

# Sandy Hog Gazette

11th Fighter Wing

Willow Grove Air Reserve Station

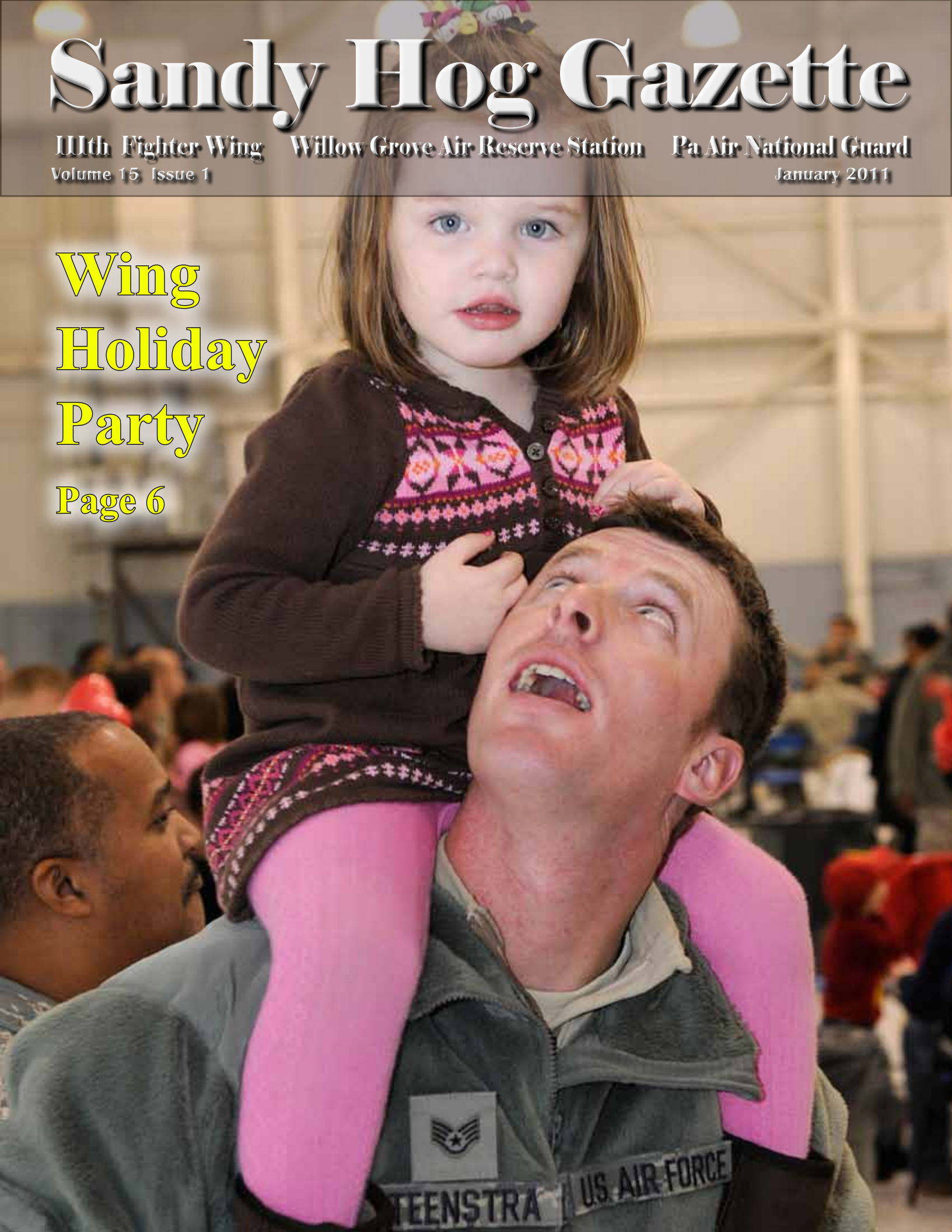
Pa Air National Guard

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## Wing Holiday Party

Page 6



## On the cover:

Staff Sgt. Daniel Steenstra, a pavement and construction equipment operator with the 201st RED HORSE Sq., Det. 1, enjoys the Wing Holiday Party with his daughter. See photos on page 6.

