



# FALCON'S VIEW

183rd Fighter Wing

Illinois Air National Guard, Springfield, Ill.

March 2013, Vol. XIII, No.3

## Women in combat gain acknowledgement they deserve

by Airman Morgan Grigiski  
183rd Fighter Wing, Public Affairs

The Department of Defense made a historic announcement concerning lifting its ban on women in combat. "Women have shown great courage and sacrifice on and off the battlefield, contributed in unprecedented ways to the military's mission and proven their ability to serve in an expanding number of roles," Secretary of Defense Leon E. Panetta said. "The Department's goal in rescinding the rule is to ensure that the mission is met with the best-qualified and most capable people, regardless of gender."

Women have been fighting on battlefields with no front lines for years. They have been allowed to fight in front-line units since 1994, but have been attached to all male combat troops as photographers, medics, and military police officers.

The Pentagon's recent decision to allow women into front-line combat units adds to the already happening shift of the military towards inclusion and tolerance. While it took until 2013, military officials have officially recognized that women can do just as well in combat as men. Banning women from the front line deprives them of choice. By allowing

women to fight in combat troops, the military is welcoming all skilled soldiers to fight for the country.

The Pentagon is currently working on creating gender-neutral physical standards for all combat troops, getting rid of the past precedent of having lower standards for females.

Thousands of women in the military have already found themselves in combat situations, said Sen. Patty Murray, D- Washington. Recent wars such as Iraq and Afghanistan have lacked a real front line, and women serving there have come under fire and had to fight back alongside male counterparts.



Defense Secretary Leon Panetta, flanked by Joint Chiefs Chairman Gen. Martin Dempsey, right, and Army Lt. Col. Tamatha Patterson, of Huntingdon, Tenn., signs a memorandum ending the 1994 ban on women serving in combat roles in the military, Thursday, Jan. 24, 2013, at the Pentagon. (Cliff Owen | AP Photo)

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## Important Information

### *Unit Training Assembly Schedule and pay dates*



<u>Duty Performed</u>	<u>Pays out (approx.)</u>
MAR 2-3	MAR 13
APR 6-7	APR 19
MAY 4-5	MAY 21

**PLEASE NOTE:** Duty hours for each UTA/SUTA will be 0800-1200 and 1300-1700 unless otherwise scheduled in advance. Mark your calendar! For more pay information, see the DFAS website at <http://www.dfas.mil/index.htm>. Pay information is under the Money Matters heading.

### "Like" us on Facebook

#### **The 183rd Fighter Wing is now on Facebook!**

We will use this page to bring you newsworthy topics related to the 183rd as well as disseminate other information that may be relevant to drill, weather, etc. When you search for our page look for the photo below as the profile picture. This is the official page established here by the unit. If you find the page that has the wing crest as the profile picture, you have found a 183rd page that has been launched by Wikipedia, and is not the official page. Please direct your questions or comments to the Public Affairs office by email: [183fw.pa@ang.af.mil](mailto:183fw.pa@ang.af.mil)



### *March Lunch Menu \*Menu subject to change*

**All meals provided for March Drill will be box meals**

**Turkey, Ham and Roast Beef subs  
Chips  
Granola Bar  
Fruit cup  
Drink**



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## Attention!

**The deadline for the  
April issue of the  
Falcon's View is, 1200 hrs.  
March 2!**



### Core Values

by Col. Jeffry Rice

Vice Commander, 183rd Fighter Wing

Integrity first, service before self, excellence in all we do. Those are the Air Force core values. They are instilled in us from day one of our service and training. Have you ever stopped to really examine those words? Before examining the Air Force core values though, we must first define what core values are. Core values are said to be the basic, fundamental, or bedrock values of an organization. They are the underlying guiding principles that influence all behavior and action. That said, then any decision or action can be applied against our core values to help determine the proper answer, direction, or outcome. Let's look at each one of our core values.

Integrity first. What is integrity? I have often heard it explained as doing the right thing even when no one is looking. Integrity is defined in the Merriam-Webster's dictionary as a firm adherence to a code of especially moral or artistic values, incorruptibility, an unimpaired condition of soundness, and the quality or state of being complete or undivided. It is the concept of consistency of actions, values, methods, measures, principles, expectations, and outcomes no matter what situation you find yourself in. Integrity is regarded as the honesty and truthfulness of your actions. The word integrity comes from the Latin word *integer* which means whole or complete. In this context, integrity is the inner sense of being complete deriving from qualities such as honesty and consistency of character. As an example, one may judge if someone has integrity

if the way they act is in accordance with the values, beliefs and principles they claim to hold. There is also honesty and proactive honesty. Honesty is admitting a mistake when asked. Proactive honesty is telling someone you made a mistake before you are asked. Proactive honesty is integrity. Do you see some common threads here? Consistency, honesty, truthfulness, character, all of those things are part of integrity.

