

ALASKA POST

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Daily News - Miner

The Interior Military News Connection

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Fort Wainwright, Alaska

July 1, 2016

Under Secretary of the Army participates in worldwide IMCOM Town Hall

Jade Fulce
IMCOM Public Affairs

The U.S. Army Installation Management Command hosted a worldwide town hall with the Under Secretary of the Army Patrick Murphy via teleconference, Jun. 28.

More than 70 garrisons connected to the town hall and employees were able to stream it live online.

In his opening remarks, Lt. Gen. Kenneth Dahl, the IMCOM commanding general, said he asked Murphy to speak directly to the 58,000 civilians in the IMCOM workforce about transformations in the Army during an office call about a month ago.

"It was great for me to hear it," said Dahl. "But you really need to hear it and you need to hear it from your senior civilian leadership," he told the worldwide audience.

Wherever possible, IMCOM leaders invited soldiers and civilians to gather in theaters and conference rooms to



Entertainment Specialist Blair Ferrier controls the video screen at Fort Sam Houston Theatre for the Installation Management Command Town Hall hosted by Under Secretary of the Army Patrick Murphy and IMCOM Commanding General Lt. Gen. Kenneth Dahl from the Pentagon for Army employees around the world on June 28. (Photo by Tim Hipps, IMCOM)

See IMCOM on page 3

Civil Air Patrol search and rescue training exercise

M. Brian McElroy
Civil Air Patrol

The 27th Delta Force Squadron of the Civil Air Patrol recently conducted a Search and Rescue training exercise at Fort Greely to acquire survival skills and inspection techniques.

The training mission began with a safety and operations briefing conducted by Cadet Chief Master Sergeant Jacob Baugh. Chief Baugh has many years' experience with CAP and has been an example to the Cadets regarding Military bearing and leadership and the cadet wing benefits greatly from his expertise.

Under the supervision of Squadron Commander 2nd Lt. Byron Smith, M. Brian McElroy, Emily Schenk, and Rocky Senatore, the CAP cadets received an inspection of their "24hr BAG" which is a requirement for the cadets to participate in a live Search and Rescue mission. In addition the senior leaders lead cadet teams on a compass course around Fort Greely.

"This hands on event creates a great learning opportunity and the fact the kids have a great time is icing on the cake" said MSgt Baugh. The Cadets reported this was a great event and they had fun while learning.

According to the squadron commander "the mission was very successful and the Cadets learned skills needed to prepare and conduct a search and rescue if called upon by the FAA, National Guard, FEMA, or the US Air Force.

Many agencies rely on the Civil Air Patrol and the 27th Delta Force Squadron Senior members and Cadets want to be ready," said 2nd Lt. Smith.

For more information, visit the Delta Squadron on their web page, at <https://sites.google.com/a/akwg.cap.gov/ak027-delta/> or come by and see what the CAP program has for boys and girls ages 12 and up. The Civil Air Patrol meets on Fort Greely in building 100 (the base hanger) every Thursday at 6 p.m., parents are welcome.



Senior leaders lead cadet teams on a compass course on Fort Greely as part of their exercise mission. (Photo by M. Brian McElroy, Civil Air Patrol)

Sleeves can now be rolled up

David Vergun
Army News Service

Effective immediately, commanders may authorize Soldiers to roll up the sleeves on Army combat uniforms, according to a memorandum signed by Lt. Gen. James C. McConville, deputy chief of staff, G-1, June 28.

The new policy pertains to the universal camouflage pattern, operational camouflage pattern and Operation Enduring Freedom



A Soldier demonstrates how the sleeves can be rolled with camo out, no more than three inches above the elbow. (Photo by Gary Sheftick)

See ROLL on page 5



DOYON
UTILITIES
LLC

Public Notice: Seasonal fire hydrant flow testing

Doyon Utilities will conduct its annual fire hydrant flow-testing program starting July 5, and lasting through Aug. 19. Flow-testing will take place daily between 8:30 a.m. and 3 p.m.

During this time customers may experience low pressure due to flushing, water discoloration and periodic areas of water build-up in and across roads.

Drivers are reminded to slow down and proceed with caution at those locations. We also advise customers to schedule clothes washing before 7:30 a.m. and after 5:30 p.m.

Before doing any wash, check the water for discoloration and run the water long enough to allow sufficient time for the water to clear, usually 10 to 15 minutes. This will help avoid the possibility of clothes discoloration.

Customers with water filter systems should take appropriate measures to protect their filter cartridges, as there may be some debris in the system. The water is safe to drink.

Topics regarding this notice or problems with water service that doesn't clear up, call 455-1571.

Doyon Utilities would like feedback on its performance of utility-related services. Please take a moment to tell us about your experience with Doyon Utilities by completing the Customer Outreach Survey found at <http://doyonutilities.com>.

Schedule of hydrant testing

South Post, July 5 through July 28
West Post, July 29 through Aug. 12
North Post, Aug. 15 through Aug. 19

WEEKEND WEATHER



Friday
Cloudy with rain showers. Highs in the 60s.



Saturday
Mostly cloudy with scattered showers. Highs around 70.



Sunday
Mostly cloudy. Lows in the mid 50s. Highs in the lower to mid 70s.

NEWS BRIEF

The Alarm shop will be conducting testing of the Fire Alarm System in the following buildings on the following days. You may hear tones or voice soundings during this time.

Building 3210, July 6 starting at 1 p.m.

Building 3211, July 1 starting at 8:30 a.m.

Building 3212, July 7 and 8, starting at 1 p.m.

They will also be testing the Mass Notification System in building 3210 on July 6 beginning at 1 p.m. You may hear tones or voice soundings during this time.

Nutrition Corner

Nutrition 101:

The nutrition facts of food products contain information that allows you, as the consumer, to make informed and healthy choices. Frequently the food label is overlooked but it contains all the information you need to ensure you are getting the most bang for your buck in the nutrition department.

Before you look at anything, always check out the serving size. Everything listed on that label is relative to the portion size. Even items that look like they are single serving items, some varieties of chips for

example, may have two to three servings.

Next, scope out the calories. This is of particular importance if you are trying to manage your weight. The daily values can be used as a guide but note that they are based on a 2,000 calorie diet which may be more or less than you need.

None the less, they are good snapshot at what nutrients the product contains. If a product contains less than 5 percent of the daily value in a particular nutrient, it is considered “low” in that nutrient. Conversely, for something to be considered “high” in a nutrient, it must

have more than 20 percent of the daily value in a nutrient.

As a general rule of thumb, aim for low in cholesterol, saturated fat, trans fat, and sodium and aim for high in vitamin, minerals, and fiber. Diets high in saturated fat and trans fat can increase your risk for heart disease.

High sodium diets can lead to high blood pressure. Don’t confuse “reduced sodium” with “low sodium.” Products that are low in sodium must have less than 140 mg of sodium per serving while reduced sodium products only have 25 percent less than their original product.

A good example of how this can be misleading is soy sauce. Next time you are in the grocery store, check it out. You will find that the reduced sodium variety is indeed reduced but is still very high in sodium.

Featured Food:

Greek yogurt
Calorie content varies depending on the brand and ingredients. Aim for yogurts that are low in fat with no sugar added. A great option is to purchase plain, fat free Greek yogurt and add your own fruit or use it as a sour cream

alternative.

Featured Recipe:

Banana and Berry Smoothie

Ingredients:

1 1/2 frozen banana
1/4 cup orange juice
1 cup strawberries
1 cup blueberries
1 cup plain, fat free Greek Yogurt
1/2 cup skim milk

Instruction: Place all ingredients in a blender and blend until smooth. Enjoy!

Marijuana Conclusion

Cheryl Adamson

Army Substance Abuse Program

Many myths surround the benefits of legalizing marijuana for medical purposes and recreational use. Following are 10 of the most acclaimed myths.

Tax revenues from marijuana sales will benefit government budgets

Nationally, by taxing tobacco and alcohol, we collect \$40 billion annually, but we lose about \$400 billion annually from lost productivity, premature illness, school failures, accidents and death, to name a few. It is true that Colorado has collected an estimated \$12 to \$21 million from January to July 2014 from marijuana sales. But it is not difficult to predict from experience with alcohol and tobacco that the social monetary costs will far exceed the taxes. Pew Charitable Trust predicts taxes will fall short by about 46 percent for marijuana.

Holland is an unqualified success story

As normalization of marijuana worked its way through Dutch society, marijuana usage across the population more than doubled from the mid-1980s to the mid-1990s. For users between eighteen and twenty years old, use went from 15 percent to 44 percent. Observing the deterioration in their society, in 2011 the Dutch scaled back their lenient laws, banned tourists from going to coffee shops selling marijuana, and reclassified marijuana as a hard drug along with cocaine.

The war on drugs is a failure

To back up that myth a commonly used historical comparison is cited: Prohibition of Alcohol (1921-1933). Mark H. Moore, a professor of criminal justice at Harvard’s Kennedy School of Government, concluded from his study that Prohibition worked in several areas of society. First, alcohol consumption declined significantly during the prohibition era. Second, mental hospital admissions for alcohol psychosis went down. Third, arrests for drunk and disorderly conduct fell by half. Incidents of alcohol-related domestic violence also declined during Prohibition.

What about drug use after we began the War on Drugs? In 1979, there were over 23 million marijuana users in a population of about 225 million. By 1992, it went down to 12 million during the War on Drugs era.

A reasonable person should call the War on Drugs a success. Prisons and jails are overcrowded

with marijuana offenders

As one reads these figures one would think we may save the criminal justice system billions of dollars by legalizing marijuana. The best estimates are that all drug violations account for about one-fifth of incarcerations, and marijuana-only incarcerations account for less than 10 percent of the one-fifth.

Drug cartels would disappear with legalization of marijuana

In Colorado, Mexican cartels are eager to get involved in legalized marijuana. There has been zero decline in black market marijuana growth and production as the drug trafficking organizations control about 65 percent of the “legal” operations. The truth is that cartels have strong motives to stay involved with marijuana (and other drugs along with prostitution and gambling).

Marijuana’s potency today is meek and mild

We are far from the Woodstock marijuana of 1969. The trend is clear; the average potency has grown from seven percent to more than forty percent today. Oil concentrates have brought the potency to as high as eight percent.