Photo by Master Sgt. Patrick Cashin



## Meet the Member

Staff Sgt. Winston Assaye is a member of the 111th Security Forces Squadron, who currently resides in Northeast Philadelphia, Pa., with his wife Raquel and two daughters. Originally from Guyana, South Africa, Sergeant Assaye came to Willow Grove Air Reserve Station in 1996 as a member of the 913th Airlift Wing and joined the 111th Fighter Wing in 2007. As a citizen, Sergeant Assaye has worked as a corrections officer for the Philadelphia prison system for five years. He holds a bachelor's degree in Theology from Michigan's Andres College and is currently working towards a master's degree in criminal justice through Holy Family University. An avid traveler, Sergeant Assaye's goal is to visit all 50 states.

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Deadlines for submissions to the February issue of the Sandy Hog Gazette is Jan. 14. E-mail articles and photos for consideration to: [pa.111fw@ang.af.mil](mailto:pa.111fw@ang.af.mil).



## Physical Fitness

By Lt. Col. Scott "Spartacus" Hreso  
111th Fighter Wing Safety Office

"You are the #1 asset in our military." How many times have we heard that? It's not the planes, tanks, missiles, etc. We are the best trained and equipped military in the world to do our mission and do it right. Technology has continually advanced us with our training and rigid inspection schedule, to test and evaluate our grasp and application of new and better ways to succeed in our mission. In my 32 years in the military, I have seen amazing changes in technology in our military. But all of that is second to the #1 asset: you.

What have we done in the military in physical fitness to say that we have advanced at even a fraction of the speed at which technology has advanced? Good question. Is there a lack of fitness information and education? I would say there is an abundance of information on fitness and nutrition. Maybe too much! You could almost make an argument for information overload. Let's try and simplify some of that information and put it in terms we can understand and apply to advance ourselves physically. I doubt there are many people out there that do not feel as though they could use a better, more effective way to get and stay in the shape they desire. Here are 21 fitness tips that may help you get your fitness vector pointing in the right direction.

1. Eating small meals every 2-3 waking hours will increase your metabolism and reduce fat storage. Make sure that these are healthy meals containing balanced amounts of protein, carbohydrates and fat.

2. The easiest way to effortlessly lose weight is to not eat three hours before bed. It has been proven that not eating three hours before bed reduces fat storage throughout the night.

3. A great way to burn off excess fat is to walk or jog for as little as 15-20 minutes first thing in the morning. Performing a calorie burning activity right when you wake up is more effective since your body is depleted of calories, and is forced to pull energy from fat stores. A personal trainer can help you identify your ideal target heart rate for maximum fat burn.

4. The average venti sized frappuccino weighs in at 530 calories. This staggering number equals 2.5 bagels or one third of the recommended daily calories for an average woman. Beverages such as this contain high amounts of sugar and should be rarely consumed since the extra calories they contain are readily stored as fat.

5. During your workouts, do exercises that incorporate compound movements rather than simple ones. This will not only help in burning more calories, but will also tone more muscle at once! A few good compound movement exercises include: squats, clean and press, dead lifts, bent over rows, and lunges.

6. Want to effortlessly drop 30 lbs in one year? Millions of people drink on average two regular soft drinks a day, which is a total of 300 calories. When you add these extra 300 calories up over a year, they result in over 30lbs of weight gain! Say no to soft drinks and say goodbye to your unwanted pounds!

7. Fat free foods, when eaten in excess, will still be stored as fat!



**Lt. Col. Scott "Spartacus" Hreso**

Fat free cookies and crackers are made up of a whole lot of SUGAR! Yep, the secret is out! Sugar is just as fattening of a substance than fat itself, when eaten in excess.

8. Set fitness goals for yourself, write them down and post them where you will see them every day. Your goal may be to lose 5 pounds or lose 5 inches off your waist. Make sure that you are very specific with your goals; vague goals will get you nowhere. A qualified personal trainer can help you set your goals and guide you to them.

9. Pump some iron! Did you know that one pound of muscle burns 30-50 calories per day, while one pound of fat only burns about 9 calories per day? The more muscle your body contains the more calories you burn each day. Resistance training has been called the fountain of youth – and it really is!

10. Eat a small meal and wait 20 minutes before deciding if you need more food. This will give your stomach and brain time to communicate. If you have eaten enough food, your brain will alert your body and you will find that you don't de-

**(Story continued on next page)**

## Physical Fitness

(Continued from page 3)

sire anything more.

