

Heartland WARRIOR

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This Air Force Reserve online magazine is an authorized publication for members of the U.S. military services, family, and friends of Grissom Air Reserve Base.

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On the cover...

Karl Williams, a Department of Defense police officer, uses an electronic control device during a special training session held at Grissom. In the scenario, Williams warns an individual who is not complying with instructions that the ECD could be used. Several 434th Security Forces Squadron personnel were trained on the use of ECDs, which will become part of the resources available to on-duty security forces personnel. (U.S. Air Force photo/Tech. Sgt. Mark Orders-Woempner)



Col. William "Tim" Cahoon, 434th Air Refueling Wing commander, left, administers an oath to honorary commanders during the February unit training assembly. (U.S. Air Force photo/Senior Airman Jami Lancette)

Grissom names honorary commanders

Seven community and business leaders from the Central and North Central Indiana regions took their oath of office Feb. 12 and assumed their roles as honorary commanders here.

Col. William "Tim" Cahoon, 434th Air Refueling Wing commander, presided over the ceremony held in conjunction with a wing commander's call.

With this program, select individuals from the community are matched with Grissom's key commanders.

The goal is to provide the honorary commanders with a rare, inside look at the base, its mission, and its people.

The honorary commanders will then take their experiences at Grissom and share them with others from their respective communities.

The honorary commanders for 2012 are:

--Dr. Michael Harris, chancellor at Indiana University Kokomo; honorary wing commander

--Jessica Green, on-air personality for Hoosier AM/FM; honorary operations group commander

--Leilan McNally, quality manager, AT&T; honorary maintenance group commander

--Andrea Zwiebel, program manager for the Honeywell Foundation; honorary mission support group



Staff Sgt. Jessica Piech, a services apprentice with the 434th Force Support Squadron, shares a laugh with Dr. Michael Harris at the dining facility Feb. 12. Harris is the chancellor at Indiana University Kokomo, and honorary 434th Air Refueling Wing commander. (U.S. Air Force Photo/ Tech. Sgt. Mark Orders-Woempner.)

commander

--Chris Theisen, director of digital communication, Flex Pac; honorary command chief

--Dr. Robert Beckett, honorary Army Reserve commander

--Cassie Dull, online communications specialist for Park Tudor School; honorary Marine Corps Reserve commander

Grissom has a long history of interaction with civic and community leaders and the honorary commanders program is a valuable part of the base's outreach activities.

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Public Affairs garners command awards

The Grissom ARB Public Affairs program, along with the base's September 2011 rededication ceremony, took top honors in the Air Force Reserve Command Public Affairs Awards for Communication Excellence.

The 434th Air Refueling Wing Public Affairs Office was selected for the Brigadier General Harry J. Dalton Jr. Award as the top host base PA program in the command. The PA office's efforts in developing, coordinating and hosting a special base rededication ceremony was awarded the Maj. Henry H. "Hap" Arnold Award for Public Affairs Communication Effectiveness.

"We are very humbled that our various public affairs programs and activities were recognized at the Air Force Reserve Command level," said Lt. Col. Gary Lockard, 434th ARW chief of public affairs. "Last year was a very hectic time period for the PA staff. In addition to our normal programs, PA staff members developed special activities to focus on social media, civic leader education, congressional liaison, and media outreach."

Other members of the PA team in 2011 included Col. William "Tim" Cahoon, Maj. Kelly Howard, Tech. Sgts. Doug Hays and Mark Orders-Woempner, Staff Sgt. Carl Berry, and SrA Jami Lancette, Damon Kasberg and Andrew McLaughlin.

Highlights of the Grissom PA program included



interaction with more than 50 major media outlets, 200 news releases, 1,072 social and traditional media activities, eight civic leader flights, 400 civic leader contacts, creation of a new honorary commanders program, and a concert by the Air Force Band of Flight. The base web site, managed by the PA staff, was updated every single day of the year and visitors to the site viewed more than 2 million pages of content.

The 434th ARW PA Office will now represent AFRC at the Secretary of the Air Force Public Affairs Awards competition.

