

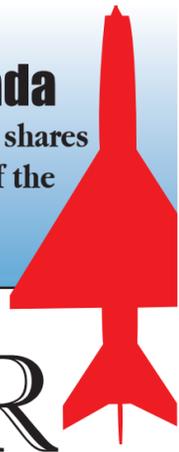


### School is back ... slow down

Anchorage School District students, including JBER children, return to school Wednesday; keep children safe by following a few back-to-school tips  
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### MiGs over Nevada

Aggressor aircraft pioneer shares experience with Airmen of the 3rd Operations Group  
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# ARCTIC WARRIOR

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Joint Base Elmendorf-Richardson

August 17, 2012

## KHAAN QUEST 2012

### Guardsmen deploy for peacekeeping exercise

By Sgt. Michelle Brown  
134th Public Affairs Detachment

Approximately 80 Alaska National Guardsmen are participating in the U.S. Army Pacific exercise, Khaan Quest 2012, a multinational training exercise hosted at the Mongolian Armed Forces Peace Support Center near Ulaanbaatar, Mongolia, Aug. 11 to Thursday.

Khaan Quest 2012 is a U.S. Army Pacific sponsored exercise designed to strengthen the capabilities of U.S., Mongolian and other international forces in the Pacific region, to enhance peace-support operations, training, and increase interoperability and planning capabilities among the participating nations.

"Khaan Quest is a phenomenal exercise that contributes to regional peacekeeping, while strengthening the Alaska National Guard state partnership program with Mongolia," said Army Maj. Gen. Thomas H. Katkus, Adjutant General of the Alaska National Guard. "Alaska National Guard members will participate in training events that bolster military-to-military cooperation, while developing interpersonal relationships with service members from Mongolia and other Asia-Pacific countries."

This year's Khaan Quest exercise consists of a battalion-level staff exercise, platoon-level counter-improvised explo-

See Khaan Quest, Page A-3



Army Capt. Tori Schmidt, a physician assistant with the Alaska Army National Guard's 297th Battlefield Surveillance Brigade, boards a KC-135 bound for Ulaanbaatar, Mongolia Aug. 10 to participate in Khaan Quest 12. (Alaska National Guard photo/Kalei Rupp)



Spc. Ethan J. Martin

### Spartan Soldier killed in small-arms attack

U.S. Army Alaska news release

A paratrooper from the 4th Brigade Combat Team (Airborne), 25th Infantry Division, was killed Aug. 7 in Koragay, Afghanistan, when his unit came under enemy attack by small arms fire. Three other Soldiers were injured in the attack.

Spc. Ethan Jacob Martin, 22, of Lewiston, Idaho, who died early that evening, was assigned as a cavalry scout to the 1st Squadron (Airborne), 40th Cavalry Regiment. He joined the Army in October 2009, attended Basic Training at Fort Knox, Ky., and arrived at JBER in March 2010.

He deployed to Afghanistan with his 3,500-Soldier brigade in support of Operation Enduring Freedom in December 2011. The next of kin have been notified.

### Welsh takes over as Air Force chief of staff

### Schwartz marks end of 39-year Air Force career

By Tech. Sgt. Shawn J. Jones  
Air Force Public Affairs Agency

JOINT BASE ANDREWS, Md. — The Air Force chief of staff flag passed to the service's 20th chief in a ceremony here Aug. 10.

Gen. Mark Welsh III, a 36-year Airman, stepped into the position, taking over for Gen. Norton Schwartz, who also retired from the Air Force during the ceremony.

"Mark is respected throughout the Air Force for his exceptional leadership and ability to connect with Airmen," Secretary of the Air Force Michael Donley said.

Raised in an Air Force family, Welsh said he found a role model in his father, a decorated combat pilot.

"Today, I think he'd be proud of me," Welsh said. "And any day a kid can make his dad proud is a great day."

Welsh emphasized the need for Airmen to understand the importance of the other services in joint operations, but also said Airmen shouldn't underestimate the combat capabilities of their own service in winning today's fight.

"No one else can bring what we bring to the fight, and any real warfighter knows that," he said. "Don't ever doubt yourself or this service."

Welsh also addressed his stance on issues affecting the well-being of Airmen.

"When it comes to Airman resiliency, suicide prevention, and sexual assault prevention and response, I believe you're either part of the solution or you're part of



Secretary of the Air Force Michael Donley swears in Gen. Mark Welsh III as the 20th Air Force chief of staff, assisted by Welsh's wife, Betty, during a ceremony at Joint Base Andrews, Md., Aug. 10. (U.S. Air Force photo/Scott M. Ash)

the problem," he said. "There is no middle ground."

Welsh also said the Air Force must shape the future, and that will require innovative thinking and different approaches to problems along with modernization.

Welsh was nominated by the president May 10 and confirmed by the Senate on Aug. 2.

In his previous position as the commander of U. S. Air Forces in Europe, he was in charge of Air Force activities in an area of operations covering nearly one-fifth of the globe.

