

THE SECTOR

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Eastern Air Defense Sector

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Farewell to *The Sector!*

Taking stock and preparing for the future

Team,

As we prepare to close 2023 and ring in a new year, I want to express my sincerest thanks to ALL of you for your ceaseless attention to the mission. You never miss a beat — the lights are always on, the perimeter is always defended, the mission systems are always up, and the ops floors are always manned. Your professionalism, teamwork, skills, all combined with a little luck at times, make it happen 24/7/365!

Do not forget that we are a critical piece in supporting the National Defense Strategy priority of Defending the Homeland. We do this day-in and day-out through all our work-centers – SF, CFP, JADOC, CSS, Helpdesk, Ops, NCRCC, etc..!

In addition, the efforts that take place behind the scenes that increase our combat capability, are never ending. Focused, directed efforts to increase efficiency, decision making, and information awareness are ongoing throughout EADS. We will get to see the results of some of these efforts in 2024 with the months long Agile Operations modernization project and the continued evolution of the Cloud Based Command and Control (CBC2) system.

Finally, with the coming new year comes change. This will be the last issue of the monthly publication *The Sector*. Beginning in January, just as our mission is ongoing and evolving, the publication will evolve to become a more continuous form of information sharing. We will provide various forms of multimedia posted on our official website (www.eads.ang.af.mil) throughout each month.

As we close out the year, please take time for yourselves, your families, and your friends. While doing so, please use risk management decision-making to keep you and your wingmen safe— Airmen (uniformed and civilian) are our most lethal weapon system, we need ALL of you in 2024 to continue the defense of the homeland!

From my family to yours - have a Happy Holiday season!

Rooster



Col. Joseph F. Roos



On the cover: Pictured is a compilation of *Sector* covers over the past 20 years

EADS rolls out new CBC2 system

On Oct. 26, the North American Aerospace Defense Command's Eastern Air Defense Sector performed the initial operating capability rollout of the Advanced Battle Management System's Cloud-Based Command and Control system, or CBC2, a platform that will provide greater decision space for decision makers and end users.

Secretary of the Air Force Frank Kendall and leaders from NORAD and U.S. Northern Command, Joint Staff, Royal Canadian Air Force and Office of the Secretary of Defense were in attendance at EADS to underscore the Air Force's commitment to modernizing its air defense capabilities. The event marked a pivotal milestone in the service's modernization of tactical command and control capabilities as part of the Advanced Battle Management System portfolio of efforts.



Air Force Secretary Frank Kendall spoke to Airmen on the ops floor as part of the Oct. 26 Cloud-based C2 demonstration.

CBC2 incorporates a large number of tactically relevant data feeds as well as artificial intelligence and machine learning to assist decision makers with maintaining detailed situational awareness of the battlespace. The platform uses this data to develop courses of action from which leaders can make higher quality and faster decisions that improve operational outcomes.

In his address, Kendall recognized the extraordinary progress achieved by the CBC2 team, highlighting their dedication and technical expertise.

"The successful deployment of the CBC2 system is a testament to the hard work and ingenuity of our Airmen," he said. "Their dedication to advancing our command-and-control capabilities is instrumental in achieving the Department's second operational imperative - achieving operationally optimized Advanced Battle Management Systems (ABMS) - while maintaining technological superiority in a rapidly evolving threat landscape."

CBC2 is being developed through the USAF's agile software development methodology, which enables software developers to work with end users throughout the development process, in a collaborative approach encouraging adaptive planning, evolutionary development, continuous delivery and continual improvement.

NORAD's and USNORTHCOM's participation in Combined Joint All-Domain Command and Control through CBC2 helps to eliminate stovepipes of information and data, and ensures operational users take part in developing future C2 systems essential to homeland defense.

EADS is the first NORAD and USNORTHCOM Air Defense Sector to launch the platform in what will be a continuous and iterative approach that consistently provides new capability in response to user-generated feedback. As CBC2 transitions into its next phase of development, the program will focus on delivering the next release of capability to Canadian Air Defense Sector (CADS). Both EADS and CADS should have the new system in place by mid-2024. Future releases are planned to take place at Air Defense Sectors in Alaska, Hawaii, and Washington throughout 2024.

