



# 944th Fighter Wing

# Monthly SnapShot

[www.944fw.afrc.af.mil](http://www.944fw.afrc.af.mil)

July 2014

## 944 FW KEY LEADERS

### Commander

Col. Kurt J. Gallegos

### Vice Commander

Col. Robert D. Whitehouse

### Command Chief

CMSgt Rhonda L. Hutson

## Mission

Train and provide Combat-Ready Airmen.

Mission ■ Airmen ■ Family

## 944th Fighter Wing Electronic Monthly SnapShot:

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## World Cup - Great teams win

By Colonel Kurt J. Gallegos, 944th Fighter Wing Commander

Happy Independence Day! I hope you had a safe and fun long weekend celebrating with your friends and family.

You may have noticed over the past few weeks that much of the world has been focused on the World Cup in Brazil. Thirty-two nations dueling it out on the field to be crowned champions and bring the coveted trophy home.

Although soccer has only recently been gaining fans in the U.S. it is one of the most popular sports in the world making the World Cup almost as exciting as the Olympics. Three and a half million fans from Europe, Africa, Asia, Australia, and the Americas will tune in to see who wins the cup.

Each team in the hunt for the trophy is made up of coaches, trainers, players, backups, etc. and it reminds me of our 944th team. We may not be in a World Cup competition but we aim to be the best in the world.

Like any World Cup team we are made up of a unique group of individuals who are experts in their fields and who come together to get the job done.

Our commanders are our coaches. They run through plays with us; making certain that we know where we need to be, and how to get the job done. They ensure we work together and utilize our skills effectively, and that we have a firm foundation so when it's game time they don't have to coach us quite as much on the field (much like the World Cup coaches, who rarely direct the players on the field).

Our trainers are our Senior Non Commissioned Officers. They make sure we are prepared and ready for anything. They work with the coaches to get each member of the team prepared for the game.

The players are you. Those who go to war. Those who give their all. We select only the best members for our team and then train and train until we are ready to go out and show the world who we are.

Great teams win because of the whole group not an individual player. Each member of the team brings something special to the group and it is the cohesiveness of the unit that makes the team great.

Let's take pride in our team every day and not just when we are on center stage like the World Cup. Ensuring we take pride not only in our Nation but in our work ethic and preparations are what make us an outstanding force to be reckoned with. Thanks for making our team great!



## Welcome Home!!

### Returned home from Transit Center Manas, Kyrgyz Republic:

Master Sgt. Joseph Bilitzo

Tech Sgt. George Pizarro

Tech Sgt. Daniel Sanderson

Tech Sgt. Donald Blood

Tech Sgt. Angelique Abbott

Tech Sgt. Nicholas Miles

Tech Sgt. Michelle Grover

Senior Airman Nicholas Nelson

Tech Sgt. Daniel Watzek

Staff Sgt. Adam Smith

Staff Sgt. Joseph Stringer

Staff Sgt. James Hataway

Staff Sgt. Rony Gilot

Staff Sgt. Matthew Beckerleg

Senior Airman James Alvarado

### Returned home from 386th Air Expeditionary Wing, Southwest Asia:

Tech Sgt. Jeremy Sutton

Tech Sgt. Daniel Pottinger

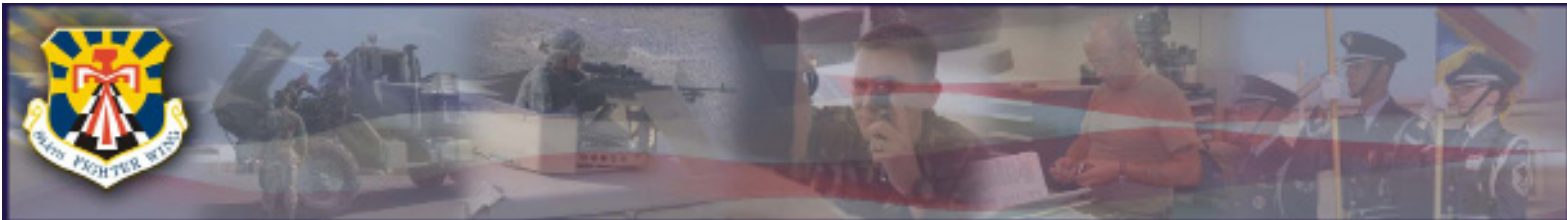
### Returned home from Kandahar Airfield, Afghanistan:

Senior Airman Anthony Lopez

Senior Airman Daniel Myers

Senior Airman Jonathan Arnold





## Promotions:

The following members were promoted 1 July 2014:

