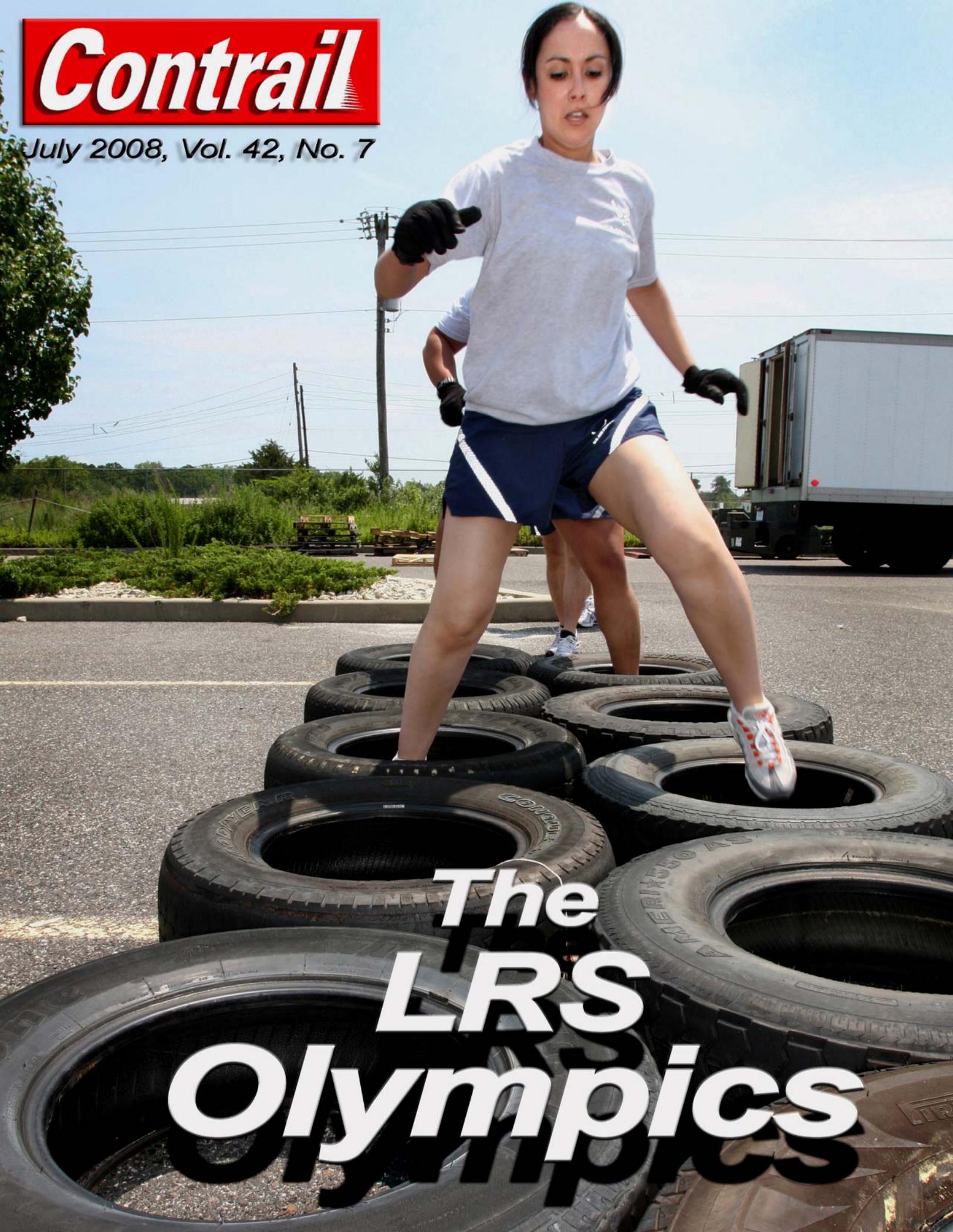


Conrail

July 2008, Vol. 42, No. 7



The LRS Olympics

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OLYMPICS—LRS STYLE

Refueling Technician Staff Sgt. Amanda Alvarez charges through the tire obstacle course during the Logistics Readiness Squadron's Combat Fitness Challenge on June 22. Photo by Tech. Sgt. Mark Olsen, 177FW/PA.