EADS Commander Col. Joseph Roos said the new system could enhance the ability of operators to defend North America.

"The capabilities that the CBC2 platform could bring to our operators ensures they will have the most advanced and effective technologies to find, fix, track, and target airborne threats," he said.

Kidd assumes command of new SF squadron

by Patrick B. Young, 224th ADG Public Affairs

The 224th Security Forces Squadron was officially activated in a ceremony held on Friday, Dec. 8.

Lt. Col. Michael Kidd, formerly the 224th ADG Inspector General, assumed command during the ceremony. Col. Steven Rathmell, the 224th ADG commander, was the ceremony's presiding officer.

"Lt. Col. Kidd brings significant leadership experience and a deep commitment to people and our mission, making him the right choice to lead the 224th Security Forces Squadron into its next chapter," said Col. Steven Rathmell, 224th Air Defense Group commander.

The highlight of the ceremony was the symbolic passing of the guidon from Rathmell to Kidd, which signified the official transfer of authority to the new commander.

Speaking at the ceremony, Kidd expressed gratitude for the trust placed in him and outlined his vision for the squadron's future. "We are in position, right now and from this point forward, to define our legacy—our legacy as the original Defenders comprising the 224th Security Forces Squadron. It will be a legacy in which you will be proud. A legacy continued from those who came before us... and built upon the tenets of respect, accountability, credibility, and professionalism. We will set the example in all that we do.

Why? Because DEFENDERS LEAD THE WAY!"



Pictured left to right, Col. Steven Rathmell, 224th ADG commander, Chief Master Sgt. Mark McAfee, 224th Security Forces Manager, Lt. Col. Michael Kidd, newly appointed 224th SFS commander



Defenders both past and present pictured together to celebrate the activation of the 224th Security Forces Squadron on Dec. 8.

Veterans Day Ceremony

The Eastern Air Defense Sector participated in the Rome Veterans Day ceremony on Nov. 11. The EADS contingent was led by Col. Joseph Roos, who was the ceremony's speaker.

LCol Michael Wiseman, EADS Canadian Detachment commander, also attended the event along with several Canadian members.



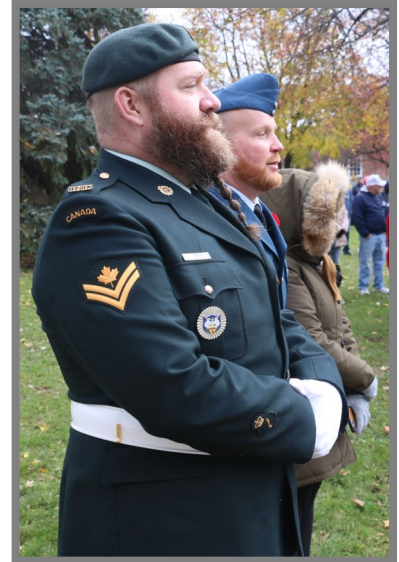
Pictured left to right, Lt. Col. Michael Wiseman, 224th ADG Canadian Detachment Commander, Col. Joseph Roos, EADS Commander, Chief Master Sgt. Robert Zoldi, 224th ADG Senior Enlisted Leader, Sgt. Shane Burden, 224th ADG Canadian Detachment NCOIC.

Photos by Patrick Young, 224th ADG Public Affairs

Veterans Day continued...



Pictured left to right, Tech. Sgt. Joshua Jones and Master Sgt. Ryan LaClair retire the colors during the City of Rome Veterans Day ceremony held on Nov. 11.



Pictured left to right, Canadian Honor Guard members MCpl Chris Smith and MCpl Shawn Reid.



Honor Guard member, Tech. Sgt. Joshua Jones, completing a ceremonial flag fold during the City of Rome Veterans Day ceremony held on Nov. 11.

Photos by Patrick Young, 224th ADG Public Affairs

The values that make us who we are

by Senior Airman Daniel Weber, 224th ADS

My top five personal values are thankfulness, family, compassion, reliability, and humor. Through reading this essay, we will convince the reader why these values are important and explain why they are vital to one's self.

