

THE CARGO COURIER

123rd Airlift Wing, Kentucky Air National Guard, Louisville, Ky.

Vol. XXXI, No. 2 • March 5, 2016

Paul, Jewell, Howard top troops

By Senior Airman Joshua Horton
123rd Airlift Wing Public Affairs

Staff Sgt. Zachary Paul, Staff Sgt. Nicholas Jewell and Master Sgt. Gregory Howard will be honored at a banquet in Louisville March 5 as the Kentucky Air National Guard's Outstanding Airmen of the Year for 2015.

The three Airmen were selected because of their leadership and performance in their primary duties, dedication to self-improvement, and base and community involvement, according to the Kentucky Air National Guard Chief's Council, which selects the winners.

Paul, the winner of the Airman category, is a pararescueman in the 123rd Special Tactics Squadron. In the past year, he has used his life-saving skills in the remote jungles of Thailand and provided essential medical care to more than 300 patients. Additionally, Paul acted as the lead combat search-and-rescue instructor during a Joint Combined Exchange Training exercise. He was also instrumental in the planning of a multi-national pararescue exercise, which led to the first ever-combat search-and-rescue course for Jordanian military forces.

"Staff Sgt. Paul is an outstanding Airman with incredible potential," said his supervisor, Tech Sgt. Adam Becker. "One of the attributes that sets him apart is his unorthodox approach to solutions and his ability to think outside of the box. That attribute among others, combined with his dedication to perfecting

his technical skills, are what makes Staff Sgt. Paul such a powerful force multiplier to the 123rd STS."

Jewell, the winner of the Non-Commissioned Officer category, is a combat controller in the 123rd STS. In the past two years, Jewell has deployed multiple times, earning two Bronze Star Medals and an Air Medal, said his supervisor, Master Sgt. Robert Fernandez. He has completed 160 days of duty overseas in support of Operation Inherent Resolve, conducted 12 high-risk Special Operations missions, trained more than 20 Iraqi soldiers, planned and led seven training events, and controlled 18 combat sorties.

"What really sets Nick apart is his selflessness," Fernandez said. "He is always thinking of the team and other people, putting them first, and always looking to lend a hand. The Air Force and Kentucky Air National Guard are truly lucky to have Staff Sgt. Jewell in their ranks. His career path is limitless, and I suspect this won't be the last time we hear about his accomplishments."

Howard, the winner of the Senior NCO category, is a production superintendent in the 123rd Maintenance Squadron.

Howard's engaged hands-on leadership style resulted in a 90.93 percent fully mission-capable rate for 123rd Airlift Wing C-130s aircraft.

Read more online at www.123aw.ang.af.mil/news/story.asp?id=123470211



PAUL



JEWELL



HOWARD

Smith is wing's first sergeant of year

Master Sgt. Alan Smith of the 123rd Civil Engineer Squadron has been selected as the Kentucky Air National Guard's 2015 First Sergeant of the Year.

"He is an extremely valuable and productive asset to the 123rd Civil Engineer Squadron," said Chief Master Sgt. Marty Fautz, the unit's chief enlisted manager.

Read more at www.123aw.ang.af.mil

Howell takes command of CERFP detachment

Lt. Col. Christopher Howell assumed command of the Kentucky Air National Guard's newly formed 123rd Medical Group Detachment 1, CERFP during a ceremony here Jan. 9.

The guidon for the detachment was passed to Howell by Col. Michael Cooper, commander of the 123rd Medical Group, who extolled Howell's performance and his expectations for the future of the unit.

"This is a big day for Chris," Cooper said. "It is well deserved and well earned. It's a greater day for all of us at the medical group and Detachment 1. It's a very special event when a military unit stands up and comes into existence. I am so proud of all of you and your accomplishments."

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Tools can help develop healthy emotions, overcome reliance on alcohol, addictions

A variety of resources provide a great deal of information about the issue of drug and alcohol abuse, and these resources have been available for many years.

But the detrimental effects that arise from the abuse of (and addiction to) alcohol and other substances remain unchanged.

The societal issues that arise from these abuses remain damaging to the person and their family, and it also has many negative consequences for the community as a whole.

This is no different in the Air National Guard or here at the 123rd Airlift Wing.

While attempting to put this article together, I read some quotes from the book “In the Realm of Hungry Ghosts: Close Encounters with Addiction” by Gabor Maté that were meaningful in thinking about abuse and addiction.

- “Not all addictions are rooted in abuse or trauma, but I do believe they can all be traced to painful experience. A hurt is at the center of all addictive behaviors. It is present in the gambler, the Internet addict, the compulsive shopper, the workaholic. The wound may not be as deep and the ache not as excruciating, and may even be entirely hidden — but it’s there. The effects of early stress or adverse experiences directly shape both the psychology and the neurobiology of addiction in the brain.”

This quote is not necessarily a new thought but a continued reminder of the complicated issues that surround abuse and addictions. According to Maté, as young children and adolescents we learn how to manage our emotions appropriate to situations, but when



Lynn Edwards, LCSW
Director of Psychological Health

there are situations that are emotionally overwhelming, children are not equipped to handle it and their brain becomes unable to manage the stressors. It therefore shuts down emotionally. When this happens to adults, he contends (and others agree), a person loses the ability to fully feel emotion as he or she flees being vulnerable. The result is an “emotional amnesiac” who can’t remember ever having felt truly elated or truly sad — and thus feels empty emotionally.

- “The addict’s reliance on the drug (or

activity) to reawaken the dulled feelings is no caprice. The dullness is itself a consequence of an emotional malfunction not of their making; the internal shutdown of vulnerability. Vulnerability is our susceptibility to be wounded.”

Often, abuse and addictions come from trying to reconnect to some emotion or feeling that had become emotionally dulled early on.

- “Intuitively we all know that it’s better to feel than not to feel. Emotions have crucial survival value. They orient us, interpret the world for us and offer us vital information. Our emotions are an indispensable part of our sensory apparatus and an essential part of who we are.”

While use of alcohol, gambling, Internet, etc., in moderation are all acceptable ways to distract at times, the concern becomes when they become the only way someone can feel a connection with emotion. In order to reconnect when the emotions have been “dulled,” one starts with beginning to know one’s self.

There are many ways to work on developing healthy emotions that do not include the crutch of addictions. Meditation, mindfulness and cognitive behavioral therapies are just a few of the interventions that can help the process of reconnecting. Visit www.how-to-meditate.org/ for more information on meditation. To take an assessment on your drinking patterns, go to www.drinkaware.co.uk/

“Find a place inside where there is Joy, and the Joy will burn out the pain.” – Joseph Campbell

—Lynn Edwards, LCSW

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The editorial content is edited, prepared and provided by the Public Affairs Office of the 123rd Airlift Wing, Kentucky Air National Guard. All photographs are Air National Guard photographs unless otherwise indicated.

We welcome your feedback. Please contact the Public Affairs Office directly if you have suggestions for articles or photography. Our office is located in Room 1160 of the Wing Headquarters Building, 1101 Grade Lane, Louisville, KY 40213.

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