CHAPLAIN'S CORNER: KINGDOM CITIZENSHIP

By Chaplain (Lt. Col.) Dean E. Wentzien

On July 4th, most Americans celebrate the founding of our country. Flags are flying, families are gathering, and fireworks will fill the night sky. We do this to show appreciation for our American citizenship and to honor those who sacrificed to provide our freedoms.

You may celebrate Independence Day, or perhaps you are a citizen of one of the other great nations of the world. No matter where you are right now, if you believe in the Lord, then you and I are fellow citizens. You see, we share a citizenship in the kingdom of God.

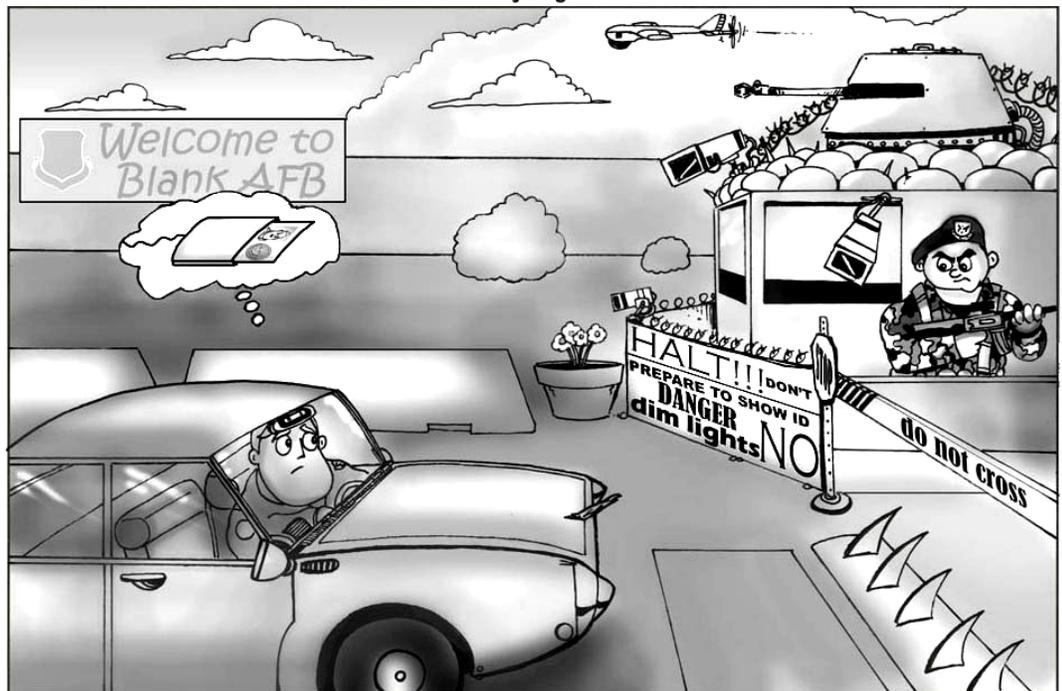
The word "kingdom" simply means "rule," so "kingdom of God" refers to the Lord's complete rule and authority. While He certainly reigns in the hearts of His devoted followers now, we must not forget the term also points to a realm where He

exercises perfect sovereignty.

Today, we understand this in a spiritual sense. However, the Scriptures proclaim that in the future, the Enemy will be vanquished and the enemies of God will be removed from the world forever. At that point, the Lord will establish His physical kingdom in the new heaven and the new earth. And, as kingdom citizens, you and I will reside there together.