Welsh, a 1976 graduate of the Air Force Academy, has served in numerous operational, command and staff positions, such as commandant of cadets at the U.S. Air Force Academy, vice commander of Air Education and Training Command and associate

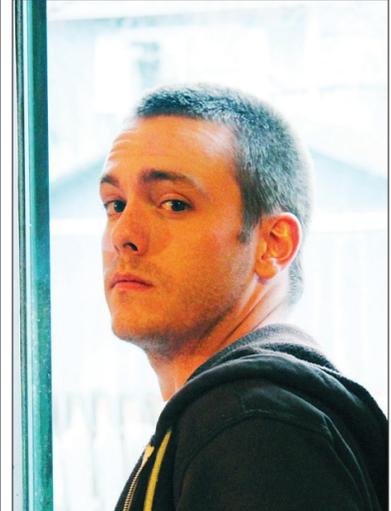
director for military affairs at the Central Intelligence Agency.

"When I became a squadron commander, I felt excited. When I became a wing commander, I felt proud," he said. "When I became a major command commander, I felt privileged and a little bit old. Today when I was sworn in as chief of staff of the Air Force, I felt humbled to be given the honor of leading its incredible Airmen."

His experience includes nearly 3,300 flying hours, most of which came in the A-10 Thunderbolt II and F-16 Fighting Falcon.

As the ceremony ushered in a new chapter in Air Force history, it also served as the final chapter for Schwartz's four years as the service's senior uniformed leader and his more than 39 years of military service.

See Welsh, Page A-3



Senior Airman Brandon Cox

### JBER Airman found dead

JBER Public Affairs news release

Senior Airman Brandon Cox, a 22-year-old explosive ordnance disposal technician died on base Aug. 11.

Cox was found by members of the 673d Security Forces Squadron by Sixmile Lake. The cause of death is still under investigation.

Cox, from Savannah, Tenn., joined the Air Force Dec. 9, 2008. He arrived in Alaska March 2, 2010.

He had a previous deployment to Ali Air Base, Iraq, from Dec. 28, 2010, to June 28, 2011.

"This is a tragic loss for the Cox family, our organization and our Air Force," said Air Force Col. Brian Duffy, JBER and 673d Air Base Wing commander. "Our thoughts and prayers are with Brandon's family and friends."

A memorial service is scheduled for 10 a.m. today at Chapel 1.

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### Community

Check out the Arctic Warrior community section for the latest sports, family and recreation news for JBER and the Anchorage Bowl area.



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# Command Emphasis



## The 20th Chief of Staff of the Air Force addresses Airmen

*Editor's note: the following is a transcript of a Aug. 10 memorandum written by Chief of Staff of the Air Force Gen. Mark Welsh III.*

Earlier today, I was sworn in as the 20th Chief of Staff of our Air Force. It was a pretty humbling experience.

Since I haven't met most of you, I thought my first move as CSAF should be to say hi. You'll probably get tired of hearing me say that "every Airman has a story," but it's true, and I'm no different.

My story starts with family. My dad, who was the greatest patriot, officer, and leader I've ever known, taught me that no rank or title would ever be as important as the unit patch I wore.

Today, I wear the Air Force patch, and my family has grown to 690,000 active, Guard, Reserve and civilian Airmen, all serving as part of an unbeatable joint team.

You are what makes our Air Force the best the world has ever known.

Thank you for your service, your sacrifice, your dedication and commitment. Most of all, thank you for the privilege of serving beside you and your families. Betty and I

are so honored to represent you and will do everything in our power to do it in a way that makes you proud.

From [Gen. Carl] "Tooney" Spaatz's drive and vision in 1947, to [Gen.] Norty Schwartz's steady hand and thoughtful leadership over the past four years, our Air Force has benefited from strong chiefs of staff throughout its rich heritage. I wish I could tell you I bring the same IQ and talent level to the job as they did, but that would be a stretch. So I just promise you I'll do my very best, every day, every task ... just like you do.

You need to know that I care about each of you, your mission, your training, your equipment, your professional development, your career and your family. My job is to prove it to you.

I'll get back to you after I've had a chance to sit down with Secretary [Michael] Donley and benefit from his wise counsel. I'll let you know what my focus areas will be and where I think we're headed. In the meantime, you take care of the "Fly, Fight, and Win" part ... and I'll ensure that "Integrity, Service and Excellence" aren't just buzz words I use in speeches.



Gen. Mark A. Welsh III addresses the audience after being sworn in as the 20th Air Force Chief of Staff during a ceremony at Joint Base Andrews, Md., Aug. 10. Prior to assuming his new duties, he was the commander of U.S. Air Forces in Europe. (U.S. Air Force photo/Senior Airman Christina Brownlow)

## CAPE: A resource for Army professionals

Commentary by Command Sgt. Maj. Bernard Knight  
USARAK command sergeant major

As Soldiers, we are all part of the profession of arms.

Those aren't just words. Our Army values of loyalty, duty, respect, selfless service, honor, integrity and personal courage are at the core of what makes us professionals. Without those values leadership breaks down, along with the trust and respect of the American public we serve.

Since becoming USARAK command sergeant major, I've been deeply impressed by our Soldiers' hard work, dedication and professionalism. The vast majority of you

are doing the right thing and living the Army values every day.