If you are still hungry after this period, eat a small amount more and wait another 20 minutes.

11. Make a habit of weighing and measuring yourself monthly and tracking your gains and losses. This will prevent gradual weight gain from creeping up when you least expect it.

12. Drink a large glass of water before every meal. It may seem like a chore, but drinking a large glass of water before eating is a great way to partially fill you up and prevent you from overeating.

13. When lifting weights, try slowing down the speed at which you lower the weight. Lowering weight in a controlled manner will add strength and tone to your muscles and decrease the chance of an injury.

14. Eating right when you wake up is vital to breaking the fast your body goes into every night. Two to three hours after you eat, your body shuts down your metabolism and acts as if it needs to store food. In order to communicate with your body that it is healthy, well fed, and not in need of extra fat storage, you need to start your day off with a small meal and continue to eat small meals every 2-3 hours.

15. Try the straight leg raise for a challenging abs workout. Lie on your back with your hands under your low back, legs straight out in front of you. With your lower back on the floor, exhale as you pull your legs straight up into the air. Inhale as you lower your legs back down to the mat. This exercise helps to strengthen and flatten your lower abs.



16. Eat complex carbohydrates instead of simple sugars for a leaner body. Your body is in constant need of carbohydrates to be converted into glucose and used as fuel. When your body has extra glucose, it will be stored as fat for later use. Complex carbohydrates like whole grains, legumes, and vegetables take longer to break down into glucose, and will therefore be less likely to be stored as fat than simple carbohydrates such as table sugar, or fruit sugar.

17. Make sure that you are exercising in your "Fat Burn Zone" during cardiovascular workouts by checking to see if you can hold conversation without breathlessness. Your body needs oxygen to aide in fat burn, so make sure that you are breathing deeply.

18. Want to spend five seconds a day to encourage weight loss? Drink a glass of cold water every night right before you get into bed. Your body will have to heat this water up to your body's temperature of 98 degrees and it will have to

burn a few calories in the process! This sets your body up to burn calories as you sleep! When you make this five second activity a habit, you will be excited to find yourself losing weight easier than ever before.

19. Your body needs a variety of nutrients to function at its peak and burn fat. Find new, healthy alternatives to your daily meals, and substitute them frequently. Make sure that you are eating five servings of fresh fruits and vegetables every day, of different colors.

20. Losing patience with exercise? The key to weight loss and fitness gains is to consistently give your body new challenges. Mix up your workouts every few weeks and don't be afraid to try something new!

21. Water is needed for every function of your body, including the burning of fat. Try drinking a big glass of water in the morning, before meals, while exercising, and before bed. Drink up – it's good for you!

Take the time to incorporate these tips into your daily lifestyle, and you will be pleasantly surprised with your results!

Estimated Calorie Requirements (in kilocalories) for Each Gender and Age Group at Three Levels of Physical Activity.				
Gender	Age (years)	Activity Level		
		Sedentary	Moderately Active	Active
Child	2-3	1,000	1,000 - 1,400	1,000 - 1,400
Female	4 - 8	1,200	1,400 - 1,600	1,400 - 1,800
Female	9-13	1,600	1,600 - 2,000	1,800 - 2,000
Female	14-18	1,800	2,000	2,400
Female	19-30	2,000	2,000 - 2,200	2,400
Female	31-50	1,800	2,000	2,200
Female	51+	1,600	1,800	2,000 - 2,200
Male	4-8	1,400	1,400 - 1,600	1,600 - 2,000
Male	9-13	1,800	1,800 - 2,200	2,000 - 2,600
Male	14-18	2,200	2,400 - 2,800	2,800 - 3,200
Male	19-30	2,400	2,600 - 2,800	3,000
Male	31-50	2,200	2,400 - 2,600	2,800 - 3,000
Male	51+	2,000	2,200 - 2,400	2,400 - 2,800

## Defending against terrorism

By Chief Master Sgt. Paul G. Frisco, Jr.  
111th Fighter Wing Anti-Terrorism Officer

What is Terrorism? Terrorism is defined by the Department of Defense and the U. S. Air Force as "the calculated use of unlawful violence to inculcate fear; intended to coerce or to intimidate governments or societies in the pursuit of goals that are generally political, religious or ideological."

