

# NJDMAVA HIGHLIGHTS

JUNE 26, 2015





# GOAL MET: 358 days to return to 'normal'

Story by Staff Sgt. Wayne Woolley  
444th Mobile Public Affairs Detachment

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



**Senior Airman Ashley V. Chytraus, a 108th Wing crew chief, stands by as a KC-135R Stratotanker starts its engines for a training flight at Joint Base McGuire-Dix-Lakehurst, N.J., June 11, 2015.**

With chest heaving, arms pumping and pink running shoes a blur on the pavement, Senior Airman Ashley Chytraus crossed the finish line at her annual Physical Fitness Test on June 14.

Although the 25-year-old crew chief with the New Jersey Air National Guard's 108th Wing scored an "excellent," she admitted being disappointed that her run time and pushups were a bit off her usual standards.

But she was willing to forgive herself.

Only 358 days earlier, Chytraus was on a medevac helicopter being carried away from the scene of a horrific motorcycle crash. She died and was revived on the helicopter and then spent the next month in a medically-induced coma.

She'd been on her way to drill on her pink and blue Honda CBR-1000 when the driver of a silver Cadillac made an illegal turn and crossed into her path. The collision broke two vertebrae in Chytraus's neck, crushed her hand, mangled the quadriceps tendon in her leg and forced two splintered ribs into her liver. It was the worst liver laceration the hospital had ever seen, she was later told.

"All I remember is turning the corner down the street and waking up a month later," Chytraus said. "I'd been sleeping for so long that the wounds and the surgeries

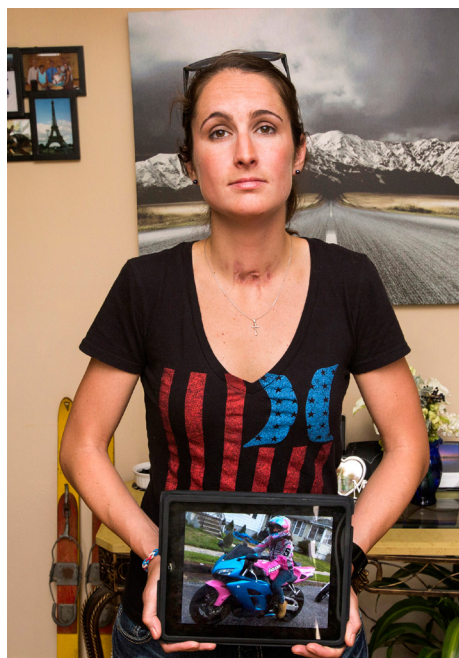
just turned to scars."

Although Chytraus said she was comforted when she woke up because she was surrounded by her parents, siblings and the man she eventually married, she couldn't shake the thought that her Air Force career was over.

She'd enlisted at 19 while attending Burlington Community College, which is along the flight path of Joint Base McGuire-Dix-Lakehurst. The young woman who was uncertain about her future found the answer by simply looking up.

"Planes were flying overhead and I was like 'What am I doing?'," she said. "I knew that's what I wanted."

She became a crew chief and me-



**Chytraus holds a tablet with an image of her Honda CBR-1000 motorcycle at her home June 10, 2015.**

## Cover photo

**Senior Airman Ashley V. Chytraus, a crew chief with the 108th Wing, New Jersey Air National Guard, holds her personal protective equipment in front of a KC-135R Stratotanker at Joint Base McGuire-Dix-Lakehurst, N.J., June 16, 2015. Chytraus was in a motorcycle accident June 21, 2014. (U.S. Air Force photo by Master Sgt. Mark C. Olsen/Released)**



# I died and came back. What could be greater than that?

SENIOR AIRMAN ASHLEY V. CHYTRAUS, CREW CHIEF, 108TH WING



**Senior Airman Andrew C. King, left, counts Chytraus's pushups during the United States Air Force Fitness Test at Joint Base McGuire-Dix-Lakehurst, N.J., June 14, 2015. Both King and Chytraus serve in the 108th Wing.**

chanic with the 108th Wing, which flies the KC-135R Stratotanker. It was a natural fit. A self-proclaimed “gear monkey,” Chytraus grew up around her father’s automotive repair shop, fixing cars, trucks and motorcycles.

Chytraus had come to love the controlled chaos of the flight line, turning wrenches, dragging fuel hoses and making last-minute checks on aircraft before sending them into the sky.

