

Sandy Hog Gazette

111th Fighter Wing Willow Grove Air Reserve Station Pa Air National Guard
Volume 15 Issue 11 November 2011



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Important to you and your family
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with Lithuania counterparts**

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Shown left to right (back row) are: 2nd Lt. Charese Baston, 2nd Lt. Joseph Khovansky, 2nd Lt. Jamin Stevenson, 2nd Lt. David Dascalescu, 2nd Lt. Gordon Beecroft, (front row) 2nd Lt. Matthew Stone, 2nd Lt. Joshua Aduddell, and 2nd Lt. Dennis Morgan.

Congratulations to our graduates of the Academy of Military Science Class 0-2012-1

On Oct. 23, eight 111th Fighter Wing enlisted members joined the ranks of the commissioned officer core. The 42 day long training held at Maxwell AFB, Ala. tested their mental and physical mettle. All have returned and resumed their service in their new positions.

Special recognition:

Commander's Award for Military Excellence --- 2nd Lt. Gordon Beecroft. Selected by the Commander of Detachment 12, Academy of Military Science, this award recognizes outstanding performance in personal inspections, military drill, military bearing and behavior.

Class Speaker Award --- 2nd Lt. David A. Dascalescu. Selected by his classmates, this award is presented to the officer candidate chosen to express the sentiments, accomplishments and goals of the graduation class.

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Deadlines for submissions to the December issue of the Sandy Hog Gazette is November 15. E-mail articles and photos for consideration to: pa.111fw@ang.af.mil.

This funded Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Sandy Hog Gazette are not necessarily the official views, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force. The editorial content is edited, prepared and provided by the Public Affairs Office of the 111th Fighter Wing.



Capt. Elizabeth Ladd, 111th Medical Group, administers the influenza vaccine to a guardsman.

(Photo by Master Sgt. Patrick Cashin)



Influenza vaccine: important for you and your family

**By Capt. Elizabeth Ladd
111th Medical Group**

Believe it or not, the beginning of flu season is here. I know that it's hard to believe with the weather still being relatively warm out, but flu season runs from early October to as late as May with peak season running from January to February. It can be a dangerous and even deadly virus to children and the elderly. The flu is a highly contagious respiratory illness that affects the nose, throat, and lungs. It can be mild to severe. The best way to prevent the flu is to get vaccinated.

We should all be familiar with the common signs and symptoms of the flu. It is important to note that not all of these symptoms will be present in every case. People who contract the flu usually complain of fever or feeling like they have the chills, cough, sore throat, runny nose, body aches, headaches and fatigue. Children will also experience stomach ailments such as vomiting. The flu is spread by droplets when those who have the flu cough, sneeze or talk. It is not as likely that you will contract the flu by touching a surface that these droplets have fallen on. It is possible to pass the flu on before you even realize that you yourself are sick. You are contagious beginning one day before your first symptom and up to a week after becoming sick.

The single best method of preventing flu virus is to get vaccinated and to get vaccinated early. The

severity of a flu season depends on several factors including what viruses are spreading that year, how much and when flu vaccine is available, how many people get vaccinated and how well the vaccines match the viruses. The elderly, young children and pregnant women are at a higher risk for flu. The flu shot is mandatory for all military personnel. This year, ANG members will receive the flu shot from their local clinics. The shot contains inactivate viruses (meaning they are dead) via a needle. Please check with the clinic for times when the vaccine is available during drill. Additional information on the flu and the flu vaccines is available at the CDC website: <http://cdc.gov/vaccines/> or in the clinic. Vaccine information statements are available to any member who wishes to know more information about this immunization.



On the cover:

As part of a Pennsylvania partnership initiative with Lithuania, deployed members of the 111th Security Squadron perform MEDEVAC training supported by a Lithuanian Air Force Search and Rescue unit. During this joint training exercise, team members recovered two simulated casualties and were quickly airlifted away in a Mi-8 "HIP" helicopter.