Airman Sandy M. St John to the rank of Airman First Class, 924th Maintenance Squadron  
 Airman First Class Casaundra D. Rodriguez to the rank of Senior Airman, 924th Maintenance Squadron  
 Senior Airman Alexcia N. Bailey to the rank of Staff Sergeant, 924th Maintenance Squadron  
 Senior Airman Mary A. Miles to the rank of Staff Sergeant, 414th Maintenance Squadron  
 Staff Sergeant Megan M. Alvarado to the rank of Technical Sergeant, 414th Maintenance Squadron  
 Tech Sergeant Gabriel E. Klemm to the rank of Master Sergeant, 944th Logistic Readiness Squadron  
 Senior Master Sergeant Daniel P. Durant to the rank of Chief Master Sergeant, 414th Maintenance Squadron



## 924th Fighter Group Welcomes new commander



by Maj. Elizabeth Magnusson, 944th Fighter Wing Public Affairs

Col. Thomas McNurlin became commander of the 924th Fighter Group in a change-of-command ceremony June 8.

McNurlin assumed command from Col. John Russell in a ceremony officiated by Col. Kurt J. Gallegos, 944th Fighter Wing commander.

"Colonel Russell, you led our Group through a lot of changes during your tenure as commander. Thank you for your leadership and dedication to our Group and the incredible service you and the 924th provided," Gallegos said during the ceremony. "Colonel McNurlin, I have tremendous faith in your abilities to lead the 924th and look forward to working with you as we continue to grow this Group"

The change of command ceremony, a military tradition representing the transfer of responsibilities from the presiding official to the upcoming official, was held at the 924th Maintenance Squadron hangar.

"The tremendous amount of work and coordination we have accomplished is clear," said Russell. "Just look around this hangar and out to the flightline. Members of this unit succeeded in the face

of adversity. It's the incredible hard work of the 924th Maintenance Squadron "termites" and members of the 47th Fighter Squadron that deserve the credit and thanks. So thank you 924th Fighter Group. It has been the honor of my career to have been your commander."

Russell is moving to Robins AFB, Ga., to become part of the Air Force Reserve Command Inspector General team. McNurlin is the former 442nd Operations Group deputy operations group commander, Whiteman AFB, Missouri.

"Thank you, Colonel Gallegos, for the faith and trust you have placed in me. I won't let you down," McNurlin said.

"To the men and women of the 924th Fighter Group, it is truly an honor and privilege to be working with you and Kim and I are excited to start this new chapter," McNurlin told the gathered Airmen. "The culture of success we create now will carry us for years to come. Thank you for everything you do and the commitment you have made to our country and Air Force. I look forward to getting to know each of you and working together to accomplish more than any of us think is possible."

The 924th Fighter Group is part of the Air Force Reserve Command's 944th Fighter Wing, Luke AFB, Arizona. It is a Total Force Enterprise Classic Associate to the 355th Fighter Wing conducting A - 1 0 C

Thunderbolt II qualification training and maintenance operations.



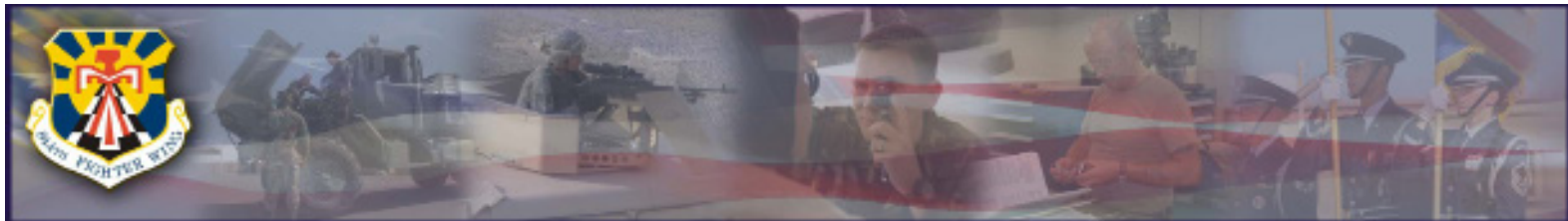
# WINGMAN TOOLKIT

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# SecAF: Total force readiness has atrophied

by Army Sgt. 1st Class Tyrone C. Marshall Jr.  
American Forces Press Service

While elements of the Air Force are always prepared to meet the country's readiness needs, total force readiness has deteriorated, Air Force Secretary Deborah Lee James told the Defense Writers Group here June 18.

Nearing the six-month mark of her term as the Air Force's top official, James touched on appropriately balancing the readiness of the force as part of her three top priorities.

