



176th Wing • Alaska Air National Guard

eGuardian

November 2, 2020

COVID-19 UPDATES

Joint Base Elmendorf-Richardson HPCON CHARLIE

Public Health (907) 580-40141

- If you feel sick >> stay home
- If you have COVID-19 symptoms >> contact your health provider or Public Health
- If you or a member of your household test positive off base >> contact Public Health
- If you are uncomfortable attending drill in person >> contact your chain of command

For members on military status, JBER Respiratory Clinic has a symptomatic self-referral program to test on base. According to the CDC, close contact is defined as someone who was within six feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from two days before illness onset (or, for asymptomatic person, two days prior to specimen collection) until the time the person is isolated. The 673d Medical Group is defining first-degree contact, for contact tracing purposes, as a person within six feet for more than 15 minutes without a mask. This is in interest of mission assurance. If a member was not contacted as a first-degree contact and is concerned, they should use their best judgment and utilize the free off base testing as needed. If they chose that option, they do need to notify their chain of command.

CDC Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

State of Alaska's current Health Mandates: <https://covid.alaska.gov/health-mandates/>

The adjutant general's commanders notes: <https://dmva.alaska.gov/CommandersNotes>

Stay up to date with 176th Wing App (*available for free download on your mobile device*)

November 2020 Quarterly Drill

176th OPERATIONS GROUP CHANGE OF COMMAND NOVEMBER 8

Col. Matthew Calabro will succeed Col. Kenneth Radford as 176th Operations Group commander during a Sunday, Nov. 8 change-of-command ceremony at

1400. Due to social-distancing requirements, wing members are invited to tune in via Zoom, information to be posted.

EVENTS / OPPORTUNITIES

TRAINING MULTI-CAPABLE AIRMEN FOR AGILE COMBAT EMPLOYMENT HOW YOU CAN YOU BE PART OF DESIGNING OUR FUTURE

Airmen across the Air Force, the Air National Guard, and the 176th Wing are building a stronger total-force, capable of Agile Combat Employment. Together we are developing requirements for training teams of Multi-Capable Airmen to aid in the evolution of airpower. In April 2021, the 176th Wing will execute our cap-stone ACE exercise, ARCTIC ACE, designed to operationalize the concepts of ACE and the employment of Multi-Capable Airmen.

Developed in response to the challenges presented in the 2018 National Defense Strategy, Agile Combat Employment utilizes a smaller multi-capable force to deploy, survive, execute, maneuver, sustain, and regenerate while under persistent multi-domain attack.

Unprecedented enemy operations exist in an all-domain battlefield with anti-access, area-denial threats. Multi-Capable Airmen meet these challenges by developing innovative operational concepts and technology for adaptive basing, operational maneuver of air forces, and assured command and control in austere environments.

Multi-Capable Airmen in the 176th Wing will provide critical command and control, theater airlift, rescue operations, forward deployment capability, and expertise for partners throughout the entire Pacific Air Forces. Guardsmen bring unique expertise in multiple AFSCs and civilian expertise that can be leveraged within the Multi-Capable Airmen construct. Everyone is encouraged to contribute and collaborate within your work sections to identify qualifications that may prepare you to become a Multi-Capable Airmen and participate in ARCTIC ACE. These ACE tactics, techniques, and procedures are still in development, so our lessons learned from the exercise will ensure the strategic advantage for our country.

LAUGH YOUR WAY TO A BETTER MARRIAGE

The 176th Wing Chaplains' Office is happy to announce Laugh Your Way to a Better Marriage event for Nov. 13-15 at Embassy Suites, Anchorage.

You can register here: <https://www.eventbrite.com/e/laugh-your-way-to-a-better-marriage-tickets-126882640393>

The event is free and open to all Wing members (with priority given to deployers).

GUARD BABIES WELCOMED WITH BUNDLES OF BOOKS AND BLANKETS

Air National Guard dependent infants have been receiving gifts through the Bundles project.

Key spouse volunteers, Kendra Gladwell and Karen Jenkins, started the initiative, which provides every new baby of an Alaska Air National Guard member with a tote bag filled with baby books and a hand-crochet blanket. Karen, an educator at Hiland Mountain Correctional Center, has coordinated the volunteer efforts of several incarcerated women who want to give back to their communities by crocheting blankets and sewing tote bags.