Thankfulness is more than just a word; it is a lifestyle. It is crucial because it means waking up each day with a heart of gratitude, appreciating the sunrise, and the chance to make new memories. It is cherishing the people around us, their laughter, their stories, and their presence in our lives. It is about finding beauty in the ordinary and joy in the mundane. It is the realization that every second is a gift; even the most minor things matter. Thankfulness is the melody that plays in our hearts, a tune of gratitude that makes every day brighter. It is about acknowledging our blessings, big or small, and understanding that even in our darkest hours, there is always the opportunity to be thankful. It is the light on the dark days, the hope that keeps us going, and we must remember it is not only an emotion but a way of life.

Family is important because it is our foundation, the roots that ground us. We turn to them in joy and sorrow, sharing our triumphs and trials. Family is more than just shared DNA; it is shared meals, laughter, and tears. It is the unconditional love and support that helps us navigate life's ups and downs. Family is the heart of our lives, the characters shaping our story and song. The love, loyalty, warmth, and laughter make family one of the most essential parts of our lives.

Compassion is a great thing to practice in life. It is feeling another's pain, stepping in their shoes, and extending a hand. It is an act of love and understanding, a bridge that connects all walks of life. It is about recognizing the shared experiences and emotions that make us human. Compassion is not just about sympathy. It is about empathy. It is seeing the world through another's eyes, feeling their joy and sorrows, and taking the time to care. Compassion is what makes us human, what makes us kind. It is the glue that holds society together; to me, that is one of the most beautiful things I can try to emulate daily.

Humor is the unexpected twist in the tale of life, the spark that ignites laughter and spreads joy. It is the joke among friends that never gets old, the witty one-liner that catches each other off guard. The lightness in a heavy moment, the smile amid tears, humor has the power to take the ordinary and turn it extraordinary, to make a memorable moment. It is a universal language that brings people together and improves the world. It is the spice to my life, and I love how it makes life worth living!

When I think of reliability, I see a steady ship in a storm. It is dependable, ready to face danger and the trials that lay even when the sea gets rough. We can translate that into our everyday lives. It is about consistency, delivering on promises, and never letting others down. It is an admired and respected quality, making life more predictable. It is the backbone of every team, the best quality in a strong friendship. It is there for the good and the bad. It is as critical as kindness, compassion, thankfulness, and other qualities. It makes humans a rock, a beacon of hope in a dark hour.

How do my top five personal values compare and contrast to the Air Force core values?

Integrity is doing what is right even when no one is looking or when times get tough. Like integrity, we need to be thankful for the good and the bad. It also helps us see the bigger picture and maintain focus on what is important.

Family is significant, whether that is our work family or biological family. Having a sound support system allows me to put service before self, even though some decisions require sacrifices on the part of my family.

Compassion is a trait that seems to die a little more with each generation. It is a requirement for a member who strives for excellence in all they do. Compassion towards peers, subordinates, and those in our surrounding communities is one thing that builds strong relationships in our lives.

The values continued...

Humor plays a significant role in many service members' lives. It is often used as a coping mechanism in many stressful situations. It helps build friendships and provide relief during intense situations as long as integrity is maintained.

Reliability can be compared to any one of the three core values. In this case, I think integrity and excellence are most closely related to reliability. A member without reliability is not likely to possess the three core values, especially integrity and excellence. I believe reliability is a foundational trait for any well-rounded airman.

The Air Force's core values of integrity first, service before self, and excellence in all we do can undoubtedly encompass these qualities. Integrity can be bolstered by reliability and compassion, ensuring we are trustworthy and empathetic. Service grounded in thankfulness becomes a joyful duty to others. Excellence, imbued with humor and family, becomes a pursuit of the best, enjoyed with levity and a sense of belonging. These qualities can enrich the core values, making them more meaningful and impactful. These values are the things that make us who we are.

Farewell to a Legacy

by Patrick Young, 224th ADG Community Relations

The Sector bids a heartfelt farewell to its monthly publication, a platform that has been the frontline of information, insight, and understanding in our organization. This marks the end of an era, a transition from traditional shores to uncharted territories.

It is important to recognize those whose vision and perseverance have guided *The Sector's* journey. This includes Master Sgt. Amy Taylor, USAF retired, who helped to develop the original publication and Mr. Tim Jones, who developed *The Sector* into a consistent, monthly publication over the last several years. Our thanks go out to Mr. Jones and all those who came before him..