Marijuana is harmless and even good for your otherwise healthy body

As difficult as this may be to believe, some proponents say it’s healthy for them. This belief defies common sense and science. Proponents state that studies are tainted by Big Business (Big Pharma) and Big Government. However, why wouldn’t Big Pharma get involved in the manufacture and sale of marijuana since it seems their profit motive would conclude there is nothing wrong with the product and produce it themselves. As for Big Government, why wouldn’t the government push studies to conclude that marijuana is harmless so they can get more taxes and impose more control.

Marijuana is not any more dangerous than alcohol

Alcohol is legal and readily available, more people drink it, so the monetary costs to society from it are higher than those from marijuana. This actually argues against legalization of marijuana because if we legalize the plant we’re making the same mistake twice.

The main reason why someone uses marijuana is to get high

In contrast, someone can have a drink and not get high. What about the argument that we

shouldn’t compare a joint with one drink? Then maybe the comparison should be to compare a joint with a half bottle of wine. Nonetheless, getting drunk from a half bottle of alcohol or high from one joint are symptoms of deeper problems.

Smoking or eating marijuana is a safe delivery system for medical purposes

In no other area of medicine is it allowed or recommended to smoke a plant or eat candy or brownies in unstandardized doses for medical purposes. Do we chew on the opium plant to get morphine or the willow bark to get aspirin?

It’s my body so I can do what I want with it

Private behavior almost always seeps into the public area. Substance abuse costs and personal and social implications. Impacts to society are never an individual matter.

Following are comments from medical and health organizations:

The American Society of Addiction Medicine recommends jurisdictions that have not acted to legalize marijuana be cautious and not adopt a policy of legalization until more is learned from the experiments now underway in jurisdictions that have legalized it.

The Journal of the American Medical Association states there is an increasing perception that marijuana is not associated with significant or lasting harm.

As legalization spreads it’s possible the perception of risk by adolescents will decrease. Both will effect a subsequent increase in use. This is especially problematic given that many of the negative effects of marijuana are most pronounced in adolescents.

The American Psychiatric Association issued the statement that medical treatment should be evidence-based and determined by professional standards of care; and it should not be authorized by ballot initiatives.

The American Journal of Psychiatry states no FDA-approved medication is smoked. There is great difficulty in delivering the exact dose, if a dose even exists.

The National Institute of Health concludes that increased availability of marijuana by legalization will multiply the number of users.

The National Association of Drug Court Professionals position statement includes: Opposing the legalization of marijuana; opposing efforts to approve any medicine, including mar-

ijuana, outside of the FDA process; supports continued research into medically safe marijuana; recommends Drug Courts require convincing and demonstrable evidence of medical necessity presented by a competent physician; supports a balanced approach to marijuana-related offenses which does not emphasize either legalization or incarceration, but rather an evidence-based combination of treatment and behavioral interventions to achieve long-term recovery from marijuana abuse and addiction.

Because of the lag in reporting statistics, it may take years to know the effects of legalizing recreational marijuana. Several studies have linked heavy marijuana use to lower income, greater welfare dependence, unemployment, criminal behavior, and lower life satisfaction to name a few consequences.

Legality increases the availability and acceptability of drugs which leads to increased consumption. Other addictive substances like alcohol and tobacco which are legal and taxed already result in much higher social costs than the revenue they generate.

We know that marijuana use can lead to dependence and addiction. Marijuana is not a benign drug.

Since science and common sense don’t support any health benefit from recreational cannabis, no federal agency should approve its recreational use. States should not vote to legalize it recreationally. States that have already legalized it should reconsider and reverse their decision.

MEDDAC Minute

Important Phone Numbers

Emergency: 911

24-Hour Nurse Advice Line: (800) 874-2273 Opt. 1

Appointment Line: 361-4000

Behavioral Health: 361-6059

Benefits Advisor: 361-5656

Immunizations: 361-5456

Information Desk: 361-5172

Patient Advocate: 361-5291

Pharmacy Refills: 361-5803

Tricare Online:

www.tricareonline.com

United Health Care:

www.uhcmilitarywest.com,

(877) 988-9378

Performance Triad Tip

Sleep loss and sleep disorders have a significant economic impact. The high estimated costs to society of leaving the most prevalent sleep disorders untreated are far more than the costs that would be incurred by delivering adequate treatment. Hundreds of billions of dollars a year are spent on direct medical costs associated with doctor visits, hospital services, prescriptions, and over-the-counter drugs.

School is fast approaching

Be ready for the start of school and skip the last-minute rush by getting school and sport physicals July 12 or July 26 from 4 to 6 p.m. at Bassett ACH. The event is for youth three to 18. Physicals are good for one full year. Please bring any school forms and shot records if available. Make your appointment today by calling 362-4000.

Do you know JOE?

We want to hear from you and starting June 20 the Joint Outpatient Evaluation System will be randomly mailed to beneficiaries requesting input on appointment satisfaction. Your responses will assist MEDDAC-AK leadership to improve services and your overall experience. Look for your envelope in the mail.

Limited Services July 14

Bassett ACH, Kamish, Behavioral Health and Preventive Medicine will have limited services July 14 as staff members gather for MEDDAC-AK Organizational Day. The emergency department, inpatient services and the nurse advice line will all be available.

Traveling?

If you plan to travel internationally make an appointment to make sure you are taking all the necessary precautions to stay safe. We recommend you visit the office 6 weeks before your travel date. Make an appointment by calling 361-5182.

A Great Place To Work

MEDDAC-AK has job openings for both clinical and non-clinical positions here at Fort Wainwright. To view job openings, go to www.usajobs.gov.

Animals Need Love Too

The Fort Wainwright Veterinary Treatment Facility is available for wellness visits and basic sick call visits 8:30 a.m. to 4:30 p.m. Monday through Friday. To schedule an appointment or for more information on services, call 361-3013.

ALASKA POST

The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection

Garrison Commander's 4th of July Holiday Safety Message



This Independence Day we celebrate our nation's birthday. This is a historic and treasured holiday that embodies the heritage of our country and the freedoms we cherish most. As we celebrate, I ask that each of you take a moment to reflect on those freedoms and the individuals that sacrificed and continue to sacrifice for our nation.

Holidays and long weekends are a time of increased travel, aggressive drivers and drunk drivers. Fatigue, speed, alcohol, and not using seatbelts increase your risk for a catastrophic accident to occur. Slow down and buckle up, do not drink and drive, always wear your seatbelt, and get plenty of rest.

Activities such as camping, swimming, boating, and fishing pose risks to our force, both military and civilian. When participating in these activities, practice safety and risk management to prevent accidents. Pay attention to the posted fire index and emphasize fire prevention. If you are on Alaskan waterways, do not swim in

unauthorized areas and make sure your wear a floatation device.

Fireworks are a tradition for the 4th of July. With this in mind, take a moment to conserve your hearing and wear hearing protection during the display. Sit a comfortable distance from the display to prevent hearing damage.

Whatever your plans are for the holiday weekend, slow down and think. It only takes one wrong decision for an enjoyable vacation to turn tragic.

On behalf of myself and my wife Erin, Command Sgt. Maj. King and his wife Krissy, and the entire Fort Wainwright command group, have a safe and enjoyable holiday weekend.

Keep in mind your Fort Wainwright Family needs you back safe and sound.

Sean C. Williams
Colonel, U.S. Army
Commanding

Tri-signed Independence Day 2016 message



Independence Day 2016:
Celebrating 240 Years of Service and Sacrifice

Citizens by birth or choice of a common country, that country has a right to concentrate your affections. The name of American, which belongs to you, in your national capacity, must always exalt the just pride of Patriotism.

—George Washington

Our Founding Fathers came together 240 years ago to proclaim a common ideal: that all Americans are created equal and they have the right to life, liberty, and the pursuit of happiness. These first citizens risked treason and death to gain the freedom we enjoy today. Since then, our Nation has continually called on its citizens to uphold the legacy of service and sacrifice, and our Soldiers, Civilians, and Families answer that call today.

As we observe our Nation's 240th birthday, we ask that you remember the service and sacrifice that previous generations gave to safeguard this Nation. Their extraordinary courage and commitment for the cause of freedom is a debt we repay through our service today.

On behalf of a grateful Nation, we thank each one of you—the Soldiers, Civilians, and the Families of our Total Army team—for your bravery and patriotism defending this great Nation and the ideals, traditions, and liberties that we all enjoy. Army Strong!

Daniel A. Dailey
Daniel A. Dailey
Sergeant Major of the Army

Mark A. Milley
Mark A. Milley
General, United States Army
Chief of Staff

Eric K. Fanning
Eric K. Fanning
Secretary of the Army

Independence Day celebration at Pioneer Park

One of the largest community gatherings of the summer season is scheduled for Pioneer Park starting at 11 a.m., Monday, July 4, when after a rendition of the National Anthem, 50 Soldiers and Airmen will stand side-by-side on the decks of the S.S. Nenana to honor every state in the union with a gun blast rifle team and flag salute.

S.S. NENANA

11 a.m. to noon, U.S. ARMY Alaska Arctic Warrior Band
Noon, July 4th Ceremony
1 to 3 p.m., U.S. ARMY Alaska Arctic Warrior Band
3:30 to 5 p.m., Fairbanks Community Band celebration

PLAYGROUND

12:45 to 2:45 p.m., Pantheon Steel Drum Band
1:30 to 2:15 p.m., Kids' Games
1:30 to 4:30 p.m., Face Painting
2:45 to 4:30 p.m., Kids' Games
3: to 3:30 p.m., Red Hackle Pipe Band
3:30 to 4:30 p.m., Cold Steel

GAZEBO

1:30 to 3:30 p.m., Kit Carson
3:45 to 5:45 p.m., Tim Robb
7 to 8 p.m., DeAnne & Eric Fiasco
(Gazebo Nights Presentation)

STAMPEDE STAGE

2 to 4 p.m., Steve Moore

NATIVE VILLAGE

2 to 6 p.m., Gospel Music with Sister Barbie

MOORE ST. GATE

2:30 p.m., Kids' Parade - Dress in patriotic costumes and win prizes.



IMCOM

Continued from page 1

participate. Where that wasn't available a live stream was provided so employees could watch from their desks.

"I want to talk to the Army team," said Murphy. "The Army team is 1.3 million strong with 1 million Soldiers and 300,000 civilians. We are one team, one fight... My job is to fight for the Army."