The program was first orchestrated for 176th Logistics Readiness Squadron; however, it is now serving the entire 176th Wing.

The popularity of the program has meant more materials are needed and the Bundles Project has renewed their request for donated yarn and new baby board books.

To give donations or to assist with this project, please contact Master Sgt. Melissa Erhard at 552-6135, or at melissa.erhard.1@us.af.mil.

ONGOING FREE COUNSELING SERVICES

Military Family Life Counselors (MFLC) provide short term non-medical solution-focused counseling to support military families with the challenges of deployments, reintegration, parenting, relationship issues, conflict resolution, anger management and other life issues. They provide free, confidential services on and off military installations, flexible service delivery in non traditional settings and times. With the exception of child abuse, domestic violence, mandatory reporting, and duty to warn situations, services are confidential.

In response to COVID-19, MFLCs are providing services via secure, encrypted video teleconference.

For more information and to schedule an appointment, call Husch Hathorne-Cantil at 382-1407. Appointments are available within 24-48 hours.

SERVICES / ANNOUNCEMENTS

FEDERAL TUITION ASSISTANCE OPEN FOR DRILL-STATUS GUARDSMAN

Information for federal tuition assistance has been posted to the 176 FSF FSDE SharePoint.

Requests must be submitted via AFVEC no sooner than 45 days and no later than 15 days prior to course start date. Request must be approved by a supervisor.

It is recommended that requests be forwarded to full-time superintendents by members who are subordinate to drill-status Guardsmen, this should prevent delay of approval.

Airmen are eligible for up to \$3,750 per fiscal year, not to exceed \$250 per semester hour and \$166.66 per quarter hour.

Eligibility Requirements:

- a. Actively participating for pay and points
- b. Members who have a current UFI, Failed Physical Fitness test and/or have a current referral EPR or OPR are ineligible for Federal TA. There are no waivers.
- c. Commissioned officers must have a mandatory separation date of not less than 48 months of service commitment starting at the end of the last class completed. In addition, officers incur a four-year commitment for each course completed using Federal TA.

176 FSF FSDE SharePoint Federal Tuition Assistance Info Folder:

https://cs2.eis.af.mil/sites/12468/176%20MSG/176_FSF/FSDE/_layouts/15/start.aspx#/SitePages/Tuition_Assistance.aspx?RootFolder=%2Fsites%2F12468%2F176%20MSG%2F176%5FFSF%2FFSDE%2FTuition%20Assistance%2FFederal%20Tuition%20Assistance%20%2D%20Drill%20Status%20Guardsman&FolderCTID=0x01200050691C7187D2484BBDED4A4D84175CB7&View=%7BD26305A8%2DDC1F%2D4347%2D8CE4%2D37C44F9A8FCD%7D

University of Alaska Tuition Assistance applications may be submitted Nov. 1 to Dec. 28.

Funding is limited, based on State budget and date of application submission.

Airman are eligible for 100 percent tuition cost (12 undergraduate credits/9 graduate credits).

Application request must be approved by commander.

Please direct any questions regarding tuition assistance to 176wg.training@us.af.mil.

MILITARY ONESOURCE RESOURCES

Did you know that Military OneSource is bigger than a 24/7/365 toll free number? The program offers more than just free non-medical counseling. It also provides assistance for the deployment readiness cycle. Military OneSource is a Department of Defense funded program that aids eligible service and family members with building resiliency; both within the military culture and on the homefront. To help strengthen one's resiliency skillset, Military OneSource offers many activities that you and your family members can partake in. For example:

MWR Digital Library:

- Ancestry.com Library Edition - unlock the story of your family using more than 8,000 resources.
- Consumer Reports – are you looking to make a purchase? Use this online library to access 1,000+ ratings, reviews, expert buying advice, product comparisons, consumer user reviews and product video clips.
- EBSCO Audiobooks - more than 2,000 audiobooks in different subjects and categories available for free download.
- Mango Languages - check out this digital language learning program for learners of all levels, with courses in more than 70 different foreign languages, 21 English language courses, and 44 specialty courses.
- Morningstar Investment Research Center - find information and advice on mutual funds, stocks, exchange-traded funds, and market returns. Track investments, access daily market news and commentary, view snapshots on investments, and interact on the research center forums.
- PressReader Digital Newspapers - unlimited digital access to more than 7,000 newspapers from 120 countries in more than 60 different languages. These newspapers are provided in full-color, full-page format, and appear

on your screen exactly as they appear on the news stand, many providing instant translation and audio.