The key to *The Sector's* success has been its audience—readers, engagers, and supporters alike. Your trust and engagement have fueled our endeavors, propelling us to deliver quality content and information.

The Sector will now pivot toward audio broadcasts and fortifying the official website as the outlet for reliable and timely information. This shift is more than a strategic maneuver; it signifies a commitment to adapt and innovate in response to the evolving dynamics of media consumption. The philosophy of *The Sector*—accuracy, integrity, and comprehensive reporting—remains unwavering.

As the curtain draws, *The Sector* embarks on a new expedition, fueled by the support and trust of its audience. Thank you for being part of our journey.

The Sector Editorial Staff

Col. Joseph Roos, Eastern Air Defense Sector Commander

Col. Steven Rathmell, 224th ADG Commander

Patrick Young, 224th ADG Public Affairs

Maj. Jason Gabrick, 224th ADS

Tim Jones, 224th ADG Director of Staff

Alicia Morales, 224th ADG Management Specialist

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Canadian Corner

by Lt. Col. Michael Wiseman, 224th ADG Canadian Detachment commander

In many aspects of everyday life, change can seem like the only constant. Albert Einstein suggested, “the measure of intelligence is the ability to change.” John C. Maxwell offered that, “change is inevitable...growth is optional.” Change can be very beneficial despite any associated discomfort that may accompany it.

Twenty years ago, local Canadians would draft articles for inclusion in a printed monthly, which was eventually replaced by our current electronic publication, *The Sector*. As *The Sector* transitions from its current state to a more audio/visual experience, the Canadian Detachment is excited to contribute a final ‘Canadian Corner’ article before reconnecting again in the next iteration of *The Sector’s* evolution. We’re pleased to join Mr. Patrick Young, the EADS Community Relations Manager, and the rest of the EADS team as we are guided through this latest transformation of a beloved EADS staple.

Effectively, we’re surrounded by change: for all EADS personnel it could be projects like Agile Ops or Cloud Based Command and Control (CBC2). For your local Team Canada members, it could also apply to our recent Performance and Competency Evaluation (PaCE) professional development program, or ongoing efforts throughout the Canadian Armed Forces to continue evolving our professional culture to create a safer, more diverse and more inclusive team. For the Royal Canadian Air Force (RCAF), the aperture opens much wider. In November, LGen Kenny, the RCAF Commander, highlighted announcements over the last twelve months concerning the F-35A, strategic air-to-air refueling, multi-mission aircraft, remotely piloted aircraft systems (RPAS), NORAD modernization programs, and space surveillance and communications projects.¹ The RCAF we know today will likely look very different in 2035 and beyond.

With today’s continued focus on culture evolution, the vision is to sufficiently grow the force to embrace the substantial transition to these exciting new capabilities in the coming years.² These capabilities will represent the latest in a succession of changes to an air force that was formed on April 1, 1924. As the RCAF approaches its 100th anniversary in 2024, it is hoped that our New York Air National Guard partners will join the Canadian Detachment as we celebrate this centennial milestone.

Although change can be considered a constant, it’s also important in our professions to acknowledge some constants that should never change; specifically, partnerships and integration. Examples abound, with many occurring during the lowest and highest moments of EADS history. Canadians were on duty at EADS the morning of 9/11 and worked beside their New York Air National Guard partners during those terribly difficult times. Alternatively, on May 21 2005, the ‘Canadian Component NEADS’ presented the City of Rome with two Canadian flags – a first for a US municipality by the Canadian Armed Forces.² The Canadian flag still flies at Rome’s City Hall as a testament to the relationship we enjoy and the support we receive throughout the community.



City Hall, Rome N.Y., May 21, 2005. LCpl Francois Malo, Canadian Detachment NEADS Commanding Officer, addresses military parade members and dignitaries during the flag presentation ceremony to the City of Rome.



Canadian Corner continued...

Today, American and Canadian service members continue to work together as we navigate the many ongoing changes throughout our organization. Our collective actions for the common defense of North America still set the standard for exemplifying unwavering partnerships and integration between our two services at the local tactical level. No doubt, this strong bond helps explain why so many Canadian personnel successfully request returning to EADS for additional assignments.