"The readiness of today ... is just absolutely crucial," she said. It means having the right training and equipment, she said, and it means having people prepared to step up to the plate no matter what.

"Today, if necessary to go do what the nation would call upon us to do, we're dealing with the situation in Iraq," she said. "If we had been together a month ago, you might have been very interested in talking about Ukraine.

The point is you never know what is going to happen. The point is you've got to be ready. Our readiness in the Air Force, as a total force over the years, has atrophied -- that is to say the full spectrum of our readiness."

Parts of our Air Force are enormously ready at all times, James said, and those are the ones that would be put forward first.

"But I'm concerned with our entire readiness," she added. "We need to get that readiness up."

James said the readiness of tomorrow means the platforms and technologies of tomorrow. "You know we have our three top acquisitions programs," she said. "We have other programs as well, and we've got to appropriately invest in those so that 10, 20, 30 years from now, we remain the world's best Air Force."

Getting that balance correct is important, James said, but it is a difficult business, because it all comes down to money and where it will be spent in a tough budget environment.

"In order to pay for some of these priorities we're trying to reduce some of our aging aircraft like the A-10 [Thunderbolt attack jet, also called Warthog], for example," she said. "We don't know whether Congress will agree to this at the end of the day, but we have to make those tough decisions [and] reduce force structure in some areas in order to pay for this."

James told the defense writers that the other two priorities she remains focused on are taking care of people and maximizing taxpayer dollars.

"People are the foundation of everything that we do," she said. "And taking care of people means a lot of things. It's a big portfolio." It means recruiting, retaining and developing people, James said, and shaping the force so the right people are in the right jobs going forward.



Part of shaping the force, she said, will come by downsizing through both voluntary and involuntary means.

"This has been quite an issue that we have been dealing with," James said. "It's on the minds of a lot of our airmen, and so I've been talking about this as I've been traveling across the Air Force. The goal is to use voluntary as much as possible [and] to use involuntary when we must to get it over with so that we are appropriately shaped in the next 14 [to] 15 months, and then we're done and move forward."

James said appropriately balancing the active duty, Reserve and National Guard components also is part of

taking care of people.

"As we're reshaping and downsizing," she said, "we want to take advantage of the best capabilities of all three of those components and the fourth component as well: our civilians."

The secretary also said another part of taking care of people is ensuring their dignity and respect in an appropriate climate in the Air Force. "As you could imagine, sexual assault has been something I've been tracking on quite a bit as well over the last six months," she added. "It'll continue to be a top priority of mine going forward." James said that coming from the business world, her third priority is making every dollar count in a "tough" budget environment. This involves keeping programs on schedule and on budget as much as possible, she said, while attacking headquarters spending and getting to an auditability stage for the Air Force's books.

"We're also trying to bubble up ideas from the field through what we're calling the 'Make Every Dollar Count' campaign," James said. The secretary stressed that her job is to ensure the Air Force is prepared to answer the nation's call, today and in the future.

"My overall job ... is to train, to equip and to organize the Air Force so that we can help the nation respond to whatever contingency we're asked to respond to in what is still a very, very dangerous world," James said. "It's to prepare the Air Force today for that, as well to make sure that we're on the path to do that 20 and 30 years from now."

## Airmen seek to earn Green Belt certification

By Capt. Sabrina Ura, Wing Process Manager

On June 2-6, 2014 the 944th Fighter Wing hosted and trained 17 wing members on Green Belt Academics and Air Force Smart Operations for the 21st Century.

A Green Belt is the first level of certification under AFSO21, which is a model used to maximize efficiency and effectiveness by minimizing waste in key processes across the Air Force.

Once qualified, after the 17 wing members progress through the stages to receive their Green Belts, they will be able to facilitate squadron-level process improvement events.

With the Air Force's evolving culture of cost consciousness it is increasingly important for not only future and new leaders to grasp an understanding about conserving resources and improving processes but also our lowest Airmen.





# 944th Airmen develop combat skills

by Staff Sgt. Lausanne Kinder, 944th Fighter Wing

Three Airmen from the 944th Force Support Squadron recently “deployed” to Fort McCoy, Wisconsin in support of Patriot Warrior 2014.

Patriot Warrior is an exercise comprised of more than 7,000 United States military reserve components who gather to perform various missions ranging from setting up camp to medical to supply.

“It had the look and feel of a deployment,” said Capt. Derrick Young, 944th FSS operations officer. “1st Cavalry was the simulated [Army] unit we supported [during the exercise]. We lodged them, fed them, and worked with them as far as bringing in food while they were responsible for transport, inventory and inspection of the food.”