Service before self. Simply put, and perhaps obvious, service before self means putting service

before any personal wants or needs. When you took your oath and became a member of the armed services, you became part of something very unique. You have agreed to put the needs of this country above your own personal comforts and desires. Our missions often involve the risk of human life and could even involve the very survival of this great nation. As warriors, we will fight and win when our nation calls us. We could not very well execute our missions to the best of our abilities if we were to put our own greed, wants, or comforts ahead of the mission requirements.

Service before self also means being a good leader. You do

not have to be a commander, officer or an NCO to be a leader. You can be a leader at any level. A leader puts the needs of others ahead of their own needs. This core value involves following rules, having respect for authority and for others, having faith in the organization, maintaining discipline and having self-control. All things you would expect to find in a military organization.

Excellence in all we do. Excellence is defined as superior, eminently good, or first class. It is something having a quality which is unusually good and surpasses ordinary standards. It is also used as a standard



*cont. page 9*

### Lent

by 1st Lt. Jon Bormann  
Chaplain, 183rd Fighter Wing

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The Christian season of Lent has arrived for many members of the unit. The Lenten season historically is an austere time where a time of fasting is observed. Every year when this fast is about to be observed, I cannot help but think of my great-uncle, Alvie. Every year, he would give up the same thing for Lent—beer...and switch to mixed drinks. Of course, this farcical observance does not entail what was intended to be accomplished in this season of fasting.

Fasting was a practice observed by most ancient persons for very practical reasons. As the winter wore on, acquisition of certain foods became difficult, as well as the reserves of food one did have were greatly diminished. The call to fasting was as much a demand of nature as it was a religious practice.

In our present day of refrigeration and obesity, access to food is never a problem, and so fasting is never forced upon us. Therefore, fasting becomes a choice never a necessity.

There is, however, still great value in taking part in this observance before the spring. Choosing to go without something forces one to prioritize what matters most; to discern what is essential to this life. In a consumption society it is a great challenge to withhold something from ourselves. Fasting offers our body a chance to speak to us in different ways about how to be healthy and care for ourselves. It is an opportunity to cleanse our bodies both physically and psycho-



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spiritually.

No matter our religious preference, a fast before the spring provides a wonderful opportunity to reassess those things that are or should be our ultimate concern, and to look for ways of living better. What do you want to be and accomplish when warm weather finally arrives again in central Illinois?

Use this time to take advantage of the opportunities this season brings to prepare for all the good things waiting ahead.

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Roman Catholic Chaplain

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Protestant Service:	Saturday 12:30 p.m.
Catholic Mass:	Sunday 8:30 a.m.
Base Chapel Office:	Bldg. P-48, Room 302
Phone 217-757-1367	DSN 892-8367
Fax (217)757-1509	

## **New Chief Master Sgt of the Air Force appointed**

*letter by Chief Master Sgt. of the Air Force  
James A. Cody*

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To the Airmen of the United States Air Force:

Yesterday I was appointed as your 17th Chief Master Sergeant of the Air Force. It was an incredible day, and as we begin this journey with you I wanted to send a quick note to let you know a little bit more about me.

First and foremost, I could not be any prouder of the men and women in our United States Air Force and their families. Thank you for your service. Our Air Force consists of 690,000 diverse, highly skilled, dedicated and brilliant people, and none is more important than another. We must all work together as a team to produce unbeatable airpower for our Nation.

As General Welsh has said, every one of us has a story. Mine revolves around the Air Force. I am proud to have been an Airman for just over 28 years now.

I married an Airman; Athena is a retired CMSgt, and our son is an Airman. We understand the sacrifices you make and the challenges you face, this is family business.

Coming out of AETC, I have a pretty clear view of how we train and educate Airmen. I believe education and training are the foundation of our airpower advantage and must be protected. This will be one of my focus areas.

Education and training, along with experience, are

the keys to the deliberate development of Airmen that will ensure the continued success of our Air Force today and into the future. I expect us to continue focusing on all three of these things.

We cannot have airpower without Airmen. We rely on Airmen to accomplish our missions. I think it's critical that we make sure you have the resources you need to do your job. Our programs and services should meet the needs of our Airmen and their families. This will be another of my focus areas.