- Stingray Qello Concerts - enjoy more than 1700 live moments in music history with the world's largest collection of full-length concerts and music documentaries streamed on-demand to just about any digital device. From the 1920s to today's hottest artists, Qello Concerts spans more than 30 genres, from classical to rock, reggae to country.
- Small Business Builder - helps patrons interested in planning and optimizing their businesses or nonprofits. Built for aspiring entrepreneurs and those with existing small businesses, it provides a step-by-step process supported by a rich variety of recognized tools that enable users to produce complete business plans and other documents essential for gaining access to capital and growing their enterprise.
- Universal Class - over 500 online courses to aid with personal and professional interests: including FREE CEUs, plus online books, movies and music for all ages. Over 40 different references to use.
- Weiss Financial Ratings - Enjoy access to financial literacy tools on retirement planning, home and mortgage, insurance strategies, and saving for your child's education.
- Chill Drills: An overview of four simple drills to help reverse the symptoms of stress. These drills can help slow your heart rate, lower your blood pressure and reduce the level of stress hormones in your body. By doing these drills regularly, you can lower your baseline stress level and be better prepared to deal with stress in the future. Order yours online (free shipping) or download to your smartphone.
- MilTax - free tax services, which provides easy-to-use software that is designed specifically for the military community and is available mid-January through mid-October. MilTax also offers free consultations with experts trained to help military members and their families take command of their taxes.

Many other resources are located online with just a click of the mouse or online chat with a trained consultant to provide more guidance with your ideal topic.

See: www.militaryonesource.mil

AIRMAN SAFETY APP

If there was a way to anonymously and quickly make safety reports on your phone, would you use it? There's an app for that. The Aviation Safety Action Program (ASAP) a voluntary, identity-protected means of reporting safety issues that increase the risk to Aviation, Occupational, or Weapons Safety. The goal of the program is to prevent future mishaps and strengthen a culture of safe, effective mission accomplishment. The two ways to submit an ASAP report are on the website (<https://asap.safety.af.mil>) or the smartphone app "Airmen Safety App." Contact: your friendly safety office (551-7604, 176wg.se.176wg@us.af.mil)

UPCOMING AWS DAYS

The 176th Wing is essentially shut down for business on the upcoming Alternate Work Schedule days. RDs (rescheduled drills) and AT days should not be scheduled for these times. The full AWS calendar can be found on the new Wing SharePoint in the Resource Library.

November: 13, 27

December: 11, 24

January: 15, 29

ALASKA NEWS

'THESE THINGS WE DO': ALASKA'S AIR GUARD SEARCH AND RESCUE TEAMS SAVE LIVES IN THE WILDERNESS AND IN COMBAT

By Harm Venhuizen
Military Times

The hunter was only about six miles north of Anchorage when he fell, but the 100-foot drop had stranded him at the bottom of a cliff with badly broken vertebrae and a traumatic brain injury. Night was closing in when he and his hunting partner used a satellite device to contact the Alaska State Troopers.

Operators at the Alaska Rescue Coordination Center received the call and quickly notified on-duty pilots and pararescuemen from the Alaska Air National Guard of the situation: one patient, critical condition.

To an outside observer, the mission might have seemed simple; it was less than a 20-minute flight to the patient. But Senior Master Sgt. Evan Budd of the RCC knew that in a state with more than 57 million acres of wilderness, things are rarely as easy as they seem.

"Alaska just makes everything challenging. It's beautiful, but it's one of the most dangerous places you can live in terms of weather, geographic features and animals," Budd said.

The weather was relatively calm when an HH-60G Pave Hawk carrying two pararescuemen, or PJs, took off from Joint Base Elmendorf-Richardson in Anchorage. But by the time they reached the steep mountain valley where the hunter was located, winds were howling.