Certainly nations and nationalities are important, but they are not eternal. To be an effective kingdom citizen, you must look beyond your country's borders and view the world through the eyes of God. Then, you will see your brothers and sisters, friends, and countrymen in the new kingdom - the realm where we will celebrate side by side.

THE FIGHTING FALCONS by SSgt Matt Hecht



Do you know where your CAC card is?

177FW Editorial Staff

Col. Randall S. King, Commander

Lt. Col. James Garcia: Public Affairs Officer/Editor

Tech. Sgt. Mark Olsen: Assistant Editor/Layout/Writer/Photographer

Tech. Sgt. Paul Connors: Writer/Photographer

Master Sgt. Andrew Moseley: Multimedia Manager

Master Sgt. Shawn Mildren: Photographer

Staff Sgt. Matt Hecht: Photographer, Editorial Cartoonist

Staff Sgt. Andrew Merlock Jr.: Photographer

Staff Sgt. Jamil Abdur-Rahman: Fitness Writer

177FW/PA, 400 Langley Road, Egg Harbor Township, NJ 08234

(609) 645-6005; (609) 677-6741 (FAX), Public.Affairs@najatla.ang.af.mil

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A Message from the Commander



The time couldn't be better to bring a friend into the unit! Bonuses...benefits...not to mention free technical training and the chance to travel the country and the world. With new programs being introduced to reward unit members for bringing recruits to the Wing, this is the time to share the Guard Experience with friends and acquaintances. In fact, mark this date on your calendar: Saturday, Oct. 25. That's when we will have "Bring Your Own Buddy" day here at the 177th. On that drill Saturday, you can bring a friend in to tour the various work centers and see the many different jobs we have here.

Are we doing all we can to keep our good Airmen in the unit? Recruiting excellent troops with high potential doesn't do us much good if we can't keep qualified, experienced people in the unit. As I ask you to consider bringing a buddy into the unit, I also want to hear from you about keeping buddies in once they are here. Retention is a big concern for me. The important work we do here at the unit is critical to the security of our nation. I want to keep the dedicated and talented individuals that have made our unit the premier fighter wing in the country. Please help me do this.

In addition to being our nation's best fighter wing, we have an obligation to respond to disasters here inside our state. As 2,850 of our New Jersey National Guard brothers and sisters are conducting their theater immersion training at Fort Bliss, Texas – on their way to Iraq for a year – I'm reminded of how this impacts our ability to respond to emergencies at home. Even before this deployment, the Air Guard side of the house has been increasingly stepping up to assist with in-state natural disasters. Our Quick Reaction Force (QRF) is working to prepare Airmen to perform side-by-side with Soldiers when the Governor sends the call for help. As this year's hurricane season approaches, we may be hearing that call soon.

As some of you may have heard, Secretary of Defense Robert Gates has recommended Lt. Gen. Craig

R. McKinley (currently the Director of the Air National Guard) for a promotion that would make him the first four-star general in National Guard history. Pending nomination by the President and confirmation by the Senate, Lt. Gen. McKinley would become the chief of the National Guard Bureau. The Commission on the National Guard and Reserves had recommended the chief of the National Guard Bureau be a four-star position. Now Congress has agreed and made the recommendation law as part of the fiscal 2008 National Defense Authorization Act. As Secretary Gates has said, "The elevation of the National Guard chief to four stars recognizes the enhanced importance of the Guard to America's overall national defense." I could not agree with him more.

RANDALL S. KING
Colonel, NJANG
Commander

Let the games begin

Photos and story by Tech. Sgt. Mark Olsen, 177FW/PA

Everyone on base has been talking excitedly about the Olympics. No, not the ones coming up in Beijing...the ones conducted last drill at the Logistics Readiness Squadron (LRS).

On the Sunday of drill, June 22, the 177th LRS hosted the First Annual Base-wide Combat Fitness Challenge. For the most part, events are based upon a wide range of Air Force specialty tasks and activities. Four-person teams from all over the unit competed for the top prize. Slightly different from the international Olympics, these events involved loading duffle bags onto a cargo vehicle, stepping through huge truck tires...and then flipping them end-over-end, carrying litters, performing sit-ups, and pushing a Humvee. All the while, teams were being timed and had to sprint between events.