Murphy emphasized the Army's number one priority is readiness, which meant being ready to fight tonight.

"We have to be ready to go," he said "That readiness is at an individual level, installation level and Army as an institution. We are all part of that readiness."

Murphy also said the Army has to do more with less. The Army has \$100 billion than it did five years ago, so every dollar counts. He stressed everyone has to make sure we are not wasting that money.

Murphy also said that IMCOM is a true partner in what the Army is trying to do and appreciates what we do for the Army Team.

Employees had an opportunity to ask questions and learn what the Army leadership is planning for the Army's future following his comments. The questions ranged from transformation, Soldier for Life, and public/private partnerships to telling the Army's story.

He encouraged everyone to follow him on social media and to connect with the American public through it.

"We have to do a better job of telling the Army story," said Murphy. "Every single one of us are a recruiting officer. We should be asking ourselves what we are doing to talk about the Army to our sons and daughters - our nieces and nephews."

The town hall ended with Murphy thanking the workforce for everything that they do.

IMCOM employee Alfreda Arnold thought that it was "a wonderful thing" that Murphy was able to take time out of his schedule and bring some light to the issues that are going on with the Army.

Melissa Sturgeon, the IMCOM deputy director for operations, said it was great seeing and hearing Murphy on the teleconference because it demonstrated his passion for the Army.

"It is nice to see that level of enthusiasm and that energy applied to leading the Army," said Sturgeon. "That make us more excited to do our job and it was obvious that he values our command."

A United Way Member Agency

LITERACY COUNCIL OF ALASKA
Turning minds into minds

Our mission is to promote literacy for people of all ages in Fairbanks and the Interior. Literacy means being able to read, write and speak English, and to compute in or^o in today's society.

lca@literacycouncilofalaska.org
517 Gaffney • 456-6212

History Snapshot: MARS Building

L. Amber Phillippe
Landscape Historian, DPW

The MARS Building (1024) in 1947. The Military Affiliate Radio System Building, or building 1024, is a contributing element to the Ladd Field National Historic Landmark and the Ladd Air Force Base Cold War Historic District. During World War II, building 1024 served as the radio transmitter building. It wasn't until 1948 that MARS was officially established and the building became colloquially known as the MARS building. During the Cold War Era, the MARS building was substantially associated with strategic aerial reconnaissance, air defense, and Arctic research missions. The building remained occupied by radio operators asso-



ciated with MARS or AACS (Army Airways Communications System) programs until 1990 when the building was abandoned. The interior was stripped of all of its contents,

even the walls and floors, and sat empty for five years until it was renovated. For many years it was leased to the American Red Cross and recently has been converted into

an Installation Safety Training Classroom. Our knowledge of exactly which communications units used the MARS building throughout its history, or to what specific purpose, re-

mains incomplete.

Like historic photos? Check out our Pinterest page for more at www.pinterest.com/fwacultural/.

When bad things happen is that God or the Devil?

CH (Lt. Col.)
Shawn E. McCammon
Garrison Chaplain

Dear Reader,

I love your question. It would be great in a debate because it presents a false dichotomy within it. What if other reasons existed for bad things that happen? However, I am wondering if there is more to your question than simply who or what is to blame for bad things. I wonder how we might cope with pain regardless of the answer.

One of the easiest ways to get overly focused on your hardship is to ask God why you are facing pain. The “why” questions rarely give us an answer that satisfies us, yet we nearly always ask. The reasons are part of a larger purview that we are not given yet. They lie within the realms of mystery only God knows.

Quite frankly, God typically doesn't feel the need to tell us. Whether we think that is just or not is really irrelevant. The chances are fairly good that we would not understand God's answer even if He gave it to us.

God uses all pain and has a hand in directing the hardships in our lives toward a greater purpose, but this should not be confused with the idea that God causes all pain and sickness. That is a dangerous concept we must avoid. For this reason, let us discuss the causes of pain.

There are many reasons for the pain we endure. Some pain is a natural result of our own sin, some pain is a natural result of living in a fallen world, and some pain is a result of God's intervention in our lives. His

intervention could be for our discipline, or it could be for our spiritual growth. Often, these two intersect in ways we cannot see right away. Whole books have been dedicated to this single topic. There is much to discuss when it comes to why pain occurs in our lives so I will not take us through a long and intensive discourse, but the topic deserves our attention nonetheless. Let's take a moment and review these common reasons for pain.

Some pain is a natural result of our own sin.

There should be little doubt in our minds that God had reasons for giving us the guidelines for righteous living found in the Bible. They are there to protect us. Much like a loving parent who warns her child about a hot stove to keep her from getting burned, our heavenly Father warns us about life's pitfalls. When we do not abide by His guidelines, we get hurt. The pain we endure is often of our own making. If we suffer pain from a venereal disease because we were sexually disobedient, is it fair to blame our pain on anyone but ourselves? If we suffer the pain of a weak heart because we could not contain our gluttony, who should be blamed for that? And if we are forced to endure the hardship of broken relationships because we could not keep our lips from flapping gossip, how can we possibly blame another? Crime and consequence are understandable—it is far easier to endure hardship if we understand we deserve it. But what happens when hardship comes our way and we know we

didn't earn it on our own?

Some pain is a result of living in a fallen world

We live in a world that, for the most part, does not honor God. I rejoice in the fact that all of that will change one day, but it hasn't yet. The guidelines in Scripture, meant for our protection, are often violated, twisted, and abused; and often the ones who get hurt are far more than the rule breakers themselves. I once sat teary-eyed in my office as a young bride told me how she had contracted AIDS from her cheating husband. Her pain was undeserved. I've cried with more than a couple of families who've lost loved ones to drunk drivers. The reasons why they died were of little use to the grieving parents, siblings, and children. I've listened to countless people grieve over lost reputations after slanderous former friends left them gasping from shock and disbelief. Their hurt was the result of another's sin. Do you suppose they felt better knowing it wasn't because of their own?

Some pain is a result of God's discipline

Every once and a while when I was a boy I would do something I knew was wrong, and at first it looked like I was going to get away with it. I didn't feel the repercussions of my actions so it seemed the infraction would soon disappear into oblivion. That is to say, until my parents found out. One of them would tell me, “I'm gonna tan your hide!” That, to me, meant I should find the nearest book and slip it into the backside of my

RSO

Religious Support Operations
Fort Wainwright, Alaska
Arctic Strong!

pants! Sometimes we need our hindquarters lit up to properly motivate us in the right direction. Proverbs 13:24 says, “He who loves [his son] is diligent to discipline him.” God's discipline sometimes brings us pain, but if we accept His course correction, our lives will be better for it and we will better grasp His love.

Some pain is a result of God's plan for spiritual growth

Much of this reason for pain was covered in my previous article about hardship's rewards. Hardship certainly has its rewards. God promised He would not test us more than we could bear (1 Cor. 10:13). Does this information, however, take the pain out of the experience? Now that you have the information you need to determine a reason for your pain, does it make any difference? Do you feel differently because you know what might be the cause, or is your pain still with you? Though the “why?” question is so frequently asked, perhaps a better question is “What do I do now?” or “Where do I go from here?”

The answers to those questions have great potential for bringing you out from the pit in which you find yourself. They provide greater direction for you by taking your attention away from the hardship and placing it onto the solution. One might easily say, “But chaplain, the answers to the ‘what’ and ‘how’ questions are too difficult to attain on my own!” To which I reply, “Now you're getting it!” Absolutely nothing of consequence can be accomplished without the Spirit of God by your side. Do you want to grow past your current situation? Do you want to know what true joy and peace feel like? Then call upon the Lord. He will answer you when you call. He will pull you from your pain and give you strength for another day.

If we want to find what we are looking for, we must take our gaze from the pain and look for Christ in every situation. He is the author and finisher of our faith (see Heb. 12:2 kjv).

Health Promotion Operations, MEDCOM Health Promotion Officer Position Announcement

POSITION RESPONSIBILITIES:

Reporting to the US Army Public Health Center and the Commanding General of U.S. Army Alaska, the Health Promotion Officer is responsible for coordinating, planning, organizing, and implementing a comprehensive health promotion program to enhance readiness and resilience for the Total Army.

The Health Promotion Officer interprets guidelines, provides expertise and input for policy recommendations, and coordinates with professionals from across commands, programs, and functions.

The HPO is the subject matter expert on and facilitates the Community Health Promotion Council (community coalition) process of implementing a holistic program and consults and advises for a variety of assignments/projects that cross functional and program lines of authority.

This position is part of a fellowship program used to give people experience and gain expertise in community coalitions and project management.

The program is open to all qualified U.S. citizens without regard to race, sex, religion, color, age, physical or mental disability, national origin, or status as a Vietnam era or disabled veteran.

Participants are appointed to facilities through the ORISE program and receive a monthly stipend.

The U.S. Army Public Health Command provides oversight for the Community Health Promotion Council and Health Promotion Officer Program standardization, compliance, and quality assurance.

QUALIFICATIONS (EDUCATION, EXPERIENCE, AND CERTIFICATIONS):

Bachelor's degree, Master's degree preferred, within five years of the desired start date in Business, Marketing, Organizational Management, Allied Health, or related areas (i.e., health promotion, health education, nursing, exercise science, etc.)

Minimum of five years equivalent work experience required, one year at the GS-11

equivalent level

STIPEND:

Equivalent to a GS12. Stipends may be adjusted based on locality and advanced experience.

SKILLS/EXPERIENCE REQUIRED:

Experience in strategic planning, facilitation tools and techniques, and developing methods to monitor goals and objectives.

Experience in facilitating a multi-disciplinary council/committee with stakeholders from multiple organizations across functional lines.

Ability to implement evidence based health promotion programs based on behavioral change theories; proficient in public speaking.

Excellent customer service skills and ability to work well in a fast paced team environment.

Knowledge and skills in collecting, compiling, analyzing, and reporting program outcomes.