From her hospital bed, with a tracheotomy tube in her throat, the flight line seemed very far away.

But Chytraus made it clear to her doctors that if there was a way back, she was going to find it.

“Something that people realize when they get to know me is my attitude and my drive. I want to go forward in my life,” she said. “There are challenges you come to in life and sometimes the guy upstairs says I’m going to give you this challenge and see how well you do.”

Chytraus began her journey back to the flight line by relearning to walk. The combination of the damaged tendon in her leg and the loss of 30 pounds of muscle required a gradual progression from a walker, to crutches, and finally, a cane before Chytraus could walk on her own.

Immediately after the crash, the doc-

tors were most concerned about the two broken vertebrae in Chytraus’s neck.

“Most people who break those end up paralyzed or die from asphyxiation,” Chytraus said. “For some reason, I wasn’t paralyzed and the bones healed on their own. It’s something I can’t explain.”

But as her rehabilitation progressed, the biggest threat to a full recovery emerged from an injury that at first appeared miniscule compared to the rest of the trauma Chytraus suffered – a hairline fracture near her elbow. As it healed, her arm locked at a 90-degree angle and remained that way for nearly six months.

“It was the biggest scare,” Chytraus said. “Being in the military, you can’t not have an arm. I thought I might be medically discharged. It was stressful.”

A surgery to unlock the elbow was successful. But Chytraus was still too weak to return to her job.

Her rehabilita-

tion efforts intensified. Her therapist, an Army Reservist, developed a routine that incorporated all of the motions required of Chytraus’s normal duties; turning wrenches, screwdrivers and changing aircraft tires.

She returned to her job as a full-time technician with the 108th in May. She took the physical fitness test a month later.

Chytraus says both came to pass because she had good luck -- and never wavered from her objective.

“Goals. I wanted to get back to work and be able to do my job,” she said. “Goals. I wanted to take my test without any waivers and at least come close to my score last year.”

She’s uncertain which goal is next. She’s considering finishing her undergraduate degree and becoming an officer.

Chytraus is sure at least of this.

“I died and came back,” she said. “What could be greater than that?”

Chytraus got engaged three weeks after she was discharged from the hospital and married two weeks later to the boyfriend who had been at her bedside every day of her coma. That relationship, and the thought of the strain her crash and recovery put on her family, provides the answer to the question she gets asked all the time:

“Do I want to get back on?” Chytraus said. “The answer is yes. Of course. It doesn’t scare me. I’m still alive. But there’s other people in my life now that, after all this ... it’s worth staying around and not risking it.”



**Chytraus verifies that a KC-135R Stratotanker's rudders and flaps are operable for a training flight at Joint Base McGuire-Dix-Lakehurst, N.J., June 11, 2015.**



# 10 Heart of a Hero Scholarships available

Trenton, NJ - Continuing to foster the Christie Administration's ongoing commitment to military members, veterans and their families, First Lady Mary Pat Christie announced on June 18, New Jersey Heroes' fourth annual Heart of a Hero Scholarship.

Mrs. Christie established the program as another resource to help New Jersey's military men and women make their higher education and career goals a reality. This year, New Jersey Heroes is funding ten \$5,000 scholarships to be awarded in time for the 2015-16 school year.

"New Jersey Heroes is again honored to have this opportunity to repay our military heroes in this small way for their service and sacrifice on behalf of our country," said Mrs. Christie. "Over the past three years, the Heart of a Hero Scholarship has helped 30 of our military service members advance their professional lives- from law enforcement and nursing to business management and environmental science. We're pleased to be able to play a part in the career preparation of these most deserving New Jerseyans."

For 2014 Heart of Hero recipient Katie Grogan an Air Force and NJ National Guard Reservist from Jackson, it was an honor to have received the 2014 Heart of a Hero scholarship. "The monetary amount helped cover the cost of my uniforms, books and part of the tuition for my nursing program," Grogan said. "I am so grateful to everyone involved in the committee that honors Veterans through this amazing scholarship."

For Navy Petty Officer 2nd Joseph Mack Mota, from Lacey Township, the Heart of a Hero scholarship helped him reach his educational goals. "With the support of the NJ Heart of a Hero Scholarship, I earned my Master's Degree in December and was able to secure employment working with student-veterans like me who aspire to receive a college education," Mota said. "I want to

thank Mary Pat Christie and the entire NJ Heroes Foundation staff for their dedication to all our New Jersey military veterans currently or formerly serving."