While we're doing all this, we also need to strike an appropriate work/life balance. Our Nation demands a lot from its Airmen, and that is not likely to change, but if we can eliminate unnecessary additional duties and find ways to use technology to give us some time back, I think we should do that.

On top of that, our workplaces must be safe and productive environments where innovative Airmen can function at their best. This will be another of my focus areas.

From the pioneering spirit of CMSAF Paul Airey to the bold leadership of CMSAF Jim Roy, our force has prospered from a long line of brilliant and visionary Chief

Master Sergeants of the Air Force. It is my mission to continue that legacy in the best way I can.

It's most important to me that you know Athena and I will be working with you, your family, your development, and your mission in mind.

Thank you for your service to our Nation,

**JAMES A. CODY**

**CMSAF, USAF**

**17th Chief Master Sergeant of the Air Force**



# 183rd medical personnel named top in the nation

by Col. Joseph P. Maslar  
183rd Medical Group Commander

It is no secret that this Wing is filled with incredible, dedicated and skilled individuals that consistently put "Service Before Self" in their commitment to this Country and its Armed Services. People do not give up one weekend a month, whether a traditional or full-time Guardsman, for the pay or because they do not have anything better to do. It is that kind of dedication to a greater cause that makes our military the best in the world. It also makes it a true privilege to work with such people as the Medical Group Commander. Though I may be biased, I think our Medical Group has some of the best Guardsmen in the United States. But you do not have to take my word for it, as evidenced by the recent recognition of several members of the 183rd Medical Group as being the best in the Air National Guard (ANG). These selections are made by the National Guard Bureau from among all the Medical Corps members in the Air National Guard and are based on performance and nominations from the each Air National Guard base. Of these nationally recognized award winners, I have the distinct pleasure of having these members in our Medical Group:

Master Sgt. Natalie Durbin, Top Medical Senior NCO, 2011

Senior Master Sgt. Ralph Long, Top Bioenvironmental Engineering Senior NCO, 2012

1st Lt. Ashley Whitley, Top Company Grade Nurse, 2012

Maj. Tom DeTorres, Top Biomedical Clinician – Field Grade, 2012

Lt. Col. Melanie Proffitt, Outstanding Excellence in Nursing Leadership, 2012

Those of us that work with these outstanding individuals are certainly not surprised by their national recognition.

Master Sgt. Natalie Durbin, ever meticulous and beyond energetic, has always been the go-to Senior NCO for Nursing Services in our Medical Group. She flawlessly juggles the training schedules and creates innovative and efficient

programs that do not miss a beat even in the face of recent one-third manpower reduction of her team. She has saved thousands of Medical Group dollars by stream-lining training programs and spear-heading training agreements with local hospitals to optimize real-world experience for her team. She is well-recognized for the flawless performance of her programs on all recent Air Force inspections, and she always puts in the overtime to make sure her troops are well taken care of, mentored and represented. She is also a dedicated parent involved with chaperoning school field trips, and in her spare time she runs half-marathons. It is no surprise that she would be picked to represent the Medical Senior NCO's.



In a similar vein, Senior Master Sgt. Long is a recognized and nationally sought-out expert in his field, volunteering for training exercises as a planner, instructor and evaluator for Bioenvironmental Engineering concerns. At home, he is an expert in his career field and a recognized enlisted leader for the Medical Group and the Wing. He has been, and continues to be, a pivotal participant in the Illinois National Guard's emergency response force, and



was selected as the Joint Task Force Medical Element NCOIC in support of last year's NATO Summit in Chicago. On a local response level, he manages the base's response equipment, and was responsible for the 183rd being the first wing in the ANG to be fully trained for a hazardous material decontamination response. Due to his special skills,

he was hand-picked to assist our partner country, Poland, in disaster response preparation for the EuroCup 2012. He does all this in addition to managing the base's Bioenvironmental Engineering program, which is responsible for monitoring all areas for hazardous materials and health concerns. You can rely on Senior Master Sgt. Long to keep you safe at work.

*cont. on page 8*

## 183rd Inspector General

### How To File a Complaint

*submitted by Maj. Sean Heup  
Inspector General, 183rd Fighter Wing*

How to File a Complaint directly  
- AFI90-301 Chapter 2

Complete AF IMT 102, Section 1 “or” a hand write/type complaint on bond paper (If hand written please ensure penmanship is clear and understandable).