Ability to work collaboratively and effectively with higher headquarters and other agencies in the community; ability to handle multiple tasks simultaneously, establish priorities and work in an organized manner; ability to work independently and as a team member;

Experience in facilitating a multi-disciplinary process; understanding of and commitment to further the mission of the Community Health Promotion Council At least one year of experience at the GS 11 or higher level, or equivalent civilian-sector level of expertise

REQUIRED:

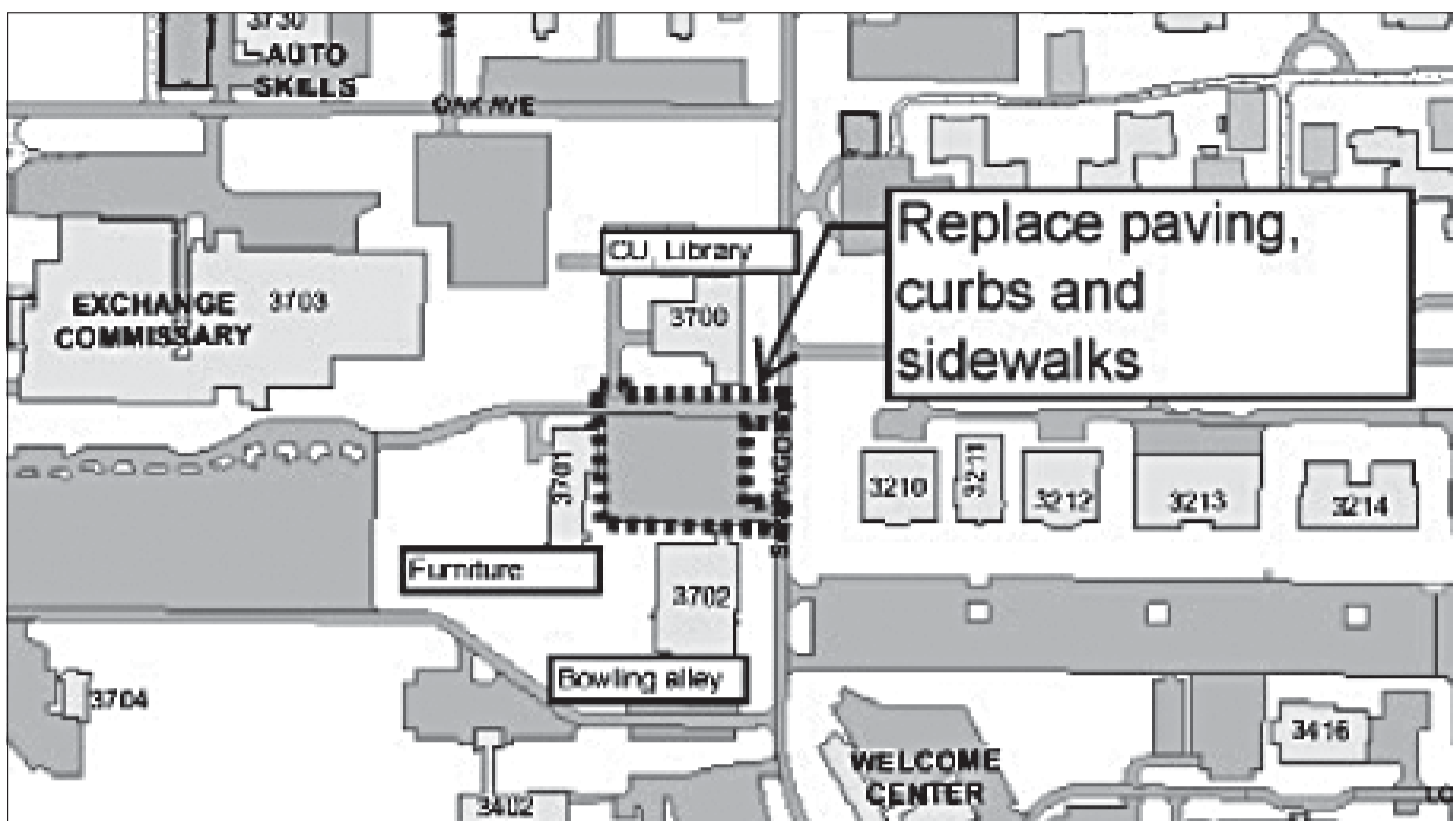
1) Must be able to hold a security clearance

If interested, please submit resume to gratia.p.bone.ctr@mail.mil, U.S. Army Pacific Project Officer for Health Promotion on behalf of Carrie Shult from US Army Public Health Center.

Parking lot closure for construction

Directorate of Public Works

The parking lot immediately south of building 3700 which houses MAC Credit Union and the post library and is shared by the Furniture Store in building 3701 and the Bowling Alley building 3702 will be undergoing a reconstruction which will replace pavement, curbs, and sidewalks. Access points from the Exchange and Commissary parking lot and from Santiago Road to this parking lot will be closed. It is anticipated that the closure of this lot will take four to five weeks. For more information, call 361-4753 .



ROLL

Continued from page 1

camouflage-pattern ACUs. "We're going sleeves up, camo out," said Sgt. Maj. of the Army Daniel Dailey. The sleeves will be rolled above the elbow, right-side out with the camouflage pattern showing. They should be rolled no more than three inches above the elbow, according to the memo, and this method will be used primarily in garrison.

'DELTA ROLL'

In addition, during field training exercises or operations, upon approval of the commander, sleeves may be opened and cuffed inward above the wrist on the forearm. "It's often referred to as a Delta roll or SF roll," Dailey said. This second method of staying cool is specifically for Soldiers in a field or deployed environment, he emphasized. Soldiers have to remember, though, that these authorizations are only good when not precluded by safety, Dailey said. "Like when you're in a combat vehicle, the sleeves have to go down."

NO TIME RESTRICTIONS

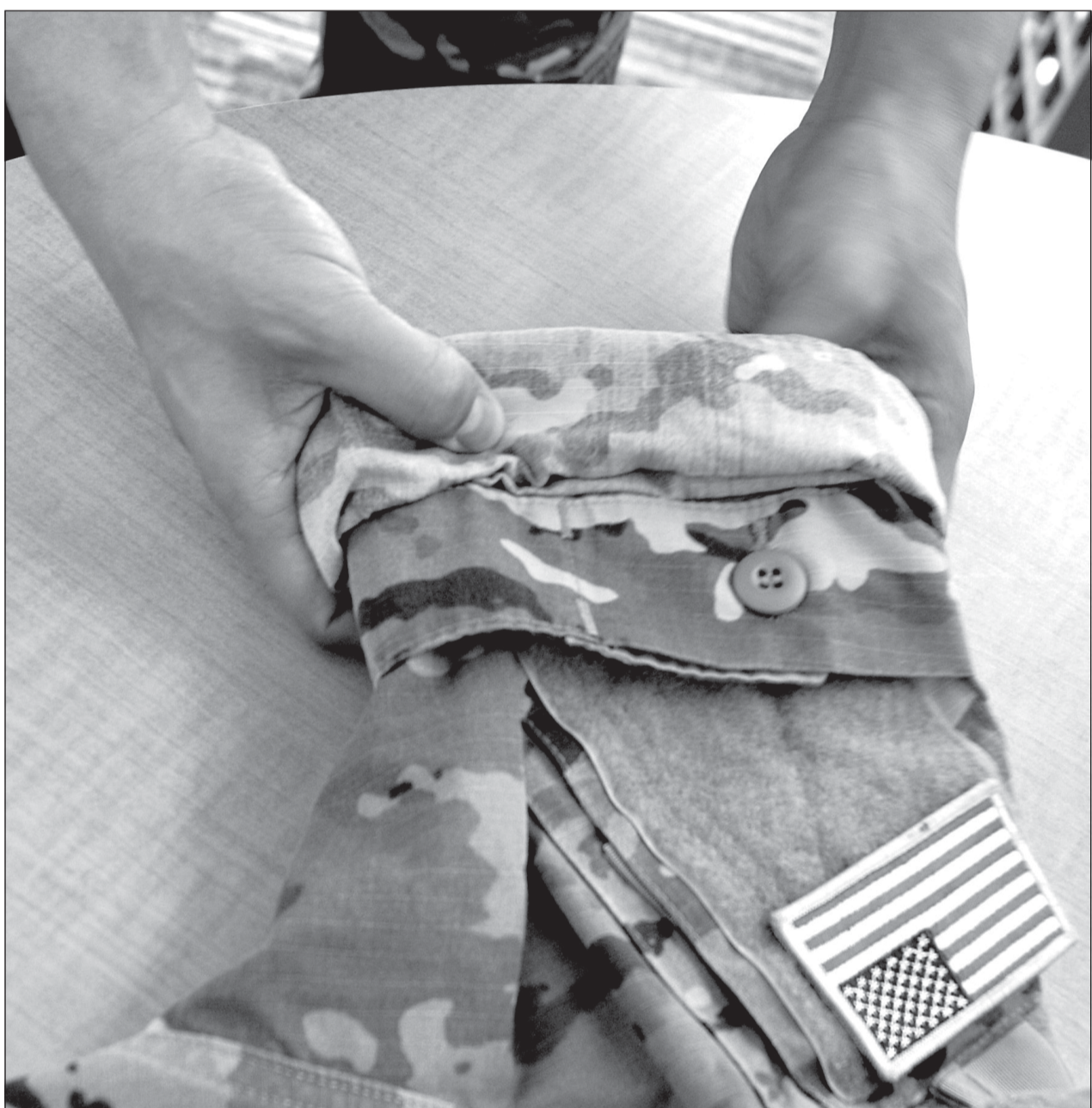
There will be no time restrictions on the new policy, Dailey said. "For instance, company commanders in Hawaii can make the decision to go sleeves up any time of year." The ultimate decision to roll sleeves any time rests with unit commanders, he said, but added that the Army-wide policy has changed due to input from Soldiers. "The overwhelming support from Soldiers around the Army was a big factor in coming to this decision," he said.

SOME EARLY ROLLERS

Soldiers at Fort Hood, Texas, were given permission earlier this month to begin rolling up their sleeves for a 10-day period, when visited by Dailey and Chief of Staff of the Army Gen. Mark A. Milley. At the time that permission was given mid-month, the sleeve-rolling was considered an experiment for a possible Army-wide policy, according to a G-1 spokesman. That spokesman, Lt. Col. Jerry Pionk, said "Feedback from Soldiers resulted in us wanting to do a trial over the next ten days to see the feasibility of updating AR 670-1 and incorporating in the future for the force to give commanders flexibility in wear based upon their unit's mission."