Young’s role during the exercise was the operations officer in charge of Personnel Support for Contingency Operations, the dining facility, Morale, Welfare and Recreation, and lodging. He and his team also helped stand-up the bare base.

“I think this training is something a lot of young Airmen should go through,” said Tech. Sgt. Jeffery Charvat, 944th

FSS food services technician. “It gives you an idea of how to build a bare base and how the operations go ... starting from nothing and building up. At first we didn’t have showers, which was difficult. As the days go by, you start to get more resources ... and eventually you end up with a big tent city.”

For two weeks, they experienced austere living conditions while going through potential real-world deployment scenarios. The 944th Airmen took these challenges and embraced the learning opportunities of working in a joint environment.

“I enjoyed working with the other service members,” Charvat said. “Meeting new people from different bases ... some had more experience which I could learn from in the field.”

As for traditional reservists, who work one weekend a month and two weeks a year for their annual tour, the exercise provided a fully loaded training experience for all who attended.

“I got a chance to do everything within my career field that I just don’t get a chance to do during drill weekends,” said Young. “It was a good learning experience and it was an absolute blast!”



Courtesy Photos



Airmen from the 944th Security Forces Squadron return home June 16 from Transit Center Manas, Kyrgyz Republic, after a five month overseas deployment in support of Operation ENDURING FREEDOM. Family, friends, and fellow Airmen from the 944th Fighter Wing gathered to show their support and greet the 15 defenders at Sky Harbor International airport, Phoenix, Ariz. (Photos by Tech. Sgt. Louis Vega)







## CMSAF Cody stresses service unity

by Staff Sgt. Kelly Goonan, 439th Airlift Wing Public Affairs

There is no distinction among Airmen within the Air Force components when it comes to how they perform their jobs, how they live up to standards and how they embrace the service's core values, said Chief Master Sgt. of the Air Force James Cody during a visit to Robins Air Force Base June 24-25.

"Robins is a great example of our Air Force," he said during an enlisted call. "I'm looking out at all of you, and you represent the United States Air Force. We have four distinct components - Active Duty, Air National Guard, Air Force Reserve and civilian employees. Together they make up our United States Air Force."

For the past 20 years, the reserve components have been called



Senior Master Sgt. Teresa De La Cueva, left, of the Air Force Reserve Command commander's action group speaks with Chief Master Sgt. of the Air Force James Cody, right, and Chief Master Sgt. Cameron Kirksey, AFRC command chief, during Cody's visit to Robins Air Force Base, Ga., June 25, 2014. (U.S. Air Force photo/Staff Sgt. Kelly Goonan)

upon and have served in the same capacity as their active-duty counterparts. According to Cody, they offer unique strengths - strength in community and resiliency in units - because they are able to stay connected for longer periods of time.

"What our reserves bring to the table is their civilian experience - a different level of depth than active-duty Airmen, who predominately focus on the way they must do their Air Force job."

Because there is only one Air Force, Cody explained that all Airmen must understand and appreciate the fundamental differences between the components. The unity among the Active Duty, Guard, Reserve and civilians is crucial to the Air Force mission.

"Airmen serve worldwide. When they are where the nation needs them to be, we don't have this discussion," Cody said. "We just see Airmen doing what our nation calls them to do, but somehow when we get back home we revert back to this 'I'm in the Guard, I'm in the Reserve, I'm in the active duty.' No, you are in the U.S. Air Force."

In addition to speaking to the importance of unified components, Cody talked about the challenges facing today's Air Force.

"We're going to be a smaller Air Force," he said. "Where we maintain capability and capacity is important for what our nation is going to ask us to do."

Cody said fiscal challenges are forcing tough and sometimes unpopular decisions. He assured the Airmen that they and their families are always a major consideration.

"The future will always change and if we don't shape it ourselves we will be shaped by it," he said. "The fact is that what you do has purpose to our nation and is impacting people around the world. Don't lose sight of that. You and your families are without question our most valuable asset. Our nation treasures each and every one of you."

## SAPR: More than an Air Force Acronym

Commentary by Col. Scott Sauter  
315th Airlift Wing commander

-- As an Airman and a senior leader in the Air Force Reserve, I've seen firsthand the devastating impacts of sexual assault on an Air Force organization. Regardless of your unit or military status, Active or Reserve, no one is immune to these impacts nor absolved of their responsibility to combat the instances of sexual assault that continue to threaten our Service. These actions are heinous crimes and are still prevalent in our military today. And the solution is a challenge for our Total Force - all of us, regardless of rank or Service affiliation; Active Duty, Reserve, civilian, contractor, or dependent, have a moral responsibility to stop these offenses.