In total, 13 teams competed from LRS, Civil Engineers and the Wing. Maj. Ron Williamson, the 177th LRS Commander, presented the top trophy to the winning team comprised of Tech. Sgt. Brian Tunis, Staff Sgt. Nick Lanthier, Staff Sgt. Miguel Delvalle and Senior Airman Charles Ellis. 🇺🇸



*The LRS
Combat
Fitness
Challenge
in photos*





Outstanding Airmen

Security Forces Squadron First Sergeant Master Sgt. Daniel Mitchell Jr. (fourth from the left), First Sergeant of the Year poses with the Air National Guard's Outstanding Airmen of the Year at the U.S. Air Force Memorial in Arlington, Va., on June 18. This is the first time a New Jersey Air Guardsman has ever been chosen as the Air National Guard First Sergeant of the Year. Also in the photo starting from the left are Senior Airman Charity Orriss, Airman of the Year; Staff Sgt. Scott Geisser, Non-Commissioned Officer of the Year; Senior Master Sgt. Donna Goodno, Senior NCO of the Year; Senior Master Sgt. Rolando Garza, Honor Guard Member of the Year; and Tech. Sgt. Raquel Soto, Honor Guard Program Manager of the Year. (Photo by Master Sgt. Mike R. Smith, National Guard Bureau).

Buckle up—the life you save may be your own.



Martenz top Chief

Maj. Gen. (retired) Richard Cosgrave (right) presents Chief Master Sgt. Donald L. Martenz, 177th Aircraft Maintenance Squadron, with the Major General Richard "Craig" Cosgrave Chiefs Award. The award honors outstanding Chief Master Sergeants in the New Jersey Air National Guard that demonstrate superior performance, community service, professionalism and leadership in the highest standards expected of a Chief Master Sergeant. The selection is based on individual initiatives, professionalism, demonstrated abilities of a Chief and adherence to the Core Values of the United States Air Force. Photo by Tech. Sgt. Mark Olsen, 177FW/PA.



A watched pot...

Senior Airman Vanessa L. Torres adjusts the flame in preparation for the June 22 lunch. Photo by Tech. Sgt. Mark Olsen, 177FW/PA.

Wing gets new Flight Safety Officer

Photo and story by Tech. Sgt. Mark Olsen, 177FW/PA

"It's all about safeguarding assets - both people and equipment."

That's Maj. Kyle W. Lindsay's approach to being a Flight Safety Officer for the 177th Fighter Wing.

The former 188th Fighter Wing - the Flying Razorbacks, Arkansas Air National Guardsman's goal as the head of the Wing Safety Office is to mitigate as much risk as possible while supporting a robust flying program at the 177th.

"We will do our business smartly," stated Lindsay. "Follow the regulations and accomplish the mission."

As a Flight Safety Officer and an F-16 Instructor Pilot, Lindsay brings his flight experience - 13 years, which includes flying both the F-16 Fighting Falcon and B-1B bomber, as well as his education - a Bachelor of Science in Professional Aeronautics from Embry - Riddle Aeronautical University, Daytona Beach, Fla., and a Master of Arts in Political Science at Wichita State University, Wichita, Kan., to the 177th to train pilots on the policies and procedures of flight safety. This is important because a Flight Safety Officer needs to be both a trained and an experienced pilot so that they can share with their trainees' knowledge based on personal experience.

In Lindsay's case this level of information ranges from being trained in such diverse areas as Forward Air Control, Close



Air Support, Fighter Electronic Combat, Adversary Tactics, Electronic Warfare, Military Airspace Management to a previous career in Avionics and Maintenance.

Yet this position is not just about training pilots.

"You have to be more inclusive, look at the bigger picture - consider the entire organization," added Lindsay.