- 1) Put complaint in IG Complaint Box outside IG’s Office “or”
- 2) Email complaint to 183fw.igomb@ang.af.mil
- 3) Hand-deliver to IG

AF IMT 102 can be found at the following locations:

- 1) IG SharePoint: <https://eis.ang.af.mil/org/183FW/WingStaff/IG/Pages/default.aspx>
- 2) AF Forms and Pubs

3) Complaint Box outside of IG’s Office

Call IG’s office at (217) 757-1770, DSN 892-8770 (UTA Weekends) or ILNG Hotline (866) 207-7704

How To File an Anonymous Complaint with the IG – AFI90-301 2.4.5.

Follow the prior stated procedures but note the IG will not be able to provide a response

\*Exclude Step 3 Above

\*DO NOT include your name and signature on complaint

How To File a Third Party Complaint with the IG – AFI90-301 2.4.6.1.

Follow the prior stated procedures but note the complainants are not entitled to a response regarding allegation.

## Uniform News You Can Use

*Earrings will be:*

- Spherical (round)
- White diamond
- Gold
- White pearl
- Silver



*\*No more than 6mm in diameter\**

*Diamond, Round, NOT Conservative, NOT Authorized*



*Diamond, NOT Round, NOT Authorized*

*AFI36-2903, para 6.3.1.1*

Male Airman are not authorized to wear earrings on a military installation, or while in uniform or civilian attire for official duty

Female Airman may wear small spherical, conservative, round white diamond, gold, white pearl or silver earrings as a set with any uniform combination.

If a member has multiple holes, only one set of earrings are authorized to be worn in uniform and will be worn in the lower earlobes.

## 183d Medical Personnel cont.

1st Lt Ashley Whitley is another one of those people who seems to have more hours in the day than the rest of us because of all the things she gets accomplished. There is not a program in nursing services that she has not mastered and perfected—as well as some that are not specifically assigned to nursing (like the Self Aid Buddy Care Program—and we all know how much fun that program is!). No matter what the program, though, she does not rest until it is perfected. She is personally responsible for decreasing physical exam wait times by 20%, and has saved thousands of Medical Group dollars through inventory right-sizing and innovative resource acquisition. She applies her keen clinical skill to ensure medical exercises are realistic and properly conducted, and without fail volunteers as part of the State's emergency response team. Her outstanding and broad-based medical skills and dynamic leadership style, as well as her dedication to service made her a shoe-in for national recognition.



It would be easy to dislike Maj. Tom DeTorres if he were not such a great guy. He always gets his required assignments done first and usually before they are actually required. That assertiveness and perfectionism applies to everything he does. Since he joined our Medical Group after being an active duty member of the USAF band (he's



played for European Royalty), he has always set the standard as a subject matter expert and as someone always willing to help out by picking up more duties. In addition to seeing over 30 patients a day during drill weekends, he is responsible for infection control, making sure the medical providers are correctly credentialed, and never misses a

State emergency response exercise or training session. He was even the first Physician Assistant in the ANG to get certified as a Flight Medicine provider—again, a national leader. He tirelessly assists other Medical Group members with Physical Fitness issues, is a skilled mentor and teacher

for junior officers, and never lets his keen intellectual skills rest as he always works process improvement in the Medical Group. He even volunteered to get vaccinated for smallpox so that he would be able to assist with vaccinating deploying wing members. Seriously, who is going to top this guy for national recognition?

Our fifth award winner is directly responsible for influencing at least two of our other winners, as well as many others in our Medical Group, since she is the current Chief Nurse, Lt. Col. Melanie Proffitt. Like the others, the problem with her nomination was not what to put on it, but which of the extensive contributions and areas of excellence to leave out so that it would fit on the nomination form. Due to her tireless and meticulous attention to detail, nursing services without exception, always receives outstanding and flawless reviews from Air Force inspectors. She epitomizes the philosophy of taking care of her troops, and makes sure they are 100% trained, mentored for education, and promoted in the minimum appropriate time. She is a tireless volunteer, and due to her clinical and organizational expertise she was hand-picked for full-time work with the Illinois emergency response force, and is sought out by other states for her advice on this endeavor. She was instrumental in the successful deployment of this emergency response force in support of last year's NATO summit, and combined in-place medical training that would have cost thousands of dollars otherwise. Lt. Col. Proffitt is that consummate leader that every commander dreams about having in his or her organization, and she will make a great commander herself someday.



