

Feature

Cycling to work

Trading in a car for a bike to commute to work can save money, improve health, B-1

Notice

Gate hours change

In response to customer surveys, entry gate hours set to change Aug. 1, A-3



www.jber.af.mil/news

ARCTIC WARRIOR

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Joint Base Elmendorf-Richardson

July 15, 2011

Changes coming to two base dining facilities

By Luke Waack and
Airman 1st Class Jack Sanders
JBER PA

(Editor's note/correction: In last week's "JBER begins campus-dining concept for Airmen" we implied that campus style dining was already in place as part of the Air Force Food Transformation Initiative. This was an error on our part. Campus style dining is not in place yet but it is scheduled to commence by the end of the summer.)

Two dining facilities on Joint Base Elmendorf-Richardson are scheduled for closure in August, but two others will step up operations to fill the void.

The Gold Rush Inn dining facility is scheduled to close July 31 while the 4th Brigade, 25th Infantry Division (Airborne) is on a one month rotation to the Joint Readiness Training Center, Fort Polk, La., and again when they deploy to Afghanistan later this year, said Berry Reaneckkia, Gold Rush Inn dining facility manager.

During the Gold Rush Inn dining facility short-term closure its patrons can eat at the Wilderness Inn dining facility and the Iditarod dining facility, before its Aug. 22 closure.

All DoD ID card holders will be accepted at both locations, the Wilderness Inn and the Iditarod.

The Iditarod is scheduled to close Aug. 22 for renovations. Food service operations will shift to the Kenai Dining Hall for three months, said Tech. Sgt. Dawn Marie Nicholson, Iditarod dining facility manager.

See Dining halls, Page A-3

'Spearhead of Logistics'

USARAK's newest unit deploys to Southwest Asia



Army Capt. Antonio Reynolds, 486th Movement Control Team commander, shares a moment with his son following the team's deployment ceremony at Joint Base Elmendorf-Richardson, Monday. The 486th MCT cased its colors on Pershing Field in preparation for the unit's yearlong deployment to Southwest Asia in support of Operation New Dawn in Iraq. The unit, activated May 4, was created to manage the flow of personnel and equipment into and out of theaters of operation. The 486th is a subordinate unit of the 17th Combat Sustainment Support Battalion. (U.S. Army Photo/Staff Sgt. Jason E. Epperson)

JBER Airmen support Red Flag-Alaska international partnership

By Air Force 1st Lt.
Matthew Chism
JBER PA

The multinational exercise, Red Flag-Alaska, kicked off Monday at Joint Base Elmendorf-Richardson. Along with U.S. Air Force personnel, the event includes units from Thailand, Australia, Singapore, and Japan. The exercise is scheduled to conclude July 22.

Red Flag is a collection of exercises used to practice large force employment, global strike, defensive counter air, close air support, tactical airlift and combat search and rescue operations in an international partnership.

Red Flag will test crews from a number of different aircraft in the exercise; 353d Combat Squadron Detachment 1, located at JBER,

staged seven C-130's, three Japanese Self Defense Force airborne 767's (two for refueling and one airborne warning and control system), and a 962nd Airborne Air Control Squadron, E-3 sentry AWACS platform.

Red Flag pushes airmen from all over the world using different systems, speaking different languages and relying on different habits to perform and utilize each others' capabilities.

Eielson Air Force Base is the home station of the 353d CTS, which leads the exercise. Det 1 will play a vital role in the execution of the simulation according to Red Flag-Alaska's website.

In order to effectively simulate the battle field for this exercise, vast land is essential.

Alaska provides with its abun-

dance of nearly 67,000 square miles of training airspace.

Det. 1 provides a number of unique capabilities as well. One of which is the ample space available which allows the planning of larger more complex exercise scenarios.

The need for "efficient interoperability" is what Squadron Leader Maj. Steven Ferguson, of the Royal Australian Air Force's 37 Squadron referred to as one of the external challenges of working in any exercise of this spectrum.

"On this scale, this is the biggest (exercise) that we'll do," Ferguson said. "We exercise in Asia, Australia and some other places, but in terms of the number of aircraft and the number of people involved, it's the biggest."

The Royal Australian Air Force sent 33 air crew members for the

exercise and this will be the first time they will test the capabilities of their C-130J model Hercules cargo planes in this kind of environment, Ferguson said.

"(We want to) get our foot into that door working on the radar range in the Red Flag-Alaska environment," Ferguson said.

"What we're doing here this time is the first step in that direction," Ferguson said, as they look to continue to improve the C-130J model along with the skills of their crew.

"We're working out of (JBER) in an airlift package," he said.

By closely working and having open dialogue with the other crews that are participating in the exercise they are rapidly learning the Red Flag format.

"The best thing we'll get from

this is experience for our younger folks," Ferguson said.

Experience Ferguson expects they will be able to take back to Australia and disseminate to the rest of the unit.

Though the JBER airfield will see an increase in traffic during Red Flag, Tech. Sgt. Monty Crawford of the 3rd Operations Support Squadron, Airfield Maintenance deputy airfield manager said, other than an increase in flight plans, there will be little effect on the way they do business.

The participants and their airframes have been at JBER since the end of June.

The majority of the background work such as setting up offices, lodging logistics and getting familiar with the area was done in the interim.

The Airmen of Det. 1 who work in the maintenance shop act as liaisons to assist temporary duty units with lodging, shipping and maintenance requests.

The team does what is necessary to help the participants transition to working here on JBER and heading back to their home station go as smoothly as possible, said U.S. Air Force 1st Lt. Mike Black, the Exercise Support Officer in Charge for Det. 1.

The largest challenge the shop had with making the recent transition of TDY personnel to the base seamless was with two exercises being back to back.

Black mentioned when Northern Edge ended June 24, they had items still processing to leave JBER as they were beginning to receive items for this installment of Red Flag.

The conclusion of Red Flag Alaska 11-2 does not mark the end of this year's scheduled training. There are two more Red Flag exercises this calendar year, Aug. 11-26 and Oct. 6-21.



ABOVE: Japanese Air Self-Defense Force C-130 Hercules crews walk to their aircraft in preparation for another day of support of the multinational training exercise, Red Flag 11-2, hosted at Joint Base Elmendorf-Richardson and Eielson Air Force Base. The exercise concludes July 22.

LEFT: Senior Airman Bradley Collier, 374th Logistics Readiness Squadron, Yakota Air Base, Japan, discusses cargo loading with Royal Australian Air Force Warrant Officer Sam Lacy, before a flight. The Australian airmen are looking to improve their employment of advanced C-130J Hercules. Red Flag participants included airmen from Australia, Japan, Singapore and Thailand. (U. S. Air Force photos/Steve White)

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Mission feature

Air Force Reservists of 477th Fighter Group team up with Soldiers and Sailors to set the foundation for national Boy Scout Jamboree Summit site, A-11



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Courts martial, Articles 15 results released

U.S. Army Alaska
Judge Advocate General

U.S. Army Alaska convened courts-martial at Joint Base Elmendorf-Richardson on June 20 and Fort Wainwright, June 22-23.

On June 20, Spc. Michael J. Fierley, E Company, 725th Brigade Support Battalion, 4th Brigade Combat Team (Airborne), 25th Infantry Division, was found guilty of “desertion with intent to avoid hazardous duty.” Fierley was sentenced to confinement for 10 months and a Bad Conduct Discharge.

On June 23, Spc. Matthew Stewart, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division SBCT, was found not guilty of “simple assault and assault consummated by a battery upon a child under 16 years.”

673d Air Base Wing Office of the Staff Judge Advocate

The following Airmen assigned to JBER received non-judicial punishment under Article 15 of the Uniform Code of Military Justice during the month of June:

A senior airman from the 962nd Airborne Air Control Squadron received a “Vacation Action” for failure to obey a lawful order related to a “No Drinking Order.” The punishment consisted of reduction to airman first class.

A senior airman from the 3rd Component Maintenance Squadron received an Article 15 for two counts of “failure to go” related to extra duties. The punishment consisted of reduction to airman first class and a reprimand.

A senior airman from the 90th Fighter Squadron received an Article 15 for dereliction of duty related to Fitness Improvement Program attendance. The punishment consisted of suspended reduction to airman first class, restriction to the Elmendorf side of JBER for 30 days, 45 days extra duty and a reprimand.

An airman first class from the 673d Force Support Squadron received an Article 15 for dereliction of duty related to underage drinking. The punishment consisted of suspended reduction to airman, 14 days extra duty and a reprimand.

A senior airman from the 773d Logistics Readiness Squadron received a “Vacation

Action” for “failure to go to place of duty” and “failure to obey a lawful order.” The punishment consisted of reduction to airman first class.

A senior airman from the 703d Aircraft Maintenance Squadron received an Article 15 for dereliction of duty related to Fitness Improvement Program attendance. The punishment consisted of reduction to airman first class and a reprimand.

A staff sergeant from the 3rd Equipment Maintenance Squadron received an Article 15 for three counts of failure to obey an order or regulation related to sexual harassment. The punishment consisted of reduction to senior airman, suspended forfeiture of \$1,162 pay per month for two months, 45 days extra duty with 15 of those days suspended and a reprimand.

An airman first class from the 673d Logistics Readiness Squadron received an Article 15 for dereliction of duty related to failure to stay at domicile while on quarters. The punishment consisted of suspended reduction to airman, forfeiture of \$100 and 45 days extra duty.

A senior airman from the 703d Aircraft Maintenance Squadron received an Article 15 for dereliction of duty Fitness Improvement Program attendance. The punishment consisted of reduction to airman first class and a reprimand.

A senior airman from the 773d Civil Engineer Squadron received an Article 15 for larceny. The punishment consisted of suspended reduction to Airman first class, forfeiture of \$195, 14 days extra duty and a reprimand.

The military justice system is a commander’s program designed to support good order and discipline in the unit and to ensure mission accomplishment. One important aspect of the military justice system is non-judicial punishment under Article 15 of the Uniform Code of Military Justice. When commanders decide to impose non-judicial punishment, they can choose from a variety of punishments.