Being in charge of the Wing Safety Office includes advising the commander, functional managers, and supervisors on safety and health matters; manage on- and off-duty safety programs; provide mishap prevention data and safety education material to all organizations; process hazard reports and manage the installation master hazard abatement program; review civilian compensation claims involving occupational injuries and hospital treatment records to ensure mishaps are properly investigated and reported in accordance with applicable Occupational Safety and Health Administration and Air Force directives; conduct safety education programs; provide supervisors assistance with job safety training; establish a proactive mishap prevention program that incorporates reasonable risk management and hazard elimination and reduction features.

"Every Airman is a member of the Safety Office," observed Lindsay. 🇺🇸



Caught by a Chief

Chief Master Sgt. Robert P. Hare presents Maj. Yvonne L. Mays with a Caught by a Chief Coin—the first officer to receive the award—at her farewell luncheon on June 25. Hare stated that Mays epitomized the Air Force Core Values. Congratulations Major, you have been Caught by a Chief. Photo by Tech. Sgt. Mark Olsen, 177FW/PA.



Lights, camera...

Videographers from The Famous Group, a video production company, frame a shot of four taxiing 177th Fighter Wing F-16's on July 16. The shoot was for an upcoming project between the 177th and the New York Jets football team. Photo by Staff Sgt. Matt Hecht 177FW/PA.

177th sweeps awards

By Tech. Sgt. Mark Olsen, 177FW/PA

In an unprecedented sweep, 177th Airmen won all three of the Enlisted Association of the National Guard of New Jersey Air Guard awards.

Recipients are judged on appearance and bearing, military background and professional knowledge, current efforts for advancement, leadership abilities and their contribution toward the improvement of unit performance and esprit-de-corps, and finally participation in civic activities.

Master Sgt. June I. Kelly received the Command Sgt. Maj. Wilfred Z. Lea Outstanding 1st Sgt. Award. The award recognizes the service, achievements and accomplishments of the first sergeant and promotes professionalism among the enlisted members of the New Jersey National Guard.

"It was an honor to be recognized for something I love to do," said Kelly.

Kelly, a 14-year veteran with the 177th, serves as the Fighter Wing, Operations Group, Operations Support Flight, the geographically separated Warren Grove Range and the 119th Fighter Squadron First Sergeant. During her career, she has served in both Operations' Enduring Freedom – at Diego Garcia – and Noble Eagle. In the awards package, Kelly is noted for her natural leadership ability to make a significant impact on unit readiness, retention, morale and welfare. This includes mentoring members of the 177th Airmen's Council, serving as an Honor Guard member, and finally "Displays unquestioned loyalty to superiors, peers and subordinates; this trait influenced others to willingly comply with actions and orders," stated 177th Command Chief Master Sgt. Michael Francis.

Master Sgt. Joseph A. Iacovone Jr. was awarded the Sgt. Maj. Harry Arbeitman Outstanding Noncommissioned Officer Award, which recognizes the service, achievements and accomplishments of the NCO ranks and promotes professionalism among the enlisted members of the NJNG.

"It was an honor to accept this award as a representative of the 177th Security Forces," acknowledged Iacovone.

A member of the 177th Security Forces since 1990, Iacovone's award package states that he "not only 'talks the talk' he 'walks the walk' when it comes to living the Air Force Core Values." Iacovone has served with distinction in Operations' Iraqi Freedom, Enduring Freedom and Noble Eagle since the Sept. 11 terrorist attacks. While in Iraq, Iacovone's 13-Airmen Security Forces team was specially selected to form a Quick Reaction Force (QRF). As an example of his combat leadership, Iacovone and his team responded to a 2,000 pound vehicle borne improvised explosive device (VBIED) that struck an Army convoy outside the base. Following the explosion, the QRF set up a blocking force that deterred follow on attacks and a second VBIED.