Undoubtedly one of the most rewarding aspects of being a commander is ensuring the recognition of the incredible work that is done on a daily basis by the outstanding members of the Medical Group. I am continually in awe of the talented, dedicated and truly great people that we have the pleasure of working with in the Guard, and I appreciate the opportunity to be able to share a few notes about these individuals in our Medical Group. You will not find better ones in the entire United States. And now it is official.

## Announcements



### Capt.

Seth N. Delahunt  
Howard R. Gossmeyer  
John W. Moyer  
Andrew M. Payne

Ronald E. Rapp  
David Rivera

### Chief Master Sgt.

Rudolf C. Stonitsch

### Senior Master Sgt.

Ronald A. Thrall  
Harlan S. Freer

### Tech. Sgt.

Kyle J. Goetten  
Patrick Hickmann  
Brian J. Barnard  
Alex M. Hampton

### Staff Sgt.

Thomas J. Krob  
Evan J. Stevens  
James D. Hill Jr.  
Gail C. Renner  
Douglas J. Millburg

Ethan M. Cox

Joshua D. Garrison

Andrew J. Reif

Blair A. Pumphrey

### Airman 1st Class

Jacob M. Moushon

### Airman

Thomas W. Hamilton

## Welcome Aboard!

Maj.	Wesley A. Colebar	183AOS
1st. Lt.	David S. Cruden	183AOS
2nd Lt.	Jesse J. Stern	183FSS
Tech. Sgt.	Bryan A. Velasquez	183AIS
Airman 1st Class	Lisa M. Douin	183AIS

## Happy Retirement to:

Senior Master Sgt.	Sheri K. Riggs	HQ/ILANG
Master Sgt.	Jeffrey Kienzler	217EIS
Staff Sgt.	Lionel A. Suber	217EIS

## Commander's comments cont.

of performance. Aristotle is quoted as saying "We are what we repeatedly do...excellence, then, is not an act, but a habit." The old adage practice makes perfect seems to fit quite well here. Excellence is extremely important to us as warfighters because our profession can mean life and death. Our enemies are striving for excellence so we had better be doing the same. Do not settle for mediocrity or doing something just good enough to get by but strive for continuous improvement. There are several different areas of excellence to look at. Product or service excellence is at the forefront because it is how you do your job every day. Personal excellence means seeking to continually improve yourself by taking advantage of continuing professional education and by staying in physical and mental shape, being fit to fight. In the community, both internally and externally, we strive for excellence by working together with mutual respect to reach common goals. Resource excellence means implementing policies to ensure the best possible management of both our material and human resources. Operational excellence is a form of excellence pertaining to the way in which we treat the world around us as we conduct our operations. In peacetime we are required to obey the laws and rules governing our everyday lives and in wartime we are required to obey the laws of war. So, excellence in all we do is not just about doing your job. It is how you wear your uniform, how you conduct yourself both on and off base, how you treat and interact with those around you, whether at home or deployed, it does apply literally to all you do. Excellence in all we do encompasses everything. It is the care of our nation's resources, the most treasured of which are the lives of those who serve. This makes competence or excellence in all things that we do paramount.

As we approach the inspections in June, think about our core values. Think about their meaning as reviewed here. They should, of course, be second nature to you but they become even more prominent at this time. The term *center of excellence* gets used a lot. Colonel Paul has stated that he does not want us to be a center of excellence but rather he wants us to be a center of outstanding. Live the core values and I am positive that we will indeed be a center of outstanding!

## **What is Your Blood Pressure Telling You?**

*by Capt. Amanda Shull  
Physician Assistant, 183rd Medical Group*

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Most yearly physical exams or sick visits to your doctor's office start out with the nurse checking your blood pressure. Then you may hear the nurse rattle off some number such as 122/84, 112/72, or 136/92. Even though you may know what constitutes as high or low blood pressure, do you understand what those numbers mean? What does your blood pressure tell you?

Blood pressure is the measurement of the contraction of your heart muscle. According to *Medical News Today*, it is the pressure of the blood upon the walls of the blood vessels. It is recorded as two numbers. The top number, the higher of the two numbers, measures the pressure in the arteries when the heart beats and/or contracts. The bottom number, the lower of the two numbers, measures the pressure in the arteries between heartbeats.

The heart is the muscle that is responsible for pumping blood throughout the entire body. The blood that contains lower amounts of oxygen is pumped towards the lungs in order to become oxygenated. The oxygenated blood is then pumped to the rest of the body. It is the action of the heart pumping this blood that creates the blood pressure we measure.