Applicants for the Heart of a Hero Scholarship must meet several program criteria: 1) be a United States citizen and New Jersey resident; 2) be a high school graduate or have a high school equivalency diploma (GED); 3) served in the military and submit documentation of military service; if discharged from the military, must show proof of honorable discharge; 4) enroll as a student at an accredited college/university or a vocational training school in pursuit of a degree for the 2015-16 school year; 5) demonstrate a commitment to volunteerism and community contribution, in the spirit of New Jersey Heroes.

Service members interested in applying for the Heart of a Hero Scholarship must fully complete the application form either online at the New Jersey Heroes website: <http://newjerseyheroes.org/index/2015-heart-of-a-hero-scholarship-application-form/> by no later than 5:00 p.m. Friday, July 31, 2015 or submit an application via US Mail postmarked no later than July 31, 2015 and mailed to NJ Heroes, P.O. Box 95, Mendham, NJ 07945-0095. Application deadline is July 31, 2015.

Heart of Hero Scholarship recipients will be notified in late August.

New Jersey Heroes is an initiative of First Lady Mary Pat Christie that showcases the positive and unique ways people and organizations are impacting New Jersey and their communities. To nominate a hero, go to <http://newjerseyheroes.org/index/nominate-a-hero/> and follow the application instructions to submit the person you believe is a true New Jersey Hero.



## Unity Day

*The New Jersey Army and Air National Guard celebrated Unity Day June 18, 2015 at the National Guard's Joint Training and Training Development Center at Joint Base McGuire-Dix-Lakehurst, N.J. The 17th annual observance kicked off with a 5K Fun Walk/Run followed by Guard members enjoying varied foods from nine different cultures or cuisines, information booths and plenty of musical entertainment. (U.S. Army National Guard photo by Chief Warrant Officer 3 Patrick Daugherty/Released)*





# Serving our Veterans



## Legion presents Menlo new bus

Joseph Brandspiegel, left, CEO, New Jersey Veterans Memorial Home at Menlo Park, is presented the keys to a handicapped accessible bus from American Legion members Betty Baranowski, Department Rehabilitation Hospital Chairman, National Commander Michael Helm and Department Commander Michael G. Wilson during the 97th Annual State Convention of the American Legion, Department of New Jersey, at the Wildwood Convention Center, June 11, 2015. (Courtesy photo)

## 63<sup>rd</sup> Army Band Summer concert Schedule

- 26 June 2015, Morris Plains, NJ at Roberts Garden Park, 77 Glenbrook Road, Morris Plains , 7:00 pm (No rain site)
- 27 June 2015 Lyons, NJ at Lyons VA Hospital, 151 Knollcroft Road, Lyons , 1:00 pm
- 28 June 2015 Pennington, NJ at the Hopewell Valley Memorial located adjacent to the Hopewell Township Municipal Building 7:30 pm (No rain site)
- 30 June 2015 Avalon, NJ at the Veteran's Plaza 21<sup>st</sup> Street and Dune Drive 7:00pm (Rain Site- Community Hall)
- 01 July 2015 Bordentown, NJ and the Bordentown High School Performing Arts Center, 318 Ward Avenue, Bordentown 7:00 pm
- 02 July 2015 Toms River, NJ at the Toms River Library-101 Washington Street, Toms River 7:30 pm (No rain site)
- 03 July 2015 Cape May, NJ at the Cape May Convention Hall, 714 Beach Avenue, Cape May 7:00 pm
- 04 July 2014 Moorestown, NJ Fourth of July Celebration Parade 12:00 pm (No rain site)



# Serving our Veterans

## Military Appreciation Day

**Place:** Casino Pier, Seaside Heights  
800 Ocean Terrace  
**Date:** Saturday, June 27, 2015  
**Time:** 10 a.m. – 2:30 p.m. for bracelet pick-up  
Waterpark opens at 10 a.m.

**Rain Date:** Please check “NJ State Family Programs” on Facebook for information. Changes will be made by the State Family Programs Office and will be posted on their Facebook page. Please **DO NOT** call the Casino Pier.