FEEDBACK

Soldier feedback on the issue has been populating social media sites for the past two weeks.



A Soldier demonstrates how to roll up the ACU sleeves so that the top portion can be pulled down over the roll for camo out. (Photo by Gary Sheftick)

For instance, in a June 21 post on the Army Facebook page, the question was asked: "Let your voice be heard!! If your'e a #USArmy Soldier, the #15th SMA wants to know what you want: Camo in or Camo out?" One commented: "Go back to the good ole days! It was an art to roll those sleeves!" She was referring to 2006, before the Battle Dress Uniform was phased out. At the time the camouflage pattern remained on the outside.

Most, but not all of the sentiment appeared to be "camo out." Some didn't agree at all with rolling them up, but that appeared to be a small minority. That Army Facebook posting generated a lot of interest. Twitter and other social media sites generated similar outpourings.

20 years later Remembering the attack on Khobar Towers

**Staff Sgt.
Christopher Gross**
Air Force News Service

Alfredo Guerrero, a staff sergeant at the time, wasn't supposed to be on top of Bldg. 131 in the Khobar Towers complex in Dhahran, Saudi Arabia, on the night of June 25, 1996. But as the acting flight sergeant for the military police unit, he was checking on the Airmen who were assigned to sentry posts.

Most of the Airmen in the building were assigned to the 4404th Wing (Provisional), and were in Saudi Arabia supporting Operation Southern Watch.

It was a time before the Islamic State of Iraq and the Levant became a threat. In 1996, Hezbollah and Iran targeted Americans.

That night Guerrero arrived on the rooftop around 10 p.m., as he watched a large gas truck, followed by a car, make its way to the building he was on.

That same car and truck was also spotted by then-1st Lt. Michael Harner, who was inside the building beside Guerrero. Harner, who had only been on station for several days, had just returned to his room, opened a sliding glass door and stepped out onto his balcony. Before the truck made its way to Guerrero's building, Harner noticed it parked in a parking lot next to a mosque that was under construction. Days earlier, there had been no vehicle traffic through the parking lot.

"I watched as it drove right in front of me, and the lights from the compound shone, so I could see the people in the truck, and there was actually a vehicle following the truck," Harner said. "I thought that was very unusual to see that, and I didn't know quite what to do about it, [because] nobody's shooting or nobody's doing anything."

The truck then parked beside Guerrero's building. Two men got out and hurried into the car, which sped off. At that moment, it clicked for Guerrero that this wasn't normal and something bad was about to happen.

"I got on the radio and called the control center to tell them what was going on, and, before I finished my first transmission, I thought about the people in the building and realized, 'Well, if this is what I think it is, this building is going down,'" Guerrero said. "And so, before I finished my first transmission, I told them I was beginning to evacuate the building."

The Airman with Guerrero overheard his radio transmissions and rushed into the building to begin evacuating. Guerrero got the attention of another Airman on the other side of the building and the two of them also began evacuating the eight-story building.

The Explosion

Guerrero only made it down a few floors before the blast went off.

"I was fortunate enough to be behind an interior wall and so most of the overpressure from the bomb went right behind me. So, I was kind of in a protected area," he said. "It just spun me around; it didn't knock me down or anything."

Not all were that lucky. The explosion killed 19 Airmen and injured more than 350 service members and civilians. It was so powerful that all of the windows in a two-mile radius were blown out.

Sitting near the balcony door in the dorm's common room, Harner recalled seeing a flash of light before the door was blown apart.

"I ate that sliding glass door," Harner said, as he described how the glass shredded his face, shoulder, arm and leg.

Both towers were dark. As Harner tried to feel his way around his dorm, he made his way back into his bedroom. He remembered yelling out of the hole in the wall where his window once was, "Is there anybody out there?"

"It was dead silence," he



Nineteen Airmen died and more than 350 were injured in the terrorist attack at Khobar Towers in Dhahran, Saudi Arabia, on June 25, 1996. The front of Bldg. 131 was blown off when terrorists detonated a fuel truck parked nearby. (Courtesy photo)



Alfredo Guerrero sits in front of the Defense Threat Reduction Agency building at Fort Belvoir, Va., on June 10, 2016, where he works as the anti-terrorism program manager. Guerrero was on top of Bldg. 131 of the Khobar Towers complex in Dhahran, Saudi Arabia, on June 25, 1996, when he spotted a suspicious large gas truck drive toward the building. When the truck parked and two men jumped out and got into a car that had been following them, Guerrero and two other Airmen immediately began evacuating the building. A short time later the truck exploded, killing 19 Airmen and injuring more than 350 people. (Photo by Staff Sgt. Christopher Gross)



Selena Zuhoski sits inside her art studio at her home in Maryland on June 10, 2016. Zuhoski was in a recreational building when terrorists exploded a truck in front of Bldg. 131 of the Khobar Towers complex in Dhahran, Saudi Arabia, on June 25, 1996. Zuhoski and a group of people were among the first to help victims following the explosion, which killed 19 Airmen and injured more than 350 people. Art has been therapeutic for Zuhoski in dealing with her post-traumatic stress disorder from the attack. (Photo by Staff Sgt. Christopher Gross)

said. "And it was probably one of the most eerie feelings I have ever had in my entire life."

Over in Guerrero's building, an entire side of the building had completely collapsed.

"The next thing I knew, everything was pitch black. I couldn't hear anything or see anything," he said.

After he collected himself and was aware of where he was, Guerrero immediately began assisting the injured. After helping an Airman down the stairs and out of the building, he headed back inside to the second floor. It was there he saw a few Airmen lying motionless under some rubble.

"Everything was kind of blurry and surreal," he said.

Soon after, his leadership arrived. He briefed them on what he had experienced and was sent away to get checked out and cleaned up.

'Life left his body'

Right before the explosion, then-Staff Sgt. Selena Zuhoski was watching a movie in the recreation building with fellow Airmen.

"I remembered the lights flickered, and then I heard a deep 'boom.' And then I remember ... dust billowing in," she said.

Zuhoski would later learn that she had been knocked unconscious.

As she regained consciousness, she and a group of people headed outside, where they saw a mushroom cloud around the site of the explosion. When they headed toward the damaged building, she said she saw people coming over the fence. Her first thought was that they were under attack.

The people hopping the fence were locals, coming to help.

After reaching the building, Zuhoski heard "there's a guy



Col. Michael Harner, the associate director of civil engineers at the Pentagon in Washington, D.C., points to a spot on a map June 9, 2016, where the terrorist attack occurred on the Khobar Towers complex in Dhahran, Saudi Arabia, on June 25, 1996. Harner was inside a building next to Bldg. 131, which was destroyed by a truck bomb. The attack killed 19 Airmen and injured more than 350 people, including Harner. (Photo by Staff Sgt. Christopher Gross)

dying on the fourth floor. He's going into shock." With a flashlight in hand, she and others headed upstairs.

"There was a man there in a puddle of blood and there was a door that had been blown off its hinges," she recalled.

The group utilized the door as a makeshift gurney and carefully loaded the injured man onto it and carried him downstairs and outside, where they put him on a table until paramedics arrived.

As the group headed back into the building, Zuhoski waited with the man until more help arrived.

"I held his hand and I was covering this wound on his chest," she said. "I was saying, you know, 'Hold on, it's gonna be OK.' His hand was really cold and he was saying 'Oh, God. Oh, God.' And I said 'Please. Please hold on.' And then ... I could tell the instant that the life left his body."

Paramedics arrived and took the man away, loading him onto a bus. Zuhoski then went back into the building to help more victims.

Post-Traumatic Stress

Harner, who at the time was a pavements engineer for the 4404th WG, suffered deep wounds from broken glass, along with PTSD. After being transported to a local hospital, they cleaned him up and packed him full of gauze, concerned that sewing him up with glass left inside of his body could lead to infection.

Harner, who was deployed from Whiteman Air Force Base, Missouri, was medically evacuated the next day to Germany, where he spent two days before being sent back stateside.

He would go on to receive the Purple Heart, and for the next decade, shards of glass would continue to work their way out of his body.

Harner, now a colonel, serves

as the associate director of civil engineers at the Pentagon.

Along with him and others, Zuhoski also suffered from PTSD.

"I probably didn't even realize the impact that this would have on me as far as being like a lifelong ... traumatic event," she said. "I thought that ... it would eventually fade, but it hasn't. It's gotten worse. I have nightmares, I have guilt. [I] wish I would have been able to do more."

With the support of her husband, Zuhoski said she's been able to use art as an outlet. Her husband set up a studio for her in their home about a year ago. "It's really been therapeutic for me," she said.

Zuhoski said talking openly to others who experienced the same tragedy has also helped.

With every tragedy, policies, procedures and ways of thinking are updated to help prevent another one.

Guerrero, now the anti-terrorism program manager at the Defense Threat Reduction Agency at Fort Belvoir, Virginia, said one point he hits hard on when giving anti-terrorism briefings is to know the enemy.

"You have to know who you're dealing with and how far they're willing to go, what types of targets they're looking for," he said.

He said there are no front lines anymore, and it's everybody's responsibility to be vigilant.

"I think we've come a long way for protecting our folks. We're teaching other countries how to do it," Guerrero said. "My hope is that we've learned enough on where we can stop the next one, and so that's what scares me — the next one. What is the next one and how far are they willing to go."

354th Fighter Wing command chief retires

Staff Report
354th Fighter Wing
Public Affairs Office

From his early days in the U.S. Marine Corps that culminated in 30 years of dedicated service to his country in a U.S. Air Force uniform, Chief Master Sgt. Michael Brown, the 354th Fighter Wing command chief, and his family retired on June 23, 2016.

Brown served as a trusted advisor to the wing commander on issues and concerns for more than 6,000 active duty Airmen, civilian personnel, and family members and was the primary enlisted advisor on matters of force utilization, readiness, morale, welfare, and quality of life issues.

Furthermore, Brown ensured the wing's Airmen expertly prepared U.S. and allied aviation forces for combat, were ready to deploy in support of global operations and were always prepared to enable the staging of forces to promote U.S. interests in the Asia-Pacific region.

Chief Brown entered the Air Force in February 1987. He graduated from the air traffic control specialist course at Keesler Air Force Base, Miss., in August 1987. His background includes various duties in air traffic control at the Squadron, Group, and MAJCOM levels. He also served as the acting and additional-duty First Sergeant at the group level.