For enlisted members, the list includes reduction in rank, forfeiture of pay, restriction, extra duties and a reprimand. Officers can receive forfeiture of pay, arrest in quarters, restriction and a reprimand. When using non-judicial punishment, commanders take into account the member’s duty performance, attitude, potential and disciplinary history.

Editorial & Opinion

Mass transit

Ownership costs make for thoughts of parking car for the bus, bicycle

Commentary by David Bedard
JBER Public Affairs

I am a motorhead and have been since birth. When I was 2 years old, my parents awoke to find I had created a wall mural in crayon of cars and trucks. They were not impressed with their budding artist and his automotive homage.

My first memory is riding in my dad’s red ‘65 Mustang convertible with the top down, accompanied by the automotive icon’s sonorous 289 cubic-inch V-8 soundtrack.

So why am I seriously considering trading in my beloved sports sedan for a bus pass or – gasp – a bicycle?

Last weekend, I brought my car into the shop with complaints of a screeching front end. I gave the service advisor my keys and walked to the nearest bus stop to catch a ride home.

I hadn’t been on a municipal bus in nearly 20 years and was pleasantly surprised by the cleanliness, comfort and ... enjoyment of riding the bus.

Upon picking up my car, I gave the service advisor my debit card for the remittance of \$568 to replace a shot wheel hub.

An annual bus pass costs \$575 ... eight more dollars than the rather minor repair I had just paid for. It got me to thinking.

Gasoline is hovering at around \$4 a gallon and isn’t showing signs or returning to the \$2 range anytime soon. My insurance runs around \$1,400 a year due to the sportiness of my car.

A 90,000-mile service which is

forthcoming should cost \$1,400. I need to replace my clutch soon and that will cost another \$1,200.

I purchased my car new, but have since vowed never to have another car payment after squaring off the loan five years ago. However, with increasing maintenance costs, I am seeing a tradeoff between owning an aging car versus owning a warrantied new vehicle. There seems to be no saving money either way.

So, with potential costs of about \$6,500 annually including gas, insurance, services and repairs, my paid-for car is getting pretty expensive.

You know, \$575 is beginning to sound like a pretty good deal to get around town.

Though it can be difficult to connect from the bus stop at Government Hill Gate, municipal buses have racks to stow bicycles for pedaling the rest of the way to work. The benefits of cycling to work are manifold and are detailed in the Community Section this week by Chris McCann.

With the cost of even an expensive top-tier bicycle, I am seeing great savings could be realized over the life of the bike, not to mention the fitness benefits of cycling in conjunction with using public transportation.

So what are the drawbacks of giving up my car? Well, there’s a certain loss of freedom. In America, the automobile has become the symbol and embodiment of our freedom in many ways. It’s a love affair, really, which over the years has made for towering tailfins,

acres of gaudy chrome and V-8 engines with enough torque to put the earth off its axis.

Compared to Asia and Europe, we drive far more cars per capita and rely the least upon public transportation to get around. For most of us, the thought of being bound to a bus, subway or train schedule to get around is unappealing to say the least.

It’s nice to be able to say, “Hey, I would like a pint of Chunky Monkey,” jump into my car and handle my business. That may be difficult to let go of.

Then there’s the pain of moving groceries via bus ... not fun.

So I had another thought: parking the car during the week and riding and cycling to work.

As much as I love driving, I hate commuting during rush hour. It takes something I enjoy and makes it a chore – like playing basketball in the middle of an insurance seminar.

Taking the bus would have me forget all about traffic and save me on gas as well as wear and tear on my car. I could get a lower insurance quote based upon much reduced mileage.

I would still have the freedom to jump into my car on the weekend to attend church and go hiking at remote locations.

The point is I don’t need to go everywhere using my car, especially in today’s economy. There are other ways to get around which are cheaper and perhaps healthier.

This motorhead may be spending considerably less time behind the wheel.

Extreme fitness?

Finding what works for you

Commentary by Bill Goins
8th Medical Operations Squadron

I think it has been well established – regular, consistent exercise is good for you.

Unfortunately, we often approach exercise like so many other things. We figure that if some exercise is good, then even more should be better. We also figure if moderate intensity is good, then extreme intensities should be awesome. What we end up with are folks exercising really hard every time they work out.

These types of programs are not new and have traditionally been referred to as high-intensity interval training.

In April, the Department of Defense and the American College of Sports Medicine performed a study providing official recommendations regarding the safety and efficacy of these types of programs.

The panel determined it would refer to these types of programs as extreme conditioning programs, as it would more accurately describe the components of the programs and define how the programs could most effectively be used as a part of an overall fitness routine.

Some examples of these ECPs may include the ever-popular P90X, Crossfit, ultra-marathon training, Ironman competitions, etc.

The positive characteristics of ECPs generally are found in their variety and intensity. The variety tends to be motivating and exciting while the intensities utilized are an important piece of an effective warfighter’s fitness program. Additionally, the specific exercises and repetitions address a broad range of real-world, occupational physical activities and demands warfighters believe will better promote combat readiness.

The negative characteristics of ECPs are what have prompted further research and discussion about how to best utilize these programs. Some characteristics of ECPs appear to violate recognized accepted standards for developing muscular fitness.

For example, performing a



Air Force Staff Sgt. Diane Singh, an Alaska National Guard Drug Demand Reduction noncommissioned officer, works on her form with personal trainer, Valentina Chepiga. An effective, healthy workout finds a balance between intensity, variety and rest. (Photo by Pfc. Karina Paraoan/Alaska National Guard PA)

high number of repetitions without adequate rest intervals between sets fails to adhere to appropriate and safe training guidelines. This method of training, when coupled with insufficient recovery time, readily prompts earlier fatigue, greater perceived effort and possible overuse, over-reaching and overtraining. The most common, and increasing, injuries associated with ECPs include muscle strains, torn ligaments, stress fractures and mild to severe cases of potentially life-threatening exertional rhabdomyolysis.

The positive aspects of ECPs are recognized and appreciated. With the increased popularity of these types of programs, it is likely ECPs will remain on the landscape of available and promoted physical conditioning options. Therefore, it is critical solutions be developed and implemented to reduce the potential risk of serious injury. First, units should more closely screen and stratify individuals wishing to participate in ECPs.

If individuals do not have a good, solid base of fitness (i.e. having consistently exercised for the past three months without injury), then they should delay beginning an ECP.

Secondly, units should closely monitor ECPs to ensure safety, modifying the program to reduce injury risk, if necessary.

All individuals participating in

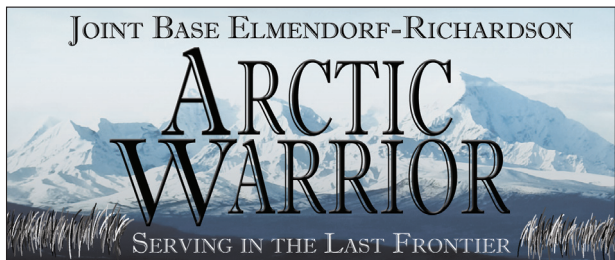
an ECP are not at the same level. The ECP must, therefore, provide modifications to exercises to ensure the safety of all participants.

Thirdly, units must consider the rigors associated with their individual’s daily occupational activities. For example, extensive physical military occupational training and same-day exhaustive physical fitness training should be avoided, as this increases the risk of injury.

Finally, ECPs should be used as a piece of a broader and more inclusive fitness plan that is structured to allow for shorter, high-intensity exercise, as well as longer, more-moderate-intensity exercises.

A safe and effective fitness program should include between five and six days per week of training. Each training session should last between 30 and 60 minutes. The intensity of each session should be between 65 and 90 percent of maximum effort and vary dependent on the duration of the session.

For example, one day per week should be at least 60 minutes continuously at an intensity of 65 to 70 percent. Two days per week should be at least 45 minutes continuously at an intensity of 75 to 80 percent. Two days per week should be 30 minutes continuously at an intensity of 85 to 90 percent. If you choose to participate in a sixth day, add one additional 60 minute session.



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Logistics Readiness Squadron demonstrates joint basing success

Story by Airman 1st Class Jack Sanders
JBER PAO

Troops and civilians of the 773d Logistics Readiness Squadron have led the deployment show, displaying how teamwork and dedication run joint-basing functions.

The LRS is responsible for processing all equipment for deployment movements.

"Everything that they're going to take to (Joint Readiness Training Center) and then onward into (country) is being processed by this combined team we have here, and then, later on in the month, we'll then be putting them on aircraft going out of the (Joint Mobility Center) down to Louisiana and then back again," said Stephen Dewan, 773rd LRS, LGRX deployment lead.

Dewan said moving equipment is a complex process, but his team works together to ensure the job is done right.

It's the LRS's responsibility to move all equipment for all deploying units from wherever of civilians, Army, Air Force and Coast Guard that gets the mission done.

"We're the processors and that's why you're seeing Army, Air Force and Coast Guard, because when we do a ship mission, the Coast Guard leads," Dewan said. "Those Coast Guard guys I've got with me are going up or down whether who get on the boat and they're the last guys to see it."

Dewan said his team stays busy sending company-size units twice a month around the world. His team sends people and equipment to places like Afghanistan or Iraq, but also included in their workflow are groups of Soldiers who travel to Fort Greely and Fort Wainwright by convoy weekly.

While the LRS's main focus is shipping equipment, they also have the capability to send service members as well.

"That's my flight also," Dewan said. "Everything that happens deployment wise, whether it's the (individual deployments) in the Air Force that happens over in the JMC, or the bulk deployments that the Army



M-1117 Armored Support Vehicles are processed by 773d Logistics Readiness Squadron personnel for deployment overseas. The LRS is responsible for processing all equipment for deployment movements. (courtesy photo)

does here. We also move the Army through the JMC when we do an Air mission or individual replacement deployments," he said.

Dewan said his team is split into two groups with half at the JMC and the other half at the processing facility on JBER-Richardson. He has to adjust his teams depending on their weekly workflow.

"When we have an Air Force deployment, I'll take people from here and move over there," Dewan said.