Terrorism has reached the point that it has entered every aspect of daily life. All over the world, terrorist activities threaten the safety of civilians and military personnel alike. Regardless of who commits these terrorist actions, whether jihadists or other types of violent extremists, the need for individual awareness to combat and prevent them is increasing.

In this time in history, it is critical to be aware of international and local threats to national security posed by terrorism. I realize some individuals perform their assigned Random Anti-Terrorism Measures in a routine manner, but it is imperative to realize that these Security Measures are implemented to offset and effectively manage emerging threats before they become a reality. Terrorist's tactics are purposefully evasive; consequently, early warning and prevention lies in the ability to successfully detect potential indicators.

With many countries introducing extensive anti-terrorism legislation, the focus on training and awareness has never been stronger. We need to play a preventive and deterrent role toward specific targets reducing

the vulnerability of possible terrorist targets and tactics. It is imperative that we remain vigilant at all times. If you ever think in any way that you are witnessing some type of possible terrorist act or breach of security, it is imperative that you report it to the appropriate authorities as soon as possible. You never know what you have witnessed can lead to.

Please stop by Security Forces Sq. Bldg. 219, Rm. 305 and see me before visiting any foreign country and I will give you an updated threat briefing for that region. This briefing is mandatory for all military personnel. You are welcome to bring your family members along with you as well. I can be reached at (215) 443-1530.

Remember, Anti-Terrorism and Force Protection is everybody's business.



Chief Master Sgt.  
Paul G. Frisco, Jr.

### Force Protection Conditions (FPCONs)

**FPCON NORMAL:** Applies when a general global threat of possible terrorist activity exists and warrants a routine security posture.

**FPCON ALPHA:** Applies when there is an increased general threat of possible terrorist activity against personnel or facilities, the nature and extent of which are unpredictable.

**FPCON BRAVO:** Applies when an increased or more predictable threat of terrorist activity exists.

**FPCON CHARLIE:** Applies when an incident occurs or when intelligence is received indicating some form of terrorist action or targeting against personnel or facilities is likely.

**FPCON DELTA:** Applies in the immediate area where a terrorist attack has occurred or when intelligence has been received that, terrorist action against a specific location or person is imminent.



# Holiday Party

## Family Readiness Group hosts Wing Holiday party

**By Tech. Sgt. Jonathan E. White**  
**111th FW Public Affairs**

The 111th Fighter Wing's Family Readiness Group (FRG) hosted the Wing's annual holiday party Dec. 5.

"The purpose of this event is to bring the Wing members and their families together for a holiday lunch and entertainment," Sarah Blank, FRG president explained. "Every Wing member enjoys the fellowship of other families and having some quality time with their own."

The event was held in the three 111th Aircraft Maintenance Squadron Hangars and kicked off when Ronald McDonald entertained children with his magic show, while other clowns made their way throughout the crowd greeting members.

The event featured a variety of displays and workshops such as: face painting, a live exotic animal exhibit from the Bucks County Zoo, and a Home Depot workshop table where children showed off their wood-work craftsmanship.

"My son likes making wagons," expressed Tech. Sgt. Rhonda Martin, 111th Services Squadron specialist. "He always enjoys the Home Depot workshop."

A table was also set up where Guardsmen and their family members were able to write letters to deployed troops.

Lunch was provided, and immediately after, children waited in line for the main event: picture and gift from Santa and Mrs. Claus! "Seeing the (children's) faces and smiles always helps get me into the festive and joyous feeling of the season," said Santa Claus a.k.a. Senior Master Sgt. John Finchen, Jr., 111th Logistics Readiness Squadron Operations and Compliance Noncommissioned Officer-in-Charge (NCOIC).

Many of the volunteers providing the activities and the families utilizing the activities had intriguing stories. For example, FRG volunteers and military mothers Mary Finley and Susan Stack use the event as an opportunity to give back to those who helped their sons when their sons were serving. The holiday party was also an opportunity for Mount Saint Joseph Academy High School senior Erin Walsh to increase military volunteer awareness through her high school project, Operation Support Our Troops.