Rain and gusts upwards of 60 mph made the skies too turbulent for a standard hoist rescue, and visibility was low. Instead of lowering PJs to retrieve the hunter, the helicopter had to land on a river sandbar, at which point the PJs set off on foot.

After crossing the Eagle River and traveling 500 meters in steep, mountainous terrain while carrying 100 pounds of medical gear, rescuers located the hunter, stabilized him, and carefully loaded him onto a litter to be carried back. Meanwhile, the helicopter had returned to JBER to retrieve another PJ who could assist in the efforts.

The team set up a rappel system to lower the patient down the mountainside — a nearly 300-foot descent. When they reached the bottom, PJs picked up the 6-foot-5, 265-pound hunter and waded through the cold waters that had risen to chest level since their first crossing.

The HH-60 safely delivered the hunter to Providence Alaska Medical Center on what may have been the worst day of his life. For the men and women of the 176th Wing, it was just another day on the job.

In the almost 30 years since assuming search and rescue alert in Alaska, the 176th Wing has performed more than 2,000 civilian search and rescues and is credited with saving more than 1,750 lives.

Referred to as Alaska's "rescue triad," the 176th Wing's rescue component consists of three squadrons, each providing a necessary element for search and rescue operations. The 210th, 211th and 212th Rescue squadrons bring to the fight six HH-60 Pave Hawk helicopters, four HC-130 Combat King II fixed wing aircraft, and 55 qualified pararescuemen and combat rescue officers.

"You almost need one [type of aircraft] with the other," said Chief Master Sgt. Eric Chester, who oversees maintenance of the rescue squadrons' airframes. "The HH-60 is not capable of doing everything it can do without the HC-130 by its side."

The HH-60 and HC-130 pairing, unique to Air Force rescue units, enables PJs to save lives across the state and, in wartime, across the battlefield. By providing in-air refueling capabilities, HC-130s can extend the range of drogue-equipped helicopters by hundreds of miles, something Lt. Col. Jeremy Groat, commander of the 210th Rescue Squadron, says only PJs and the Army's 160th Special Operations Aviation Regiment have the ability to do.

For much more of the story, please follow the link:

<https://www.airforcetimes.com/news/your-air-force/2020/10/07/alaskas-air-national-guard-search-and-rescue-teams-save-lives-in-the-wilderness-and-in-combat/>

ALASKA AIR NATIONAL GUARD AIRMEN RESCUE INJURED HIKER

By David Bedard
176th Wing Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska — Members of the Alaska Air National Guard's 176th Wing rescued an injured hiker Oct. 25 at Byron Glacier, southeast of Anchorage near Portage.

Alaska Air National Guard Capt. Daniel Warren, Alaska Rescue Coordination Center senior controller, said officials from the Anchorage Fire Department, Girdwood Volunteer Fire Department and Alaska State Troopers contacted the AKRCC to request hoist extraction of the victim.

The AKRCC notified 176th Wing, which dispatched a 210th Rescue Squadron HH-60G Pave Hawk helicopter carrying 212th Rescue Squadron Pararescuemen (PJs).

Due to inclement weather, the Pave Hawk landed at the trailhead and disembarked two PJs, who infiltrated several miles to the hiker. At the point of injury, working with personnel from Girdwood and Anchorage fire departments, PJs further assessed, stabilized and packaged the hiker onto a litter and carried her back to the HH-60.

The patient was transported to Providence Alaska Medical Center in Anchorage and released to medical authorities.

Warren highlighted the importance and effectiveness of interagency cooperation for rescues as the Alaska winter sets in.

"This mission was another reminder of how quickly things can turn for those enjoying our state," he said. "The terrain, weather and circumstance are always serious here. Thankfully, we mitigate this risk with sustained relationships built on symbiosis with and early notification from our in-state partners to effectively respond and assist those in need."

For this rescue, 210th RQS, 212th RQS and AKRCC were awarded one save.

ALASKA AIR NATIONAL GUARD AIRMEN RESCUE INJURED HUNTER

By David Bedard
176th Wing Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska — Airmen with the Alaska Air National Guard's 176th Wing rescued a hunter injured in an ATV accident Oct. 7 near Metal Creek northeast of Anchorage.

Alaska Air National Guard Maj. Kevin Kelly, Alaska Rescue Coordination Center deputy director, said the hunting party used a satellite communication device to contact the Alaska State Troopers, who then contacted the AKRCC.