I call on leaders at all levels to help change the mindset of the few who violate the rights and dignity of their comrades.

The Army's top leaders have set a goal to eliminate – eliminate, not just reduce – hazing, sexual harassment and sexual assault from our ranks by taking these steps:

- Raising awareness of the corrosive effects of these acts.
- Training and educating efforts to increase understanding of the Army's professional ethos and the core moral beliefs that compose it.
- Continuing ongoing efforts to enhance the Army Leader Development Program

including emphasis on counseling, coaching and mentoring.

• Renewing our commitment to improving standards and discipline.

It's going to take involved leadership to put a stop to hazing, sexual harassment and sexual assault.

Leaders, talk to your Soldiers about these issues. Ask them if they feel free from such acts on duty and in their barracks. Do they know where to turn if such incidents happen? Do they understand the difference between hazing and corrective training?

The Army has an outstanding resource to give leaders the knowledge they need to take on these problems and train and educate their Soldiers: CAPE, The Center for the Army

Profession and Ethics website: <http://cape.army.mil/index.html>

There you'll find interactive training scenarios that deal with hazing, sexual harassment and sexual assault both in deployed and garrison environments, as well as written and video training scenarios based on real case studies.

The past decade of war has sharpened our tactical and technical skills in many ways, but as an unintended consequence of that focus, we may have lost touch with some of the basics of leadership like coaching, teaching, counseling and mentoring.

It is crucial that we sharpen those skills and put them into action. Our Soldiers depend on it.

## Guard flight crew wins 'Moose Shoot' competition

Alaska National Guard news release

A C-130 Hercules aircrew from the Alaska Air National Guard's 144th Airlift Squadron won the annual Moose Shoot airlift competition at the Mal-emute Drop Zone Saturday.

The Moose Shoot is a friendly airdrop and landing competition. C-130 crews from the 144th and the 537th Airlift Squadrons took part, as did C-17 Globemaster III crews from the 249th and 517th airlift squadrons.

The winning aircrew from the 144th Airlift Squadron consisted of aircraft commander Lt. Col. Rich Adams, co-pilot Maj. Patrick McBride, navigator Lt. Col. Josh Armstrong, flight engineer Tech. Sgt. James Castagna, and loadmasters Senior Airman Levi Oyster and Senior Airman Connor Murray.

Ten crews participated in the event, which include simulated assault landings, airdrop and timed take-offs. The Moose Shoot provides competitors with the opportunity to sharpen their wartime skills in a manner that allows for esprit de corps and an element of fun.

Capt. Allison Snow, a C-17 pilot with the 249th, said this is the first year they've included the C-17s and brought in active-duty crews as a way to bring the components together in a total force enterprise. Adding the active duty components to the competition allows crews to work together as one force sharing a common goal and mission.

"This victory was a total team effort. The Moose Shoot wouldn't be successful without the efforts of the entire wing," Adams said. "I'd also like to applaud the Moose Shoot's mission commander, Maj. Kirby Chacon. He did a great job putting all of this together."



ABOVE: Air Force Capt. Allison Snow, a C-130 pilot with the Alaska Air National Guard's 144th Airlift Squadron measures the accuracy of a C-17 landing on the flight line here Aug. 11. Snow was a lead judge for aircraft landings in the "Moose Shoot" – an airdrop and landing competition between the 176th Wing's airlift squadrons as well as their active-duty Air Force associate units, the 517th and 537th Airlift Squadrons. (U.S. Air Force photo/Tech. Sgt. Jennifer Theulen)

LEFT: A C-130 Hercules lands at the Mal-emute Drop Zone Saturday. The aircraft was participating in the "Moose Shoot" – an airdrop and landing competition between the 176th Wing's airlift squadrons as well as their active-duty Air Force associate units, the 517th and 537th airlift squadrons. (U.S. Air Force photo/Master Sgt. Shannon Oleson)

**Alaskan Command/  
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Commanding General**  
Lt. Gen. Stephen Hoog (USAF)

**U.S. Army Alaska  
Commanding General**  
Maj. Gen. Michael X. Garrett (USA)

**Joint Base Elmendorf-Richardson/  
673d Air Base Wing Commander**  
Col. Brian P. Duffy (USAF)

**Joint Base Elmendorf-Richardson/  
673d Air Base Wing Vice Commander**  
Col. William P. Huber (USA)

## ARCTIC WARRIOR

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# A CLOSER LOOK



Army Capt. Tori Schmidt, physician assistant, 297th Battlefield Surveillance Brigade, treats a patient as part of the Medical Humanitarian Civic Action Outreach Project during Khaan Quest 2012 in Ulaanbaatar, Mongolia Tuesday. (U.S. Army photo/Sgt. Edward Eagerton)

## Guardsmen provide hope in the form of healthcare

By Sgt. Edward Eagerton  
134th Public Affairs Detachment

ULAANBAATAR, Mongolia — Hundreds of people gathered on a dusty parking lot outside an elementary school that was temporarily set up as a medical clinic during the Medical Humanitarian Civic Action Outreach Project, one of the many exercises of Khaan Quest 2012 here Tuesday.