He said there are certain movement requirements, which need to be finished before the processing can begin, and his team sets up practice runs for units so they can be better prepared when it's time to move.

"Those kinds of things help you make sure that you're equipment gets from here to your destination and you can find it again," Dewan said. "You don't want to be on a deployment and not have what you need, and that's what we're making sure doesn't happen."

In the processing yard on the JBER-Richardson side, large shipping containers hold equipment for all of the deploying units.

"(The containers) are set up one at a time," Dewan said. "We'll buckle them together in threes and that makes them 20 foot equivalent and that's how they load them on the ships, when they put them in the holds. We'll pick these up set them down and organize them the way they're supposed to be shipped by units."

Each platoon is assigned a container to put all their equipment in and then the LRS team marks it so the unit knows which is theirs. Because they can't put their unit markers on them, for security reasons, the LRS team color codes them so certain units get certain colors.

"We've got a color code and you'll see green and blue and yellow and that represents each battalion," Dewan said. "That way they can find their stuff. If you see a similar color you know that that is artillery

and help them find their stuff. After that it goes by numbers."

The entire process is a complex system of checks and balances.

"When the Army moves, it starts here," Dewan said. "Even when we go to the JMC and go through an Air move they'll start here first. They'll build their pallets here, we'll load them on trucks and then go to the JMC."

Starting the moves is the largest part of the process, but the LRS also has to keep track of all the equipment shipped too.

"On the corner of the crates, we have what's called an (radio frequency identification device) tag and that's kind of a locator tag that we put on these containers," Dewan said.

It pings it by satellite and you can find these containers anywhere in the world. You can tell the unit's latitude and longitude on the ship where it's at. It's amazing. Or, if you're in theater and you're looking in a huge area with all these container you can at least know which yard yours is in."

The LRS' latest project was aiding the 4th Brigade (Airborne) 25th Infantry Division's equipment and personnel moves.

Naomi Morrow, logistics management specialist, said getting the job done can be stressful, but it can be emotional at times too.

"Being a Soldier myself in the past, I know that you're doing a service for them, helping them to get their stuff out of here, helping them to prep," Morrow said. "I believe in working and getting the job done efficiently and in the shortest possible time that you can."

Morrow said she understands Soldiers spend precious little time with their families and preparing for deployment can extend already long days.

She said she considers Soldiers' and families' time when she works.

"I know the Soldiers have to get out of here and get back home and spend time with their families," Morrow said. "I really enjoy that aspect of providing a timely customer service."



Transportation company finally home

A family is reunited after a homecoming ceremony for the 109th Transportation Company, 17th Combat Sustainment Support Battalion, July 6, at Buckner Physical Fitness Center. The 109th moved cargo and supplies and mentored Afghan National Army Soldiers in eastern Afghanistan during its yearlong deployment. (U.S. Army photo/Staff Sgt. Jason E. Epperson)



Patrons eat at the Iditarod Dining Facility, July 5. The Iditarod will close, Aug. 22, for renovations. Food operations will shift to the Kenai Dining Hall. (U.S. Air Force photo/Airman 1st Class Jack Sanders)

Dining halls

From Page A-1

Due to the Kenai Dining Hall's limited size, family members, civilians and retirees will not be able to use the facility. However, all DoD ID card holders will be permitted at the Wilderness Inn and larger crowds should visit the Wilderness Inn as well, Reaneckkia said.

"(Gold Rush Inn patrons) have the option to eat at the Iditarod on the Air Force side (before Aug. 22) or if they want to stay on the JBER-Richardson side they can go to the Wilderness Inn dining facility, which is only a block away at Building 647," Reaneckkia said. "The Wilderness Inn will maintain the same hours that we have in this facility. They won't miss a beat."

Kenai Dining Hall is at the corner of Arctic Warrior Drive and Sijan Avenue in Building 7535. Airmen in Airman Leadership School, as well as Airmen living in the dormitories will be able to use a bus to travel to and from the Kenai Dining Facility.

Reaneckkia said, the building, which houses the Gold Rush Inn will remain open along with its MWR functions.

"Some Soldiers may be inconvenienced just because of our MWR facilities that we offer here, but they will have to dine over there and then come over here to utilize

the other facilities," Reaneckkia said. "Airmen are more than welcome to use this facility; I don't think they know about this facility, and it is a cool place, you've got your computer lab, you've got your videos and your games and everything is free. Everything in this building is free, all you've got to do is give up your ID card while you use the facilities. A lunch break here is really a break, you can do a lot in this building."

Reaneckkia said, the closure at the Gold Rush Inn also affords them time to get some needed repairs completed.

The Gold Rush Inn will be able to better serve the 4-25th ABCT and the JBER community when it reopens after the JRTC rotation, Reaneckkia said.

A Soldier dining at the Gold Rush inn said, that while he may not like the fact that one of the local hot spots is closing for a while, he was fine with the change in venues. "Food is food," he said.

The Iditarod closure will also help that facility better serve its customers, according to Nicholson.

"Renovations to the Iditarod will include expanded entry space with removal of the seats near the fireplace, moving the drink stations past the cashiers because they are unlimited refills now. Right now, they're before the cashiers and it clusters people," Nicholson said. "We're trying to make the flow smoother and better."

Joint Base Elmendorf-Richardson publishes revised gate hours

Installation gate and search hours Effective Aug. 1

Muldoon Gate is located at the entrance to Joint Base Elmendorf-Richardson on Provider Drive. The gate hours of operation are Monday through Friday, 5 a.m.–midnight, and Saturday and Sunday 9 a.m.–midnight.

Boniface Gate is located at the entrance to JBER on Vandenberg Avenue. This gate is operated 24 hours a day, seven days a week.

Boniface commercial vehicle inspection is located 50 meters inside of the Boniface Gate. Hours of operation are 7 days a week 7 p.m.–6 a.m.

Post Road Gate is located at the en-

trance to JBER on Pease Avenue. The gate hours of operation are seven days a week, from 6 a.m.–7 p.m., or when directed by higher authority.

Post Road commercial vehicle inspection area is located 100 meters past Post Road gate. Hours of operation are seven days a week 6 a.m.–7 p.m.

Government Hill Gate is located at the entrance to JBER on Arctic Warrior Drive. The gate hours of operation are 5:30 a.m.–10 p.m. Monday through Thursday, 5:30 a.m.–11 p.m. Friday, and 6 a.m.–11 p.m. Saturday, and 6 a.m.–10 p.m. Sunday.

Richardson Gate is located at the entrance of JBER on D Street. The gate hours of operation are 24 hours a day, seven

days a week.

Richardson CVI is located adjacent to the D Street gate. Hours of operation are Monday-Friday 5 a.m.–6 p.m. No commercial vehicles will be authorized access through this point during hours of closure.

Arctic Valley Gate is located on Arctic Valley Road, it is an exit only gate, and is manned 6 a.m.–6 p.m. hours Monday through Friday and noon–8 p.m. Saturday and Sunday.

Visitor control centers

Boniface Visitor Control Center is located in Building 3711, adjacent to the Boniface Gate on Vandenberg Drive.

Richardson Visitor Control Center is located in Building 47303, on D Street.

Both VCCs are operated 24 hours a day, 7 days a week.

The VCC parking lots on JBER have been designated as short term parking areas. Vehicles left parked over 1 hour will be cited by the 673rd Security Forces Squadron utilizing a DD Form 1408 and may be towed at the vehicle owner's expense.

For information concerning road conditions or changes in security status please call the JBER Information Line (552-INFO/4636); check www.jber.af.mil; or JBER Facebook (www.facebook.com/jberak).

Par excellence

Stimac assumes command of 3rd Maintenance Group

By David Bedard
JBER Public Affairs

Air Force Col. David R. Stimac assumed command of 3rd Maintenance Group, 3rd Wing, in a change-of-command ceremony, July 7, at Joint Base Elmendorf-Richardson’s Heritage Park, relieving Air Force Col. Jerry L. Johnson who served as the commander since June 2009.

Air Force Col. Jack McMullen, 3rd Wing commander, presided at the ceremony and completed the change of command when he handed the 3rd MXG colors to Stimac.

According to Johnson’s Legion of Merit award citation – which was presented during the ceremony – he led 3rd Wing’s F-15 Eagle, F-22 Raptor and E-3 Sentry response to the greatest increase of

Russian aircraft incursion activity since the end of the Cold War, intercepting 26 Russian bombers approaching U.S. and Canadian airspace.

Johnson presided over the successful bed down of 40 F-22s as well as over the establishment of the wing’s state-of-the-art maintenance complex which included the Air Force’s only four-bay low-observable composite-repair facility.

Under Johnson’s command, two squadrons were recognized in their categories as the “best maintenance squadron in the Air Force” and the 3rd Component Maintenance Squadron continued on to win the 2010 Secretary of Defense, Field Level Maintenance Award-Small Category.

Stimac most recently served as deputy director, Capabilities

Integration Directorate, Electronic Systems Center, Hanscom Air Force base, Mass.

He was commissioned as a second lieutenant in 1988 with a bachelor of science-business degree in management from the Air Force Academy.

Early in his career, Stimac served as acquisition officer and propulsion flight commander, before serving as 46th Aircraft Maintenance Squadron commander, Eglin Air Force Base, Fla., and 28th Aircraft Maintenance Squadron, Ellsworth Air Force Base, S.D.

Stimac’s awards and decorations include the Defense Meritorious Service Medal, the Meritorious Service Medal and the Air Force Commendation Medal.

Stimac is married and the couple have a daughter.



Col. John “Jack” McMullen, 3rd Wing commander, hands the 3rd Maintenance Group guidon to the new group commander, Col. David Stimac at the group’s change-of-command ceremony at Heritage Park, July 7. (Photos by Johnathon Green/JBER PA)

RIGHT: The Joint Base Elmendorf-Richardson Honor Guard stands ready to present the colors, July 7, before the 3rd Maintenance Group change-of-command ceremony at Heritage Park.