A Wingman's understanding of suicide prevention

Story and photo by Master Sgt. Christopher Botzum
111th FW Public Affairs

On Saturday Oct. 2, the Wing sponsored a "Wingman" program focusing on suicide awareness, recognition and prevention. The event challenged pairs of participants to a series of questions based on how well they knew the person sitting with them over lunch. The goal of the exercise was to highlight the importance of understanding the person you are with as opposed to just knowing of them.

"Identifying a person contemplating suicide may be more in what's not said by the person. Being in tune with a person going through deep challenges may mean looking at the body language indicators," said Jessica Antonio, 111th Director of Psychological Health. "Surrendering treasured items dear to a person such as pets or family heirlooms could be key signs into their thoughts."

"Family, friends, co-workers and supervisors should look for signs indicating overwhelming stress," Antonio said. "These may include: major changes in behavior such as not completing goals at work, the sense of a distant stare or disengagement from a conversation or task or verbal cues a person may drop such as, 'This place would be better off without me.'"

Capt. John Caudle, chaplain with the 111th Fighter Wing offered some alarming statistics. "In 2007, 34,000

people in the United States died by suicide. Three times as many women attempt suicide than men, however men have a much greater follow through on their suicide plans due to the means that they predominantly use. Fifty four percent of males attempting suicide use much more violent and permanent means to end their lives, guns. Women are prone to attempting to end their lives by overdosing on sleeping pills combined with alcohol." Caudle added, "Be acutely aware of someone going through a difficult situation expressing a new found interest in hunting or purchasing a gun."

Antonio and Caudle both emphasized the need for increased vigilance by all, both during the holiday seasons and beyond. Family gatherings during the season may add additional stressors on individuals. These situations may form or compound difficult issues just below the surface. "Often, people don't want to kill themselves, they just need to end their problem," Antonio said.

Diagnosed depression among U.S. citizens is on the rise. Anti-depressant drugs are now the third leading medication prescribed by doctors in America.

Experts advocate to not just hear, but listen and understand the people around you. Let them know that you are genuinely available to talk. If you know someone traveling the path of a difficult situation, ask them to seek out someone that they may feel comfortable talking with such as a counselor, friend, family member or clergy.

If you encounter someone you believe is on the brink of attempting suicide, never leave them alone at any time. Reach out immediately to whatever means are available such as the National Suicide Prevention Lifeline at (800) 273-TALK (8255). The time you take may just be the moments that will save a future and a life.

A person dies from suicide every 15 minutes in the United States. Approximately 90 Americans take their life every day. For adults between the ages of 18 and 65 years, suicide is the fourth leading cause of death. Who's at risk: those who feel hopeless or helpless, a person who sees no way out only things getting worse, persons who have previously attempted taking their own lives in the past and individuals whose judgment is impaired by drugs or alcohol.

New TRICARE Prime enrollees pay adjusted annual fees

From a Defense Department News Release

Military retirees enrolling in the TRICARE Prime health plan after Oct. 1 will begin paying slightly higher annual fees, Pentagon officials announced.

The fee change for fiscal 2012 means the plan will cost \$260 per year for members and \$520 per year for members and family.

The increase amounts to an additional \$2.50 per month for individual members and \$5 per month for members and family, officials said. Active duty service members receive health care with no out-of-pocket costs.

Annual fees for retirees enrolled in TRICARE Prime prior to the Oct. 1 change will remain at \$230 and \$460 until Oct. 1, 2012, officials said. Retirees in Tricare PRIME have a catastrophic cap of \$3,000, and TRICARE Prime co-pays are not changing, they added.

"We are committed to offering the best possible health care system for our entire military family," said Dr. Jonathan Woodson, assistant secretary of defense for health

affairs. "This modest annual fee increase allows us to responsibly manage our costs in line with other secretary of defense initiatives announced earlier this year."

Survivors of active duty deceased sponsors and medically retired services members and their dependents will be exempt from an annual increase, effective from the time they renew their enrollment or first enroll in TRICARE Prime, officials said, noting that the TRICARE benefit is among the nation's most affordable health care plans. All service members, military retirees and their eligible family members have TRICARE benefits regardless of prior health conditions.