While change can be important and necessary, it often succeeds best when preceded by lasting partnerships and seamless integration. We look forward to connecting with you in the next version of The Sector.



City Hall, Rome N.Y., May 21, 2005. Canadian military members raise the National Flag of Canada at Rome City Hall following the parade and presentation ceremony.



City Hall, Rome, N.Y. , May, 21 2005. LCol Francois Ma-lo, Canadian Detachment NEADS Commanding Officer, presents Rome Mayor James F. Brown with a copy of the Proclamation of the National Flag of Canada.



City Hall, Rome NY, May 21 2005. Commemorative plaque unveiled on the grounds of Rome City Hall, during the flag presentation ceremony.

¹ Chris Thatcher, "RCAF's LGen Kenny on the challenging transition to gain operational advantage," *Skies Magazine*, 14 Nov 2023, from <https://skiesmag.com/features/rcaf-eric-kenny-challenging-transition-gain-operational-advantage/>.

² Brooke Davis, *New York Unit Brings Canadian Forces, Air Guard Troops Together*, 14 May 2008, from <https://www.nationalguard.mil/News/Article-View/Article/573241/new-york-unit-brings-canadian-forces-air-guard-troops-together/>.

On Nov. 8, four Det 1 members (Staff Sgt. Andrew Gordon, Maj. Jose Flores, Master Sgt. Katie Miller, Senior Master Sgt. Robert Schlubach) were recognized with Army Commendation Medals for their outstanding service to Air & Missile Defense Task Force (TF) Atlas.



Pictured, left to right, TF Atlas Command Sgt. Maj. Jason Junkins, TF CDR Col. Jeremy Davis, Staff Sgt. Gordon, Maj. Flores, Master Sgt. Miller, Senior Master Sgt. Schlubach, Det 1/CC Lt. Col. Joshua Jessup, Det 1/Acting SEL Senior Master Sgt. Angel Aponte.



Pictured, left to right, Det 1 DO Lt. Col. Eric Miller & Maj. Hare.

On Nov. 8, Det 1 said farewell to Maj Joshua “Nixon” Hare as he transitions to his new role as C2ISR & RPA Programmer at NGB, JB Andrews, Md. Maj Hare was recognized with an MSM for his many contributions to the unit, JADOC and NCR-IADS mission.

On Nov. 17, DSG Staff Sgt. Sarai Perkins was recognized with a Letter of Appreciation from the JBAB Senior Chaplain, Lt Col. Wilson, for volunteering 22 hours as a Crew Leader at Vacation Bible School, the Chaplaincy’s largest program of the year.



Pictured, left to right, Det 1 Cyber Section Superintendent Master Sgt. Bobby Holness, Staff Sgt. Perkins, Det 1/CC Lt. Col. Joshua Jessup.



On Nov. 21, Maj. Christopher Nicklas, 1st Lt. Daniel Steere & Master Sgt. Kendrick Wilburn were presented with their 224 ADG Det 1 Airmen of the 3rd Quarter Awards. Also pictured, left to right, Det 1 Acting SEL Senior Master Sgt. Angel Aponte and Det 1 CC Lt. Col. Joshua Jessup.



On Nov. 22, Tech. Sgt. Emilio Bermonty was presented with his 224 ADG NCO of the 3rd Quarter Award. Also pictured, left to right, Det 1 Acting SEL Senior Master Sgt. Aponte and Det 1 CFP NCOIC, Master Sgt. Ashley Freeman.



On Nov. 22, Airman 1st Class Kainoa Arment was recognized by Maj. Gregory Harris with an Army Commendation Medal for his outstanding service to Air & Missile Defense Task Force Atlas.



On Nov. 28, Det 1 said farewell to Lt. Col. Sam “Normal” Abbe as he transitions to his new role on the Advanced Battle Management Test Team, Eglin AFB, Fla. Lt. Col. Abbe was recognized with an MSM for his many contributions to the unit, JADOC and NCR-IADS mission. Pictured, left to right, Det 1 DO Lt. Col. Eric Miller & Lt. Col. Abbe.



On Dec. 5, Col. Rathmell and Chief Master Sgt. Zoldi notified Andrew Gordon (left) and Elisa Layton (right) of their promotion to Tech. Sgt.