**Soldiers/Airmen and Family members of the N.J. National Guard are cordially invited to attend “Military Appreciation Day” at the New Jersey Shore.**

**You will be required to show a Uniformed Services Military ID to obtain waterpark bracelets for you and your dependants only. Friends and extended family members will not receive bracelets.**

**\*\* Check in through the side entrance of the Breakwater Beach Waterpark on 800 Ocean Terrace off Grant Avenue between 10 a.m. – 2:30 p.m.**

**\*\* Waterpark opens at 1000 hours.**

**\*\* Each Military Family will receive a debit card (one) worth \$25.00 to be used to play games at the Casino Pier. (slot machines, ski ball, pin ball games)**

**Thank you for serving our Country!**



**A CHANCE TO SAY “THANKS”...**

**JUNE 27 - 28, 2015**

**Winnebago Scout Reservation**

**102 Timberbrook Road • Rockaway, NJ**

For one weekend every year, Camp Winnebago provides an anything-but-usual camping experience. Each year, the Patriots' Path Council of the Boy Scouts of America turn over their camp to members of the military, their spouses and children, and transform Winnebago into Camp Noble Cause - an idyllic haven for active military personnel and their families to create the memories to last a lifetime.

**Join us for a most rewarding, memorable experience!**

- Swimming
- Boating
- Crafts
- Field Games
- Hiking
- Archery
- Shooting Sports
- Carnival Activities

**This FREE weekend is open to ALL ACTIVE Duty military personnel, including members of the Reserves and the National Guard**

This weekend is organized by the Boy Scouts of America. For administrative purposes, one member from each family will be asked to join the Learning for Life program of the BSA at no cost or obligation.

Friend us at <https://www.facebook.com/CampNobleCause2013>

For more information or to register, visit:  
[www.scoutingevent.com?2015CNC](http://www.scoutingevent.com?2015CNC)



**HIRING OUR HEROES.**  
U.S. CHAMBER OF COMMERCE FOUNDATION

**2015 Hiring Our Heroes – Greater New York City**

Held in conjunction with NBC 4 & Telemundo 47 Health & Fitness Expo Presented by Quest Diagnostics

A Free Hiring Fair for Veterans, Transitioning Service Members, and Military Spouses

**Toyota Club at MetLife Stadium**  
1 MetLife Stadium Dr, East Rutherford, NJ  
June 27, 2015

**EMPLOYMENT WORKSHOP: 8:00 AM**

**HIRING FAIR: 10:00 AM – 1:00 PM**

A Workshop for job seekers that focuses on resume writing, tips for successfully navigating hiring fairs, military skill translation, and interviewing will start at 8:00am.

### EMPLOYERS

Must register for FREE at [HiringOurHeroes.org/events](http://HiringOurHeroes.org/events)

### JOB SEEKERS

Register for FREE at [HiringOurHeroes.org/events](http://HiringOurHeroes.org/events)

Thanks to our local partners:

- NBC 4 New York
- The New York Giants
- The New Jersey and New York Committees of the Employer Support of the Guard and Reserve (ESGR)
- Meadowlands Regional Chamber of Commerce
- New Jersey Department of Labor and Workforce Development
- And all of our other local partners

For registration questions, please email [hiringourheroes@uschamber.com](mailto:hiringourheroes@uschamber.com) or call 202-463-5807.



**HIRINGOURHEROES.ORG**

Find Hiring Our Heroes online: [f](https://www.facebook.com/HiringOurHeroes) [t](https://www.twitter.com/HiringOurHeroes) [in](https://www.linkedin.com/company/HiringOurHeroes) [y](https://www.youtube.com/HiringOurHeroes)

Remember to get your Highlights submissions in by close of business Wednesday

**PLEASE JOIN US!**

*In a Ride Where All Proceeds Benefit...*

**THE HOMELESS AT VETERANS HAVEN NORTH**

**7.18.15**

**When:**  
**JULY 18TH**  
rain or shine

**Registration:**  
**10:00 - 10:45 AM**  
**WILLIAMS HARLEY DAVIDSON,**  
**1100 US 22, LEBANON, NJ**

**Kick Stands Up:**  
**11:00 AM:**  
**SCENIC RIDE THRU HUNTERDON COUNTY**

**Arrival: 12:30 PM @ VETERANS HAVEN NORTH,**  
**200 SANATORIUM RD, GLEN GARDNER, NJ**

sponsored by:

