeping a straw in my mouth, sunflower seeds, nicotine gum and even a fancy electronic cigarette, which was the butt

(pun intended) of many jokes from my peers.

At times I would have a certain degree of success, but inevitably I would find myself puffing away and hating myself for it. That only led me to feel like I should curl up in a

ball in the back of the bathtub while a steaming hot shower cleansed me of the filth of failure.

Physical training has always been important to me and in June I noticed it was becoming more and more difficult to

months – but, I am cigarette free!

My resolution for 2009 is to become absolutely independent of nicotine.

As Airmen may consider taking the same plunge, I would like to share something a friend once told me. I was once again down on myself for having failed to quit the cancer sticks and he said, "It's O.K. – Never quit quitting."

Due to shame and guilt, you may find yourself sneaking a smoke behind your house in the future months. I've been there.

As you hold the cigarette away from your body and exhale a little harder than normal to prevent the smoke from stinking up your clothes, a little tear may freeze to your cheek in the upcoming winter months.

Indeed once again you have fallen off the proverbial wagon. I've been there too.

Take comfort in the thought that the next time you quit

smoking may be the last time you quit smoking. I certainly hope June was my last time.

No matter what your New Year's resolution is, I wish you all success in 2010.

And never quit quitting.

Healthy

- Stroke risk is reduced to that of a person who never smoked after 5 to 15 years of not smoking
- Cancers of the mouth, throat, and esophagus risks are halved 5 years after quitting
- Cancer of the larynx risk is reduced after quitting
- Coronary heart disease risk is cut by half 1 year after quitting and is nearly the same as someone who never smoked 15 years after quitting
- Chronic obstructive pulmonary disease risk of death is reduced after you quit
- Lung cancer risk drops by as much as half 10 years after quitting
- Ulcer risk drops after quitting
- Bladder cancer risk is halved a few years after quitting
- Peripheral artery disease goes down after quitting

the benefits of QUITTING

Warrior

NOTE:
Cervical cancer risk is reduced a few years after quitting and low birth weight baby risk drops to normal if you quit before pregnancy or during your first trimester.

keep my breath while working out. So I decided, enough was enough and maybe my age, 38, was catching up to me.

I wish I could tell you I am nicotine free, but I am not. I have been consuming approximately five, four-milligram nicotine lozenges a day for the past six

Volunteers serve Whiteman families during Operation Helping Hand



Tech. Sgt. Nicole Adams organizes the donated toys during the December unit training assembly.



Left: Airman 1st Class Brandon Corpman assists with unloading the trailer of donated items.



Master Sgt. Vickie Chambers puts diapers into a shopping cart while unloading the trailer of donated items.

Photos and story by Senior Airman Danielle Wolf

The 442nd Airman and Family Readiness staff hosted Operation Helping Hand for the second year here during the December unit training assembly.

They organized hundreds of donated pieces of clothing, toys and household items and made them available to servicemembers and their families.

"The Christmas store this year was better than last year," said Mas-

Benefits of volunteering:

- Gain experience and polish job skills
- Learn about the community
- Meet interesting people
- Discover the ins and outs of a new career
- Do something positive with extra time
- Make the winter months go by quickly
- Strengthen resumes to obtain employment

Courtesy of Minot Air Force Base Airman and Family Readiness

ter Sgt. Vickie Chambers, non-commissioned officer in charge of the 442nd Airman and Family Readiness office. "There were a lot of hurting people out there, and the store provided them a little relief for the holiday season. I am so proud of our Human Resources Development Council for stepping up to the plate and helping our Airmen. We are truly one big family – through good and bad times."

About 20 volunteers assisted with the event.

Sergeant Chambers said she hopes to continue the event next year.



Staff Sgt. Sariethia Lemos and her sister, Mazie Purdue, have used Air Force discipline and values to improve their relationship and move into the next phase of life.

Family: Making Lemos of it

Photo and story by Staff Sgt. Kent Kagarise

The holidays are often a time when families are either brought together or torn apart – leaving some loved ones thankful that the Yule log only comes out once a year.