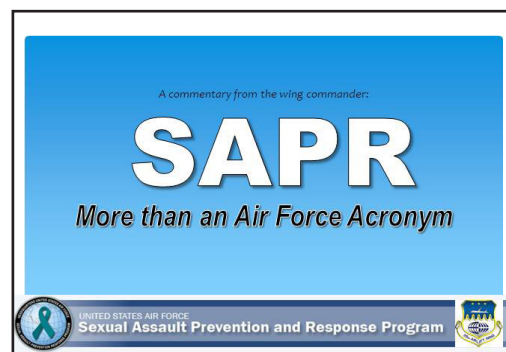
We all play a key role as individuals; but more importantly, as a team, to eliminate sexual assault from our Air Force. These roles and responsibilities should not be taken lightly. In fact, this very issue calls for bold leadership and increased situational awareness that empowers and encourages others to action.

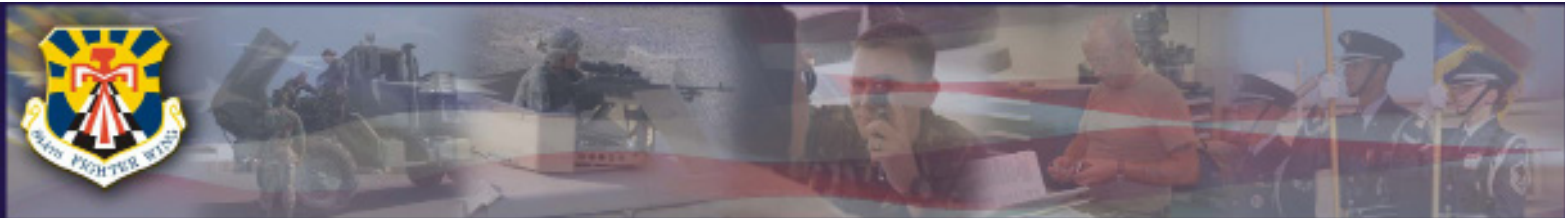
Start by understanding that "SAPR" is more than just another important Air Force acronym...SAPR means "Sexual Assault Prevention and Response." Sometimes relying on an acronym desensitizes us from its meaning. Saying "Sexual Assault Prevention and Response" out loud reminds us of our individual and team responsibilities to this program--in other words, understanding the full spectrum of offenses that comprise "Sexual Assault;" the full set of tools and actions required for "Prevention;" and all resources available ("Restricted" or "Unrestricted") for "Response" if these offenses occur. And, our ability to combat and eliminate instances of sexual assault requires that everyone understands the vital role they play.

But, taking a stand against sexual assaults is more than a simple verbal commitment to do better. It requires, and even demands, real action on our part. Believe me, this will not always be easy - taking action means courageously confronting even our peers and friends head on when we identify inappropriate

behavior or commentary both in and out of the workplace. While inaction, on the contrary, leaves these damaging acts unchecked and can allow them to continue--this hurts our Air Force and its members.

Until we take deliberate steps as a team to change this culture into one where dignity and trust are our foundation, we will never reach our full potential. So I ask today, that each one of you make a commitment, to "Sexual Assault Prevention and Response," to take real action and confront this issue head on.





## Reserve recruiter has heart of bull

By Tech. Sgt. Louis Vega Jr., 944th Fighter Wing, Public Affairs

Raised in American Samoa by his grandmother in a household of strong women, Master Sgt. Stanley “the Bull” Iakopo, Air Force Reserve Command recruiter with the 944th Fighter Wing, now trains and competes as a professional mixed martial arts fighter.

Iakopo has been an Active Guard Reserve recruiter with the Air Force Reserve Command since 2008 and was a traditional Reservist in the air transportation career field for seven years prior to becoming AGR. He has been assigned here with the 944th FW since 2012. Throughout his 13 year career in the Air Force Iakopo has remained active.

In 2002, while a member of the all-Air Force Armed Forces rugby team, he was introduced to Mixed Martial Arts. Iakopo’s friend invited him and four others to a gym that was looking for some fresh local talent.

“They wanted us to spar,” Iakopo said with a smile, as he reminisced. “We didn’t even have mouth pieces, they just threw us in the ring and we fought. After that, I was the only one in my group of friends who went back.”

Iakopo has always been active, both physically and mentally. He played rugby, ran track, and played semi-professional football for a while. He is also educated, with a degree from the University of Hawaii where he majored in speech language pathology with a minor in pre-med and later received a Master’s degree in education from Framingham State University, in Massachusetts. While working towards his bachelor’s degree in 2001, Iakopo enlisted in the Reserves and began his career with the 48th Aerial Port Squadron, Hickam Air Force Base, Hawaii. He later transferred to the 44th Aerial Port Squadron in Guam.