BELOW: Airman 1st Class Aaron Miller of the 703rd Aircraft Maintenance Squadron (foreground) and Airman1st Class Joseph Celona of the 3rd Aircraft Maintenance Squadron, present flowers to Anne Johnson and Christine Stimac, respectively.



Briefs and Announcements

Commander's call

Col. Robert D. Evans, 673d Air Base Wing commander, hosts a mandatory commander's call for all military, Thursday at Talkeetna Theater.

Two sessions are offered at 10 a.m. and again at 1 p.m.

Dining facility closure

The Gold Rush Inn, Building 655, will close Aug. 1–31 for improvement.

Patrons can eat at the Wilderness Inn, Building 647, between C and 2nd streets in the interim.

First-time enrollment

All families with a middle or high school student attending the Anchorage School District for the first time are welcome to attend a special early enrollment opportunity.

Parents will be able to enroll all students Wednesday, 10 a.m.–2 p.m., Thursday, 4–7:30 p.m., and July 23 10 a.m.–2 p.m. at the ASD Education Center, 5330 E. Northern Lights Blvd.

ASD department representatives will assist parents in areas such as assessment, nursing services, counseling, community services and before and after school care.

Parents must bring a proof of residency, a current record of immunization and their student.

For more information, call 742-4000.

Cycling trek

Soldiers are being offered the opportunity to join retired Army Col. Doug Adams as he bikes from Fort Wainwright to Joint Base Elmendorf-Richardson during his trek across Alaska and the U.S. as a part of the Duty, Honor, America Tour.

The cycling trek will begin Aug. 8 at Fort Wainwright and will conclude Aug. 13 at JBER, with participants biking as many as 60 miles per day.

Because this is a volunteer opportunity, participants will be required to arrange their own lodging and may have to provide their own transportation to Fort Wainwright at the beginning and conclusion of the race.

Soldiers who have approval from their chain of command to participate in the ride must confirm their intent to take part in the event to U.S. Army Alaska Community Relations Chief Mary Rall no later

than July 22, by calling 384-2019 or emailing mary.rall@us.army.mil.

Navy Ball fundraiser

A steak feed is to be hosted at Eagle River's Veterans of Foreign Wars Post 9785, Aug. 6, 5–8 p.m.

For ticket information, call Jill Smith at 552-3839 or email.jills.mith@elmendorf.af.mil.

Home buyer seminar

The 673d Civil Engineer Squadron Capital Asset Management Office offers a first-time home buyer seminar two times each month through the Volunteer Realtor Program.

The seminar covers home loan pre-qualification, negotiations, offer acceptance, inspection, title search, available types of loans, and the closure process as well as many other aspects of interest to a prospective homeowner.

If interested in becoming a homeowner, please call 552-4439 to be included on the sign-up sheet.

Housing surveys

Surveys are sent to each tenant annually and are a valuable tool for informing base leadership and Aurora Military Housing on satisfaction with the quality of homes and services provided.

The results obtained from these surveys are used to tailor business decisions which are geared toward improving the quality of life desired by Joint Base Elmendorf-Richardson housing tenants.

Inputs through the surveys are key to ensuring the right decisions are made.

Please allow Aurora Military Housing and the base leadership to better serve with base housing by taking a few minutes to complete and promptly return the surveys in the supplied envelope upon receipt.

For further questions on the Aurora Tenant Satisfaction Survey, contact Aurora Military Housing at 753-1023, or the Capital Asset Management Office at 552-4312/552-2516.

MiCare registration

MiCare, the online personal health record and secure messaging application, has been available to patients and medical group staff at Joint Base Elmendorf-Richardson since December.

More than 2,400 patients have already signed up to take advantage of the ability to communicate with

their primary care clinicians online. Registered patients also have access to electronic records, allowing them to view and maintain their health records.

The 673d Medical Group is the first Air Force site to test this system.

Once registered, patients have the ability to participate in the study by completing a short series of surveys during the course of the next year. This provides an opportunity for all active-duty, retired and dependent patients to have an impact on shaping the future of Air Force health services.

To register, visit the Military Treatment Facility, where enrollment specialists are available in each primary care clinic. All beneficiaries who are enrolled in the family health, pediatrics, flight medicine and internal medicine clinics are eligible to participate.

Patients need to show a military identification card and provide some basic information, including name, social security number, birthday and email address. The enrollment specialist will enter the information and patients will receive an email which contains a link and instructions for completing the registration process.

The project team is monitoring results in order to develop future implementation plans. The Air Force is also interested in understanding how this new technology impacts the quality of healthcare provided to patients, as well as the overall well-being of the patient population. A research team is conducting a study in conjunction with this pilot program.

Sports physicals

A mass-physical day is planned for July 30. Appointments are from 8–9:45 a.m. and can be booked by calling 580-2778.

Walk-in appointments will be available the same day at the Pediatric Clinic from 9:30–11:45 a.m.

All TRICARE Prime Department of Defense dependents ages 5 to 17 are eligible (ages 4 starting kindergarten or 18 in high school are also eligible).

Children must have their military ID card, immunizations record and any specific required paperwork needed for the physical.

Housing construction

Aurora Military Housing is ready to begin constructing new homes in Moose Haven and Ko-

diak neighborhoods.

Moose Crossing will see construction activity for approximately 16 months beginning this summer to construct new junior and senior noncommissioned officer homes.

In Kodiak, the construction of new field-grade and company-grade officer homes will take approximately nine months.

In Moose Haven, contractors will construct new senior NCO homes during the next 10 months.

All neighborhoods mentioned will have some road closures and the installation of security fencing completed prior to the construction of the new units.

Residents of Kodiak and Moose Haven neighborhoods received notices delivered directly to their homes providing information on the work activity.

Because of the short summer season in Alaska, construction hours are often longer than normal.

Activity is expected Monday through Friday from 7 a.m.–8 p.m. and Saturday/Sunday from 9 a.m.–8 p.m.

Working past 6:30 p.m. on Sundays is not currently planned, but maintaining the construction schedule or emergency concerns may require this work period in the future.

Aurora asks for patience during this time as this undertaking is a significant effort.

Please be aware and respectful of the construction zones and activities, ensuring families remain safe during this period.

For further information, questions and concerns please email jber.richardson.hp@elmendorf.af.mil or see information posted on the JBER website at www.jber.af.mil.

The project points of contact are Melody Marsh at 552-4295; privatization lead, Tim Griffith at 552-0626; privatization contracted project manager, Rich Watson at 384-0133; housing operations manager, Genevieve Holubik at 552-2554; design review lead, and Aurora Housing at 753-1023.

Furnishings management

The Furnishings Management Office offers 90-day loaner furniture for Airmen arriving at or leaving JBER-Elmendorf.

The FMO also has appliances for Airmen residing off base, for longterm use. Delivery and pick-up is provided for 90-day loaner furniture and appliances. The FMO

also has longterm furniture for ranks E-1 through E-5.

These items are available on a first-come, first-served basis. The service member is responsible for transporting these furnishings. Airmen should take a copy of PCS orders to the Government Housing Office at 6346 Arctic Warrior Drive to schedule furniture delivery.

Call 552-2740 for any questions regarding the FMO program. Hours of operation are Monday through Friday, 8 a.m. to 4:30 p.m.

Soldiers can call 384-0092 for the JBER-Richardson FMO.

Military Pathways

Service members returning from deployments may find themselves struggling with feelings of anger, sadness, loneliness and depression.

Taking an online, anonymous self assessment can help troops figure out what is wrong and find a way back to emotional wellness.

The questions are designed to review a service member's situation with regard to some of the more common mental health issues.

The screening will not provide a diagnosis which can only be given by a mental health professional.

Visit www.militarymentalhealth.org/JBER to take the assessment.

Waste disposal

The use of the Anchorage Municipal Landfill requires all animal waste, diapers, sanitary pads and biological waste be double bagged.

This is for everyone's safety and protection of the environment.

During trash pickup, if the above items are found loose, the containers will not be serviced.

Thrift shops

The Thrift Shop, 724 Quartermaster Road, Door 8, phone number 384-7000, is open Tuesday, 11 a.m.–5 p.m., Wednesday, 11 a.m.–2 p.m. and Thursday, 11 a.m.–5 p.m. The Thrift Shop is also open the first and third Saturday of each month, 11 a.m.–2 p.m.

The Bargain Shop, 8515 Saville Ave., phone number 753-6134, is open Tuesday and Wednesday, 10 a.m.–2 p.m.

The Airman's Attic, phone number 552-5878, is open Mondays, Wednesdays and Fridays, 10 a.m.–2 p.m.

673d Medical Group welcomes new commander, says farewell to old

By Airman 1st Class Jack Sanders
JBER Public Affairs

Air Force Col. Paul Friedrichs relinquished command of the 673d Medical Group to Air Force Col. Thomas W. Harrell during a change of command ceremony in front of the Joint Base Elmendorf-Richardson hospital, July 8.

Friedrichs took command of the then 3rd Medical Group in August 2008. Since then, he and his staff have achieved many milestones, he said.

Under Friedrichs’ command, the hospital team completed the 2011 Joint Commission Survey and Health service inspection and was awarded a full three-year accreditation status with an outstanding rating from the Air Force Health Services inspection team. The hospital had the highest score given to an Air Force hospital in more than five years.

“We could not have chosen a better backdrop for this important event today,” said Air Force Col. Robert Evans, 673d Air Base Wing commander and presiding official.

“In front of you stands the best hospital in the Air Force an honor they earned two years in a row under Colonel Friedrichs’ leadership.”

Evans said he was proud of the numerous accomplishments Friedrichs and his team were able to accomplish, and how one in particular stood out in his mind.

“Several weeks ago, I took an in-brief from the team visiting here to inspect this hospital,” Evans said. “A health and standards inspection – a rigorous inspection that looks back five years, looks forward five years and looks today at how this hospital meets the rigorous standards of the medical community.”

Evans said, the inspector mentioned “satisfactory” as the standard evaluation most hospitals received.

“I told him, as an O-6 full colonel leading the team, that, ‘I’ll be extraordinarily surprised if they get anything less than an ‘excellent’ because the last time this hospital was inspected in fact they did get an ‘excellent.’ And, under Colonel Friedrichs’ leadership they’ve been on an uphill vector ever since.”