The procedure for having our blood pressure taken is simple and it offers our providers vital information in regards to the condition of our blood vessels and heart. When your blood pressure is taken you should be relaxed and seated or lying down comfortably and your arm should be well supported. The different devices that can be used to take your blood pressure include the digital blood pressure monitor or the manual mercury manometer. The electronic blood pressure devices are starting to be more commonly used over the mercury manometers.

There are some cases that your health care provider might recommend that you have ambulatory blood pressures completed. *Medical News Today* defines ambulatory blood pressure as the measure of the patient's blood pressure at regular intervals throughout a 24-hour period. This type of measurement is useful

in patients that suffer from white coat hypertension, which is the rise in blood pressure caused by anxiety and stress when entering a clinical setting. This method is also used when a patient's blood pressure readings differ a great deal, their blood pressure does not respond to medication, or if the current treatment is suspected to be causing hypotension. The blood pressures collected over this 24 hour period help the doctor determine the patient's blood pressure in a normal environment.

As mentioned earlier there are two numbers recorded with each blood pressure measurement. The top and/or higher number is the systolic measurement and the bottom and/or lower number is the diastolic measurement. The known normal blood pressure reading is generally below 120/80. The range for desirable blood pressure is systolic measurement of 90 to 119 and a diastolic measurement of 60 to 79.

Hypertension, a measurement of at least 140/90, is when our blood pressure is too high. You are considered to be pre-hypertensive if your blood pressure is between 120/80 and 139/89. One third of all people that have hypertension will not experience any symptoms, and therefore your blood pressure should be checked regularly. The American Heart Association recommends that starting at the age of 20 everyone have a blood pressure screening once every 2 years for healthy individuals with known history of normal blood pressure. This screening is recommended more frequently for those that smoke, drink alcohol regularly, are overweight, or are reaching old age.

Hypotension, a measurement of 90/60 or below, is when our blood pressure is too low. In some cases of healthy individuals having hypotension can be thought to protect them from hypertension later in life. However, low blood pressure could be an indication of underlying health problems. If hypotension is not severe you may not notice any symptoms.

According to *Medical News Today* here is a list of symptoms that may indicate hypertension or hypotension.

Hypertension:

- Hypotension:
- Blood in urine
- Confusion
- Dizziness

*cont. page 11*

## Medical News Cont.

- Fatigue
- Headaches, some quite severe
- Irregular heartbeat
- Pains in the chest
- Problems with breathing
- Vision problems
- Depression
- Dizziness
- Eyesight problems, such as blurred vision
- Light-headedness; fainting is possible
- Nausea
- Pale, cold and clammy skin
- Palpitations
- Shallow panting
- Thirst
- Tiredness

If you have a single high blood pressure reading this does not necessarily mean that you have high blood pressure. High blood pressure is usually diagnosed by your physician after several blood pressure readings at or above 140/90. If this is the case your physician will implement a treatment program, which almost always includes lifestyle changes and most likely prescription medication.

If you are monitoring your blood pressure and get a systolic reading of greater or equal to 180 or a diastolic reading 110 or higher, wait a few minutes and retake your blood pressure. If the reading remains at or above that level you need to seek immediate treatment at the nearest emergency department for hypertensive crisis.

The systolic portion of the blood pressure measurement is given more attention due to its risk factor for cardiovascular disease in people over 50 years old. The American Heart Association states, "Systolic blood pressure rises steadily with age due to increasing stiffness of large arteries, long-term build-up of plaque, and increased incidence of cardiac and vascular disease." If your blood pressure is currently normal it is still important to make healthy lifestyle choices in order to prevent the development of high blood pressure.

## Unit Spotlight



**Who:** Senior Airman Aindrea N. Schneider

**What:** Security Forces

**When:** Enlisted in the 183rd December 18, 2009

**Why:** I enlisted to serve my country and also receive school benefits.

**Career Achievements:** I absolutely love what I do out here at the 183rd. I have a great group of individuals I work with and I'm finally no longer the only female among them!! This makes me very happy!! If you ask me, being the only female in a male dominant career field for four years is an achievement.

**Recent/ Favorite deployment:** I haven't had the chance of deploying yet but I would like to. I think the experience is important.

### Are you prepared?

*Submitted by Master Sgt. Michael Niepert  
Ground Safety Inspector, 183rd Fighter Wing Safety*

Emergency preparedness is not the sole concern of Californians or folks in the Midwest for earthquakes, those who live in "Tornado Alley," or Gulf Coast residents because of hurricanes. Most communities may be impacted by several types of hazards during a lifetime. Americans also travel more than ever before; to areas impacted by hazards they may not be at risk of near their homes. Knowing what to do before, during and after an emergency is a critical part of being prepared and may make all the difference when seconds count.