Rounding out the sweep, Senior Airman Tara M. Cullen was presented with the Master Sergeant John E. Bodine Junior Enlisted Award (Air National Guard). This award is presented



Left to right: Master Sgt. June I. Kelly, Master Sgt. Joseph A. Iacovone Jr. and Senior Airman Tara M. Cullen. Photo by Tech. Sgt. Mark Olsen, 177FW/PA.

in recognition of the achievements and accomplishments of the enlisted ranks (E-1 to E-4) and promotes the professionalism of the enlisted members of the New Jersey National Guard.

"As a first-term Airman, it was an honor to receive this award," stated Cullen.

The second Security Force Airman to receive an award, Cullen served on Iacovone's QRF team in Iraq. Cullen's immediate and decisive action during the VBIED attack enabled the quick evacuation of six wounded Soldiers. During her Iraq tour, Cullen and the QRF team responded to more than 35 rocket/mortar attacks. In addition, she provided security off the base for Explosive Ordnance Disposal teams disarming unexploded ordnance and improvised explosive devices.

While deployed, Cullen handed out clothing and school supplies to Iraqi children, part of a charity program sponsored by the Newfield Methodist Church.

Truly, an extraordinary team and an equally impressive sweep. 🇺🇸

Bicycle Inspection Checklist

Ensure wheel spokes are not bent or loose.

Ensure bicycles are equipped with reflectors front and rear.

Ensure brakes operate properly. Check brake pads for wear or deterioration and replace as necessary.

Ensure tires for tread wear and make sure they are adequately inflated. Check for cuts, gouges and bulges.

Ensure chain is properly adjusted. Clean and lubricate every six months.

Clean and lubricate wheel hubs and pedal bearings once a year.

FITNESS CORNER: STAND TALL AND FIT

By Staff Sgt. Jamil Abdur-Rahman, 177FW/LGLM



Staying fit and standing tall go hand in hand.

Out of the two, I would have to say that if you're staying fit and your nutrition is on point everything else should fall into place right?

Well it all depends on your mental attitude. Have you ever noticed a person with low self-esteem that regardless of the many

achievements, accolades, or opportunities available, still, negative results occur. In order to arm yourself mentally and physically, you must develop a winning attitude that exudes self-confidence so that you stay fit and stand tall by all means necessary!

Feelings affect your performance. Whether you are aware of them or not, how you feel affects how you perform. Feelings are based on what you imagine or interpret from an event and not from the event itself. Two crew chiefs launching an aircraft while being observed by an inspection team will imagine different things about the launch. One might imagine he or she will be unable to perform well under such pressure. The other might imagine it as the experience of a lifetime for him or her to go out grab all the glory – he or she might feel liberated and relaxed and their launch is likely to reflect these emotions.

The message here is very simple - learn how to change your interpretations and you learn how to manage your emotions. When you can manage your emotions you will perform at your best.

As a fitness trainer, I have learned that regardless of what others say or do, you must stay vigilant in order stand tall and fit! When I train an individual, I first ask questions regarding their personal goals, fitness skills, experience, resources, background, any factors which will help me support their views and achieve their dreams. My aim is to increase their self-awareness during this process, so that their constraints are reduced and they become focused enough to block out all the other forms of outside chatter.

This is done using associative and analytic interventions. Associative interventions include methods such as visualization and relaxation exercises which use the right-hand side of the brain. Analytic interventions such as goal-setting and self-talk exercises use the left-hand side of the brain. Generally, I like to use a combination of both but I pay close attention to associative exercises because more right-brain activity has been recorded in athletes during peak performances.

Last but not least, we should provide ourselves with continuous encouragement and as much positive support as possible so that we progress in all situations. I implore you to challenge yourself.

I wish you optimum health. 🇺🇸

Deployed Airman's son part of National Golf Tournament

By Master Sgt. Greg Rudl, National Guard Bureau

POTOMAC, Md. - Though his tee shot was a little high and to the left, nine-year-old Jeffrey Dahl showed a lot of composure as he teed off with pro golfer Fred Couples for the ceremonial first shot at the AT&T National Golf Tournament here at the Congressional Country Club July 2.