PA staff member earns AFRC honors

Mark Orders-Woempner, 434th Air Refueling Wing public affairs specialist, was named as the "Outstanding Communication Tactical-Level Civilian" for 2011 during the Air Force Reserve Command's Public Affairs Awards for Communication Excellence competition.

Orders-Woempner joined the 434th ARW PA office as a civilian employee in March 2011, where he spearheaded the wing's social media program. In just a few short months, he developed the number one social media program in the command with more than 700 followers, 900 updates and a special 60-minute "live chat" to support AFRC recruiting efforts. His efforts to market the base through social media reached more than 1 million people to include media, civic leaders and elected officials.

"Mark has been an outstanding addition to the PA office," stated Lt. Col. Gary Lockard, chief of
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public affairs. "His work in the areas of social media, civic leader outreach and special events has been superb."

An expert in public affairs, he was selected to serve on a special Air Force-level work group that devised new Internet and social media policies. He participated in a trip to Washington DC where he met with various congressional staff members and assisted in presenting an overview of Grissom and its contributions to our nation's defense. Orders-Woempner's other responsibilities in the PA office include civic leader outreach, honorary commanders program, employer support and special events.

"His efforts in blending social and traditional media have provided superb benefits for the base and the Air Force Reserve Command," added Lockard. "He is an outstanding writer and photographer and dozens of his stories, photos



Orders-Woempner

and graphic art have been used by DoD and civilian media organizations."

In addition to his civilian responsibilities, Orders-Woempner is a technical sergeant in the Air Force Reserve, also serving in the PA office, and is a volunteer member of the base honor guard.

Cops get shocking new tool

By Tech. Sgt. Mark Orders-Woempner
Public Affairs staff

Grissom security forces just got a new weapon in their arsenal, and it may be shocking to some people; at least those who don't comply with officer instruction.

434th Security Forces Airmen and Department of Defense Police here will soon be carrying electronic control devices in addition to their service pistols.

ECDs are less-lethal weapons, which are used to incapacitate a person using short bursts of electricity administered through barbed darts on wires that can extend 25 feet.

The benefit of these devices is that they are designed to allow officers to subdue an individual from a safer distance and apprehend them without loss of life or major injury to those involved, said Maj. Christopher Witter, 434th Security Forces Squadron commander.

ECDs are also extremely effective because they are designed around electro-muscular disruption technology, which uses a high-voltage, low-power charge of electricity to disrupt the central nervous system and induce involuntary muscle contractions.

"It's very effective on everyone because it short-circuits your synapses, and it's immediate feedback for the individual," explained Witter.

ECDs are beneficial to law enforcement officers for more than just their effectiveness to subdue an unruly person.

"It gives us something between 'stop' and bang," said Witter, refer-



Staff Sgt. Justin Coe, a 434th Security Forces Squadron security response team member, test fires an electronic control device during a training exercise Jan. 27. (U.S. Air Force photos/Tech. Sgt. Mark Orders-Woempner)

ring to the use of force continuum, which provides guidance to officers on how much force they can use in different situations. The continuum ranges from verbally engaging with an individual all the way to the use of lethal force weapons such as service pistols.

"If a person won't comply with verbal demands, there are only a few options an officer has," he added.

Those options include an officer using his own body, pepper spray, an expandable baton, or an ECD.

When an officer tries to restrain an individual using his own body, it puts the officer in direct contact with the individual, increasing the risk of death or injury, said Staff Sgt. Dustin Devine, 434th SFS journeyman and ECD instructor.

Pepper spray and expandable batons also have their own drawbacks.

"There are a couple issues with pepper spray including cross contamination to the officer and the fact that some people are immune to its effects," explained Witter.

"With the expandable baton, you're hitting a person with something until they stop what they're doing, and the possibility for injury beyond the officer's intent is possible."

Physical restraint, pepper sprays and batons also all have the same danger of putting an officer close to a potentially dangerous person who has made it clear they do not wish to cooperate. ECDs address this threat by expanding the gap between the two.

"The biggest benefit to us is that the cartridges have a 25 foot range, so I don't have to get close or fight with someone," said Devine.