“On Friday, (July 1) the team gave the out-brief with the results,” Evans said. “They didn’t get an ‘excellent.’ They got an ‘outstanding’ – the highest award of a hospital in the last five years. In fact, nobody on the team could remember a hospital ever that had achieved that high a standard on a scale that they judged.”

Evans credited Friedrichs’ leadership and the strong support he receives from his wife



Air Force Col. Paul Friedrichs (right) is congratulated by Col. Thomas Harrell, July 8, during the 673d Medical Group change-of command ceremony at the Joint Base Elmendorf-Richardson Department of Defense/Veterans Affairs Joint-Venture Hospital. Friedrichs turned over command of the group to Harrell. (Photo by Justin Connaher/JBER PA)

Rita along with a truly dedicated hospital staff for the high honors.

“An ‘outstanding,’ how does that happen?” Evans asked. “The only way that that happens is through leadership ... and I no doubt attribute that to Colonel Paul Friedrichs and his wife Rita for their extraordinary leadership. We will truly miss you and we will always be grateful to your service to our Arctic Warrior family and our JBER community.”

Evans expressed how glad he was to have incoming commander Harrell and his family join the JBER community.

“Soon you will take command of a medical group that is second to none, performing a mission of unrivaled importance,” Evans said. “You will face many challenges and opportunities in command. The outcome will be determined by the strength the commitment and the preparedness of the group that you will lead and I have no doubt that you are up to the challenge.”

Friedrichs addressed his group one last time, remembering his time as commander.

“What we do here is not about the Air Force mission or the Army mission or any other single mission, it’s about taking care of people and I’ve been so proud to be part of that for the last three years,” Friedrichs said.

He said it was an honor and privilege

to serve the community and to serve under what he considered three of the best wing commanders and wing command teams.

“It began with Brigadier General “Guns” and Pam Bergeson, who were absolutely phenomenal,” Friedrichs said. “Guns started out by asking me what I knew about running a fighter wing, and my answer was not very much and he said, ‘Good, because I don’t know anything about running a hospital. So, you run the hospital, I’ll run the wing and we’ll get along just fine.’”

Friedrichs said Bergeson was followed by colonels McMullen and Evans, both of which carried on with that trust.

“Our nation is safe because of the warriors who defend it,” Friedrichs said. “We hear it every change of command how the pilots fly the jets, the maintainers maintain the jets, the logisticians take care of the equipment, and the families take care of all of us. I could not be more proud that every one of those people that I just mentioned turned to us for care and we were here when you needed us. Our pledge is that we will always be here for you. Thank you so much for the honor serving here with you.”

After Friedrichs finished his farewell, Evans passed the guidon to Harrell.

“I am thankful for the trust and confidence you have placed in me Colonel

Evans,” Harrell said. “Along with Colonel Evans and Colonel Friedrichs, I too am grateful for the presence of our local state, federal and international community representatives as well as our sister service leader and partners of the Joint Base Elmendorf-Richardson team. Your presence expresses the value you place on the care that is provided here. I am honored by the members of the 673d Medical Group and Veterans Affairs staff in attendance and in the building behind us currently serving our community.”

Harrell said, he was impressed with the group’s accomplishments and proud he was being provided with an astounding organization to lead. He said, he has studied the group and is excited about the future.

“When we found out that we were coming here, people who’ve had the opportunity to be in Alaska emphatically ensured us we would love it,” the new commander said. “They repeatedly described Alaska as the frontier. The great thing about a frontier is that it’s wild and uncharted. Frontiers allow the freedom to craft what you want— what is right— what is necessary. This joint base and this joint venture are frontiers. They afford us the opportunity to be innovative and challenge conventional thought.

Harrell said, he is excited to meet the challenges head-on.

RED TAILS MOVE MOUNTAINS

Arctic Reserve engineers team with Soldiers and Sailors to break ground for Boy Scouts' Summit site



By Air Force Maj. Lisa Reaver
477th Fighter Group PAO

BECKLEY, W. Va. — Arctic Reservists from the 477th Fighter Group recently returned from an historic training mission supporting Joint Task Force – Summit, laying the foundation for the future home of the National Boy Scout Jamboree here.

During their two-week annual training mission in Beckley, 22 Air Force Reservists combined efforts with Navy Reserve Seabees and West Virginia Army National Guard engineers to break ground on this project which has been in the works for years.

The Summit site was a flurry of activity with heavy equipment of all types working in concert to accomplish tasks as small as clearing brush to jobs as big as hauling tons of rock to spread on new roads.

"This was some of the hardest work we had ever done, but we all came together as a team and know that our hard work will pay big dividends for the kids that come here," said Maj. Mark Goodwin, team leader for the 477th Civil Engineer Squadron.

The Reservists literally moved mountains as they cleared 48 acres with excavators and dump trucks. During brush clearing operations, they recycled trees by turning them into wood chips for irrigation around the new roads being installed in the area.

Reservists also built silt fences out of posts, chain-link fencing and geotextile fabric and gravel check dams to catch and divert water, protecting roadways and foundations from erosion.

"Many of our Reservists worked outside their normal career fields and trained on equipment they rarely have the opportunity to use at home station," said Lt. Col. Mike Forcht, 477 CES Commander. "Having those additional folks trained and capable is a good thing for our unit at home and especially in

a deployed environment."

All but one of the Air Force Reservists that traveled to Beckley were traditional Reservists, meaning they have full-time civilian employment and train one weekend a month and two weeks a year with the Reserve unit.

"Employer support from the local community is critical to the success of a Reserve program and the Anchorage community has been outstanding in their support of our folks," said Col. Bryan Radliff, 477th Fighter Group commander.

As one of the first teams in to start the work, this Arctic Reserve team had the satisfaction of knowing they got in on this massive project on the ground level and they are already planning to return to help finish the job.

The overall Summit plan will develop over 250 acres of raw earth and 15 miles of roadway alignment and road bed improvement.

Additionally, in the coming years, units will build more than 70,000 square feet of

stick-frame structures that will incorporate green technology.

JTF-Summit officer-in-charge, Army Capt. Leonard Nida said in 2011 JTF-Summit is anticipating more than 500 service members from the Air Force, Army, Navy and Marines to complete this joint project.

According to the Boy Scouts of America website, they are expecting more than 45,000 scouts, leaders and staff to attend the first-ever National Boy Scout Jamboree at Summit Site in 2013.



Arctic Reservist Staff Sgt. Jean Bartness, 477th Civil Engineer Squadron, accepts a delivery of rock she will haul around the Summit Bechtel Family National Scout Reserve, future home of the National Boy Scout Jamboree, in Beckley, W. Va. Twenty two Air Force Reservists from Alaska went to the site to break ground on the project which will take nearly two years to complete. (Photo by Air Force Maj. Lisa Reaver/477th Fighter Group PAO)



Leisure
Service members
try sea kayaking
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Community
Bear Paw Festival
draws crowds
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www.jber.af.mil/news

ARCTIC WARRIOR

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COMMUNITY

July 15, 2011

JBER civilians go the distance on two wheels

By Chris McCann
 JBER Public Affairs

“It’s shocking how happy I am,” said Jan Johnson, a manpower specialist for the 673d Air Base Wing on Joint Base Elmendorf-Richardson. “I expected to be healthier, but I didn’t expect how happy it has made me.”

The secret to her happiness is simple, she said – she rides her bicycle to work. Every day, rain or shine. Even in the winter.

“The bike swap got me interested,” she said.

Rebecca Kleinschmidt from the JBER Health and Wellness Center sent out an e-mail about the 2010 Ride Your Bike to Work week and Johnson got a \$25 bicycle and decided to ride it for the week.

“It was scary,” she said. “Getting through the gate on a bicycle is different; there was traffic – I live on the east side of town, so I had to come up Boniface. The cold weather was scary; I didn’t know how I’d keep my hands and feet warm enough, and the darkness was unsettling.”

She kept going, though, and made it through the summer; she figured out which bike trails kept her away from the heaviest traffic and got used to navigating the gates.

Then winter came.

“I was afraid of giving up for the winter – I knew if I quit riding, I wouldn’t start again in the spring,” Johnson said. “So I bought some studded bike tires. My daughter thought I was pretty extreme, but I was working 12 hours a day and I needed that healthy diversion.”



Graphic illustration by Chris McCann

Over time, she discovered studded tires for bicycles work even better than studded tires for cars, and there’s a pedestrian gate on Arctic Valley Road that works well for cyclists. It relieves a lot of stress, she said, but it also has concrete benefits.

“I was balancing my checkbook, and from April to October, I had spent about \$1,500 less than normal. Less fuel, fewer car washes – it’s not just riding for pleasure now.”

She got panniers for the back of her bike, and even stops at the grocery store on the way home.

At her annual checkup, she discovered that her cholesterol had dropped by thirty points after the first summer of riding.

And her attitude has been wonderful, she said.

“I’m stunningly happy. I’m smiling on my way to work. And

when I do drive somewhere, I realize how frustrating it is to be in traffic. On the bike trails, I’m away from that.”

Often, Johnson said, drivers seem to forget cyclists and pedestrians exist. She wears bright fluorescent and reflective clothing and rides defensively in traffic, but largely avoids it.

Johnson’s whole family has taken up bicycling now, too – as well as a number of other JBER employees she has encouraged to get into cycling.

“My family had gotten out of the “outdoorsy” habit, with the pressure of work and life,” she said. “We were a family of eat and nap, computers, TV – now we’ve taken a trip to Talkeetna in the winter with our bikes. Everyone in the family takes their bike to work.”

Her bike has a powerful headlight, as well as standard bike lights

to make her visible, and plenty of reflective tape. Rain doesn’t bother her, she said.

“I bought rain gear, but really it’s not that big a deal – I change at work anyway.”

In the winter, she layers for the five-mile commute with earmuffs and a helmet cover.

“The helmet cover keeps me pretty warm,” she said. “There were only two days last winter that I wore a hat under my helmet.”