Chief Brown has been stationed state-side at locations in California, Florida, South Dakota and Arizona has served overseas in the United Kingdom, Turkey and the Republic of Korea. In addition Chief Brown has deployed in support of Operations DESERT STORM, JOINT ENDEAVOR and ENDURING FREEDOM. He assumed his current position on June 21, 2014 and his effective date of retirement is August 31, 2016.

In his final address to the wing, Brown encouraged others to embrace every moment of their careers, and in general, life itself.

"I had an incredible career and I regret nothing," said Brown. "If I could do it all over again, I would do everything the exact same. You have to be proud of who you are, your accomplishments and aware of the impact your presence has on those around you."



Chief Master Sgt. Michael Brown, the 354th Fighter Wing command chief, is presented a folded flag in recognition of his dedicated service, June 23, at Eielson Air Force Base. (U.S. Air Force photo by Master Sgt. Karen J. Tomasik)



A U.S. Marine Corps private secures the U.S. flag while airmen representing each rank Chief Master Sgt. Michael Brown, the 354th Fighter Wing command chief, earned while serving in the U.S. Air Force stand by to pass the flag on to the next, June 23, Eielson Air Force Base. (Photo by Master Sgt. Karen J. Tomasik)

Fort Wainwright Family & MWR

Weekly Events

July 1 – 8

2 Billiards Tournament

Saturday, July 2
7 to 9 p.m.

Show off your pool skills at the Warrior Zone's free, bi-monthly Billiard Tournament, hosted the 1st and 3rd Saturday of the month. Prizes available to winners.

Warrior Zone- building 3205
Call 353-1087

4 Red, White, and Blue Golf Tournament

Monday, July 4
8 a.m.

Join Chena Bend for the Red, White, and Blue Golf Tournament on this Independence Day weekend. The 2-person scramble begins at 8 a.m.

Chena Bend Clubhouse- building 2090
Call 353-6223, registration recommended

6 Boot Camp Fitness Class

Wednesday, July 6
Noon to 1 p.m.

Challenge yourself with a boot camp fitness class at the Physical Fitness Center. Boot camp classes meet every Wednesday at noon.

Physical Fitness Center- building 3709
Call 353-7271

7 Summer Reading Program

Thursday, July 7
Dates and times vary

Each week children ages Pre-K through 18 can explore the world of sports through reading and sports-related activities. Join the post library for this awesome summer-long event! Dates and times vary by age group. Visit www.wainwright.armymwr.com to learn how to register.

Library- building 3700
Call 353-2642, registration required

8 Paintball at the Spatterdome

Friday, July 8
1 to 5 p.m.

Eliminate the competition with a friendly game of paintball in the Spatterdome Arena! Equipment rentals available. Open Fridays through Sundays.

Birch Hill Ski & Snowboard Area- building 1172
Call 353-6223

Upcoming Events

non-stop fun for everyone

9 Stomp Out Boredom 5k Fun Run

Saturday, July 9
2 to 3 p.m.

Join the Youth Center for a fun 5k walk or run around the community! The course will wind its way through the neighborhood adjacent to the Youth Center. Everyone in grades 6-12 is welcome to register.

Youth Center- building 4109
Call 361-5437, registration required

Bounce House Night

14 Thursday, July 14

Have a blast in the bounce houses at the Last Frontier Community Activity Center! Children 13 and under are welcome to bounce around in the giant, inflated houses. A parent must be present at this free event. And don't forget that there will be more bounce house nights coming up! Visit Family and MWR's website for a complete list of upcoming dates.

Last Frontier Community Activity Center- building 1044
Call 353-7755

RED WHITE & BLUE FUN RUN

JULY 2 NOON

WARRIOR ZONE

\$5 PER PERSON \$10 4 PERSON TEAM



WEAR RED, WHITE, AND BLUE IN HONOR OF THE HOLIDAY!
COOKOUT AND OUTDOOR ACTIVITIES WILL FOLLOW THE RUN!

REGISTER AT PFC OR WARRIOR ZONE
FOR MORE INFORMATION 907-353-1087 OR 907-353-7271



#WAINWRIGHTMWR
WWW.WAINWRIGHT.ARMYMWR.COM



White Water Rafting Trips

13 August

Registration Deadline: 29 July

Cost: \$35

Transportation Included.

Take A cultural trip with FWA BOSS Program and experience a White Water Rafting Trip in a one of a kind state!

Any cancellation must notify BOSS one week prior to event, for a full refund. Open to all BOSS Soldiers (Single/Single with Dependents/Geobachelors)

For more Information Contact BOSS @ 353-7648



Please note that Army Community Services is pausing all classes and playgroups during July, and is postponing all activities in July and August except for Newcomers Orientation, LEVY, Anger Management, and Army Family Action Plan.



Photo courtesy of the Larkin family

PLEASE VISIT WAINWRIGHT.ARMYMWR.COM FOR A COMPLETE EVENT CALENDAR



#WainwrightMWR

Guidance on political activity 2016

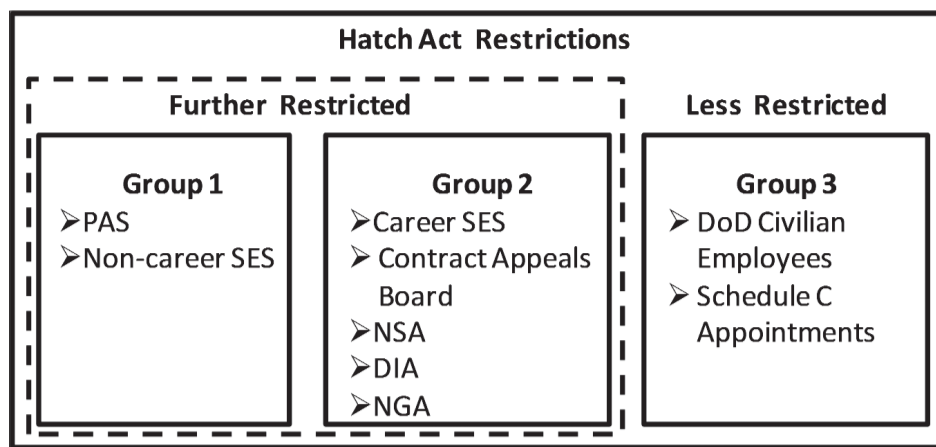
U.S. Army Alaska During the election cycle all DOD personnel – military and civilian – should be aware of the various limitations that exist when it comes to participation in political activity. A quick summary of the rules and links to substantive guidance are included in the information below.

Civilian Employees

For DOD civilians, participation in political activity is regulated by a number of sources: the Hatch Act (5 USC 7321 – 7326), implementing regulations (5 CFR 733 and 5 CFR 734), as well as DOD policy. For purposes of the Hatch Act, political activity is defined as “an activity directed toward the success or failure of a political party, candidate for partisan political office or partisan political group.” Because the application of the rules varies depending on an employee’s position or office, it is extremely important that employees who are engaging in political activity know which rules apply.

With regard to civilian employees, there are two sets of restrictions for three groups of employees. The first and more restrictive set of restrictions applies to: (1) individuals appointed by the President and confirmed by the Senate and individuals serving in non-career SES positions; and (2) career members of the SES, contract appeals board members, and all employees of the National Security Agency, the Defense Intelligence Agency, and the National Geo-Spatial-Intelligence Agency. The second and more lenient set of restrictions applies to all other employees, including Schedule C political appointments.

Employees in Groups 1 and 2 are prohibited from taking an active part in partisan political management or political campaigns and are referred to as “further restricted” employees. Further restricted employees are expressly prohibited from participating in political activity. Specifically, further restricted employees are prohibited from engaging in any political activity which



is “in concert” with a political party, partisan political group, or candidate for partisan political office. “In concert” activity is any activity that is sponsored or supported by a political party, partisan political group, or candidate for partisan political office. Prohibited activities also include soliciting or receiving political contributions. Further restricted employees may, however, express their personal opinions, make monetary contributions to a campaign, and attend, but not actively participate in, campaign events or fundraising functions sponsored by candidates for partisan political office or political parties. Partisan Political Activity Rules for “Further Restricted” DOD Civilians. Less restricted employees (employees in Group 3), while in their personal capacities, may volunteer with a political campaign or political organization. Examples of permitted volunteer activities include: organizing political rallies and meetings, making phone calls on behalf of a candidate, serving as a delegate to a party convention, and working for a political party to get out the vote on Election Day. These employees are, however, prohibited from soliciting or receiving political contributions. Partisan Political Activity Rules for “Less Restricted” DOD Civilians.

Regardless of whether a civilian employee is further restricted or less restricted, she may never engage in political activity while on-duty or in

a Federal building. Specifically, an employee may not send or forward political emails, post political messages to a Facebook account or engage in political tweeting while in a Federal building, including when off-duty, even if the employee is using her personal smartphone, tablet, or computer. Employees should never use government equipment when engaging in political activities. The attached Office of Special Counsel Press Release illustrates these issues.

Military Members

The primary guidance concerning political activity for military members is found in DOD Directive 1344.10 [Guidance for Military Personnel]. Per longstanding DOD policy, active duty personnel may not engage in partisan political activities and all military personnel should avoid the inference that their political activities imply or appear to imply DOD sponsorship, approval, or endorsement of a political candidate, campaign, or cause. Members on active duty may not campaign for a partisan candidate, engage in partisan fundraising activities, serve as an officer of a partisan club, or speak before a partisan gathering. Active duty members may, however, express their personal opinions on political candidates and issues, make monetary contributions to a political campaign or organization, and attend political events as a spectator when not

in uniform.

Social Media

Civilian and military personnel may generally express their personal views on public issues or political candidates via social media platforms, such as Facebook, Twitter, or personal blogs, much the same as they would be permitted to write a letter to the editor of a newspaper. If, when expressing a personal opinion, personnel are identified by a social media site as DOD employees, the posting must clearly and prominently state that the views expressed are those of the individual only and not of the Department of Defense.