And, keeping an officer safe while avoiding long-term or serious injuries to everyone involved is exactly what ECDs are designed to do.

"It's about safety," elaborated Devine. "If I go fisticuffs with someone or I hit them with a baton, the effects will last a lot longer than the 5 second (electric shock from an ECD)."

Another advantage of the ECDs is the familiarity Grissom officers will have with the weapon systems that are designed like their service pistols.

"It's point-and-shoot, so (ECDs) give us the option to use something that's like the weapons systems

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Base participates in earthquake ShakeOut

By Tech. Sgt. Mark Orders-Woempner
Public Affairs staff

Not quite along the lines of what Elvis had in mind, Grissom Airmen got all shook up during an earthquake drill held throughout the central United States Feb. 7.

“Every year the ShakeOut organization conducts these drills around the country,” said Bob Wydock, Grissom deputy emergency manager.

According to the Great Central U.S. ShakeOut website, over 2.4 million people participated in the earthquake drill, which was aimed at educating the public about how best to deal with earthquakes.

“It’s a matter of earthquake safety and trying to get the word out that the old way of doing things isn’t as safe as the new way of getting down, taking cover and holding on,” explained Wydock. “They’ve found that more people got hurt trying to get out of buildings than would have had they just found cover.”

ShakeOut guidelines suggested participation could range from simply having people demonstrate how to get down, take cover and hold on to full-blown disaster response exercises. Grissom took a two-part approach to its participation.

“We first tested the base populace on their abil-



Judi Behny, left, and Rachelle Hill-Wells take cover under a desk during a simulated earthquake here Feb. 7. Behny is a comptroller quality assurance manager and Hill-Wells is a budget operations and management analyst. Both are assigned to the 434th Air Refueling Wing. (U.S. Air Force photo/Tech. Sgt. Mark Orders-Woempner)

ity to take cover in an earthquake,” elaborated Wydock. “Afterwards we convened the emergency operations center and gave them some possible inputs as to what might happen if a major earthquake were to hit here at Grissom.”

For this reason Kris Marks with the Miami County Emergency Management Agency visited the base during the drill to watch how Grissom responded to both the earthquake and the aftermath.

“Any time we can get together and learn from each other, it’s a good thing and as an observer I learned a lot,” said Marks. “I’m always impressed with (Grissom’s) EOC because it’s well designed, very orderly and they have a structure in place to deal with all the what-ifs.”

Wydock agreed the base performed well during the exercise.

“I think we did very well; I was over in (the 434th Communications Squadron) at the time of the earthquake and they reacted just like they should,” he recalled. “With the EOC afterwards, we started throwing inputs at them before everyone was in because it’s more like what would happen in a real event, and they reacted to all the inputs, stayed focused and did really well.”

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we’ve been trained on,” said Witter, who added that having familiarity with any weapon system can mean the difference between a tragic end or a safe resolution.

While the design of the ECDs does help officers feel more comfortable with the devices, in the heat of the moment this could cause some confusion between an ECD and a service pistol, said Devine while training Grissom officers. To prevent any confusion, Grissom officers will wear the ECDs on the opposite side of their service pistol in a cross-draw position.

On top of that, Grissom security force members have also been extensively trained prior to the ECDs’ deployment, said Devine, **March 2012**



An electric probe of an electronic control device after firing it into a practice dummy.

who trained every single officer who might have to carry an ECD. Devine himself was trained by

master ECD instructors at the Ohio Peace Officer Training Academy and received certification from the ECD manufacturer.

“I feel confident in the training that they had because I’ve gone through the training with Dustin myself,” said Witter. “It’s very in-depth training, and our officers now have all the knowledge, understanding and practical application necessary to deploy the weapon.”

Once ECD deployment is complete, Grissom officers will have a safer and more-effective tool they can use to keep everyone on base safe, even those who choose not to listen to officers the first time.

“At the end of the day everyone gets to go home,” concluded Witter. “And, that’s what it’s all about.”

Grissom NCOs take early leadership steps

In a packed auditorium, 16 Grissom non-commissioned officers were recognized for taking their first steps in becoming enlisted leaders here at Grissom and in the Air Force Feb. 17.