"The department is committed to maintaining the same unique health care protection we have always offered our warriors, both current and retired," Woodson said. "To sustain our military health system we are working hard to streamline, become more efficient, and achieve cost savings. Together, we can manage our costs responsibly and continue to provide care for our service members, retirees and their families."

USAF Academy appointment opportunities for Air National Guard personnel

Each year up to 85 deserving airmen from the Air National Guard and Air Force Reserve are afforded the opportunity to receive appointments to the United States Air Force Academy (USAFA). The USAFA, which is located in Colorado Springs, Colo. Educates young men and women for service and leadership in the Air Force. The four-year program includes an academic education along with leadership development and athletic participation. Graduates receive Bachelor of Science degrees and commissions as 2nd Lt. in the Air Force.

Basic eligibility requirements are as follows: Applicants must be at least 17 years of age, but not older than 23 on July 1 of the year entering the Academy. Applicants must also be an unmarried citizen of the United States, have no dependents, be of good moral character and have a well-rounded background. Air National Guard and Air Force Reserve candidates are considered for admission on a competitive basis with examination results and previous academic, athletic and military achievements all weighing in determine the final selection results. Successful applicants will be notified of their selection and pending appointment in early May of the same year they enter the Academy.

To start the application process, potential applicants must complete an Air Force Form 1786, which is then routed through his/her unit commander and local Force Support Squadron. A corresponding memorandum of

endorsement must be routed through the applicant's Wing Commander and Adjutant General and included with the completed AF 1786 to be submitted to:

Director of Admissions
HQ USAFA/RRS
2304 Cadet Drive Suite 2300
USAF Academy CO, 80840-5025

Submitted forms must arrive no later than January 31 for the class entering the following June. Additional information regarding the Air Force Academy may be obtained by calling 1-800-443-8187 or DSN 333-2520.



LETTER FROM ABROAD



Members of the 111th Security Squadron are participating in a Pennsylvania partnership initiative with Lithuania. The police operational and mentor liaison team's (POMLT) end goal is to contribute to the Afghan National Police force. The development of ongoing collaborative training and follow-on missions will provide vital information exchange and foster multinational relationships. Below is a letter written by Master Sgt. Leissner of the 111th regarding his involvement in the program:

Folks,

My apologies for the delay since the last update, but we have been a bit busy and have been lacking good internet access. OK, where to start...first, we departed Ft. Polk, La. and arrived in Lithuania. The training in Lithuania with our partners is now concluded. There were a few adaptations we had to overcome, but that is all part of our joint mission. Overall, things went very well. Our Lithuanian counter-parts have shown solid preparation for the mission. They are a great bunch of guys and girls.

The first two weeks we meshed together, working on our battle drills (react to fire, ambush, etc.) and moved as a team with our Lithuanian partners. That helped to smooth out all of the slight differences in the training between our two nations and also helped us to prepare for the mission at hand. After that, we did some training on Soviet Bloc weapons. By far the RPG was the biggest hit, literally and figuratively! We also trained for MEDEVAC operations and had the Lithuanian Air Force Search and Rescue unit provide support with a Mi-8 "HIP" helicopter. We had two simulated casualties, and sent them on their way, recovered them and had a quick flight for everyone in two shifts, very interesting. After that, the Mentoring Team went to France for NATO Phase II training while the remaining force protection element continued training

with our hosts. During that time, SPC Steven Zerbini had an opportunity to train on the range with the Lithuanian Police and even shoot the Barrett .50 rifle. He is still grinning from ear to ear!

Upon the completion of the NATO training, the team linked back up to prepare for our final validation eval. During that time we had a chance to perform and show our proficiency with all of our battle drills as well as how we worked together as a team. During our preparation time, the team had a small celebration for my birthday, to include raising me several times in the air (forcefully) in a chair and scaring the few remaining wits out of me in the process.