On Dec. 5, Col. Rathmell presented Maj. Jose Flores with the Squadron Annual Field Grade Officer of the Year Award for the 224th ADG Det 1.



On Dec. 5, Col. Rathmell presented Maj. Patrick Russ and 1st Lt. Daniel Steere with their Airmen of the 3rd Quarter Awards for the 224th ADG Det 1.





Lt. Col. James P. Mundt celebrated 23 years of honorable service in a retirement ceremony held on Nov. 9.



Pictured are Lt. Col. Rivera, members of the JADOC Air & Missile Defense Task Force, and two Deputy Combined Forces Air Component Commanders within the Capitol building in front of a replica of the Statue of Freedom.











Maj. Jaclyn Elduque (right) receiving the Field Grade Officer 3rd Quarter Group Award from Col. Steven Rathmell, 224th ADG Commander.



Put a **FREEZE** on Winter Fires

Home fires occur more in winter than in any other season. As you stay cozy and warm this winter, be fire smart!

 <p>DEC JAN FEB</p> <p>Half of all home heating fires occur in December, January and February.</p>	 <p>1 in every 7 home fires and 1 in every 5 home fire deaths involves heating equipment.</p>	 <p>Keep anything that can burn at least 3 feet from any heat source like fireplaces, wood stoves, radiators or space heaters.</p>
 <p>Keep portable generators outside, away from windows, and as far away from your home as possible.</p>	 <p>Install and test carbon monoxide alarms at least once a month.</p>	 <p>Plug only 1 heat-producing appliance (like a space heater) into an electrical outlet at a time.</p>
 <p>Have a qualified professional clean and inspect your chimney and vents every year.</p>		 <p>Store cooled ashes in a tightly covered metal container, and keep it outside at least 10 feet from your home and any nearby buildings.</p>



For more information on how to prevent winter fires, visit www.usfa.fema.gov/winter and www.nfpa.org/winter.



Airman Carter Recore was promoted in a ceremony on Oct. 14. Col. Aaron Mahoney, 224th SPTS Commander, was the presiding officer.



Maj. Jennifer Bunch was promoted in a ceremony on Oct. 14. Col. Steven Rathmell, 224th ADG commander, was the presiding officer.



Airman 1st Class Anna Zumbrum was promoted in a ceremony on Oct. 14. Col. Mahoney was the presiding officer.



Senior Master Sgt. Asa Peterson (right), was promoted in a ceremony on Oct. 19. Col. Mahoney was the presiding officer.



Tech. Sgt. Ward Seymour (right), was promoted in a ceremony on Oct. 19. Lt. Col. Charles Kemp was the presiding officer.



Staff Sgt. Gennaro Anibarro (right), reenlisted in a ceremony on Oct. 24. Maj. Thomas Nguyen was the presiding officer.



Staff Sgt. Jason Calandra (right), reenlisted in a ceremony on Oct. 25. Maj. Cameron Wellman was the presiding officer.



Staff Sgt. David Redner (right), reenlisted in a ceremony on Nov. 13. Capt. Dana Aube was the presiding officer.



Master Sgt. Mark Sears (right), reenlisted in a ceremony on Nov. 5. Capt. George Abbiati was the presiding officer.



On Oct. 1, the 224th ADG hosted a delegation of American Legion members from across New York state.



The 224th ADS welcomed Capt. Joshua Prorock (center) to the unit in a swearing in ceremony held on Oct. 3.



An alert crew from U.S. Coast Guard Air Station Atlantic City visited the Eastern Air Defense Sector on Nov. 16. Pictured right to left are Capt. Jeff Graham, Cmdr. Randy Slusher, and Petty Officer 2nd Class Derek Edmondson who spent the day touring the installation and meeting with members of the 224th ADG.



On Oct. 28, the 224th ADG hosted Syracuse University's Air Force ROTC Detachment 535.

Things to know about hypertension

by Tech. Sgt. Lori Olsen, 224th ADG Aerospace Medical Technician

Hypertension or high blood pressure often produces no symptoms, but it can increase the risk of heart disease, stroke, and other serious health conditions. Medication and lifestyle choices can help manage hypertension.

What is hypertension?

Blood pressure is the force that a person's blood exerts against the walls of their blood vessels. This pressure depends on the resistance of the blood vessels and how hard the heart has to work.