Lobster-claw gloves, long underwear, winter cycling pants, and other layers keep her toasty.

Johnson’s building has a bathroom with a shower, so she can change and tidy up after her ride in. She has a small locker with clothes for work at the office, which frees her to wear cycling clothes.

And although the thought of biking in the snow can make people think twice, she said doing so actu-

ally makes the weather seem better.

“There’s something every day that makes me happy,” she said. “If you’re outside every day, doing something, the weather doesn’t get you down. Our winters are long and sometimes even the summers are rainy. But if you’re out there enjoying it... it doesn’t seem that bad.”

The Internet is full of information for those considering the change.

“There’s so much useful information out there – about keeping safe, being visible, how to pack your office clothes, types of bicycles – everything. That stuff helped make it manageable.”

Johnson has been working here for about 25 years, and said she wishes she’d started biking ages ago.

“The people in Anchorage that should be the healthiest are the people on this installation,” she said. Since the military considers fitness important, she said it’s surprising cycling isn’t encouraged more.

Matthew Mills, 673d ABW plans officer, started biking to work at Johnson’s urging. “I’ve been riding to work since the end of April – when most of the ice was off the roads,” he said. “I like it; it takes a lot of my gym time. It’s all the cardio I need.”

Mills said it’s amazing to pass people in their vehicles, driving to the gym, when he’s getting a workout just getting there. He rides to the gym and lifts weights before work, he said.

“Lots of people here veg out in the winter and work hard all summer,” Mills said. “I cross country ski a lot, so I had almost the opposite problem.”

“This keeps me in shape. I don’t know that I’ll ride in the winter – I’ll probably just ski. But riding to work this time of year especially is really doable.”

Johnson continues challenging people to ride bikes to work, whether it’s Bike to Work Week or not.

And it’s not just the physical training either, she said.

“Really, it’s about challenge – you face it, accomplish it. As you get older, we tend to think things are unimaginable, but they’re not.”

(Editor’s note: “What’s a velocipede?” I hear you ask. It’s just an archaic term for bicycle.)

Fourth of July:



Independence Day through the camera lenses of Arctic Warrior readers



ABOVE: Army Staff Sgt. Trevor Jones of the 59th Signal Battalion and his wife Sarah pause while hiking the Crow Pass trail from Girdwood to Eagle River.

ABOVE RIGHT: Coast Guard Petty Officer 1st Class Michael McCandless, his son Chase, wife Gina, and daughter Jordyn enjoyed some good food, friends, freedom and marshmallow baseball on the Fourth.

BELOW: Crystal and Natalia Garza enjoy the jousting event at the Mayor’s Picnic in Wasilla.

LEFT: Members of the Colwell family enjoy skipping stones while awaiting a fireworks show on Independence Day. See more photos on JBER’s Facebook at www.facebook.com/JBERAK. (Photos courtesy of Arctic Warrior readers)



Religious and ethnic diversity can be unifying or polarizing

by Army Chaplain (Capt.) Logan McCurdy
2nd Battalion, 377th Parachute Field Artillery Regiment

The sophistication of the 20th century made no exception for pluralism.

According to a renowned author and professor, Diana Eck, there are more than three thousand religious institutions in the United States.

Probably due to the mental, physical, emotional, and spiritual strains of World War II, post-war times saw a large influx of people associating themselves with a religion.

From the inception of this country to this day, there is no prohibition stopping people from coming to America to practice what they believe.

The first Catholic to be elected President of the United States was

in the 20th century.

There are distinct faith groups such as Jewish, Muslim and Mormon whose members are senators and representatives, as well as many other faiths represented in the halls of Congress.

The founding fathers recognized the diverse nature of people and made clear their desire for unity in the U.S.

E Pluribus Unum literally means “from many, one.”

The founding fathers recognized the diversity in the American culture as they came together, united as one nation.

The motto is pervasive throughout the country, if you have change in your pocket; it is imprinted on the coins we carry. Yet the motto often goes unrecognized, and is nearly forgotten.

According to Diana Eck, the meaning has changed from a cultural perspective to mean, “from

many cultures comes one people.”

In one of her books, she wrote about how the Unum is diminishing amongst the Pluribus.

There is no doubt that cultural differences could and in many cases do divide people.

The difficulty in not recognizing cultural diversity is that strength can never evolve by emphasizing and leveraging differences.

In business, employees are often taught about the strength of diversity in the work place and how it strengthens the company.

However, it would seem that the same people who learn that diversity is a strength in the work place forget that it can also be a strength in the community.

A part of that diversity is becoming very divisive – religion.

Religion is very diverse, and becomes more controversial as it diversifies. Islam, Buddhism,

Sikhism and many other religious faiths are flooding into America.

Every individual and group handles this diversification in a different way.

Some try to stop the influx, some try to encourage the newcomers to shed their ancestry, and there are those who work with and love their new neighbors.

There is no doubt that diversity will continue to be present in America.

The question is “How will Americans accept the new religious faiths and cultural diversity?”

No one is asking Americans to believe the same faith traditions as the immigrants.

They are simply asked to accept them for who they are and allow them to practice what they believe.

In early American history, most colonies did not want to accept diverse religious thought.

It was perceived that differ-

ences were a threat.

In fact, most colonies cast individuals out of the colonies for declaring or setting up different religious organizations or churches.

However, a few colonies made a difference in the perception of tolerance.

One such colony that comes to mind is Virginia.

It was the first colony to declare religious freedom for all inhabitants in their colony.

Today, much has changed with respect to tolerance.

A large majority of people accept others and work effectively with a diverse group of people.

The American culture can either come together united as one, as the founding fathers intended, or Americans can carry a discordant nature that will strengthen no one.

Let us stand together united as one, trusting in God to strengthen our hearts and minds.

Stryker squadron chaplain team is a cut above the rest

Army Chaplain (Capt.) Jeffrey Ellis, chaplain for 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, trims a Soldier's hair at the Frontenac Chapel at Shah Wali Kot, Afghanistan. Chaplain Ellis and his assistant, Spc. Corey Penton, provide haircuts for their Soldiers. "It puts (Penton) and me in the position to talk to a lot more Soldiers and see how they are doing," Ellis said. "It is fun – and it creates a bond with some of the Soldiers."

(Photo by Army Capt. Michael Newman/5-1st Cavalry Regiment, 1-25th Stryker Brigade Combat Team)



2nd Brigade Combat Team
4th Infantry Division Public Affairs

SHAH WALI KOT, Afghanistan — When Capt. Jeffery Ellis, squadron chaplain with 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, found out he was going to Afghanistan, it was nothing unusual.

That was until his squadron commander, Lt. Col. David Rough, wanted him to do something out of the ordinary – provide free haircuts for Soldiers.

Prior to leaving Fort Wainwright, Ellis and Spc. Corey Penton, a chaplain's assistant with Headquarters and Headquarters Troop, 5-1st, both received lessons in cutting hair from a local salon owner, who donated clippers and supplies to get them started.

Ellis and Penton have provided more than 234 haircuts since that lesson.

Penton is often seen out on Forward Operating Base Frontenac, encouraging Soldiers and civilians to take advantage of the free offer.

"It puts (Penton) and me in the position to talk to a lot more Soldiers and see how they are doing," Ellis said. "It is fun – and it creates a bond with some of the Soldiers."

"Getting out and being with the troops is done through battlefield circulation, and more and more I am seeing the joy of just laughing with Soldiers while giving them a

trim," he said.

"The Soldiers enjoy a great cut in the (air conditioning) with cold water and freeze pops available to them," Penton said.

Soldiers are speculating how many haircuts the team will give by the end of tour.

"I say 3,000 by April," said Spc. Justin Scott, a signal support systems specialist with HHT.

Both Ellis and Penton have their specialties when it comes to cutting hair.

"I believe that (Penton) has found a second job in it," Ellis said. "He is pretty good and we both have our own niche – he doesn't like doing scissor cuts, and I like doing the scissor cuts."

Penton agrees.

"I have found that I am fairly talented at cutting hair, and will likely continue to do so after redeployment," Penton said.

"I'm grateful for the opportunity. I enjoy being able to make a tangible difference in Soldiers' lives."

"It gives me the opportunity to get a general feel for the level of morale, and in so doing I can help Chaplain Ellis in his ministry to the troops," Penton said.

This mission is already a success, according to Ellis and Penton, as Soldiers and civilians get free haircuts – and talk freely to the chaplain if they choose.

"I think it makes me a little more accessible and we just have fun and visit with everyone," Ellis said.

673d Force Support Squadron Richardson Events



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Community happenings

FRIDAY- JULY 20 Elmo's Healthy Heroes

Sesame Street Live returns to the Sullivan Arena at 10:30 a.m. and 7 p.m. Friday, 2 p.m. Saturday, and 1:30 p.m. and 4:30 p.m. Sunday.

For more information, call 279-0618.

MONDAY 673d Medical Group annual golf tournament

The 673d Medical Group hosts its annual golf tournament at Eagleleglen Golf Course starting at 7 a.m.

The event is open to everyone with base access, and will have four-man teams. Prizes will be awarded.

For prices and more information, call 580-3247 or email maryann.chapman@elmendorf.af.mil.

JULY 30 Arctic Warrior Half-Marathon and 5K race

The Arctic Warrior Half-Marathon and 5K races kick off at 9 a.m. at the Talkeetna Theater on Fighter Drive. Participants must check in on July 28 or 29 between 5 and 7 p.m. at the parking lot of Lowe's on Muldoon to collect bibs and base access passes.

Race day check-in is between 8 and 8:40 a.m. for the half-marathon and from 8:45 until 9:15 a.m. for the 5K. Tickets are \$45 and \$25 respectively.

For information, email arctic-warriorhalfmarathon2011@gmail.com or call 552-3649.

Papa Roach concert at Chilkoot Charlie's

The multi-platinum rock band teams up with The Hoons, Delmag and Noise Brigade for an all-ages parking lot show. Tickets are \$35 and are available at Chilkoot Charlie's or www.koots.com.

For more information, call 279-1692 or email promo@koots.com.