The holiday party is a personal experience to

*Photo by Staff Sgt. Gordon Beecroft*



*Photo by Tech. Sgt. Marie Harmon*



*Photo by Tech. Sgt. Alvin Farrow*



each person who attends it. To Staff Sgt. Paul J. Minnick, 111th Aircraft Maintenance Squadron crew chief, and his family, it is a family tradition and they have been attending the event for the past five years. But for Senior Airman Paul Williams, a heavy equipment operator from the 201st Red Horse Squadron, Det. 1, and his family, they are attending the event for the first time. Having recently transferred from the Army National Guard to the Air National Guard, Airman Williams explained that he had never seen a holiday party of such magnitude in the military and said, "This is definitely a change I am willing to accept!"

According to Mrs. Claus a.k.a. Tech. Sgt. Carolyn G. Keys, 111th Maintenance Squadron Commander's Support Staff NCOIC, "This event is significant for me because I have the chance to give the most precious gift that I have, which is my heart, while the children bring what we do and why we do it into perspective."



Photo by Staff Sgt. Gordon Beecroft



Photo by Master Sgt. Patrick Cashin



Photo by Master Sgt. Patrick Cashin

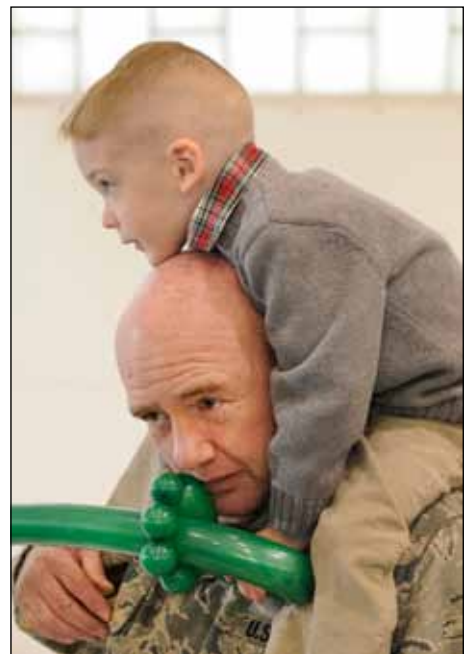


Photo by Tech. Sgt Marie Harmon



Photo by Master Sgt. Patrick Cashin



Photo by Tech. Sgt Alvin Farrow



Photo by Master Sgt. Patrick Cashin



# In the Community



## Angel Tree annual gift giving campaign a success

**Story and photos by Tech. Sgt. Elisabeth A. Matulewicz  
111th FW Public Affairs**

Guardsmen from the 111th Fighter Wing played "Santa for a day," on Dec. 14 by dropping off gifts to the children at Christ's Home for Children, in Warminster, Pa. Wing members collected these items in November and December, as part of the Angel Tree gift-giving campaign. Items were also purchased from donations received from Wing members and the Chiefs' Council.

Group photo shows (left to right): Senior Master Sgt. Kevin Ahearn (111th SFS), Senior Master Sgt. John Finchen (111th LRS), Senior Master Sgt. John Chapman (111th SFS), Amy Neill (representative from Christ's Home for Children), Chief Master Sgt. Paul Frisco (111th FW), Command Chief Master Sgt. Richard Mertz (111th FW), Staff Sgt. Alexander Gamble (111th SFS), Tech. Sgt. Kenneth Gabor (111th SFS) and Chief Master Sgt. James Finn (111th SFS).

Command Chief Master Sgt. Mertz and Chief Master Sgt. Finn unload a red wagon, one of the many toys, household goods and clothing items donated by Wing members.

In 1903, Christ's Home was founded to care for needy or neglected children and youth from infancy to 18 years of age. Twenty years later, they expanded to include a retirement community. The Wing has been supporting this worthy cause for over 24 years. For more information, visit their website: [www.christshomeforchildren.org](http://www.christshomeforchildren.org).