“It would cost me around 500 dollars each month for airfare and a rental car to attend the unit training assemblies,” Iakopo said. “I did that every month for five years,” a costly expense for a senior airman Reservist at the time.

In 2009, everything was nearly taken away after he collapsed during physical training. A heart stress test was administered and minutes later he was admitted to the hospital. The diagnosis was mitral valve stenosis, a condition in which the heart’s mitral valve is narrowed (stenotic). With mitral valve stenosis the abnormal valve doesn’t open properly, blocking

blood flow coming into the left ventricle, the main pumping chamber of the heart. Mitral valve stenosis can cause tiredness and shortness of breath, among other problems.

In Iakopo’s case, he had slowly developed the condition after acquiring rheumatic fever as an adolescent. Up until his diagnosis Iakopo had coped with passing his fitness tests and any physical exertion.

“After a PT test, the front of my shirt was covered in blood because of the malfunctioning mitral valve and when I fought my goal was to finish my opponent in the first round, because I was too gassed if I went into the second round,” Iakopo said.



Shortly after the diagnosis Iakopo received open heart surgery to clean up the valve. However, after his surgery the problems persisted; his heart would race as high as 200 beats per minute for no reason.

Frequent visits to the hospital emergency room to set his heart to “sinus rhythm” which is the normal regular rhythm of the heart set by the heart’s natural pacemaker, were common. At each visit Iakopo underwent a procedure called cardioversion which is when a patient is placed under anesthesia and doctors deliver an electrical shock to the chest to reset the heart’s rhythm to normal.

In October of 2011, Iakopo had his second open heart surgery, this time to replace the calcified valve he had. After careful consideration of which prosthetic valve would best suit him, he chose a cow valve because of the durability for his very active lifestyle. Cow valves are similar to human in tissue physiology. His particular valve was from a bull.

“I am in debt to AFRC recruiting for how

understanding and supportive they were to me and my family during my medical difficulties,” Iakopo said.

On the verge of facing death and being medically discharged from the Air Force, the recruiter with the heart of a bull recovered with a smile on his face and new vigor for life.

At 41 years old, Iakopo has no intention of slowing down. When he arrived in Arizona he was looking for a gym he could train in. He came in contact with Cesar Peraza, owner of Peraza boxing and MMA gym. The former professional fighter provides a gym that is family run and a training regimen that is well suited for Iakopo.

“Working with Cesar and the rest of the team has improved my stand-up tremendously as well as my jiu jitsu,” Iakopo said. “The people are friendly and family oriented.”

The Arizona State Boxing Commission does not recognize Iakopo’s previous international matches. Therefore, his debut on June 14, Duel for Domination at the Arizona Event Center in Mesa, Arizona, was his first recognized fight here. Although he dominated the stand-up portion of the fight, he was eventually overcome by his opponent’s ground game, an area he admits he needs to improve upon.

“Stanley has all the attributes we look for in a fighter. He is a real competitor, a great athlete, and he pushes himself above and beyond,” Peraza said. “It

makes it that much easier for us to work with somebody like that at this level.”

Because of the performance he displayed during his last fight, Iakopo is scheduled to fight again October 4th pending the approval of his number one fan and supporter, his wife Priscilla Iakopo.

Iakopo approaches everything he does with the same intensity he displays in the ring. Different than many fighters in the sport, Iakopo has responsibilities that many of them do not. Balancing his duties as a father and husband, serving his country as an Air Force Reserve recruiter, continuing his education and finding time to train and compete are strategically prioritized. Currently, Iakopo is a second year doctoral student at Grand Canyon University and has high hopes for the future.

“My goal is to achieve the rank of chief master sergeant and obtain a Ph.D. in behavioral health analysis,” he said. “Fighting is just a sport for me.”

-- See Heart of a Bull on page 7.





# Roll Call

Airmen: Winning the Fight. Strengthening the Team. Shaping the Future.

June 2014

## Why We Serve

Roll Call! We've all done it, some more than once. We've raised our right hand and repeated the oath to solemnly swear to support and defend the Constitution of the United States. It is a humbling oath, a thoughtful and serious promise to take on the sobering duty to protect our freedoms.

The motivation behind our first oath is often different. Many initially raise their right hand for the opportunities that come with service in our military - great young men and women looking to further their education goals, for direction and purpose in life, or financial stability. For others it could be family tradition or the thrill of a new challenge. The reasons vary greatly, and none are wrong.

There is no bad reason to join our Air Force.