The HCA portion of Khaan Quest was designed to provide an exchange of tactics, techniques and procedures, the exchange of medical services, and community outreach for the U.S. and Mongolian medical teams as they treat underserved communities.

Among those on hand for this year's exercise was Secretary of the Army John McHugh. He toured the clinic, met with the multinational medical team and greeted the Mongolian people there for treatment.

Inside the school, the halls were filled with people, young and old, sitting on benches outside classrooms that were transformed into various medical offices.

In the room set up for optometric examinations, boxes of donated glasses of various prescriptions were stacked against a wall. Patients were given eye examinations and later given a pair of glasses that matched the prescription made by the optometric team.

In Mongolia, glasses can be well out of the affordable range of some people, explained Air Force Maj. Andrew Adamich, lead optometrist, 176th Medical Group.

"There's nothing more gratifying than giving somebody the gift of sight," Adamich said.

In another room, children were seen by pediatric specialists. A young girl sat with her family; her face was thin, her eyes closed. She was diagnosed with having

rickets by Army Capt. Tori Schmidt, physician assistant, 297th Battlefield Surveillance Brigade.

Through the interpreter, Schmidt asked the girl why she was not eating. The girl is malnourished and her teeth are showing signs of decay. Malnutrition is often one of the lead causes of rickets. She then explained to the family they needed to get the girl vitamin D supplements to fight the disease.

"Programs such as this one have a positive impact on the communities," Schmidt explained. "The people get free assistance and leave with what they need, whether it's advice and treatment or acute care."

"The community is really happy," said Lt. Eakhijargal Manjiilaa, a neurologist with the Central Armed Forces Hospital in Ulaanbaatar.

Manjiilaa explained how this partner-

ship between Mongolia and allied forces has helped healthcare practitioners in her community diagnose and treat illnesses they did not understand previously.

"I am really thankful for the help with my community," she said.

"This has been a critically important opportunity, originally between the Mongolian and the United States Army — particularly through the Alaska National Guard — to get together to do interoperability training," McHugh said. "Over the last several years, the objective has grown. We have many nations here."

Partnerships such as the one developed through multinational exercises help participants share information and strengthen the bonds between their nations, McHugh said.

"You don't make friends by fighting them," McHugh said. "You make friends by helping each other."



Alaska National Guard members are en route to Mongolia Aug. 10 to participate in Khaan Quest 12, a multinational training exercise sponsored by U.S. Army Pacific. The Washington Air National Guard's 141st Air Refueling Wing flew the Alaska Guard members onboard a KC-135 for the approximately 11-hour flight to Ulaanbaatar, Mongolia. (Alaska National Guard photo/Kalei Rupp)

## Khaan Quest

From Page A-1

sive device training, field training exercise lane training, military first responder training, engineer subject matter expert exchange and a medical humanitarian civic action outreach project.

Khaan Quest will host more than 1,000 soldiers from 10 countries to include 276 U.S. personnel and international participants from South Korea, India, Canada, New Zealand, Australia, Japan, France, United Kingdom and Germany. Kazakhstan, Russia and China will send observers to the exercise.

"The planning effort by our staff leading up to this overseas training deployment has been outstanding. My compliments go out to everyone who has been involved in organizing and coordinating this multinational event," said Army Col. Michael Thompson, 297th

Battlefield Surveillance Brigade commander.

Thompson is this year's exercise director in charge of all USARPAC forces.

"Our Soldiers are enthusiastic about training in this intriguing nation with our Mongolian partners, and also with other participating nations' militaries," he said. "We're looking forward to it."

Since 2003, the Alaska National Guard and Mongolia have been forming a relationship and partnership as part of USARPAC's Theater Security Cooperation Program, which focuses on security and stability of the Pacific.

"It's an extraordinary opportunity to increase interoperability among participating nations, and we're proud to continue our strong partnership with our Mongolian friends during Khaan Quest 12," Katkus said.

This exercise marks the 10th-anniversary of this regionally significant training event.

## Welsh

From Page A-1

Schwartz's career began in 1973 after graduating from the Air Force Academy. He has logged more than 4,400 flying hours and participated in military operations in Vietnam, Iraq and Cambodia.

"Anyone looking for an example of Air Force core values need look no further than Gen. Northy Schwartz," Donley said. "Thank you for your lasting contribution to our Air Force and the character and quality of your service."

Defense Secretary Leon Panetta presented Schwartz with the Defense Distinguished Service Medal, which is awarded to service members who perform exceptionally meritorious service in a position of great responsibility.

The award citation highlighted his success in restoring excellence in the Air Force nuclear mission, his efforts to partner with joint and coalition teammates in support of operations worldwide, modernizing the Air Force's air and space inventories, and care for Airmen and families. Schwartz's wife Suzie was also recognized for her devotion to Airmen and family support programs.

"The Air Force has afforded us an honorable and rewarding journey for the entirety of our adult lives," Schwartz said.