**Live Band & BBQ!**

**Donation:**  
**\$30.00 PER BIKE**





**Veterans Healthcare Services (DVHS)**

<b>Brigadier General Steven Ferrari, Director</b> 609-530-6967 Donna Myers, Sec 609-530-6766 Virginia Fiess, QA Coordinator 609-530-6979 Fax: 609-530-6970	<b>Menlo Park Veterans Memorial Home</b> Joseph Brandspiegel, CEO Jennifer Pajak, Sec 132 Evergreen Road, PO Box 3013 Edison, NJ 08818-3013 732-452-4102 Fax: 732-603-3016	<b>Paramus Veterans Memorial Home</b> Dianne Tabron-Felder, CEO Diane Callaghan, Sec 1 Veterans Drive Paramus, NJ 07652 201-634-8525 Fax: 201-967-8658	<b>Vineland Veterans Memorial Home</b> Boris Reissek, CEO Sharon Davis, Sec 524 North West Boulevard Vineland, NJ 08360-2895 856-405-4207 Fax: 856-696-6714
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**Veterans Services (DVS)**

<b>Albert J. Bucchi, Director</b> 609-530-6962 Cheryl A. Henderson, Sec 609-530-6975 Fax: 609-530-7075	<b>Brigadier General William C. Doyle Veterans Memorial Cemetery</b> Iven Dumas, State Supt – 609-738-2424 Genia DiBella, Sec – 609-738-2404 Cyndi Dzurisin, Interment Office Supervisor, – 609-738-2407 Dennis Macomber, Honor Guard, – 609-758-7505 350 Provinceline Road, Wrightstown, NJ 08562 609-738-2400 Fax: 609-758-0169 Maintenance/Cemeteries/Memorials Joseph Arroyo & Kenneth Smith Supervisor, 609-738-2408 Fax: 609-758-3490	<b>Vietnam Veterans Memorial</b> 1 Memorial Lane, PO Box 648, Holmdel, NJ 07733 732-335-0033 Fax: 732-335-1107 <b>Korean Memorial</b> Boardwalk/Brighton Park, Atlantic City, NJ 08401 <b>War World II Memorial</b> W State Street, Trenton, NJ 08608	<b>Veterans Haven South</b> Walter Nall, Supt – 609-561-4948 Vacant, Asst, Supt – 609-567-3715 301 Spring Garden Road, PO Box 80 Winslow, NJ 08095 609-561-0269 Fax: 609-567-5186	<b>Veterans Haven North</b> Sean VanLew, Supt – 908-537-1960 Laura Blaine, Sec – 908-537-1963 200 Sanatorium Road, Suite 101 Glen Gardner, NJ 08826 908-537-1999 Fax: 908-537-1990
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<b>State Approving Agency-GI Bill Programs</b> Charles Rowe, Bureau Chief – 609-530-6842 Marisol Meyer, Education Prog Asst – 609-530-6849 Lynn Yesalonia, State Admin – 609-530-6858 Joan Edwards, State Admin – 609-530-6948 Fax: 609-530-7196	<b>Veterans Benefits Bureau</b> Patricia A. Richter, Bureau Chief – 609-530-6949 Elizabeth Schofield, Prin Staff Officer – 609-530-6954 Paul Kale, Staff Asst – 609-530-6826 Cynthia Barnes, Sec – 609-530-6868 Michele Johnson, Sec – 609-530-7035 Fax: 609-530-6970	<b>Veterans Service Offices</b> Joseph Bucco, State Supervisor – 609-530-6830 Christopher Wambach, State Supervisor – 609-530-6863 Joseph E. Nyzio, VSO – 609-530-6857 <b>VA Regional Office/Philadelphia</b> Vacant, VSO – 215-381-3033 5000 Wissahickon Avenue, Philadelphia, PA 19144