"Amazing," he said of the experience. Amazing too was that he's only started playing the game in May, taking lessons on Fridays.

It could be the same grace under pressure that his dad, Maj. Tom

Dahl, an operations officer for 177th Fighter Wing of the New Jersey Air National Guard, is displaying while deployed for the Global War on Terrorism overseas.

Jeffrey and several other children of deployed National Guard and Reserve members were invited by The Tiger Woods Foundation to be part of the tournament's opening ceremonies. The group was from "Our Military Kids," an organization that supports children of deployed and severely injured reserve personnel through grants for enrichment activities and tutoring.

When asked where his dad is, the operational security-minded youth simply said, "I can't tell you." He just hopes to play with his dad for the first time when he gets back.

Jeffrey's golf ball was hand-delivered moments earlier by a member of the 101st Airborne Division's Screaming Eagles Parachute Demonstration Team, who jumped from a D.C. Army National Guard UH-1H Iroquois helicopter high above the first hole. His clubs were bought by the country club that his family belongs to in New Jersey.

Along with the kids, the tournament honored a group of wounded warriors recovering at Walter Reed Army Medical Center in Washington who sat in near the first hole. 🇺🇸

-Reporting by Samantha L. Quigley, American Forces Press Service was used in this story.

NEWS AIRMEN CAN USE

Compiled by the 177th Fighter Wing Public Affairs Office

State Family Readiness Council increases grants

The New Jersey National Guard State Family Readiness Council has increased the amounts of family and business grants up to \$5,000 and \$10,000, respectively.

Both are what are known as TIER I grants. TIER II family grants are also available to New Jersey Army and Air National Guard non-deployed service members who were on State Active Duty or State Missions (e.g., hurricanes, floods, border missions) for more than 20 consecutive days. Service members meeting these criteria are eligible to apply for a financial hardship grant up to \$1,500.

For more information on grant criteria or to apply for a grant call 1-888-859-0352 or contact the Family Assistance Center nearest you.

Federal grants available

The Department of Community Affairs is offering grants to spouses of deployed or recently deployed military.

Typical awards are \$2,500 and are available for financial difficulties (such as past due rent and childcare) as well as for recreational and stress relieving activities for kids.

For more information contact Fawn I. Mutschler, Military Grant Liaison, Women's Opportunity Center, YMCA of Burlington County at 609-543-6200 Ext. 325 or by email at wocmilitarygrant@ymca-bc.org.

Photos

Contrail photos and images from the previous drills can be accessed in the Images 2008 file in the PA folder on the Y Drive.

First go to the Y Drive. Next go to Y:_177 FWCC Electronic File Plan, then to 00 Items to be Filed. Click on the PA folder - then on to Images 2008. Remember, to copy — not extract — the image from the file.

Donate blood—summer is here!

Airmen, become a Recruiting Assistant and for every person you recruit into the 177th Fighter Wing you earn \$2,000. Logon to <http://guardrecruitingassistant.com/> pick out Air Guard, fill out the application and you are on your way to helping someone make a great career choice and some serious cash for yourself.



Safety Notes: Critical Days of Summer

From the 177th Safety Office

Congratulations, you have made it through the first half of the 101 Critical Days of Summer (CDOS).

Hopefully you were not one of the 15 individuals that sustained an on-duty injury here at the 177th, since the kickoff of the 101 CDOS (May 23). Fortunately, we have not had any reported off-duty injuries thus far...let's keep it that way!

As we all head off our separate ways during the summer, spend a few moments to review your plans and think about how you can keep yourself and your family safe. Slow down on the highways, it might take you a few more minutes but it will increase your gas mileage.

If you indulge in drinking alcohol — do it in moderation. Never drink and drive. Always use a designated driver or call for a taxi.

Whatever you have planned for the holiday; boating, going to the beach or mountains, skydiving, motorcycling, or just hanging out at home with friends and family...do it...safely.