These first steps were taken as the Airmen completed a 10-day Air Force Reserve Command NCO leadership and development course here that combines college level management and leadership instruction with military practical, experimental and hands-on application.

“You’ve taken your first steps in setting yourselves apart,” said Col. Betty Bowen, 434th Mission Support Group commander, who presided over the ceremony, before adding that she was proud of the accomplishments of each NCO.

The NCOLDC was established by the AFRC in 1989, and during the course Airmen learn key concepts relating to leadership, management, morale,



Col. Betty Bowen, 434th Support Group commander, addresses the graduates and guests during the graduation ceremony held Feb. 17. (U.S. Air Force photo/Tech. Sgt. Mark Orders-Woempner)

is ‘tell me, I will forget; show me, I will remember; involve me, I will remember and understand,’” explained Fitzgerald. “The students love the hand on portions of the class.”

With their course completed, the NCOs can now put their training into action as they become first-line supervisors for many young Airmen.

productivity, retention, stress, team building and time management.

Airmen who participate in the course receive instruction from both civilian college instructors as well as seasoned military facilitators who share their own experiences as NCOs.

To help students retain the knowledge they learn in the class, coursework is done using a hands-on approach, said Master Sgt. Lisa Fitzgerald, 434th Air Refueling Wing education programs NCO in charge.

“The course motto

Legal assistance website available resource

By Senior Airman Jami Lancette
Public Affairs staff

Air Force legal assistance is just a mouse click away.

The Air Force legal assistance website is a resource that helps servicemembers, retirees and their dependents from the time they realize they need legal assistance to an evaluation of the assistance they received.

“It provides general legal information on topics such as divorce, child custody, wills and other military subjects,” said Senior Master Sgt. Wesley Marion, 434th Air Refueling Wing law office superintendent.

According to the site, while the information provided is not intended to be legal advice, it can be a valuable education tool for those

needing legal assistance prior to speaking with an attorney.

And, if a qualified person doesn’t know where to find a legal office, the site also has a solution for that.

“It has a legal assistance locator,” said Marion. “You can punch in your zip code and the miles in radius that you prefer, and it will find all active-duty (legal) offices within that area.”

Once a person has found a legal office and made an appointment, they can help expedite their visit by having some require forms already filled out. These are also available on the site.

After a person’s visit to an Air Force legal office, they may want to provide feedback on the assistance they received, and there is a survey on the website that can assist with this as well.

“It’s completely anonymous, and it is reviewed all the way up to the Headquarters of the United States Air Force (Judge Advocate General), so any kudos or negative comments can be put on the survey,” said Marion.

The legal assistance website can be accessed directly at <https://aflegalassistance.law.af.mil>. A common access card is not needed to access the public website.

Grissom’s legal office, which managed by the 951st Reserve Support Squadron and the 434th Air Refueling Wing, provides walk-in legal assistance Monday and Wednesday from 3-4 p.m., Tuesday and Thursday from 9-10 a.m., and during primary unit training assemblies Saturday from 11 a.m.-12:30 p.m. and Sunday from 1- 2:30 p.m.

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One-star welcome

Brig. Gen. Pamela Milligan, vice commander of 4th Air Force, speaks with newcomers during her recent visit to Grissom. Milligan was at Grissom during the February unit training assembly, and met with commanders, first sergeants, and Airman across the base. She also participated in the wing's awards social and the commander's call. (U.S. Air Force photo/Tech. Sgt. Mark Orders-Woempner)



Clinic streamlines profile processing

By Senior Airman Jami Lancette
Public Affairs staff

For anyone who's ever been put on a fitness profile restriction, they may have felt like a dog chasing its tail.

But, the 434th Aerospace Medicine Squadron has been busy streamlining processes here at Grissom to make fitness profile reviews a faster and easier experience for Airmen.

When an Airman has a medical condition that limits their physical activity, they're placed on a fitness restriction, commonly referred to as being placed on a profile. These restrictions limit what portions of the physical fitness tests Airmen can participate in safely.