Gen. Norton Schwartz bids farewell to Airmen while departing from the Pentagon Aug. 8, for the final time as the Air Force Chief of Staff. Schwartz retired during a ceremony Aug. 10 after serving 39 years in the Air Force, the last four years as the Air Force's senior uniformed leader. (U.S. Air Force photo/Master Sgt. Cecilio Ricardo)



## Former US MiG pilot talks with 3rd Operations Group Airmen

**A** two-ship of F-4 Phantom II fighters arced over the simmering Mojave desert, their four J79 engines rapidly converting JP-4 fuel into thundering noise and blinding speed. The lead pilot, scanning the scorched landscape for radar contacts, could just make out twin subsonic glints of light moving at low altitude.

"Tally two, left 10, one mile, low," the lead pilot breathed into his mic, indicating two bandits at 10 o'clock, one mile's distance at low altitude.

"Tally two, visual," the wingman acknowledged.

In a matter of moments, the four fighters closed distance. Time seemed to move slower in the instant of the merge, and the F-4 leader could see the menacing outline of the lead MiG-21 Fishbed, complete with the Soviet Union's red star emblazoned on the MiG's tall, angular vertical stabilizer.

This sort of encounter – routinely staged during the latter years of the Cold War by the Air Force's 4477th Test and Evaluation Squadron, Tonopah Test Range Airport, Nev. – was the subject retired Air Force Col. Gaillard Peck Jr. came to JBER to talk about with Airmen of the 3rd Operations Group.

Air Force Col. Derek France, 3rd OG commander, said events like the conference hosted at the Arctic Warrior Event Center Aug. 10 are an integral part of the group's professional development program.

"We try to do this three or four times a year," France said. "We bring out either a senior leader, a combat veteran or preferably both, who can tie present-day Airmen to their Air Force heritage and tell the stories they haven't heard firsthand."

During his presentation, Peck said Airmen of the 4477th TES "Red Eagles" maintained and operated MiGs as part of a larger effort to include dissimilar-aircraft training aimed at reversing the trend of unfavorable fighter kill ratios during the Vietnam War.

Peck said during the early days of the Vietnam War, U.S. fighter pilots were still using Korean War tactics that eventually proved ineffective in the face of advancing technology.

"It was all still man against man and airplanes with machine guns," Peck recalled. "That's what we took to Vietnam with us – the tactics and procedures of the last war. That worked initially, then the bad guys got air-to-air missiles, and suddenly things didn't work anymore."

A part of the problem, Peck said, was the smaller MiGs were more agile and stood a better chance of winning in a turning dogfight when pitted against contemporary American fighters. To remedy this, the Air Force used the small, agile T-38 Talon as a dissimilar aircraft operated by aggressor squadrons at Nellis Air Force Base, Nev.

In the hands of experienced aggressor pilots, the Talon quickly earned its stripes flying against the larger, faster Phantom.

"They proved that they could whip the F-4s everywhere and in every way," Peck said. "They validated the requirement for the aggressors."

The Defense Intelligence Agency initiated several operations with names like Have Doughnut and Have Drill, which aimed to acquire and evaluate MiG fighters.

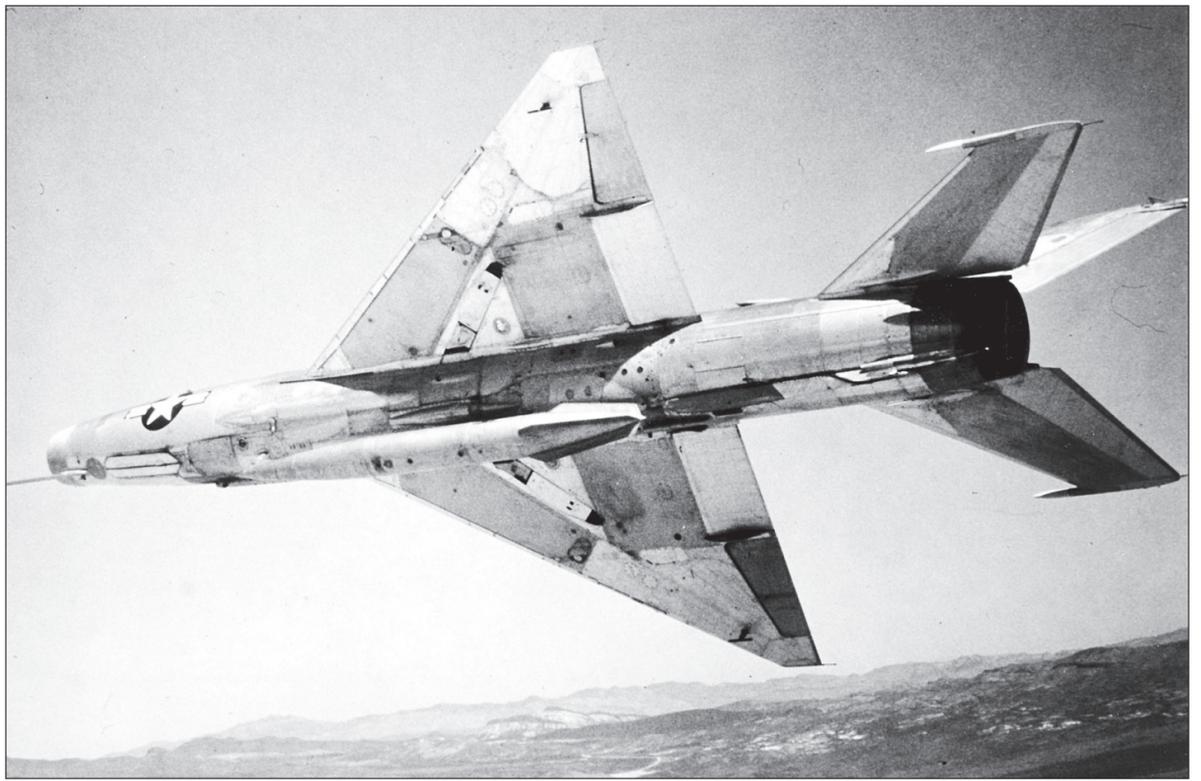
"These were exploitation programs," Peck explained. "The maintenance guys took these planes apart, every way you can take them apart. They figured out how they worked, put them back together, gave them back to the test pilots and said, 'Test pilots, go fly these airplanes and write us reports on how fast they are, how they turn and so on.'"