For Staff Sgt. Sariethia Lemos, 442nd Fighter Wing education and training specialist, the packing up and storage of the holiday decorations does not symbolize a break from family, but the start of another year of family investment.

A native of Hawaii, Sergeant Lemos left her mother, father and two sisters behind in 1999 in search of a change when she was a mere 20 years old.

“I wanted to get away from the islands and try something new, so I met up with a friend in New York City where I lived for two years,” Sergeant Lemos said.

When she returned to Hawaii she discovered that her sisters had matured into their teens and the big sister/little sister relationship had drastically changed. The little girls she once helped raised now seemed distant. Sergeant Lemos’ younger sister, Mazie Purdue, had decided to explore her independence – forsaking the wisdom of her older sister.

“Sariethia took care of me like I was her little baby doll, but in my teen years I didn’t talk to her because she was always on the straight and narrow,”

Ms. Purdue said.

In continuing pursuit of her Air Force career, Sergeant Lemos would eventually find herself at Whiteman Air Force Base in November 2008 and very concerned about Mazie, who was living in Las Vegas.

“She has so much potential and just wasn’t on the right path,” Sergeant Lemos said.

At the same time Ms. Purdue was facing some realities about the path she was traveling.

“Life without my sister was bad and I knew the only way I could get my life together was with her,” Ms. Purdue said.

Sergeant Lemos began to explore her options by making a few phone calls to family members.

“I took advantage of an opportunity to bring her out here in hopes of applying lessons I’ve learned in life to help her better herself,” Sergeant Lemos said.

Life lessons, in conjunction with Air Force training, have afforded Sergeant Lemos a rare opportunity to help her sister to the next phase of life.

“I’m able to see myself in her, so I’ve encouraged her to finish school,” Sergeant Lemos said.

Ms. Purdue is working full time at a restaurant while in her second semester at State Fair Community College studying to become a registered nurse. But her Air Force battle-ready sister is the factor she says keeps her on track.

“My parents tried to steer me right by giving me unconditional love, but with my sister it’s tough love,” Ms. Purdue said.

“The Air Force worked wonders in her life. It has its own set of rules and Sariethia likes to follow rules as well as enforce them.”

Sergeant Lemos said communication is the key to her relationship with her sister.

“We aren’t only sisters, we’re best friends who can talk about everything without having to worry about stepping on each other’s toes,” Sergeant Lemos said.

There is no mistaking the level of respect and admiration Ms. Purdue has for her sister and speaks fondly of her newfound life far away from the beautiful islands of Hawaii – here in the Midwest.

“Sariethia demands success and raises warriors in her house. Failure is not an option,” Ms. Purdue said.

This positive mental attitude is echoed by Sergeant Lemos’ supervisor Tech. Sergeant Ron Watkins, non-commissioned officer in charge of the 442nd Fighter Wing Education and Training Center.

“She’s a team player with a can-do personality and is able to catch on quickly,” Sergeant Watkins said. “She brings a lot of active-duty traits with her to the (office) and she’s my back up when I’m not here.”

Perhaps Airmen’s training, discipline and structure may be communicated in a way that draws family together in the aftermath of the holiday season rather than tearing them apart.

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TO THE FAMILY OF:

Master Sgt. Craig Burton and Master Sgt. Tammy Coffman give Senior Airman Jamie Feldhacker a high-five for bowling a good round. Staff Sgt. Adrian Walker high fives another teammate at the 442nd Fighter Wing Christmas Party during the December unit training assembly. (Photo by Staff Sgt. Tom Talbert)



If there is one thing I would like every Airman to understand out of their time in the Air Force, whether that is that first four years of enlistment, whether that's somebody who's coming up on their 30 years of enlistment, it's to fully understand and appreciate how much we, as America, depend on them and how appreciative we are of their many sacrifices.

-Chief Master Sergeant of the Air Force James A. Roy