Aug. 4 Eagle River Camera Club

The Eagle River Camera Club will discuss abstract photos, composition, and shooting techniques at 7 p.m. at the Alaska Fine Arts Academy at 12340 Old Glenn Highway in Eagle River. The monthly shooting assignment is water.

A more detailed announcement

is available at www.meetup.com.

AUG. 11 Annual MOC golf tourney

The 381st Intelligence Squadron and Alaska Mission Operations Center will host the Top III 4th Annual Golf Tournament at Eagleleglen Golf Course. Space is limited to 36 four-person teams. All military and civilians are welcome; prizes will be awarded. Start time is 7 a.m. Ticket price includes greens fees, cart, and a door-prize ticket.

For information or to reserve a spot, call 552-4590 or email skye.whipkey@elmendorf.af.mil.

AUG. 13 AND 14 Alyeska Resort Blueberry Mountain Arts and Music

A celebration of the lush blueberry season, this outdoors event features more than two dozen arts and crafts booths in the Hotel Alyeska Pond Courtyard, as well as live music and blueberry concoctions.

For information, call 754-1111 or visit www.alyeskaresort.com.

AUG. 20 Downtown Anchorage Hawaiian Festival

From 1 until 5 p.m., wear your Hawaiian shirt and lei and sit in the summer sun downtown while enjoying dancers, music and food from the 50th state.

For more information, visit www.anchoragedowntown.org or call 279-5650.

AUG. 19-21 Greek Festival

Holy Transfiguration Greek Orthodox Church hosts their 17th annual Greek Festival from 11 a.m. to 10 p.m. August 19 and 20 and from noon until 8 p.m. Sunday. Parking and admission are free, with traditional Greek food and pastries and folk dancing on the menu. For information call 344-0190 or visit www.transfiguration.ak.goarch.org.

AUG. 25 - SEPT. 5 Alaska State Fair

Each fall, the fair provides a setting for Alaska's last blast of summer. Flowers, record-setting giant vegetables and almost endless food and entertainment draw people to the Palmer Fairgrounds daily during the event. Livestock and craft shows figure prominently,

as do carnival rides and other events.

For more information, visit www.alaskastatefair.org.

ONGOING Anchorage baseball

Through Aug. 3, the Mulcahy Stadium hosts the Anchorage Bucs and the Anchorage Glacier Pilots baseball.

Outstanding collegiate players from around the world join forces to create the Alaska Baseball League, and many future major-league players have competed with the teams. Schedules are available on the website.

For information, visit www.anchoragebucs.com or www.glacierpilots.com or call 561-BUCS.

Aurora: The Great Northern Lights show

There isn't much darkness in Alaska this time of year, but it's still possible to see the Northern Lights set to beautiful music.

The 40-minute program runs every day and begins every hour at the Alaska Center for the Performing Arts.

Visitors should enter on the 6th Avenue side of the building. Discounts are available.

For information, visit www.alaskapac.centertix.net or call 263-2993.

Spenard Farmers' Market

Local items and Alaska-grown, -caught, -baked and -made items are available under the windmill in Spenard.

Everything from fresh oysters, organic bread, garden starts, kettle corn and reindeer sausage is available, including live music, every Saturday from 9 a.m. until 2 p.m.

For information, call 563-6273 or email spenardfarmersmarket@gmail.com.

Market and festival

Local farmers and artisans sell their goods Saturdays and Sundays in a festival atmosphere.

Enjoy free lively entertainment and great food while browsing more than 300 booths.

Market days run through Sept. 11 - Saturdays and Sundays from 10 a.m. until 6 p.m. at the Third Ave. and E Street parking lot.

For information, call 272-5634 or visit www.anchoragemarkets.com.

Model railroading

The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesdays with work sessions at 1 p.m. Saturdays in basement Room 35 of Matanuska Hall, 7153 Fighter Drive. Anyone interested in model railroading is invited.

For more information, call 552-5234 or 952-4353, visit www.trainweb.org/msmrre or email bjorgan@alaska.net.

Farmers' market

A non-profit, famer-directed market at 15th and Cordova, offering fruits, vegetables, herbs, flowers, plants, and animal products.

Offerings and vendors vary seasonally; open Saturdays from 9 a.m. until 2 p.m. through Oct. 15.

For information, e-mail info@anchoragefarmersmarket.org.

Family Advocacy support programs available

The New Parent Support Program hosts several activities for families with young children up to age 3. Family Advocacy also offers anger management classes, classes for new fathers and nursing mothers, as well as other programs for service and family members. "Dads 101" and "Home Improvement" are also featured.

For more information, call Family Advocacy at 580-5858.

Museum unravels the "History of Basketry"

The Anchorage Museum presents "Unraveling the History of Basketry" through the end of the year exhibiting baskets from Haida, Tlingit, Tsimshian, and Yup'ik baskets.

For more information, call 929-9200, or visit www.anchoragemuseum.org.

Planetarium shows

Through 3-D graphics, surround sound and a dome screen, the Anchorage Museum's planetarium offers a fascinating way to learn about astronomy, the solar system and more.

For more information, call 929-9200, or visit www.anchoragemuseum.org.

'All That Glitters: Images from Alaska's Gold Rush'

This new exhibit uses historical photos to tell the stories of optimistic prospectors when fortune

Chapel services

Catholic Mass

Sunday

9 a.m. - Soldiers' Chapel
10:30 a.m. - Elmendorf Chapel 1
5 p.m. - Soldiers' Chapel

Monday through Friday

11:40 a.m. - Soldiers' Chapel
Monday, Wednesday and Friday
11:30 a.m. - Elmendorf Chapel Center
Thursday
11:30 a.m. - Hospital Chapel

Confession

Sunday

4:30 p.m. - Soldiers' Chapel
Monday though Friday
Before/after 11:40 Mass - Soldiers' Chapel

Protestant Sunday Services

Joint Liturgical Service
9 a.m. - Elmendorf Chapel 2
Celebration Service
9 a.m. - Elmendorf Chapel 1
Collective Protestant Service
11 a.m. - Soldiers' Chapel
Gospel Service
Noon - Elmendorf Chapel 1
Contemporary Protestant Service
5 p.m. - Elmendorf Chapel 1

hunters stampeded north during Alaska's gold rushes.

For more information, call 929-9200, or visit www.anchoragemuseum.org.

Wired Cafe for Airmen

The Wired Cafe is located at 7076 Fighter Drive, between Polaris and Yukla dormitories.

The cafe was built to serve Airmen who live in the dormitories with a home-away-from-home atmosphere. The cafe offers programs throughout the week.

There are also free home-cooked meals Thursdays, with dinner served at 6:30 p.m.

For more information, call 552-4422.



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**Outdoor Adventure Program
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Get outdoors and enjoy Alaska up close on a bike trip. Departs FSS Elmendorf Outdoor Recreation Center at 10 a.m., Saturday, July 23. Cost of trip is \$15. If you need a bike for the trip you can rent one from us for only \$5. Advance sign up is required.



**FSS Elmendorf Outdoor Recreation Center
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TOP: Air Force Maj. Dan O'Conner and Air Force Capt. Missy Fale, both of the 96th Air-lift Squadron, Minneapolis Air Reserve Station, Minn., on temporary duty to Joint Base Elmendorf-Richardson for Red Flag, start a four-mile kayak trip on Prince William Sound starting from Whittier.

ABOVE, LEFT: Service members put out to sea in Prince William Sound. The kayak trip was organized by JBER's Outdoor Adventure Program, which offers the trip each Sunday. (Photos by Steve White/JBER PA)

Motorcycle safety: Airman speaks from painful experience

By Senior Airman Steve Bauer
30th Space Wing Public Affairs

VANDENBERG AIR FORCE BASE, Calif. — On a sunny and dry Saturday afternoon last August, an Airman was traveling 40 mph in returning home after having routine maintenance work completed on his motorcycle. As the lanes merged, he found himself in the left lane of traffic.

Air Force Maj. Richard Apple, the 30th Logistics Readiness Squadron commander, was returning home after having routine maintenance work completed on his motorcycle. As the lanes merged, he found himself in the left lane of traffic.

Being in the left lane, Apple said he scanned the road ahead and his peripheral vision for potential threats.

Inherently, his focus was on the right lane, where he thought danger was most prevalent.

Driving defensively, Apple said he recognized a motorist who was recklessly trying to gain ground in the congestion by swerving in and out of the lanes of traffic.

The motorist's vehicle had a burned-out brake light on its right side.

"There was nothing but the median to my left and bumper-to-bumper traffic to my right," Apple said. "Here's my mistake, I let myself become fixated on everything to my right."

At one point, the motorist who was driving aggressively was to the immediate right of Apple's motorcycle.

"So, I am scanning to my right and I'm looking at the right side (driver's side) of his car," Apple said. "We are probably doing about 40 (mph) at this point, he accelerates and I am starting to get on the throttle. The next thing I know, this car is rushing up toward me."

The brake light on the vehicle ahead wasn't working either — so Apple didn't know that the vehicle was slowing down abruptly until it was already too late.

"I see his car rapidly decelerating, so I get on my brakes," Apple said.

Clutching the brakes, Apple was able to slow his motorcycle down to a speed of approximately 10 mph. However, these efforts were not enough to avoid impact.

"I hit the stopped car's right tail light, and the bike stopped dead," Apple said. "I went from 10 (mph) to zero (mph) in a millisecond."

At impact, the handlebars were yanked out of Apple's hands.

"The handlebars went to the right, the bike fell to its left," Apple said. "I tucked and I went over. In this case, I knew I was either going through this back windshield or I was going under the

car. I went into a ball and I went over on my side hard."

The momentum of a 600-pound motorcycle traveling 10 mph before abruptly colliding with a stopped automobile proved to be a jarring experience.

Although Apple hit the pavement hard, the shaken-up commander was fortunately able to pick himself and his motorcycle up off of the ground with the help of bystanders.

"I was shook up, but I knew instinctively that I hadn't broken anything," he said. "However, the bruising was so bad that I'm convinced that the safety gear I was wearing saved me."