Certain conditions, medications, and health factors can increase this pressure.

Hypertension is blood pressure that is consistently higher than 140 over 90 millimeters of mercury (mm Hg).

The systolic reading of 130 mm Hg refers to the pressure as the heart pumps blood around the body. The diastolic reading of 80 mm Hg refers to the pressure as the heart relaxes and refills with blood.

The American College of Cardiology and the American Heart Association (AHA) define blood pressure ranges as:

	Systolic (mm Hg)	Diastolic (mm Hg)
Normal blood pressure	less than 120	less than 80
Elevated blood pressure	120–129	less than 80
Grade 1 hypertension	130–139	80–89
Grade 2 hypertension	140 and over	90 and over

Hypertension is a primary risk factor for cardiovascular disease, including stroke, heart attack, heart failure, and aneurysm. Managing blood pressure is vital for preserving health and reducing the risk of these dangerous conditions.

Almost half of all adults in the United States have high blood pressure, but many may not know they have it.

Symptoms

A person with hypertension may not notice any symptoms. Without detection, hypertension can damage the heart, blood vessels, and other organs, such as the kidneys. It is vital to check blood pressure regularly.

In rare and severe cases, high blood pressure can cause sweating, anxiety, sleeping problems and blushing. However, most people with hypertension will experience no symptoms at all. If high blood pressure becomes a hypertensive crisis, a person may experience headaches and nosebleeds.

Management and treatment

Lifestyle adjustments - are the standard, first-line treatment for hypertension.

Regular physical exercise

Stress reduction - avoiding or learning to manage stress can help a person control blood pressure.

Medication – people can use specific medications to treat hypertension. Doctors will often recommend a low dose at first. Antihypertensive medications will usually only have minor side effects.

Diet – people can prevent high blood pressure by following a heart-healthy diet.

Moderating alcohol consumption

Managing body weight

[Understanding Blood Pressure Readings | American Heart Association](#)

Lafayette Escadrille: American Eagles in French Skies

by Staff Sgt. Andrew McNamara, 224th Support Squadron

The Lafayette Escadrille, a squadron of American volunteer aviators, played a significant role in the early years of World War I. This article delves into the history and contributions of the Lafayette Escadrille, a group of brave young men who fought for France before the United States officially entered the war.

In 1916, during the early years of World War I, a group of American volunteers joined the ranks of the French Foreign Legion to become aviators. These patriotic young men, inspired by the valiant efforts of the French in their fight against the Central Powers, sought to support France in its time of need. The Lafayette Escadrille was born, taking its name from the Marquis de Lafayette, the French aristocrat who had supported the American Revolution.

The Lafayette Escadrille consisted of 38 American pilots and ground crew who served alongside their French counterparts. These young aviators faced numerous challenges, including language barriers and the demands of aerial combat. They flew a mix of Nieuport and Spad fighter aircraft, bravely patrolling the skies over the Western Front.

One of the most well-known pilots of the Lafayette Escadrille was Raoul Lufbery, who scored numerous aerial victories and was a highly respected figure in the squadron. The Lafayette Escadrille earned a reputation for their bravery and skill in the air, tallying over 50 confirmed kills in the span of just a few years.

Their contribution to the war effort was invaluable. The Lafayette Escadrille's exploits garnered attention and admiration from both the French and American public. The aviators even inspired a sense of adventure in the United States, encouraging young Americans to volunteer for military service. This group of dedicated volunteers undoubtedly played a role in raising awareness about the importance of aviation and military preparedness in the United States.

When the United States officially entered World War I in 1917, the members of the Lafayette Escadrille were transferred to the newly formed U.S. Air Service. However, their legacy lived on, and they continued to serve with distinction as part of the American air forces.

The Lafayette Escadrille remains a symbol of the enduring friendship between the United States and France. Their courage, dedication, and contributions to early military aviation laid the foundation for future generations of aviators and cemented their place in the annals of history as American eagles soaring in French skies.