For each of us, at some point in our service, that reason must evolve. We must grow to understand that service is about more than direction, pay or education. It is about protecting American ideals, embracing the responsibility that comes with freedom, and strengthening our country through an unbreakable bond with the comrades who serve by our side. We share a commitment to do and be more, a commitment that only those who have served can fully understand and appreciate.

When proud veterans recall their service - however short, or long ago it may have been - they never recall the tangible benefits. They cherish the intangible benefits - pride, service, duty and honor - and stand taller knowing they did their part to serve their country.

It is a privilege to be an Airman, and an honor to defend our nation. We can never forget that.

As you gather with your team this month, talk about why you serve. What drives you to put on our uniform? What pushes you to serve your country? What motivates you to **win the fight, strengthen the team, and shape the future**? This month we will begin to tell thousands of great Americans they no longer have that option. Think about those Airmen, men and women who would like nothing more than to continue to serve, and remember the privilege we should all hold dear.

Our Air Force is the most powerful airpower in the world; for more than 60 years we've enjoyed an air superiority no other can match. It is a truth that should compel pride, a pride that must drive each of us to be **faithful to a proud heritage, a tradition of honor, and a legacy of valor**. We have a lot of Airmen in our Air Force...we need a lot of Air Force in our Airmen. When you raise your right hand, remember what it stands for; remember the men and women who have taken the solemn oath before you; and remember that service is a calling with intangible rewards: pride, service, and duty...these will always be priceless.



The World's Greatest Air Force  
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Airman's Roll Call is designed for supervisors at all levels to help keep Airmen informed on current issues, clear up confusion, dispel rumors, and provide additional face-to-face communication between supervisors and their teams.



## EFMP - Supporting Military Families with Special Needs

If you have a family member with a special medical, mental and/or educational need, please join us on:

10 Aug., Sunday of the UTA

from 10:00 a.m. - 11:00 a.m.

For a presentation from EFMP-Family Support and EFMP-Medical at the 944th Family Readiness Office (Bldg. 993, Room 32).

Marjorie Thompson - EFMP Family Support Specialist and Brenda McGuire - EFMP-M Special Needs Coordinator will discuss their roles in the program here at Luke AFB and how they may be able to assist you.

As a reservist, you could benefit from the program which is designed to provide Information and resources to military families with special medical, mental and/or educational needs. And if you are called or ordered to active service for more than 30 consecutive days, you could be missing out on valuable benefits available to the exceptional family member.

**Please join us. Families welcome!**

For more information, please contact MSgt Linda Flores at 623-856-8324 or [linda.flores@us.af.mil](mailto:linda.flores@us.af.mil)

## Heart of a Bull (from page 6)

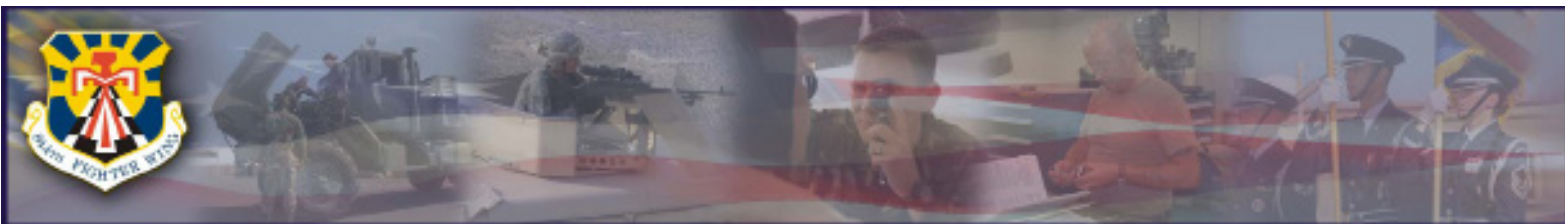
Periodically throughout his life there have been people to provide the stability and mentorship to enlighten or get him through certain points of his life. He attributes his success to his wife, grandmother, mother, and key military figures he came in contact with while in the Reserves and recruiting command. His priorities have always been his wife and five children. If training for a fight does not coincide with the interests of family obligations, then his urge to engage in physical combat is put on the backburner.

"He is a man of unique character," said Senior Master Sgt. Christian Jorg, Air Force Reserve Command Flight Chief recruiter with the 944 Fighter Wing and Iakopo's direct supervisor. "His uncanny ability to be so happy and positive yet demanding makes him a great recruiter."

Iakopo's motto in response to life's adversities is to "get down and fight." Although always positive and upbeat, he confronts every challenge with an intensity and fighter's attitude. He hopes his story helps or inspires someone to fight for what they want regardless of the obstacles.