<b>Atlantic City/Cape May</b> Edmond Famiglietti, VSO Vacant, Sec 1008 Absecon Boulevard, <b>Atlantic City</b> 08401-1999 ~ (Atlantic City Army) 609-441-3060/3061 Fax: 609-441-3899 (closed alternate Fridays)	<b>Bergen/Passaic</b> Richard Mannes, VSO Titus Osuagwu, Sec 125 State Street, Suite 109, <b>Hackensack</b> 07601-5435 201-996-8050/8051 Fax: 201-996-8009	<b>Burlington</b> Charles Piscopo, VSO Bernadette Whitman, Sec 555 High Street, Suite 6A, <b>Mt. Holly</b> 08060 609-518-2273/2274 Fax: 609-518-2275
<b>Camden/Gloucester</b> Joseph Frost, VSO Diane Rosci, Sec 658 N Evergreen Avenue, <b>Woodbury</b> 08096 ~ (Woodbury Army) 856-853-4184/4185/4186 Fax: 856-384-3781 (closed alternate Fridays)	<b>Essex/Union</b> Robert Maulano, VSO Vacant, Sec 20 Washington Place, <b>Newark</b> 07102-3174 973-297-3230 Fax: 973-648-2356	<b>Hudson</b> Vacant, VSO (Robert Maulano-Tuesday/Thursday) Michael Dorobis, Sec 678 Montgomery Street, 2nd Floor, <b>Jersey City</b> 07306 ~ (Jersey City Army) 201-536-3401 Fax: 201-536-3404 (closed alternate Fridays)
<b>Mercer</b> William McDonnell, VSO Theresa Tomecheck, Sec 151 Eggerts Crossing Road, Room 136, <b>Lawrenceville</b> 08648 ~ (Lawrenceville Army) 609-671-6697/6696 Fax: 609-671-6698	<b>Middlesex/Somerset</b> Joseph Battito, VSO Vacant, Sec 1060 Hamilton Street, <b>Somerset</b> 08873 ~ (Somerset Army) 732-937-6347/6348 Fax: 732-937-6417 (closed alternate Fridays)	<b>Monmouth</b> Robert Brown, VSO Rita Hyland, Sec 630 Bangs Avenue, Suite 320, <b>Asbury Park</b> 07712-6904 732-775-7009/7005 Fax: 732-775-3612
<b>Newark Liaison/VA Regional Office</b> Lorena Huggins, VSO Helen Banks, Sec 20 Washington Place, Room 431 <b>Newark</b> 07102-3174 973-297-3336 Fax: 973-642-0830	<b>Ocean</b> Nicholas Petrozzino, VSO Iris Perez, Sec James J. Howard Outpatient Clinic 970 Route 70, <b>Brick</b> 08724-3550 732-840-3033/3034 Fax: 732-840-0399	<b>Salem/Cumberland</b> Leigh R. Pottle, VSO Vacant, VSO Catherine Raniolo, Sec 524 Northwest Boulevard, <b>Vineland</b> 08360-2895 856-405-4388/4390/4389 Fax: 856-696-6499
<b>Sussex/Morris</b> William Robinson, VSO 479 West Clinton Street, <b>Dover</b> 07801 ~ (Dover Army) 973-366-0245/8347 Fax: 973-366-0360 (closed alternate Fridays) *Sussex, 12 Munsonhurst Road, <b>Franklin</b> , 07416 (Thursday/Friday) 973-827-4020 Fax: 973-827-4024 ~ (Franklin Army)	<b>Warren/Hunterdon</b> *Sibley Smith, VSO/Ombudsman Lisa Szymanski, Sec 200 Sanatorium Road, <b>Glen Gardner</b> , NJ 08826 908-537-0831/0832 Fax: 908-537-0833 *Flemington, 4 Gauntt Place, <b>Flemington</b> , 08822 (Wednesday) 908-284-6146	<b>Southern Ocean County Resource Center</b> Nicholas Petrozzino, VSO (Thursday only) 179 South Main Street (Route 9) Manahawkin, NJ 08050 609-978-5895 Fax: 609-978-6446