### Upcoming Events for the Wing

Sat. Mar. 5, 2011	Annual Retirement Ceremony	(HQ Auditorium Bldg. 203)
Sun. Apr. 3, 2011	Hometown Heroes Salute Awards Ceremony and Family Day	(Location TBD)
Sun. Jun. 5, 2011	Sports Day	(various on base locations)





## Southeastern Veterans Center holiday visit

**Story and photos by Tech. Sgt. Elisabeth A. Matulewicz  
111th FW Public Affairs**

Pennsylvania Army and Air National Guardsmen visited veterans Dec. 14 at the Southeastern Veterans Center in Spring City, Chester County, Pa. Twelve members of the 111th Fighter Wing traveled to the center to provide holiday cheer, smiles and fellowship as the residents enjoyed a holiday party. Santa Claus visited parties on three different floors of the facility to shake hands, sing Christmas carols, and give each resident a present. Maj. Gen. Stephen Sischo, acting adjutant general of the Pennsylvania National Guard, attended the event. Master Sgt. Sterling Randolph, 111th Communications Flight, helped the band out by stepping in and singing holiday hymns and songs.

Those in attendance were: Col. Anthony Carrelli (111th FW), 2nd Lt. Tim McManus (111th FW), Master Sgt. Scott Cline (111th LRS), Master Sgt. Sterling Randolph (111th CF), Master Sgt. Tom Viselli (111th MXS), Tech. Sgt. Steve Ehrmann (111th FW), Tech. Sgt. Dave Hrynkow (111th MXS), Tech. Sgt. Elisabeth Matulewicz (111th FW), Tech. Sgt. Dave Miller (111th MXS), Tech. Sgt. Mary Murphy (103rd FS), Tech. Sgt. Carolyn Keys (111th MXS), and Chief Master Sgt. (Ret.) John Moretti.

Members also visited veterans Dec. 13 at the Delaware Valley Veterans Home, in Philadelphia, Pa.

## Dangers Abound With Huffing Chemicals, Using 'Spice'

**By Lisa Daniel, American Forces Press Service**

The practice seems harmless enough. Servicemembers, looking to dull the edge of a stressful day, walk into a head shop after work and buy a small package of K2, the brand name of a smokeable concoction that is perfectly legal in the state in which they are residing. It is not, however, legal in the military. Such "designer drugs," often marketed as herbal remedies, are banned under military law and policies by the Defense Department and all of the services.

Military officials, having seen a spike in servicemembers' use of otherwise legal substances, including prescription drugs, are trying to get the word out that the practice has serious ramifications. Besides leading to a court-martial and a less-than-honorable discharge, such practices also can be dangerous.

## TOP ACHIEVERS

### Distinguished Graduate

Airman First Class Tyler Schroy  
201st RED HORSE Squadron, Det. 1  
Structural Specialist Apprentice Course

*The distinguished graduate award was awarded Nov. 24 in recognition of superior academic achievement and high standards of leadership, teamwork and character.*

## Important Medical Record Information

### Members who are retiring or separating from the Air National Guard:

Members who are separating from the Air National Guard by discharge/retirement are authorized one copy of their official Service Treatment Records (medical records). To request a copy of one's medical record, one must return a signed DD Form 2870 – "Authorization for Disclosure of Medical and Dental Information" to the Medical Group no later than 90 days prior to out-processing (no earlier than 179 calendar days prior to the official separation date) to allow for administrative processing and that official copies may be provided to members at the time of their out-processing.

### Members who are transferring to another unit:

Members who are planning to leave their current unit of service for another unit outside the 111th Fighter Wing MUST provide a signed DD Form 2870 to the Medical Group in order to request transfer documentation. Please understand that this administrative request usually cannot be provided as a "same-day service".

### Unit Requirements:

Unit commanders and supervisors should add "requesting a copy of medical records" as a required checklist item for their members beginning the transferring, discharging or retiring process. The Medical Group is not usually aware of a member's intent to out-process until the member arrives at the clinic to obtain signatures as a part of the exit process. As always, feel free to contact the Medical Group at extension 1300/1301 with any questions in regard to requesting copies of military medical information. Blank DD Form 2870s are available in the lobby of the clinic (building 236).



Questions, please call (215) 443-1462.