The AKRCC notified the 176th Wing, which dispatched a 210th Rescue Squadron HH-60G Pave Hawk helicopter carrying 212th Rescue Squadron pararescuemen (PJs).

Airmen of 210th RQS operate the HH-60 combat search-and-rescue helicopter. PJs of the 212th RQS are highly trained CSAR specialists with extensive medical training.

Due to challenging terrain, the HH-60 crew deployed the rescue hoist, lowering the PJs to the injured hunter. The PJs medically assessed the hunter before packaging him and hoisting him to the helicopter.

The patient was transported to Alaska Regional Hospital in Anchorage, where he was released to medical personnel.

Kelly commended the hunting party for carrying a satellite communication device and said hunters and hikers should always be prepared for bad weather and challenging terrain.

"Even if you're out on ATVs or snowmachines, it always pays to be ready for weather or injury," he said. "The fact this party was prepared for just this situation made for a good outcome and helped our Airmen do their job."

For this rescue, 210th RQS, 212th RQS and AKRCC were awarded one save.

AIR NATIONAL GUARD VOLUNTEERS ASSIST MAT-SU VALLEY KITCHEN

By Sgt. Seth LaCount
JFHQ Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska — Since mid-August, Alaska Air National Guardsmen assigned to the 176th Force Support Flight Sustainment Services who are local to the Matanuska-Susitna Borough area have been volunteering their time to assist the Five Loaves, Two Fish Kitchen in Wasilla.

"As a force in readiness, the relevancy of the National Guard increases through the flexibility of these Airmen," said Alaska Air National Guard Master Sgt. Franz Deters, the senior noncommissioned-officer-in-charge of the volunteer effort.

The kitchen relies on donations from the Food Bank and other various foundations to prepare quality meals for local Mat-Su residents in need. The organization employs one professional chef, Air Force veteran Mike Gordon, with the rest of their staff completely made up of unpaid volunteers. The kitchen sits next door to Good Shepherd Lutheran Church, whose kitchen committee heads up the operation.

"When the Guard started volunteering here, we were very short staffed," said Duane Hanson, one of the kitchen's dedicated civilian volunteers. "Their work here has kept us on track in our efforts to help as many people as we can."

The Airmen work twice a week for three hours each day, preparing about 600 meals per month.

The National Guard Airmen are certified in food handling, with years of experience cooking in the Air Guard. They have been assisting the kitchen in food preparation, which consists of peeling, cutting, dicing, and cooking various food items, before their put into sealed packages.

"I take pride in the fact that I work with a team that never says 'It's not my job,'" said Deters. "I work with men and women who will volunteer to go where they can have the biggest impact."

According to Deters, this unique volunteer opportunity to serve the local community also helps his team meet mission essential training requirements for their work in service career fields for military service.

"We get to help Alaskan citizens, filling in at a time when there are fewer available volunteers, all while getting training that allows us to gain additional experience in our jobs that we do for the Guard," said Deters. "It's really a win-win."

Good Shepherd Pastor Rick Cavens, retired Alaska National Guard chaplain, oversees the kitchen staff. The kitchen provides meals to My House Homeless Teens Resource Center, Knik House and Family Promise. Recently, the kitchen started a meal program for Mat-Su School District families, with the intention of providing a food portion big enough to feed an entire family.

"I have two extended families, my church and my military family," Cavens said. "The National Guard has offered a tremendous helping hand during this difficult time of uncertainty. We're very thankful for their hard work and dedication to helping the local community."

RSD SCHEDULE

MARK YOUR CALENDAR FOR REGULARLY SCHEDULED DRILL WEEKENDS

2020

December: 5 & 6

2021

January: 23 & 24

February: 20 & 21

RSD SHUTTLE SCHEDULE

RSD ROTATOR PROCESS

Members sign up directly via Facebook, as well as check flight updates. Rotator riders can request access to the Facebook group by searching "AKANG RSD Rotator" and requesting membership.