**DARE at 177th**

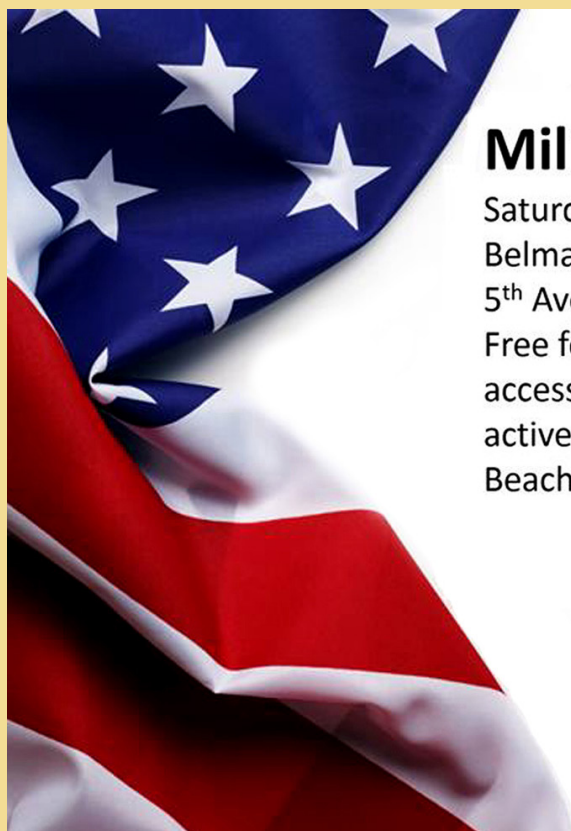
**Tech. Sgt. Joseph Searle, from the 177th Fighter Wing's Aircrew Flight Equipment shop, speaks to fifth-grade students from Dr. Joyanne D. Miller School, Egg Harbor Township, N.J., about the equipment used by F-16 pilots during the 19th annual DARE day graduation on June 19, 2015. Members from the New Jersey Air National Guard's 177th Fighter Wing came together with Egg Harbor Township Police, emergency medical services, Atlantic County SWAT, West Atlantic City Volunteer Fire Company, and Cardiff Volunteer Fire Company to celebrate the fifth-grade students' completion of the DARE program. (U.S. Air National Guard photo by Airman 1st Class Amber Powell/Released)**



## Veterans Outreach Campaign

Aug. 11 & 12  
DMAVA veterans outreach campaign  
10 a.m. – 8 p.m.  
Bridgewater Commons Mall  
400 Commons Way, Bridgewater, NJ 08807

Sept. 8 & 9  
DMAVA Veterans Outreach Campaign  
10 a.m. – 8 p.m.  
Brunswick Square Mall  
755 Highway 18, East Brunswick, NJ 08816



## Military Appreciation Day

Saturday, June 27, 12:00pm - 4:00pm

Belmar, New Jersey

5<sup>th</sup> Ave. Beach

Free food, drinks, music, parking, beach access, volleyball, giveaways and more for all active military and their families.

Beach chairs & umbrellas for your use.

**Note: Please bring your military ID**



## ENERGY CONSERVATION TIP OF THE WEEK Keeping cool in the basement

Are you in need of a good reason to finally finish that basement renovation? Spending more time down in your basement in the summer can save you money on your electric bill!

Typically below the frost line, the ground temperature stays around 50 °F. In 2014, the average summer air temperature in NJ was 72 °F. It stays cooler in your basement than the rest of your house during the summer because the soil around your basement walls is cooler than the air, which helps trap the cool air that naturally collects in sub-surface rooms. By spending more time in your basement, you can stay cool without running the air conditioning.

If you would like more information about our energy and water conservation efforts, contact Christopher Moore, Energy Manager at [christopher.moore@dmava.nj.gov](mailto:christopher.moore@dmava.nj.gov)

E-mail your Highlights submissions to: [mark.olsen@dmava.nj.gov](mailto:mark.olsen@dmava.nj.gov) by close of business Wednesday

**NJDMAVA HIGHLIGHTS** is published weekly under provisions of AR 360-1 and AFI 35-101 by the Public Affairs Office of the New Jersey Department of Military and Veterans Affairs for all members of the New Jersey Army and Air National Guard, their families, the New Jersey veterans community, retirees and civilian employees. The views and opinions expressed herein are not necessarily those of the Department of Defense, the Army, the Air Force, the National Guard Bureau, Veterans Affairs or the State of New Jersey. Letters may be sent to: NJDMAVA Highlights, Public Affairs Office, NJDMAVA, PO Box 340, Trenton, NJ 08625-0340. E-mail at: [pao@dmava.nj.gov](mailto:pao@dmava.nj.gov)



### NEW JERSEY DEPARTMENT OF MILITARY AND VETERANS AFFAIRS

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*Brig. Gen. James J. Grant – Director, Joint Staff*

*Raymond Zawacki – Deputy Commissioner for Veterans Affairs*

*Chief Warrant Officer 3 Patrick Daugherty – Public Affairs Officer*

*Master Sgt. Mark C. Olsen – Layout, photographer*

*Staff Sgt. Wayne Woolley – Writer, photographer*

*Tech. Sgt. Matt Hecht – Photographer, graphic artist*



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