Our evaluation included all of our drills, providing mounted and dismounted security for a foreign delegation as well as a MEDEVAC for personnel wounded during simulated indirect fire. At night we set up a patrol base and 1LT Currey led a night patrol to survey our area. Our evaluation went well and

we packed up and left the training area in Rukla, Lithuania and are now in Vilnius awaiting our onward movement.

On Friday we were part of a ceremony wishing farewell to the Lithuanian POMLT (police operational and mentor liaison team) and Provisional Reconstruction Team in the town of Panevezys that was attended by the Lithuanian Minister of Defense as well as U.S. Ambassador to Lithuania, Anne Derse. It was yet another example of our Lithuanian hosts making us feel welcome and an integral part of the team as we were specifically mentioned as vital partners in the NATO mission. Photos will be coming as soon as we get them from the military photographer.

That is enough rambling from me for now. As always, thank you all for the support you have been providing us with the myriad of issues that have arisen during this training period. From all of us here on POMLT 3, thank you.

Master Sgt. Larry Leissner

NCOIC, POMLT 3

111th Security Forces Squadron, Pa ANG

HELPING OUR NEIGHBORS

Angel tree gift-giving campaign kicks off

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



Please stop by one of several Angel Tree locations to select a paper “Angel” and donate much needed items to children residing at Christ’s Home for Children in Warminster, Pa.

Guardsmen can pick an Angel from a Christmas tree in the main lobby of Headquarters Bldg. 203 or in the Dining Facility in Bldg. 300. They must purchase the listed item(s) and drop them off unwrapped to a 111th Security Forces Squadron Angel Tree representative in Bldg. 219 no later than Dec. 10. During the week, items are logged and sorted based

on the attached paper “Angel,” ensuring all children receive the correct gift(s). Missing items are purchased with donations received from Wing members and the Chiefs’ Council. Items collected under the annual Angel Tree program, will be dropped off to the home in December.

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 111th FW has been supporting this cause for 25 years.

For more information, please call (215) 323-8588.



Last December, Wing Command Chief Master Sgt. Richard Mertz and Chief Master Sgt. Jim Finn, 111th Security Forces Squadron, help volunteers from the Wing unload donated toys and household goods at Christ’s Home for Children.

The need for warm coats

By Senior Master Sgt. Maureen Santanello
111th Medical Group

Health experts report that even a 2-degree drop in body temperature results in reduced heart rate, loss of coordination, and confusion. Adults cannot work effectively and children find it difficult to learn. For most, a warm coat solves the problem. But, for the now nearly 15% of Americans living in poverty, a warm winter coat is a budget “extra.”

In 2009, 31 percent of U.S. children lived in families where no parent had full-time, year-round employment. (2.9 million more than in 2008.) The triple disasters of the century’s worst storms, prolonged unemployment and shrinking public-sector budgets have created a rising tide of need. 1 in 5 children live in households whose

earnings fall below the poverty level in the U.S. An estimated 671,850 Americans experience homelessness on any given night.

Please donate new or slightly used coats to help those in need.

Donations can be dropped off at the 111th Medical Group Clinic in Building 236, Room 102. Coats will be collected until the middle of December.



FAMILIES OF THE WING



Tech. Sgt. Robert Custer III eagerly attended his son's oath of enlistment. The swearing in of 19 year old Robert Custer IV happened on Sept. 21.

Meet the Custers

Story and photo by Master Sgt. Christopher Botzum
111th FW Public Affairs

On Sept. 21, 19 year old Robert Custer, IV enlisted with the 111th Fighter Wing, destined for service with the 111th Security Forces Squadron. Custer is the son of long time unit member Tech. Sgt. Robert Custer III (shown right), of the 201st RED HORSE Squadron, Detachment 1, forming yet another wing legacy family.

"My primary motivation for joining the unit was a result of my father's positive experience with the unit and his mentoring," Robert said. "I feel like this is the right path for me and I'm proud that I'll be able to serve alongside him. I look forward to the challenges in my military future with the Security Forces Squadron," he added.