# MOVING UP MOVING IN MOVING OUT

## RE-ENLISTMENTS

Staff Sgt. Christopher Dieter	111th MXS
Staff Sgt. Mark Esposito	111th SFS
Tech. Sgt. Vaughn Hoffman	270th EIS
Tech. Sgt. Adrien Tanguay Jr.	270th EIS
Master Sgt. Richard MacNeal	201st RHS, Det. 1
Master Sgt. Charles McNevin	111th LRS
Master Sgt. Jeffrey Maund	111th SFS
Master Sgt. James West	111th MXS

## ENLISTMENTS

Airman First Class Ana Mecaj	111th SFS
Senior Airman Brian Hughes	111th SFS
Staff Sgt. Rashid Goins	201st RHS, Det. 1
Staff Sgt. Claude Smith	201st RHS, Det. 1
Staff Sgt. Donald Tabar II	111th FW/JAG

## RETIREMENTS

Master Sgt. Robert Kelly      270th EIS      41 Years

## UTA WORSHIP SCHEDULE

Protestant Service will be held at 8:30 a.m. in Building 320, Room 228. An additional Protestant Service will be held at 10:30 a.m. in Building 203, Room 203. Catholic Service will be held at 10:00 in Building 203 Auditorium.

The Chaplain's Office is located in Building 203, Room 204-205 on the second floor and can be reached at (215) 443-1534.

## Enlisted Field Advisory Council (EFAC) seeks new ideas, members

In the past, EFAC has organized morale events for the 111th Fighter Wing members; events such as Sports Day and the Party at the Mill. They have also organized community service programs such as the Philabundance food drive, the Ronald McDonald House "Clothing for Children," campaigns designed to give back to the community.

The EFAC is a group of enlisted Wing members who volunteer their time and experience exploring issues which are gathered in an open forum, giving the enlisted force a mechanism for their concerns and suggestions.

EFAC meets every drill weekend on Sunday at 9 a.m. in the Wing Headquarters Building 203, Room 106. Come check us out!

## Upcoming Annual Retirees' Reunion Dinner

A reunion of current and former members of the 111th Fighter Wing, Pa. Air National Guard, will be held on Mon. April 4 at 6:30 p.m. This is the 60th anniversary of the Korean War activation.

The event will be held at Casa DiLucia Restaurant located at 14425 Bustleton Pike (intersection of Philmont Ave. and Bustleton Pike, (215) 677-6111).

The cost of the affair is the cost of whatever you order. The food is excellent and reasonably priced. A cash bar will be available.

For more information, contact Vincent Celenza at: (215) 728-6008.

# Congratulations!



*Ethan James Cobb was born on Nov. 22 weighing 7 lbs. 5 oz. Parents are Staff Sgt. Megan Cobb, 111th Medical Group, and husband John. Shown are Sergeant Cobb, Ethan, and big brother Tyler.*

## Email addresses in Virtual Personnel Center-Guard Reserve (vPC-GR)

Have you updated your work email address in vPC-GR since the format of your military email address changed from pawill.ang.af.mil to ang.af.mil? If not, you may not be getting important emails from ARPC. It would be a good idea to take a moment to check.

Follow these steps to check or update your profile:

- (1) Log into vPC-GR: <https://arpc.afrc.af.mil/vPC-GR/>
- (2) Select the "My Profile" link on the Home Page (right side of the page)
- (3) Review and/or update with your email address
- (4) Click on "Update Profile"

If you have questions or need assistance, please call (215) 443-1362.

### Statewide News:

View newsletters of our sister units:

193rd Special Operations Wing  
"The Scope"

[www.193sow.ang.af.mil](http://www.193sow.ang.af.mil)

171st Air Refueling Wing  
"Tanker Times"

[www.171arw.ang.af.mil](http://www.171arw.ang.af.mil)

Pa. Guardians Magazine

[http://ebooks.aqppublishing.com/archive/national\\_guard/PAGuardians.pdf](http://ebooks.aqppublishing.com/archive/national_guard/PAGuardians.pdf)

### National News:

On Guard Magazine

Published every Jan., April, July, Oct.

<http://www.ng.mil/features/onguard-mag/default.aspx>

Airman Magazine

Published bi-monthly and now available online: [www.airmanonline.af.mil](http://www.airmanonline.af.mil)

Digital Video & Imagery Distribution System (DVIDS), DOD News

[www.dvidshub.net](http://www.dvidshub.net)

PENNSYLVANIA AIR NATIONAL GUARD  
111TH FIGHTER WING (ACC)  
1051 Fairchild Street  
Willow Grove ARS, PA 19090-5203

To the Family of:

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GUARDING AMERICA,  
DEFENDING FREEDOM