Log Plans will post events for each flight a week prior to departure. New riders fill out a new rider request form (LGRDX Share Point under the RSD Rotator folder) and send to the Log Plans shop (176WG.LGRR@us.af.mil) to be filed. Logistics Plans office cell: 947-4395

Friday Pick-up		
South UTA Shuttle		
Location	Arrive	Depart
Elmendorf	CANCELLED	1715
Kodiak	1815	1830
Homer	1910	1920
Kenai	1935	1945
Elmendorf	2000	
	CANCELLED	
North UTA Shuttle		
Location	Arrive	Depart
Elmendorf		1900
Eielson	2000	2015
Elmendorf	2100	

PAX Transfer

Sunday Return		
South UTA Shuttle		
Location	Arrive	Depart
Elmendorf	CANCELLED	1715
Kenai	1800	1810
Homer	1825	1835
Kodiak	1915	1925
Elmendorf	2030	
North UTA Shuttle		
Location	Arrive	Depart
Eielson		1700
Elmendorf	1800	1815
Eielson	1915	

PAX Transfer

PLEASE NOTE: the SOUTH UTA SHUTTLE has been CANCELLED until further notice. The North UTA Shuttle will still be scheduled on a monthly basis.

JBER show time is two hours prior to take off at the passenger terminal.

176OSS CURRENT OPS Number: 551-5208

JBER ATOC: 552-2104 (Call to update gates)

EDF PAX TERM: Fax 552-3996 / Office 552-3781 (Call to update gates)

Eielson show time is three hours prior to take off at the passenger terminal

EIL PAX TERM: Fax 377-2287 / Office 377-1250

RSD Rotator Share Point: <https://jber.eis.pacaf.af.mil/176WG/176MSG/176LRS/LGRD%20Log%20Plans/Forms/AllItems.aspx?RootFolder=%2F176WG%2F176MSG%2F176LRS%2FLGRD%20Log%20Plans%2FUTA%20Rotator&FolderCTID=0x01200074092A9858D1664D86D7BCF8C1287C0A&View=%7BC246B693%2DEB0F%2D4968%2DAEF8%2DD89451AEDCAA%7D>

WEEKEND DINING FACILITY HOURS

The Iditarod (Elmendorf) Dining Facility will be closed on Saturday August 1, as renovations are to be completed.

On Saturday members will be encouraged to have lunch at the Wilderness in (Bldg. 647 Ft Richardson).

The Wilderness Inn serves "brunch" from 1000-1400 on the weekend.

The Army DFAC will honor the provided ESM roster and not charge DSGs for their meal.

If anyone gets turned away on the Army side please contact MSgt Franz Deters 907-903-5545

If AGRs or officers wish to eat on the Army side, a flat rate of \$5.65 will apply.

On Sunday the Iditarod will be open again for business (normal hours).

There will not be POD support for the flight line over the weekend (located near F-22 hangers)

Normal Hours:

BREAKFAST: 0630-0830

GRAB-N-GO: 0900-1030

LUNCH: 1030-1330

GRAB-N-GO: 1330-1630

DINNER: 1630-1830

MIDNIGHT: 2300-0100

GATE HOURS

For latest gate hours, visit <https://www.jber.jb.mil/Units/673abw/673SFS/>

POINTS OF INTEREST

176th Wing

Website: <http://www.176wg.ang.af.mil/>

Facebook: <http://www.facebook.com/176thWing>

Instagram: <http://www.instagram.com/176thwing>

Flickr: <https://www.flickr.com/photos/176wg/>

DVIDs: <https://www.dvidshub.net/unit/176WPA>

SharePoint (requires CAC): <https://cs2.eis.af.mil/sites/12468/Pages/176%20Wing.aspx>

Alaska National Guard

Facebook: <http://www.facebook.com/AKNationalGuard>

Instagram: <http://www.instagram.com/alaskanationalguard>

Flickr: <http://www.flickr.com/photos/alaskanationalguard>

Youtube: <http://www.youtube.com/user/NationalGuardAlaska>

Twitter: <http://twitter.com/AKNationalGuard>

JBER

Website: <http://www.jber.jb.mil/>

Facebook: <http://www.facebook.com/JBERAK>

Newspaper: <http://www.dvidshub.net/publication/397/arctic-warrior>

Fulltime Job Opportunities:

<http://dmva.alaska.gov/employment.htm>

HRO – Alaska National Guard:

<http://dmva.alaska.gov/HRO>

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