Tech. Sgt. Robert Custer, III has served his country for 28 years. He has been with the PA Air Guard at Willow Grove since 1995. He has served in various capacities within the unit to include jet propulsion mechanic, as well as repair and reclamation crew chief. He is currently assigned as a vehicle management and analysis technician with the 201st RED HORSE Sq., Det. 1.

Prior to his duty here, Tech. Sgt. Custer served 12 years active duty in the aviation field with the Marine Corps stationed at Naval Air Station Alameda in California, Marine Corps Air Station New River N.C. and Andrews AFB D.C.

The father and son team enjoy several hobbies and activities together. They are avid World War II history buffs. Kayaking, camping and target shooting rank high on their to-do lists. Musically, they both are drummers with a focus on classic rock and heavy metal.

"It is the people within the unit that make it such a tremendously rewarding career choice. I'm looking forward to watching my son's growth and the sharing of a common experience over the upcoming years," said Tech. Sgt. Custer.

Project Evergreen volunteers to provide snow removal for active duty personnel

Project Evergreen is a national non-profit organization who has partnered with The BOSS Snowplow to provide snow removal for the men and women currently serving our country in the armed forces away from home. Snow removal professionals and individual volunteers provide this service during deployment time not to exceed one year.

The link between the families and the volunteers is done by Project EverGreen. Due to the confidentiality of our military family's information, if a volunteer is located in their area, the family is contacted first via email. It is the responsibility of the military family to contact the volunteer.

Receiving free snow removal depends on the volunteers in areas of need; this service is not guaranteed in all areas, but we will make every effort to accommodate as many families as we possibly can with the volunteers we have. To date, more than 800 volunteers and more than 800 military families have registered.

To participate as a family in need of snow removal, or to volunteer, please complete and submit a short on-line registration form on our website www.projectevergreen.com/scft.