Peck said he felt this wasn't the best way to exploit the MiGs. The MiGs needed to be flown by American pilots in aggressive air-combat maneuvers, and other fighter pilots needed experience flying against the MiGs.

"Seeing a MiG in flight for the first time is an eye-opening experience, and every pilot should experience it," he elaborated. "If you could see the airplane, it was probably already too late. You needed to learn to look for glints or shimmers as an indication someone was about to jump in your chili."

Peck said the Air Force took his suggestions to heart after many behind-closed-doors meetings with high-ranking officials. The program was established under the name Constant Peg – Constant being the call sign of the program's primary advocate, Air Force Maj. Gen. Hoyt Vandenberg Jr., and Peg being the name of Peck's wife.

Peck had his program, but Constant Peg needed a facility that was relatively isolated and had the infrastructure needed to support the MiGs. Peck said he made an appointment with the Tonopah Test Range Airport test manager, to pitch the idea of making the facility a jet base.



**ABOVE:** A 4477th Test and Evaluation Squadron MiG-21 Fishbed – liveried in U.S. Air Force paint scheme – maneuvers over the Mojave Desert in this undated photo. The 4477th TES operated MiG-17 Frescos, MiG-21s and MiG-23 Floggers before the end of the Cold War shuttered operations in the late 1980s. (U.S. Air Force file photo)

**LEFT:** Retired Air Force Col. Gaillard Peck Jr., former 4477th Test and Evaluation Squadron commander, poses by a 3rd Wing heritage wall Aug. 10 at the Arctic Warrior Event Center. Peck wrote a book, "America's Secret MiG Squadron," chronicling his experiences flying MiGs at Tonopah. (U.S. Air Force photo/David Bedard)

## MIG-17 FRESCO

**Though considered obsolescent by the 1960s, the MiG-17 was nonetheless a deadly fighter in the hands of an experienced pilot due to its small size and agility. The fighter was capable of 711 mph and weighed 11,733 pounds loaded, compared to 65,000 pounds for a modern fighter. (U.S. Air Force file photo)**



"He looked at me and said, 'You know, I've heard a lot of ideas, but that one might be the worst one yet,'" Peck said.

The MiG pilot told the audience how he convinced the manager he could cut commute times in half for him and for his staff due to the added infrastructure and support that came with converting to a jet base.

"He looked me dead in the eye and said, 'Boy, I think I'm beginning to like the way you think,'" he said.

Like a scene out of a Silicon Valley biopic movie, Peck described how he designed the expanded facility on the back of a napkin. The plan extended the runway to support the takeoff and landing of jet fighters. Because traffic would be limited, the runway was designed with simple turnarounds, no taxiway and no control tower. Three hangars were to be supported by a spartan lean-to operations center.

Ultimately, the Red Eagles would come to operate three Soviet fighter types: the MiG-17 Fresco, the MiG-21 and the MiG-23 Flogger.

The MiG-17 is a very small and agile aircraft that first flew in January 1951, according to a National Museum of the United States Air Force fact sheet. A development of the Korean War-era MiG-15, the MiG-17 added afterburners and longer, more swept wings, among other improvements.

Peck said the Frescos were rather crude by western standards, but the MiG's simplicity allowed for the jet's robust nature.

"I thought the airplanes were extraordinarily reliable," Peck explained. "We didn't know how long the engines were going to last, and I don't think we ever did really figure that out."

Peck said because the MiG-17 seats were not adjustable, 4477th TES Life Support Airmen devised a system of seat cushions, which could be arranged to ensure the pilots were high enough to see over the tall cockpit rails, but not too high so as to hit their heads against the canopy during high-g maneuvers.

According to the fact sheet, the MiG-21 first flew in 1955, is able to fly at a speed just faster than Mach 2 – like the F-4 – and was more maneuverable than the Phantom in a turning dogfight.

Peck said his inaugural flight in the Fishbed was a daunting experience.