Some of the basic protective actions are similar for multiple hazards. For example, safety is necessary when experiencing all hazards, whether this means sheltering or evacuating depends on the specific emergency. Developing a family communications plan or making an emergency supply kit are the same for accidental emergencies, natural disasters and also terrorism. However, there are important differences among potential emergencies that should impact the decisions you make and the actions you take.

I would like to look at some of the basic items that are a must for any emergency supply kit. We as members of the Guard are fully aware of our state and local missions to support our country or state in a time of need during any natural disaster or emergency but are we prepared in our own home? Is your family prepared if the need arises? Here is a list of items that will help you during an emergency, this list is not all inclusive and can be tailored to your specific need:

- Water, one gallon of water per person per day, for drinking and sanitation

- Food, at least a three-day supply of non-perishable food
- Battery-powered radio and a NOAA Weather Radio with tone alert, and extra batteries for both
- Flashlight and extra batteries
- First Aid kit
- Whistle to signal for help
- Infant formula and diapers, if you have an infant
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Dust mask or cotton t-shirt, to help filter the air
- Plastic sheeting and duct tape to shelter-in-place
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)

There are also other considerations to be made as well depending where you live, the weather conditions, and time of season. What kind of clothes to have, sanitation, clean air, additional family needs. I hope this will help you in building your own emergency disaster kit. For additional information visit the sites below:

[http://72hours.org/build\\_kit.html](http://72hours.org/build_kit.html)

[http://www.ehow.com/list\\_7209355\\_emergency-kit-checklist.html](http://www.ehow.com/list_7209355_emergency-kit-checklist.html)

## Tax Help

MILITARY ONESOURCE, H&R BLOCK TEAM UP TO PROVIDE TAX ASSISTANCE  
WASHINGTON (1/8/13) - As tax season nears, Military OneSource and H&R Block have joined forces again to provide a free online tax preparation service for service members.

<http://www.nationalguard.mil/news/archives/2013/01/010813-Military.aspx>

## Family Readiness

### HELP WANTED

The 183rd Family Readiness and Support Group needs your help. We are trying to recruit members, both new and old. I would like to have your input. From previous members, what worked and what did not. From new members, what do you have to bring to the group and what you would you like to see incorporated into the group? So, let's band together, combine our ideas, and build a Family Support Group that we all will want to participate in. Please see me, Joe Ward, Family Readiness Coordinator for Volunteer Sign-up Forms.

#### Volunteer Sign-up Form

Unit:	E-mail Address:
_____	_____
Name:	Specialty:
_____	_____
Address:	Phone Number:
_____	_____
City:	State & Zip Code
_____	_____

Please return to: 183rd Family Readiness Group, 3101 J. David Jones Parkway, Springfield, IL. 62707-5001  
Phone: 217.757.1569 email: joe.ward.1@ang.af.mil

If you have a member of your family that is a past or current member of the 183rd, or have information that a current or past member of the 183rd has passed away recently, please contact Mr. Joe Ward, Family Program Coordinator. We want to ensure that no one is forgotten for the annual Wreath Laying Ceremony commemorating all past and current members that have lost their lives each year. The Family Support Group is still sending sympathy cards to all deceased members' families as well, but once again, we need the information. You can contact Joe by e-mail at joe.ward.1@ang.mil or by calling 217-757-1569.

**1. AUTHORITY:** U.S. Code: Title 10, Subtitle E, Part I, Chapter 1007, Section 10204, and other subsets of Title 10.

**2. PURPOSE:** To collect the information necessary to process the action indicated by the form you are completing

**3. ROUTINE USES:** This information will not be disclosed outside the Department of Defense.

**4. DISCLOSURE:** Voluntary. However, failure to provide the information requested will result in the form not being processed, and may result in a denial of the intended action.

## Vacancies

The following is a list of officer vacancies as of February 28. Contact Senior Master Sgt. Diana Braun at 217-757-1566 or DSN: 892-8566 if interested in applying for these positions. Prior service members are encouraged to explore these exciting new opportunities.