"Placing a member on a fitness profile restriction was a long process," explained Tech. Sgt. Tina Hoover, 434th AMDS health services manager. "They'd report here (to the 434th AMDS) to see a doc, the doc would determine what
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medical restrictions they'd have, they'd come see me to get paperwork, and then I'd refer them to Juli Phelps at the fitness center."

Phelps is Grissom's exercise physiologist and determines what portions of an Airman's physical fitness assessment they can or cannot do based on their medical restrictions from a physician.

"After all that, if there were issues with the paperwork or if they had questions, they'd have to come back here and wait in line again before going back to Juli at the gym," added Hoover. "It was a big mess."

To make the process even more cumbersome, it was all conducted while an onslaught of annual medical examinations at the clinic were happening at the same time.

"Our first goal was to separate out the annual physical exam process from fitness (reviews)," said Lt. Col. William Bray, 434th AMDS aerospace medicine chief, who added they then decided to bring

the entire process under one roof.

"Basically we've revamped the whole profile system," said Hoover. "We set aside a specific time of the day, so starting at 2 p.m. on Saturdays of the main and alternate (unit training assemblies) Juli comes here, the doctor is here and I'm here all in the same area."

Instead of the Airman chasing the process, the process was brought to the Airman.

This not only cuts down on time spent and confusion, the new process also benefits Airmen in other ways.

"This allows better integration with the wing fitness monitor to occur," explained Phelps. "Fitness is a big part of their career, so I can be here to talk with the member and see what's best."

With the fitness profile review process simplified, Grissom Airmen can now better focus on their mission and getting back in good health.



Awards social

Senior Master Sgt. Brad Klepinger, and his wife Yvette, were among those at Grissom's Awards social Feb. 4. Klepinger, is the 434th Security Forces Squadron's chief of training and resources. He was selected as Grissom's Senior NCO of the Year. Joining Klepinger in the award ranks were Capt. Kyle Knell, 434th Operations Support Squadron, Officer of the Year; Tech. Sgt. Travis Stephens, 434th SFS, NCO of the Year; Senior Airman Justin McIntosh, 49th Aerial Port Flight, Airman of the Year; and Master Sgt. James Malloy, 434th Communications Squadron, First Sergeant of the Year. (U.S. Air Force photo/Senior Airman Jami Lancette)

In the limelight

Promotions

To senior airman – Dylan Bubeck, 434th Aircraft Maintenance Squadron; Anthony Krock, 434th AMXS; and Danielle Singleton, 434th Logistics Readiness Squadron.

Medals

Meritorious Service Medal – Master Sgt. Curtis Daugherty, 434th Maintenance Squadron; Master Sgt. Scott Yaden, 434th Security Forces Squadron; Tech. Sgt. Kenneth Paschal, 434th Civil Engineer Squadron; Senior Master Sgt. Nilo Manan-sala, 49th Aerial Port Flight; Master Sgt. James Glasgow, 434th SFS; Master Sgt. Matthew Eastburn, 434th Aerospace Medicine Squadron; and Master Sgt. Melanie Curtis, 434th AMDS.

Air Force Commendation Medal – Master Sgt. Tony Cochran, 434th SFS; Staff Sgt. Sean Stump, 434th Communications Squadron; Staff Sgt. Timothy Sommers, 434th SFS; Master Sgt. Christopher Miller, 434th SFS; Tech. Sgt. John Rapp, 434th SFS; Staff Sgt. Chas-sity Howieson, 434th Logistics Readiness Squadron; Staff Sgt. Timothy Boggs, 434th SFS; Tech. Sgt. Richard VanPelt, 434th LRS; Capt. John Kutcka, 434th AMDS; and Tech. Sgt. Linda Zahora-Cathcart, 434th AMDS.

Air Force Achievement Medal – Senior Airman Scott Davis, 434th MXS; and Master Sgt. Steven Kulik, 434th AMDS.



Airman enjoys being last line of defense

By Staff Sgt. Carl Berry

Public Affairs staff

Starring down a lacrosse ball zipping at 90 mph, Greg DeMaio uses his sharp focus and cat-like reflexes to prevent opposing teams from scoring a goal.