As previously noted, active duty military members and further restricted civilian employees are prohibited from participating in partisan political activity. Therefore, while these employees may “follow” “friend” or “like” a political party or candidate running for partisan office, they may not post links to, “share” or “re-tweet” comments or tweets from the Facebook page or twitter account of a political party or candidate running for partisan office. Such activity is deemed to constitute participation in political activities. Social media guidance for military members [FAQs Political Activities and Members of the Armed Forces] and civilian employees [Social Media and the Hatch Act] offers advice on how to avoid violating the rules. Service members must also be careful not to comment, post, or link to material that violates the Uniform Code of Military Justice or Service regulation. Examples include showing contempt for public officials, releasing sensitive information, or posting unprofessional material that is prejudicial to good order and discipline under the UCMJ.

For more information on the Hatch Act or DOD Directive 1344.10, personnel should contact their local legal or Staff Judge Advocate office.

General guidance on the Hatch Act may be found at the U.S. Office of Special Counsel website at www.osc.gov.

Chitina subdistrict federal subsistence fishing

Dave Sarafin

Wrangell-St. Elias National Park and Preserve in Copper Center

The pre-season fishing schedule for Federally qualified subsistence users in the Chitina Subdistrict of the upper Copper River was amended today by the Federal Subsistence Board. This pre-season schedule is identical to the State pre-season schedule and is subject to change based on numbers of salmon entering the Copper River.

Dates Period Hours


Monday, July 4, 12:01 a.m. through Sunday, July 10, 11:59 p.m. 168 hours
 Wednesday, July 13, 12:01 a.m. through Sunday, July 17, 11:59 p.m. 120 hours
 Wednesday, July 20, 6:00 p.m. through Sunday, July 24, 11:59 p.m. 102 hours
 Thursday, July 28, 8:00 a.m. through Sunday, July 31, 11:59 p.m. 88 hours
 Tuesday, August 02, 6:00 p.m. through Sunday, August 07, 11:59 p.m. 126 hours
 Tuesday, August 09, 8:00 a.m. through Sunday, August 14, 11:59 p.m. 136 hours
 Monday, August 15, 12:01 a.m. continuous as provided by regulation

This fishery is open, during the periods listed above, to Federally qualified subsistence users having customary and traditional use of salmon in this Subdistrict.


A Federal permit is required to participate in the fishery under Federal regulations. This permit may be obtained without charge from the National Park Service offices in Copper Center, Slana, Chitina, or Kennecott. It is also available at the Tetlin National Wildlife Refuge in Tok.

The National Park Service office in Copper Center provides a recorded message phone with the most current fishing schedule. The recorded message is available 24-hours daily. The phone number is (907) 822-7256. Subsistence users are encouraged to call this number prior to fishing to determine if amendments have been made to previously-announced fishing schedules. For additional information, please contact Dave Sarafin, Wrangell-St. Elias National Park and Preserve in Copper Center, at (907) 822-5234 or by email dave_sarafin@nps.gov.

Information on the Federal Subsistence Management Program can be found at <http://alaska.fws.gov/asm/home.html>.



Outdoor Recreation's July Trips



<p>QUARTZ CREEK ATV TRIP July 2 8 a.m. Location: Quartz Creek Price: \$80</p> <p>ARCTIC CIRCLE EXPLORATION July 2 - 4 8 a.m. Location: Arctic Circle, Brooks Range Price: \$200 Registration deadline June24!</p> <p>DELTA CLEARWATER FLYFISHING July 3 and 23 8 a.m. Location: ODR Price: \$80 Alaska State Fishing License is required!</p> <p>TALKEETNA RIVER REDS July 8-10 8 a.m. Location: Talkeetna River Price: \$225 Alaska State Fishing License is required!</p> <p>FRIDAY FAMILY CANOE NIGHT July 15 5:30 to 7:30p.m. Location: Chena River Price: \$10Adults \$10children</p> <p>DENALI HIKE AND BEGINNERS PACK RAFTING July 16 8a.m. to 6p.m. Location: Triple Lakes Price: \$70</p> <p>STAND UP PADDLE BOARD TO BRUNCH July 17 9a.m.-3p.m. Location: Chena River/Chena Pump House Price: \$60 Brunch included</p>	<p>GULKANA GLACIER HIKE July 23 7a.m. to 7p.m. Location: Gulkana Glacier Price: \$45</p> <p>VOLUNTEER DEVELOPMENT DAY PACK RAFTING July 24 8a.m. to 6p.m. Location: TBD Price: Free to all ODR volunteers with 3 or more hours.</p> <p>BOATER SAFETY COURSE July 24 9a.m. - noon, 1p.m. - 4p.m. Location: ODR Price: \$15</p> <p>DALL RIVER PIKE HUNT Jul 29-31 8a.m. Location: ODR Price: \$225 Alaska State Fishing License is required!</p> <p>FRIDAY FAMILY NIGHT: KAYAKING July 29 5:30p.m.-7:30p.m. Location: Chena River Price: \$10</p> <p>WOMEN IN THE WILDERNESS: MT. BIKE TO URSA MAJOR DISTILLERY July 30 1 to 6p.m. Location: UAF Trails, Goldhill, Ursa Major Price: \$20</p> <p>OUTDOOR ROCK CLIMBING July 31 9a.m. to 6p.m. Location: Grapefruit or Angel Rocks Price: \$45</p>
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For Complete Trip Details and to Reserve Your Spot,
 Call us at 361-6349 or stop by the Outdoor Recreation Center, Bldg. 4050.



Then and Now

Jennifer Brady
Fort Wainwright PAO

Keith Sprecher was stationed on Fort Wainwright from 1956 to 1957. He served for two years in the 2nd Infantry Division's 15 Field Artillery Regiment and, after serving his time, went on to marry and have children. On June 20,

2016 he came back to visit Fort Wainwright with his children and grandchildren and couldn't believe how different the post looks today, almost 60 years later. "It's so much bigger and it just looks completely different from when I was stationed here," said Sprecher. Thank you to the Sprecher family for coming to visit us here on Fort Wainwright.

49th Missile Defense Battalion advanced training

Tim Holoday
Delta Wind

Alpha Company of the 49th Missile Defense Battalion is part of the Alaska National Guard and is a Military Police organization that is responsible for the safety and security of the Ground Based Midcourse Defense System located at Fort Greely. Normally this MP organization is limited to patrolling the missile field and maintaining the security of all personnel entering the missile field complex.

When Captain Kendall Greenleaf assumed control of Alpha Company, he wanted the soldiers under his command to achieve a level of excellence that would be the envy of all other MP organizations throughout the State of Alaska.

Capt. Greenleaf knew that the secret to the success of those under his command is increased training.

"The underlying theme of all this training we are doing is in the MP Corps, because we are not air defense artillery, we are not infantry, we are an MP organization," Greenleaf explained. "MP doctrinally have their own way to do things, their own way that they operate. Unfortunately, most of it is mounted; most of it is vehicle work. The minute you take the MP out of the vehicle, it is a very different environment for him." Greenleaf continued, "What we have done over the course of the last five or six months, and this is just one of several exercises we've done, we generated a base story line. The story line basically talks about a small community. We have aligned the training so that it kind of synchs to what we as a nation have done in the type of operational situations we have been in over the last ten years. "The United States Army has requirements that all of the soldiers under Greenleaf's command must be evaluated annually. Much of this testing is in the form of specific exercises that are planned by the operations unit under Greenleaf's command. The formulation of a training scenario is guided by the required annual army evaluation as well as past evaluations during previous exercises.

The Delta Wind was allowed to observe a recent training exercise at the Combined Arms Collective Training Facility located adjacent to Fort Greely. The CACTF is a simulated town complete with buildings that would resemble any small rural town you might see in America or other parts of the world.

Greenleaf explained the training's scenario and objective: "While there is a story line that we keep building into each one of these, at the end of the day, there are two schools of thought: 1) the story line that the soldiers have to follow knowing that they have a final objective



After landing in the field, troops quickly set up a security perimeter before advancing to their target. (Photo by Tim Holoday, Delta Wind)

that they have to get to, and 2) the people writing the exercise know that there are certain tasks that the army wants us to accomplish every year. What we have done this year is that we have upped the ante, upped the requirement, we have upped the challenge of the training, we have upped the tempo so that these guys are actually forced to make decisions, and they are forced to plan. It is important that they react to something and understand the second and third order of effect."

Greenleaf told the troops that they would be dealing with insurgents or an opposition or resistance force that has embedded itself in a small community. "We are given a geographic area and we were instructed to go in and seize intelligence, seize equipment, and identify those people who were part of a terroristic movement," Greenleaf elaborated.

During this training exercise, the commanding officer provides the scenario, the objective, and any intelligence that may be available concerning this operation to his platoon leader. The platoon leader in this event is the one in charge on the ground. In addition, he directs each squad under his command on their duties and objective. For this exercise, intelligence indicated that the road to this village was mined with improvised explosive devices, making travel by road or vehicle not appropriate and necessitated flying troops into the area, where they would have to land some distance away from their target.

"Troops had to do land navigation (after landing), move a small unit through some pretty heavy brush, some challenging terrain, while providing security and then deal with many challenges along the way and how to react to them – how to deal with a real ambush," Greenleaf explained.

Because of the planning for this exercise, the team that was evaluating the troops knew what challenges and obstacles were in store. Shortly after the soldiers disembarked from the helicopters, they immediately set up a security circle

where all the troops on the ground could assess the location and their security. Very quickly after performing this task, the sounds of automatic machine gun fire was heard as some insurgents emerged from the densely wooded area just a couple of hundred yards

done in the last year previously. Each one of these exercises we make it harder, we make them more complex, we make the planning more complex; they have to do more work," he noted. Even though the training was a success, there were planned mock injuries during



One of the armed insurgents fires on the troops and is swiftly neutralized. (Photo by Tim Holoday, Delta Wind)

away. The soldiers under Greenleaf's command reacted exactly as they have been trained on countless occasions. They maintained their position and their safety. The troops split into four squads for their cross-country trek to their objective. Ultimately, the troops met at the CACTF and executed their mission to completion. Greenleaf said that his troops did well at accomplishing their tasks.

"We have probably quadrupled the amount of training that they guys have

the exercise, and troops had to call in a medical helicopter to safely remove the wounded. Each time any variable is mixed in with the planned operation, the soldiers need to form a plan on how to deal with it. Many times in a combat situation, communication with the commanding officers may be difficult or impossible. The command structure is forcing the troops to be able to think and react on the run and still maintain their objectivity and complete their objective.