<b>183rd FW</b>			<b>183rd AOS</b>		
0-4	52R3	Chaplain	0-4	13S4	Space and Missile
0-5	11F3Y	Fighter Pilot	0-5	13S4	Space and Missile
			0-4	13B4B	Air Battle Mgr
<b>18rd MDG</b>			0-5	13B4B	Air Battle Mgr
0-5	48R3	Flt Surg	0-5	12R4H	Recon Surv EW CSO
0-5	48A3	Aero Med Spc	0-4	12F4Y	Fighter CSO
			0-4	12F4Y	Fighter CSO
<b>183rd ACOS</b>			0-4	12B4Y	Bomber CSO
0-4	65F4	Financial Mgt	0-5	11M4T	Mobility Pilot
0-5	48A4	Aero Med Spc	0-4	11F4Y	Fighter Pilot
0-5	21R4	Logistics Readiness	0-6	11F4Y	Fighter Pilot
0-4	16G4	AF Ops Staff Off	0-4	11F4U	Fighter Pilot
			0-4	11F4B	Fighter Pilot
<b>183rd AMOS</b>			0-4	11B4Y	Bomber Pilot
0-4	41A4	Health Service Admin			
0-5	21R4	Logistics Readiness	<b>HQ/ILANG</b>		
0-4	12M3T	Mobility CSO	0-4	35P4	Public Affairs

The following is a list of enlisted vacancies as of February 29. Members applying for these positions must currently hold the AFSC for the position being applied for. If interested in applying for these positions, please contact Master Sgt. Matt Allen at 217-757-1292 / DSN 892-8292. Additional positions are available for new Guard members and transfers from active duty. Please contact Master Sgt. Allen for more information.

<b>183rd LRF</b>			<b>183rdSFS</b>		
E-5	2F051	Fuels	E-5	3P051	Security Forces
E-5	2S051	Material Mgmt			
E-5	2S051	Material Mgmt	<b>217th EIS</b>		
E-5	2S051	Material Mgmt	E-5	2T351	Veh/Veh Equ Maint
E-6	2T071	Traffic Mgmt	E-6	2T370	Veh/Veh Equ Maint
E-6	2T370	Veh/Veh EQU Maint	E-5	3D153	RF Trans Sys
			E-5	3D153	RF Trans Sys
<b>183rd CF</b>			E-5	3D156	Airfield Sys
E-6	3D071	Knowledge Ops Mgmt	E-5	3D157	Cable & Antenna Sys
			E-5	3S051	Personnel
<b>183rd MSG</b>			E-7	3S271	Education & Training
E-5	3S051	Personnel			
E-5	6F051	Fin Mgmt/Comp	<b>183rd AOG</b>		
			E-6	1C072	Avi Resource MG
<b>183rd FSS</b>			E-6	1C571	C2 Battle Mgt Oprs
E-5	3M051	Services	E-6	1C571	C2 Battle Mgt Oprs
E-5	3M051	Services	E-6	1C571	C2 Battle Mgt Oprs

## Vacancies Cont.

### 183rd MXS

E-5	2A651C	Aerospace Propulsion
E-5	2A651C	Aerospace Propulsion
E-5	2A651C	Aerospace Propulsion
E-5	2A652	Aerospace Grd Equ
E-5	3D051	Knowledge Ops Mgt

### 183rd CES

E-5	3E051	Elec System
E-5	3E052	Elec Pwr Pro
E-5	3E052	Elec Pwr Pro
E-6	3E072	Elec Pwr Pro
E-5	3E151	Heat/Vnt/AC/RFG
E-5	3E251	Pave/Contr Equ
E-5	3E251	Pave/Contr Equ
E-5	3E351	Structural
E-5	3E451	Water/Fuel Sys Maint
E-5	3E551	Engineering
E-6	3E651	Operations Mgmt
E-6	3E651	Operations Mgmt

### 183rd AOG

E-6	1N171A	Geospatial Intel
E-6	1N171B	Fusion Analysis
E-6	2A571	Aircraft Maint
E-6	2T271	Air Trans
E-6	2T271	Air Trans
E-7	3D172	Cyber Trans Sys
E-6	3D173	RF Trans Sys
E-6	3E571	Engineering
E-6	4N071	Aerosp Med Svc
E-6	6C071	Contracting
E-8	6C091	Contracting
E-6	6F071	Fin Mgmt/Comp
E-6	1C771	Airfield Mgmt
E-6	1N171A	Geospatial Intel
E-7	2S071	Materiel Mgmt
E-5	2T051	Traffic Mgmt
E-6	3D071	Know Ops Mgt
E-5	3D152	Cyber Trans Sys
E-5	3D152	Cyber Trans Sys
E-8	3D190	Cyber Ops

### HQ IL ANG

E-6 3D072 Cyber Sys Ops