***Drive safely—the 101
Critical Days of
Summer are here***

Annual dental exam

The Annual Dental Exam, which is required each year, will be completed by your civilian dentist (exceptions include pilots, anyone new to this base, individuals on class three and those who have never been seen by a wing dentist).

Start by obtaining a DD Form 2813 from the clinic or it is available on the local area network (K:\FORMS\ DD\2800\dd2813.pdf); have your dentist complete the form and return it to the clinic.

PROMOTIONS AND AWARDS

To Colonel:

Lt. Col. Anthony M. La Sure

To Lieutenant Colonel:

Maj. John F. O'Connell

To Major:

Capt. Andrew A. Apsey
 Capt. Ernest A. Bio
 Capt. James R. Conant
 Capt. John M. Cosgrove

To Senior Master Sergeant:

Master Sgt. Thomas C. Allewelt
 Master Sgt. Frank Camillo IV
 Master Sgt. Emil C. Martinelli Jr.

To Master Sergeant:

Tech. Sgt. Alex Cadavid

To Technical Sergeant:

Staff Sgt. Robert A. Berthold
 Staff Sgt. Christian Skierski

To Staff Sergeant:

Senior Airman Tara N. Beebe

Senior Airman Carl S. Gothman
 Senior Airman Valorie N. Haines
 Senior Airman Michelle L. Herman

Senior Airman Andre L. Lazaro
 Senior Airman Timothy L. Lippertrichvalsky

Senior Airman Robert Maddrey
 Senior Airman Dominique A. Mehnert
 Senior Airman Jose I. Rodriguez

To Senior Airman:

Airman 1st Class Leonid Levin

Air Force Achievement Medal

Master Sgt. Michael D. Carr
 Tech. Sgt. Gail R. Connor
 Tech. Sgt. David K. Reaves
 Senior Airman Corey E. McPherson

Senior Airman Michael P. Zielinski

Airman of the 1st Quarter Award

Senior Airman Brandon C. Wood

UCI Superior Performers

Maj. James T. Layton Jr.
 Capt. Toni M. Memmelaar
 Capt. Jeffrey A. Rouse
 Master Sgt. Joseph Zane Jr.
 Tech. Sgt. Jose L. Anaya
 Tech. Sgt. William E. Dingman
 Civilian Jose O. Valdel

UCI Team Award

Command Post Team

Certificate of Appreciation by the Inspection Team Chief

Senior Airman Brandon C. Wood

Century Club Plus Award in Recognition of 300 Enlistments

Master Sgt. Rebecca A. Kane

Major General Richard "Craig" Cosgrave Chiefs Award

Chief Master Sgt. Donald L. Martenz



JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

JULY

2008

Promote the promise of patriotism. Implement diversity education

- ✓ Identify leader potential amongst your members
- ✓ Recognize strengths and improve on weaknesses
- ✓ Do a self-assessment of your professional development

Uniformity is not nature's way; diversity is nature's way.

Vandana Shiva

Bring A Buddy to Work Day!

Saturday, Oct. 25



The 177th Fighter Wing is encouraging all its members to bring a friend to the October UTA to increase awareness of the base and promote recruiting.

Some areas of importance that the recruiters would like to pass on to everyone:

Please make sure the person you bring to the base is interested in joining and not here for a tour. The idea of this day is to encourage people to join the 177th Fighter Wing.

The person you bring out must meet height and weight requirements.

Talk to your buddy and see if they have any law viola-

tions – certain things can be waived – check with the recruiters on this issue.

Finally, ask your buddy and see if they have any medical issues. Find out what they are and discuss these with the recruiters. Some problems can be disqualifying for military service.

Individuals that are considering enlistment into the Air National Guard cannot have tattoos on their head and hands. This is automatic disqualification.

If you have any questions or concerns, please contact the 177th Fighter Wing Recruiting Office at 609-645-6212.