"Whatever you choose to do in life don't give a 100%, give it your all, your all can't be measured," Iakopo stated.





# 101 Critical Days of Summer

During 2013 the Air Force had a lot of summer sports losses. There were 105 mishap reports indicating injury caused by improper stretching or warm-up. In the civilian sector more than 10,000 people receive treatment in emergency departments from sports, recreation and exercise related injuries and approximately 715,000 sports and recreation injuries occur each year in school settings alone.

Keeping fit is part of your responsibility as an Airman. The third core value, Excellence in All We Do includes personal excellence. In part, this says, "stay in physical and mental shape. ..." Risk management is important for mishap prevention in physical fitness and sports just as in other activities.

If you're like many, your winter workouts may have consisted mainly of sprints to and from the refrigerator during commercials. Even if you included workouts at the gym, you may still need to do some preparation for your favorite summer sport. Too much activity too soon and you might be enjoying the season on the sidelines as a spectator; ease into your activity at a comfortable level and gradually increase the duration and intensity over a recommended period of 4-6 weeks. You also need to consider lessons or some form of instruction before diving in. Trying to go above your skill level can lead to disaster. Had the Airman in the example below applied personal risk management techniques and prepared differently for this sport, he might not have been injured.

While skydiving, an Airman's parachute did not open properly. He made an attempt to cut the parachute away but could not. He released the secondary parachute, but since he had become entangled with the first parachute, the second one did not open fully. He landed violently on the ground. He was airlifted to a local trauma center with a fractured back, pelvis, lacerated kidney and spleen. He was hospitalized for two months and spent another two months on quarters.

Many sports injuries also occur when your body of not prepared for the activity. Many people who start exercising after being sedentary sustain a sports injury. However, with the proper preparation, sports injuries can often be prevented. Here are some things you can do to help prevent an injury

## • Warm up

- Ten minutes of light jogging or cycling before practice will increase circulation to cold muscles, making them more pliable and less prone to strain or rupture. Studies have shown that an active warm-up is associated with better athletic performance than a warm-up that consists only of static stretch.

## • Stretching

- Tight muscles are more prone to injury. Tight muscles also put more stress on the attached tendons and bones, putting these tissues at risk for injury as well. Regular stretching can improve muscle flexibility. The ideal time to stretch is after your workout. Include all major muscle groups. Hold each stretch for 20 to 30 seconds and do not bounce.

## • Rest

- Allow an appropriate amount of time for rest and recovery between workouts. Schedule at least 1 to 2 days off each week. It is also important to schedule an "off-season" -- a minimum of four weeks of rest from sports each year. This is easily overlooked when you play more than one sport or play one sport year-round.

## • Hydrate

- Young people are more prone to dehydration and heat illness than adults, so do not wait until you are thirsty to drink. Drink before, during, and after workouts. Drink water for exercise that lasts less than an hour. Use a sports drink for longer workouts. Avoid caffeine, juices and carbonated beverages.

## • Respond Promptly to Injuries

- Pain is a sign of injury, stress or overuse. You should not play through pain. If pain does not resolve after a day or two of rest, consult your physician. The sooner an injury is identified, the sooner proper treatment can begin. The result is shorter healing time and a faster return to sport.

## • Participate in a Variety of Sports

- A variety of sports provides for balanced muscle development, prevents burnout and decreases the risk for overuse injuries. Specializing in only one sport is not recommended until after puberty.

## • Begin New Activities Slowly

- A good way to prepare for a new sport is to participate in a pre-season conditioning program. Increase distance or duration no more than 10 percent per week.

## • Use the Right Equipment

- Be sure equipment fits properly and is in good condition. Runners should change their shoes every 300 to 500 miles.

## • Get a Sports Physical

- Before sports seasons begin, find a sports medicine physician who can help assess readiness for sports, address any medical issues that may cause risk of injury and offer recommendations to ensure safe sports participation.

*Courtesy of the 944th Safety Office.*

## KEY NOTES:



**Psychological Health Advocacy Program:** The Air Force Reserve's Psychological Health Advocacy Program (PHAP) is available to assist Citizen Airmen and their families as "Your Bridge to Appropriate Care." PHAP offers a range of services for any life stressor, from family concerns and deployment support to suicide prevention and substance abuse.

Available 24/7, and at no cost, PHAP's Nurse Case Facilitators offer resource referrals to help Airmen locate appropriate resources and provide confidential support. PHAP's commitment to our Citizen Airmen is that "you and your family are not alone."

You can call 888-810-2400 or visit: AFRC PHAP Website at <http://www.afrc.af.mil/library/phap/index.asp>