FAMILY READINESS EVENT



**Enjoy a short stack
for a tall cause.**

**You're invited to an
Applebee's® Flapjack Fundraiser Breakfast
to support 111th FW FRG**

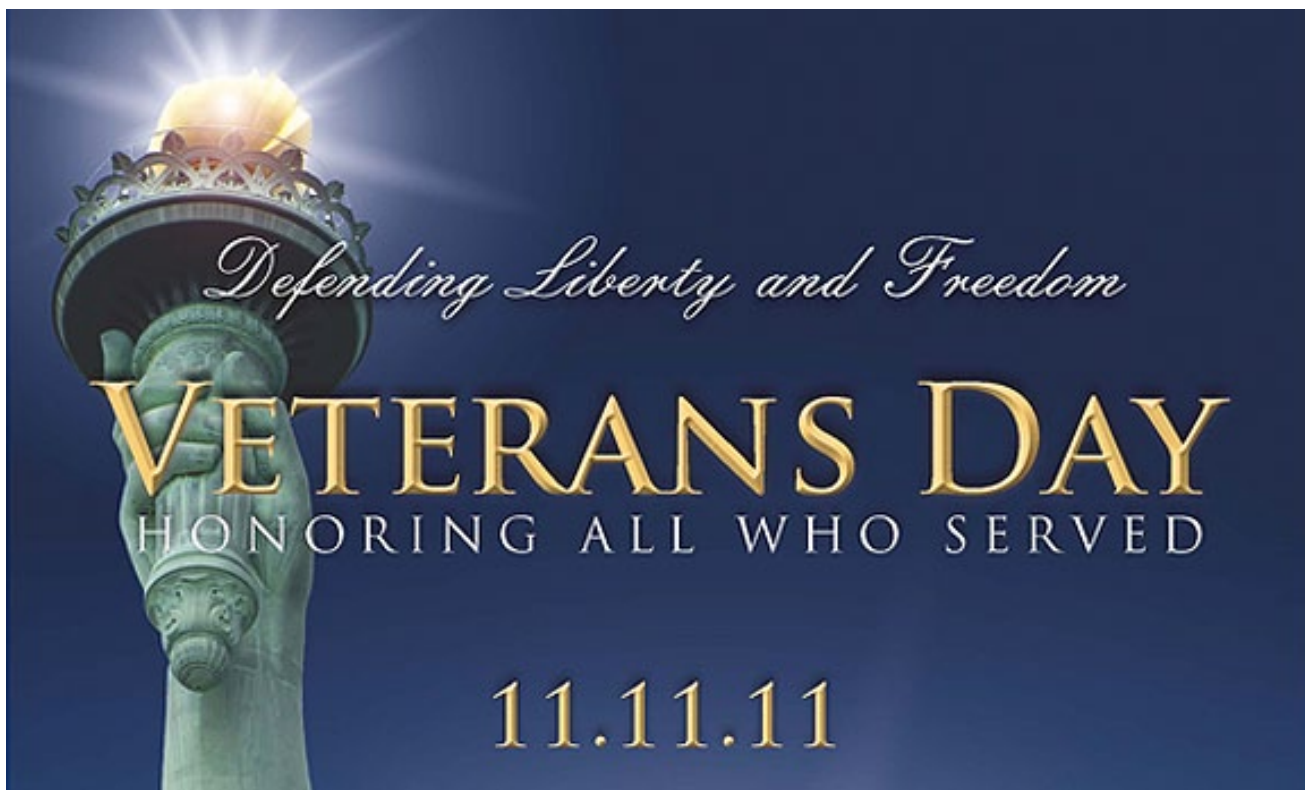
\$5.00 per person

**WHEN: Sunday, November 20, 2011
8:00 a.m. - 10:00 a.m.**

**WHERE: Applebee's Neighborhood Grill & Bar
Barn Plaza Shopping Center
1745 Easton Road
Doylestown, PA 18901**

For more information,
contact the 111th
Fighter Wing, Airman
& Family Readiness
Program Manager, at
(215) 323-7132.

Valid only at
participating
restaurant listed.
Ticket valid for
pancake event only.
Applebee's menu items
are not included as
part of purchase.



Source: Department of Veterans Affairs website

Federal Open Season Benefit Fair

For all Pennsylvania National Guard Technicians
In preparation for the upcoming
FEHB Open Season:
Nov. 14, 2011 - Dec. 12, 2011

To provide information regarding Federal Employee Health Benefits, FEDVIP Supplemental Dental and Vision, Federal Employee Group Life Insurance, Thrift Savings Plan, Flexible Spending Account, NGAUS Disability Insurance, Employee Assistance Program, and Retirement Services

Fort Indiantown Gap, Bldg 8-80, Nov. 15, 9 a.m. until 2 p.m.
193d SOW, Middletown, Nov. 18, 12-4 p.m.
171st ARW, Pittsburgh, Nov. 18, 8:30 a.m. until 3:30 p.m.
111th FW, Willow Grove, on Nov. 29, 9 a.m. until 2 p.m.

For more information, call the Employee Relations Section
at: (717) 861-8598/8701/8698 or the Human Resources
(HR) Remote for each respective Wing.

First Sergeant opening in AFFOR

There is a traditional guardsman First Sergeant position available in AFFOR. Applicants must have three years retainability, be a Master Sgt. or Tech. Sgt. eligible for promotion, ASVAB scores of 41-administrative and 62-general, and possess a 7-level skill level. Applicants must have completed the NCO Academy Course. If you would like to apply for this position, please submit the following items to the Wing Command Chief in Bldg. 310 by December's UTA:

- Resume
 - Letter of Intent (It must contain the following statement "I agree to attend the USAF First Sergeant Academy within 12 months of my assignment. Failure to complete this requirement will result in my removal from the first sergeant position.")
 - Applicant must agree to complete the SNCO Academy Course within 3 years from date of graduation from the USAF First Sergeant Academy
- The selection board will be held during January's

UTA. Applicants will be required to PT prior to meeting the board (date, time and location to be determined). If you have any questions, contact any of the Wing First Sergeants or the Wing Command Chief at (215) 323-8552.