DeMaio, the 434th Air Refueling Wing process manager, began playing lacrosse in high school, continued in college, and at age 53 continues to play the sport he loves on various clubs and tournament teams throughout the country.

“My desire to maintain physical fitness and to relive my younger days keeps me active and motivated,” said DeMaio.

The Connecticut native began his lacrosse career as a midfielder at Avon Old Farms School, a prep school in New England where he also excelled in football and wrestling. During his senior year of high school his coach switched him from midfield to goalie, which is when DeMaio became infatuated with the goalie position.

“I really enjoy playing in the goal, because you’re the last line of defense and there’s nothing like stopping the opposing team from scoring,” said DeMaio. “Also when I’m playing in the goal I’m constantly reminded of my father’s words that it’s hard to hit a moving target.”

After high school DeMaio continued to play goalie for Norwich University, where he earned his bachelors’ degree and received a commission into the Air Force.

Although the Airman Battle Uniform he dons for the Air Force is different from the chest protector, helmet and goalie stick he dons for lacrosse, the lessons he has learned from the two sometimes inevitably mesh.

“I have learned discipline and focus from playing in the goal, and the Air Force has taught me the importance of teamwork and effective leadership,” said DeMaio. “I take the leadership and teamwork lessons I have learned from the Air-
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Greg DeMaio, right, battles with an opponent during the Vail Shootout, a lacrosse tournament, held in Vail Colo. (Courtesy photo)

Force and apply them while playing lacrosse and likewise I take the discipline and focus I have learned from playing goalie to work every day.”

Currently DeMaio plays goalie for different club lacrosse teams throughout the country, including the local Empire Lacrosse Club based out of Indianapolis, along with teams in Ohio, New York, Alabama and Maryland. He also competes in numerous lacrosse tournaments throughout the year.

“Two to three times a year I compete in different tournaments,” said DeMaio. “I always play in the Florida Lacrosse Classic in Weston, Fla. every January and the Lake

Placid Tournament in Lake Placid, N.Y., every August but I have recently been competing in a tournament in Vail, Colo., called the Vail Shootout with a Navy Alumni Team the past three years.”

Another benefit of playing lacrosse is that DeMaio never has any problems achieving an excellent score fitness tests. “Staying physically fit for the Air Force has been fun for me, because I’m playing a sport that I love a lot,” said DeMaio.

DeMaio is also an avid tennis player with a 4.0 amateur ranking/level. Playing lacrosse and tennis throughout the year allows him to stay physically fit and trim.

2013 budget proposal set, tops \$5 billion for command

WASHINGTON -- Under the Fiscal 2013 President's Budget Request announced Feb. 13, Air Force Reserve Command is slated to receive an annual operating budget of \$5.062 billion starting in October.

The FY13 budget includes \$1.885 billion for military personnel, \$3.166 billion for operations and maintenance to pay for air operations, service support and civilian pay, and \$11 million for military construction.

The desired reserve personnel end strength is 70,500 reservists - 900 fewer than FY12 request.

The manning levels for the new fiscal year are 2,888 full-time Active Guard Reserve members, 67,612 full-time Air Reserve Technicians, traditional Reservists, Individual Mobilization Augmentees, as well as other categories of paid and non-paid Reservists. Not included in that total are 452 Regular Air Force Airmen and 4,015 civilians.

The FY13 budget request ensures Air Force reservists are trained and prepared to support Air Force and combatant command requirements through training, preparedness and modernization.

Officials said the command is ready to execute the guidance to meet real-world requirements.

The Air Force Reserve budget is about 4.6 percent of the Air Force's \$110.1 billion allocation.

Heartland Warrior



Driving towards the basket

Justin McIntosh, 49th Aerial Port Flight, drives past fire department defender Steven Pennamon during early round action of Grissom's annual basketball tournament held at fitness center. The aerial porters doused the fire dogs 24-21 to advance in the double-elimination tournament. The tournament comes to an end during the March unit training assembly with the championship game at 8 p.m. March 3. (U.S. Air Force photo/Senior Airman Jami Lancette)