Soldiers to run in U.S. Olympic Track & Field Trials

Tim Hipps
U.S. Army Installation
Management Command

Six Soldier-athletes will compete for spots on the U.S. Olympic Team at the 2016 U.S. Olympic Track & Field Trials, scheduled for July 1 through 10 at Hayward Field in Eugene, Oregon.

"We have a lot of guys who are going to do very well," said Olympian Maj. Dan Browne, the most decorated distance runner in U.S. Army history, who now coaches the distance runners assigned to the U.S. Army World Class Athlete Program.

"I think this is going to be a very exciting Olympic Trials for Army Track and Field," Brown said. "I think we're going to open some eyes."

Spcs. Shadrack Kipchirchir and Leonard Korir are scheduled to challenge 2012 Olympic silver medalist Galen Rupp in the 10,000-meter final July 1 at 6:15 p.m. PT. The race will be nationally televised live on NBC and streamed on NBC Sports Live Extra.

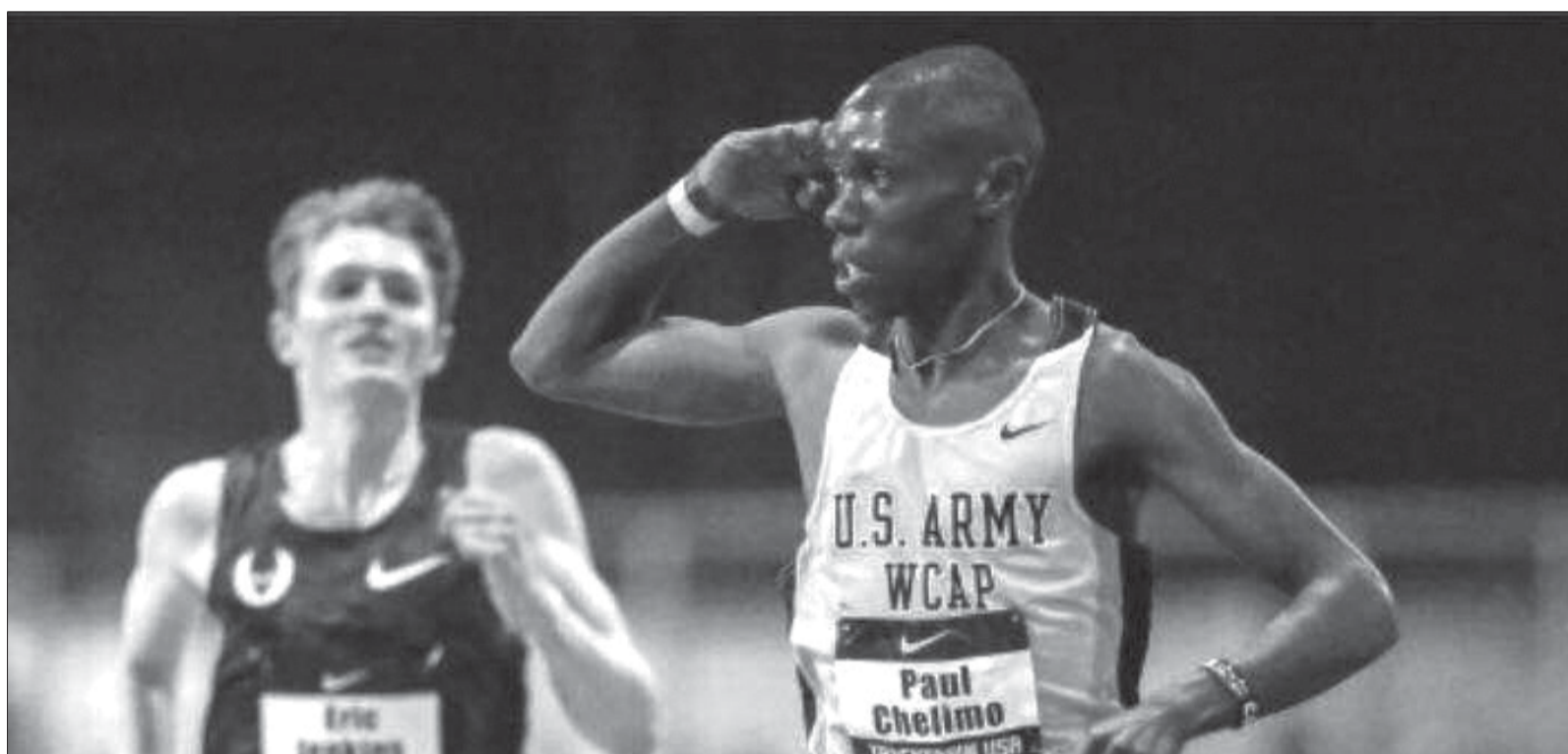
"They're going to give it 100 percent out there and I'm confident they'll represent the Army well," Browne said. "These soldiers are great ambassadors of the US Army and personify the sacrifice, discipline and work ethic that all soldiers strive for each and every day."

Kipchirchir and Korir will return to the track July 4 for the first round of the 5,000 meters at 5:02 p.m. PT. They will be joined in that event by teammate Spc. Paul Chelimo, who ran a personal record time of 7:39:00 earlier in the season at the US Indoor Championships, which ranked him #2 in the United States.

"Some people think my 3,000 meters was a fluke," said Chelimo, 25, who was a five-time NCAA All-American runner for the University of North Carolina at Greensboro. "I want to go there and show them that I'm strong and back in the game. I'm strong and I'm consistent. That's all that matters right now."



Spc. Shadrack Kipchirchir (center in red), seen here running at the 2015 Pan American Games in Toronto, is scheduled to run both the 10,000 meters and the 5,000 meters at the 2016 U.S. Olympic Track & Field Trials, set for July 1-10 at Hayward Field in Eugene, Oregon. U.S. Army photo by Tim Hipps, IMCOM Public Affairs (Photo by Tim Hipps, U.S. Army Installation Management Command)



U.S. Army World Class Athlete Program Spc. Paul Chelimo will run the 5,000 meters at the 2016 U.S. Olympic Track and Field Team Trials, scheduled for July 1-10 in Eugene, Oregon. The first round of the 5,000 meters will be run July 4 and the final on July 9. (Courtesy photo)

The 5,000 meters final, set for July 9 at 5:20 p.m. PT, also will be nationally televised by NBC. The top three finishers will earn spots on the U.S. Olympic team.

"I have to do my best to get to the top three to get to the Olympics," Chelimo said, "but I want to win. I want to go only for first place."

Browne is confident that his Soldiers can accomplish the mission in Eugene.

"These Soldiers have the talent and they are fit enough to do it, but it has to happen on that day, too," Browne said. "It's so competitive."

The WCAP distance runners recently have been training at 8,500 feet above sea level in the mountains around Mammoth Lakes, California, where they have been logging 90 to 100 miles per week.

"I just administered the most impressive workout I've seen my guys do since being a part of this program," Browne said. "I was on my bike and these guys were hitting 16.7 miles per hour on my bike computer. They're knocking it out of the park."

Chelimo said becoming a Soldier and training with fellow Soldiers in the U.S. Army World Class Athlete under Browne's leadership "has been a motivating factor" for him and has brought him to the level he's at right now.

"The WCAP program has been great for me," said Chelimo, a native Kenyan who came to America on a college scholarship to run and became a naturalized U.S. citizen by joining the U.S. Army. "My main goal was to come to the United States because no other country would pay for my college scholarship for four years. So I thought it would be great to give to give back to the United States and join the Army, and then I heard about WCAP. Now I can continue my running career and also be a Soldier."

Three-time Olympian WCAP Staff Sgt. John Nunn already earned his spot on Team USA in January by winning the men's 50-kilometer Race Walk Olympic Trials race in Santee, California. He will attempt to qualify for the 20-kilometer race walk, as well, on June 30 in Oregon.

"It would be fun to do both [the 50K and 20K in Rio de Janeiro], but 50 is what I'm good at and what I've held the Olympic standard for a couple years now," Nunn said. "I'll still make the 50 the priority in Rio and we'll still race the 20, but it really becomes a great speed workout a week before the 50K."

Soldier-athletes will also compete in the hurdle and steeplechase races at the trials.

Spc. Marcus Maxey, a three-time NCAA All-American hurdler at Clemson who is now stationed at Fort Sill, Oklahoma, will run the 110-meter high hurdles. He won the event at the 14th annual Tri-City Classic on June 4 in Lancaster, Texas, with a time of 13.39 seconds, the nation's seventh-fastest time run this season.

"That day came one week after I got a coach," said Maxey, 25, who began working with University of Oklahoma assistant coach Ronnye Harrison. "I was hyped."

Earlier this spring, Maxey posted a then lifetime best time of 13.65 at the Texas Relays in Austin, where he finished third behind winner David Oliver, a 2013 world champion and 2008 Olympic bronze medalist. Maxey believes his time is now.

"We're looking for another quantum leap at the trials," Maxey said. "I think my chances are pretty high. The leading time going in is 13.12 and I'm right there. When I ran my 13.3 I didn't have any competition around me. But at the Olympic Trials I'm guaranteed to have competition around me, and I'm a very competitive person."

Maxey, however, dreams more about making the U.S. Olympic Track & Field Team than he talks about chasing a world record.

"It would mean the world to me," Maxey said. "It would mean I'm going to the highest track and field platform in the world."

Spc. Hillary Bor of Fort Carson, Colorado, is entered in the 3,000-meter steeplechase. The first round is scheduled for July 4 at 4:33 p.m. PT, with the final set for July 8 at 5:23 p.m. PT.

Note: For the complete 2016 U.S. Olympic Track and Field Team Trials schedule, visit <http://www.usatf.org/Events---Calendar/2016/U-S--Olympic-Team-Trials---Track---Field/schedule.aspx>.

For the complete NBC television and online schedule, visit <http://www.usatf.org/News/NBC-Olympics-to-present-extensive-and-unprecedented.aspx>



Three-time Olympian WCAP Staff Sgt. John Nunn, seen here competing at the 2012 U.S. Olympic Race Walk Trials, already earned his spot on Team USA in February by winning the men's 50-kilometer Race Walk Olympic Trials race in Santee, California. He will attempt to qualify for the 20-kilometer race walk, as well, on June 30 in Salem, Oregon. (Photo by Tim Hipps, U.S. Army Installation Management Command)