UTA WORSHIP SCHEDULE

Catholic Mass
will be held at 10
a.m. in Building
203, Room 203.

Protestant Ser-
vice will be held at
10:30 a.m. in Build-
ing 203, Room 203.

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

Need an ID card or PIN reset?

TIRED OF WAITING IN
LINE?

Schedule an appointment at:

appointments.cac.navy.mil/appointment

Questions: Contact FSS Customer
Service at 215-323-7417

Advantage:
Customers with appointments are
taken at their *scheduled* times!!

MOVING UP MOVING IN MOVING OUT

PROMOTIONS

To Staff Sergeant

Patrick Salmon	111th FW
Alex Tavaréz	111th CF

To Technical Sergeant

Alexander Gamble	111th SFS
Sean Matraszek	111th SFS
Jeffrey Schurr	111th SFS

RE-ENLISTMENTS

Staff Sergeant Randall Blank	111th SFS
Technical Sergeant Susanna Gyger	111th FW
Technical Sergeant Kenneth Paliwodzinski	111th CF
Chief Master Sergeant Stephen Agnew	270th EIS

RETIREMENTS

MSgt Jack Wade Hill	111th FSS
MSgt Gary Raymond Fister	111th MXG
TSgt Andrew Ornelas	111th FSS
TSgt William Benson	201st RHS, Det. 1
MSgt Stuart Lee Mann	201st RHS, Det. 1

UTA MENU AT THE DINING FACILITY

Saturday

Steamship Round
Beef, Oven Roasted
Turkey, Baked Ham
Candied Sweet
Potatoes, Whipped
Potatoes, Cornbread
Stuffing, Au Jus
Gravy, Gravy, Mixed
Vegetables, Rice Pilaf
Shrimp Cocktail,
Ambrosia Salad,
Macaroni Salad,
Cranberry Sauce,
Fresh Fruit, Jello with
Fruit, French Onion
Soup

Sunday

Beef Stroganoff,
Scalloped Potatoes,
Egg Noodles, Corn,
Peas

Alternative

Selection:

Vegetarian Lasagna

Meal Compliments:

Fresh Salad Bar,
Bakery Style Breads,
Cold & Hot
Beverages, and
Desserts

**111th FIGHTER WING
HOLIDAY PARTY**

**Happy
Tymes**
Family Fun Center

Date: 11 December 2011
Time: 10:30 - 4:00 p.m.
Location: Happy Tymes
2071 County Line Road Warrington, Pa 18976

Must register with FRG!

Congratulations!



*to Capt. Gene Woll,
111th Medical Group,
and his wife Jessica on the birth
of their son,
Zackary Robert Woll,
born October 19 at 5:43 p.m.
weighing 6 lbs. 13 oz.,
20 1/2 inches long. Zackary joins
his brother his brother Owen 4
and sister Sophia 3.*

Upcoming Events for the Wing

Nov. 2011
Dec. 11, 2011

201st RED HORSE Phase II ORI
Wing Holiday Party

Fort Indiantown Gap, Pa.
Happy Tymes, Warrington, Pa.

Follow the National Guard on:



All National Guard
Social Media >>>

Social Media Guidelines
for Guardmembers >>



The "Minuteman Report" highlights news, current events and items of significance within the National Guard.



National Guard Bureau
Joint Services Support

Your benefits.
Your community.
Your safety net.

Statewide News:

View newsletters of our sister units:

193rd Special Operations Wing
"The Scope"

www.193sow.ang.af.mil

171st Air Refueling Wing
"Tanker Times"

www.171arw.ang.af.mil

Pa. Guardians Magazine

[http://www.portal.state.pa.us/
portal/server.pt/community/
public_affairs_office/13469](http://www.portal.state.pa.us/portal/server.pt/community/public_affairs_office/13469)

National News:

On Guard Magazine

Published every Jan., April, July,
Oct. [http://www.ng.mil/
features/onguard-mag/default.
aspx](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 Distribu-
tion System (DVIDS), DOD News
www.dvidshub.net

1-800-997-2264