"When I strapped into this airplane to fly it for the first time, my crew chief was Don Lyons," he said. "I looked at Don and said, 'Don, I can't fly this airplane.' He said, 'How come, boss?' I said, 'Don, I don't know where all of these switches go.' He said, 'Boss, don't worry about it, just put them all up.' I said, 'Okay.'"

Because flying the MiGs was such an unknown quantity for American pilots, the squadron maintained a fleet of five chase planes to assist when the MiG drivers got in over their head.

"These were very important for a variety of reasons," Peck said. "We had no simulators, we had no two seaters, so every man's first flight in a MiG was his first flight in a MiG by himself in a single seater."

Retired Air Force Lt. Col. Clem "Buffalo" Myers, who accompanied Peck to JBER, pulled no punches when talking about the lack of safety margin for the Flogger.

"There's only one airplane I've ever been afraid of, and that's the MiG-23," Myers said. "That thing was trying to kill you from when you started it to when you shut it down. I never flew an airplane that didn't give some indication it was going out of control, and this thing did not give any warning."

On top of the Flogger's Jeckyll and Hyde handling characteristics, Myers said the MiG-23 canopies had a nasty tendency of imploding under vigorous air-combat maneuvers.

According to the fact sheet, the MiG-23 is a swing-wing interceptor that first flew in April 1967. Peck said, because of the Flogger's powerful Tumansky R-29 engine, it could out-accelerate contemporary American jets, but wasn't as agile as its forebears.

To place the MiGs into action and keep them in the air required a stable of resourceful, experienced mechanics. One such mechanic was retired Senior Master Sgt. Bob Ellis.

"This man was a genius," Peck said. "He had a photographic memory. He knew everything about parts interchangeable. He knew which parts were interchangeable with other MiGs. He knew which parts could be sub-

stituted at local parts stores."

The maintenance effort was not without its challenges, Peck said. On one occasion, worn MiG-21 brakes were sent off to a fabrication shop to be duplicated. Six weeks later, a faithful replica of the brakes arrived, already worn out like the originals.

Secrecy was of utmost importance and was the primary criteria for selecting air crew.

"We hired pilots who were known entities," Peck said. "We had to have confidence that one, they would keep their mouth shut in a bar late at night; two, they wouldn't tell their loved ones everything that happened to them in flight; and three, that they were congenial people that would get along with other folks."

The MiG pilot said as part of the security program, Airmen didn't wear uniforms, and grooming standards were waived so the Airmen could blend in with a town primarily composed of miners. The practice continued until F-117 Nighthawk operations began at Tonopah in the mid 1980s.

With the end of the Cold War looming, MiG operations ceased at the installation in 1988. Since then, enemy fighters have been simulated by F-16 Fighting Falcons, F/A-18 Hornets and contracted aircraft of varying type and origin.

Peck said the use of dissimilar fighters for training has been invaluable, as evidenced by the success of U.S. and allied fighter pilots during the past 40 years.

"We've never lost an F-16 or an [F-15] Eagle in combat, with more than 170 kills," he said. "That's a pretty good return on investment. This program was never an end to itself."

France said Airmen can learn a lot from the experience of Peck, who had a vision, used resourcefulness and guile, and worked to see his vision become a reality at Tonopah.

"Great ideas kept to themselves just die on the vine," France said. "From our youngest junior enlisted to our [company-grade officers], that's where our great ideas are born. We encourage our folks to have those ideas, to not give up on them, to make their case, get their resources, and see it through to completion."





# Briefs and Announcements

## Dining facility restriction

In accordance with wing policy, use of the Iditarod Dining Facility will be restricted until Tuesday.

Authorized patrons include enlisted members, commanders, meal card holders and personnel on official temporary duty orders. All others are not authorized to use the Iditarod Dining Facility during these dates due to Red Flag.

## Koats for Kids

The Military Family Support Center is hosting Koats for Kids, a program asking units, families and individuals to bring in gently used winter clothing such as coats, snow pants, snowsuits, boots, hats, gloves and mittens to help military families during a busy PCS season before the winter.

For more information on where to turn in equipment or how to set up a unit program, call 552-0370.

## CAC ID replacement

Older Common Access Cards need to be replaced before Oct. 1. The certificates will not work beyond this date, rendering the cards useless.

Newer cards have the wording "Oberthur ID One 128 v5.5 Dual" or "Gemalto TOPDLGX4 144." All other cards are obsolete.

The JBER-Richardson office at Building 600 is open Monday, Tuesday, Wednesday and Friday from 8 a.m. to noon and 1 to 4 p.m. on a walk-in basis.

The People Center at JBER-Elmendorf makes appointments only. Appointments can be made by visiting <http://tinyurl.com/8lab32z>

## Voting assistance

To register, request a ballot, and vote absentee, visit [www.fvap.gov](http://www.fvap.gov) to complete the Federal Post Card Application. The process requires less than 10 minutes to complete using the online registration and absentee ballot assistant.