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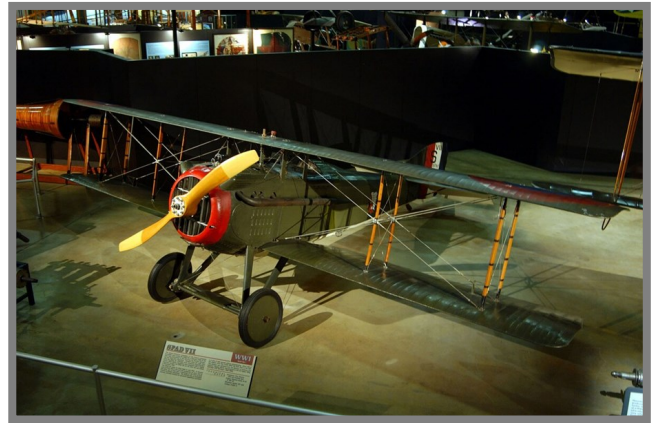
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SPAD VII biplane on display at the National Museum of the United States Air Force

Against incredible odds: Serbia vs. Austria-Hungary

by Staff Sgt. Andrew McNamara, 224th Support Squadron

Having watched an outstanding WWI film recently, King Petar the First, I decided to focus my world history article on the role the Kingdom of Serbia played in this conflict.

In the early 20th century, the Balkans were a tinderbox of ethnic tensions and nationalist aspirations. The Kingdom of Serbia had long sought to unite with fellow Slavic peoples in the region and expand its territory. However, the Austro-Hungarian Empire, led by Emperor Franz Joseph, was determined to maintain dominance and control over the Balkans.

The stage for conflict was set on June 28, 1914, when Archduke Franz Ferdinand, heir to the Austro-Hungarian throne, was assassinated in Sarajevo by Gavrilo Princip, a member of a Serbian nationalist group, the Black Hand.

This event triggered a chain reaction of events that ultimately led to the outbreak of World War I. Austria-Hungary issued an ultimatum to Serbia, demanding strict measures to suppress anti-Austrian activities. Serbia, in an effort to maintain its sovereignty, accepted most of the terms but refused a few, which led to the Austro-Hungarian Empire declaring war on Serbia on July 28, 1914.

The Kingdom of Serbia, despite being a smaller and less industrialized nation, put up a fierce resistance against the Austro-Hungarian forces. As a vassal state of Austria-Hungary, the Kingdom of Serbia had a sizeable military and much assorted weaponry from previous wars, including artillery pieces.

One of the notable victories was the Battle of Cers in August 1914, which would be the first Allied victory of WWI.

As the war continued, Serbia faced overwhelming odds, with both Austria-Hungary and the German Empire pressuring its borders. They made a heroic retreat through the Albanian mountains in the winter of 1915, with many soldiers succumbing to harsh weather conditions and disease.

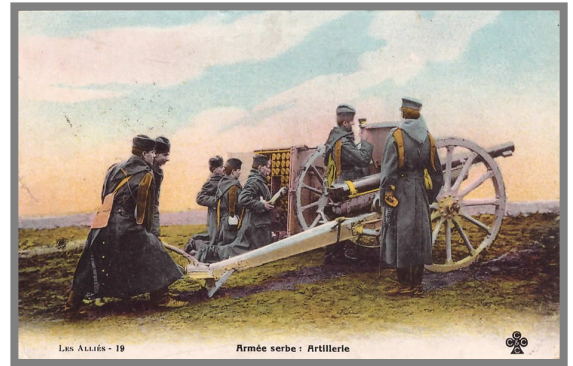
The Kingdom of Serbia's struggle against the Austro-Hungarian Empire was marked by a deep sense of national pride and determination. Receiving support from the Allied Powers, their resilience was a source of inspiration for other nations. Ultimately, Serbia's struggle contributed to the conflict's outcome by diverting Austro-Hungarian and German resources.

The Austro-Hungarian Empire's difficulties in dealing with Serbia contributed to its internal tensions and disintegration, which would eventually lead to the empire's collapse.

In the end, the Kingdom of Serbia's fight against the Austro-Hungarian Empire in World War I showcased the spirit of a small nation standing up against a mighty adversary. Their sacrifice and determination were instrumental in shaping the course of the conflict and the future of the Balkans, a testament to the strength of the human spirit, defending one's homeland, and national identity in times of adversity.

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French postcard depicting a Serbian artillery battery in WWI.