Apple said he had the wind knocked out of him and sustained only bruises in the aftermath of the accident.

After a thorough self-conducted motorcycle inspection, Apple was able to ride home safely on his bike just moments after what could have been a more serious, if not life-threatening incident.

"I don't want to repeat the experience; however, it solidified in my mind that nobody needs to be on a motorcycle without the proper safety gear," Apple said.

Apple admits he used to wear only the minimal amount of personal protective equipment required to ride his motorcycle

until a quote from an article he read in a magazine greatly influenced his thinking.

In regards to wearing PPE that can sometimes be cumbersome and hot, the author's quote in the magazine stated "sweat can be wiped off, road rash cannot," Apple recalled. Since reading the quote, Apple has become a strong advocate of the use of proper safety gear.

"I am a living testament of the importance of wearing PPE while on a motorcycle," Apple said. "I would have been seriously injured without it."



Air Force Maj. Richard Apple was involved in a motorcycle accident in August 2010 on Highway 101 in California. Apple attributes his survival of the accident to the use of proper personal protective equipment. Apple is the 30th Logistics Readiness Squadron commander at Vandenberg Air Force, Calif. (U.S. Air Force photo/Staff Sgt. George Solis)

‘Guardian Angels’ assist wounded warriors up Denali

By Staff Sgt. N. Alicia Goldberger
Alaska Air National Guard

TALKEETNA — Alaska Air National Guard pararescuemen — or PJs, as they are more commonly called — aren’t just helping wounded veterans down Mount McKinley.

This year, they’re helping them up, as part of a three-week, rehabilitation-oriented expedition that started June 24.

Three of the 212th Rescue Squadron’s PJs are supporting the Combat Wounded Veteran Mountaineering Challenge, a grass-roots program out of Tampa, Fla., that assists veterans in recovery by helping them push themselves to succeed.

“The climb is secondary,” said Staff Sgt. Bill Cenna, one of the PJs. “It’s really about getting these guys out and allowing them to challenge themselves.”

The PJs got on board with the project through their connections with the Alaska Mountaineering School in Talkeetna.

The school is providing the guides for the trip.

Several of the guides expressed confidence and enthusiasm for having the PJs as part of the guide staff, noting their medical skills, experience and team-player attitudes.

“If I wash a dish, I can throw it over my shoulder and know someone’s going to catch it,” said Matt Montavon, one of the civilian guides.

Montavon has been contribut-

ing to this mission since the veterans started training in the spring of 2010.

As the PJs provide medical and logistical support for the team, they will also be recording valuable medical research for the effects of high altitude and exertion on one veteran, a double-lung transplant recipient, according to David Oleson, the founding member of the Mountaineering Challenge.

The program is already making a positive impact in wounded warriors’ lives, according to Victor Thibeault, the recipient of a Silver Star.

“I got stripped of my career,” Thibeault said. “This makes me feel like I am still a part of that team — because I’m dealing with guys who are dealing with the same thing. I still have a home away from home.”

After the Denali climb, the people involved in the nonprofit organization, including the veterans, have bigger plans.

Navy Chief Petty Officer Jon Cummings wants to bring their stories back to patients at Walter Reed Medical Center, a major military hospital treating combat-wounded veterans.

He meets service members there whose lives have been turned

upside-down, and who do not know how they are going to put their lives back together, he said.

The program is perhaps summed up best in its motto: *vulneror, non vincor* — Latin for ‘I am wounded, not conquered.’

The team’s progress is updated on Alaska Mountaineering School’s blog at www.alaskamountaineeringschool.blogspot.com.



Gerard Coleman, a team member of the Denali expedition, teaches Technical Sgt. Jeremy Madama and Air Force Staff Sgt. Bill Cenna, pararescuemen from the 212th Rescue Squadron and the rest of the team how to use medical equipment they will use on the climb up Mount McKinley. Three members of the 212th Rescue Squadron supported a three-week, grassroots wounded warrior project to take injured veterans up Mount McKinley starting June 24. (Photo by Air Force Staff Sgt. N. Alicia Goldberger/Alaska Air National Guard)

At the movies

For recorded show and movie times, call 428-1200 or visit the Army and Air Force Exchange Services website at www.aafes.com. Movies are subject to change without notice. Admission: Adults \$4, children \$2. Information provided courtesy of AAFES.

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A first on the Fourth

The 4th of July marked four-month-old Jackson Achenbach’s first Independence Day. His mother, Cayla, said he loved gazing at the flag. (Photo courtesy of Cayla Achenbach)

Army stresses caution, education to combat social media scammers

By Social Media Division
U.S. Army Office of the Chief of Public Affairs

WASHINGTON — You just signed up for a Facebook profile and a four-star general already wants to be your friend. Good thing right? Not likely. Fake profiles, impostors and online scams litter the social media landscape, and as social media evolves, so do the tactics of online crooks.

As social media use becomes more prevalent in today’s Army, many Army leaders and Soldiers recognize that effective social media education is the best way to keep Soldiers from falling into the traps set by social media scam artists.

“It’s still the wild west out there,” said Staff Sgt. Dale Sweetnam, the noncommissioned officer in charge of the Online and Social Media Division in the Office of the Chief of Public Affairs.

“You have to stay vigilant, protect your information and always be on the lookout for social media scams,” Sweetnam said.

The Army authorizes the use of social media in both official and personal capacities, but Sweetnam said the threats are always present – so education is key.

Social media scam artists work tirelessly to steal personal information, impersonate Soldiers and try to acquire sensitive information.

“We are all familiar with the Nigerian money scam emails that used to plague our email accounts a few years ago, right? Well now that our online use has evolved, so have scammers,” said Maj. Juanita Chang, the Army’s director of OSMD.

“If you are a scammer who wants to build someone’s trust and then con them into sending you money, doesn’t it make sense to steal the identity of someone America trusts – and nobody is held in higher esteem than our military members, so they make a lucrative case to impersonate. People inherently trust the military and wouldn’t imagine being conned by a Soldier or a general with a chest full of medals,” Chang said.

In 2009, the Robin Sage Experiment effectively demonstrated how people respond to social media scams.

In December of 2009, Provide Security, a cyber security company, created fake Facebook, Twitter and LinkedIn profiles for a person they named “Robin Sage.” Sage claimed to be a “Cyber Threat Analyst.”

Over the next few months, the fake persona collected hundreds of friends and over time, slowly extracted sensitive information from those in the intelligence and cyber communities.

Not only does the Robin Sage Experiment demon-

strate how easy it is for someone to penetrate social media circles, it shows that even some of the most security-minded individuals are still susceptible to attacks.

Not every social media scam is as complex and thought out as the Robin Sage experiment.

In many cases, people will simply go online, become “friends” with a Soldier in uniform, steal the photo and use it as their own profile photo.

Some individuals have actually taken the identity of a deceased Soldier and used it to solicit money from unsuspecting victims.

One such incident was reported by the New York Post earlier this year.

It happens to deceased Soldiers, active Soldiers and even Army leaders.

“I spend a few hours a week searching social media platforms for people posing as Army leaders,” Sweetnam said. “We work hard to protect the digital integrity of our Army leaders.

“It’s disappointing to find that there are so many

scam artists out there, but for now, that’s just the way it is.”

Sweetnam said that fake pages also exist for Army organizations, so he suggested that those interested in finding official Army social media presences should check out the Army’s Social Media Directory at www.army.mil/media/socialmedia.

Sweetnam said that regardless of how involved you are with social media, it’s important to always be on the lookout for scams.

He said that you should never “friend” someone you don’t actually know in person on Facebook.

You should also do periodic Google searches for your name to make sure nobody is using your name and likeness for personal gain. And, of course, always keep operational security in mind.

“OPSEC should always be the paramount concern,” said Sweetnam. “Throughout our Army career, we are trained on the importance of OPSEC. Maintaining information security should apply not only during deployments, but each time

“People ... wouldn’t imagine being conned by a Soldier.”

you sign on to Facebook or tweet.”

Sweetnam said OSMD has produced and distributed dozens of training documents detailing effective and safe social media use.

These materials can be found on the Army’s SlideShare site at www.slideshare.net/USArmySocialMedia.

One of the more comprehensive resources developed by the OSMD is the Social Media Handbook which examines everything from blogging to using social media for crisis communications.

To stay safe, the Online and Social Media Division suggests that social media users take several precautions when using social media.

- It’s important to not share information that users don’t want to become public.

- Verify a “friend” request by phone or other means before allowing access. Group “friends” (e.g., real life, co-workers, strangers, etc.) and control access permissions based on the groups.

- Take a close look at all privacy settings. Set security options to allow visibility to “friends only.”

- Users should be careful about what they post about their lives on social media platforms. Once something is out there, users can’t con-

trol where it goes.

- Be cautious when listing job, military organization, education and contact information.

- Ensure that information posted online has no significant value to the enemy. Always assume that the enemy is reading every post made to a social media platform.

- Closely review photos before they go online. Make sure they do not give away sensitive information which could be dangerous if released.

- Make sure to talk to family about operations security and what can and cannot be posted.

- Create different, strong passwords for each online account, and be sure never to give password information away.

“Social media is an exciting space,” said Sweetnam. “There is a lot the Army can achieve using social media, and there are endless benefits for Soldiers and their families.

But we have to be safe and we have to be on the lookout for those who wish to ruin a good thing.”

The Eagle River Bear Paw Festival



LEFT: Members of the 9th Army Band from Joint Base Elmendorf-Richardson play in the parade at the 26th annual Bear Paw Festival in Eagle River Saturday. The community event started July 6 and ended Sunday, and included a parade, carnival rides, street performers, food and other entertainment.

BELOW: (Front row) Sisters Hailey Parret, 2, and Danica Parret, 9, both of Eagle River, Alaska, ride a roller coaster during the 26th annual Bear Paw Festival in Eagle River. (Photos by Justin Con-naher/JBER PA)



RIGHT: Jonathan Paulus, 4, of Eagle River, waves an American flag during a parade celebrating the 26th annual Bear Paw Festival in Eagle River Saturday.