## Road closures

Richardson Drive and 1st Street is closed – Richardson closed from Quartermaster Drive to First Street; and First Street closed from Richardson Drive to A Street – through Oct. 4 for the installation of a new storm sewer. Access will be maintained to the gas station and credit

union parking areas.

Sixth Street is closed from Dyea Avenue to Hoonah Avenue until Sunday for Doyon construction.

Gulkana Avenue is closed west of Sixth Street for housing construction, opening again time to be determined.

Dyea Avenue is closed from Fifth to Sixth streets until December for housing construction.

Juneau Avenue is closed near Fifth Street until March 15, 2013, for housing construction.

Alpine Avenue and Birch Hill Drive near Alpine Avenue will be closed until February for housing construction.

Seventh Avenue is closed between Beluga and Dyea avenues until April 15, 2013.

## Library closure

The JBER Library will be closed until Sept. 3 for upgrades.

Patrons who are clearing the installation can go to Room 112 of the Education Center (Library Building) between 9 a.m. and 6 p.m.

Materials can be returned in the drop box outside the building.

For more information, call 384-1640.

## Dining facility survey

ARAMARK is conducting a survey to evaluate how the contractor can better offer dining service to Joint Base Elmendorf-Richardson.

The 17-question survey can be accessed at <http://tinyurl.com/bm5koz6>.

## Legal education program

The Army Judge Advocate General's Corps is accepting applications for the Army Funded Legal Education Program, which sends active-duty commissioned officers to law school at government expense.

Officers remain on active duty while attending school.

Officers second lieutenant to captain are eligible for FLEP, and further eligibility requirements are outlined in Army Regulation 27-1.

Applicants must submit their application through the chain of command to their basic branch at Army Human Resources Com-

mand, with a suspense to AHRC by Nov. 1, 2012.

Interested officers should immediately contact the U.S. Army Alaska Office of the Staff Judge Advocate at 384-0420 for further information and to schedule an interview.

## Public Health closures

Public Health closes the first Thursday of the month from 1 to 4:30 p.m. and the third Thursday of the month from noon to 4:30 p.m. every month. For more information, call 580-4014.

## School physicals

The 673d Medical Group is offering physicals by appointment only for school and sports. Physicals are valid for one year. To schedule an appointment, call 580-2778.

## Air Force ROTC instructors wanted

Eligible first lieutenants, captains and majors interested in teaching future Air Force officers must indicate that interest on their statement of intent, via the Airman Development Plan.

Fully-coordinated, approved application packages are due to Air Education and Training Command by Aug. 10.

Lieutenants must have at least a year in grade and three years of commissioned service. All applicants must have four years on station by June 2013, or be in a mandatory move status during summer 2013 or have a Jan.-May 2013 date eligible for return from overseas.

Applicants must also have superior performance records, and some universities require a master's degree, so applicants should note that before listing their duty preferences. Before applicants can submit their packages to AETC, they must be released from their career field.

For full application package instructions, visit <https://mypers.af.mil>.

## U-Fix-It Store

The U-Fix-it Store is located in Building 706 and is open to all Aurora Military Housing tenants.

Assorted items for maintaining

your home may be issued from the U-Fix-It Store.

The items available are subject to change and limits and some may have a cost. There are also American flag kits, and fire extinguishers available. U-Fix-It work includes all home maintenance activities.

Its purpose is to allow the occupant to make minor improvements and repairs to their home and cut down on the amount of service orders at maintenance.

This allows tenants to do work in their homes themselves, thus improving the appearance of the interior as well as the exterior of the home. There are two stores located on base.

The JBER-Elmendorf location is 6350 Arctic Warrior Drive and it is open 8:30 a.m. to 5:30 p.m., Monday through Friday and Saturday, 9 a.m. to noon and 1 to 4 p.m. (closed for lunch noon to 1 p.m.).

The JBER-Richardson location is Building 706 1st St., open from 8:30 a.m. to 5:30 p.m., Monday to Friday.

A window blind cleaning machine is currently located at the JBER-Elmendorf location.

A "reservation required to use" policy is in place with the priority going to military members PCS-ing. For more information, call 375-5540.

## 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 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 process.

## Home buyer's seminar

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

The seminar covers home loan prequalification, 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 home owner.

If interested in becoming a home owner and wish to attend, please call 552-4439 to be included on the sign-up sheet.

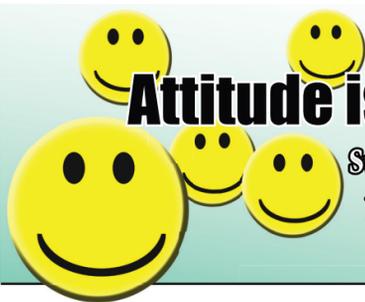
## Mortgage relief

Policies are in effect to provide significant housing relief to thousands of service members and veterans who have faced wrongful foreclosure or been denied a lower interest rate on their mortgages.

Service members and their dependents who believe that their Service Member Civil Relief Act rights have been violated should contact their servicing legal assistance office – 552-3046 at JBER-Elmendorf office, and 384-0371 for the JBER-Richardson office.

Additionally, information and referral services regarding the mortgage relief plan can be obtained at the JBER Military and Family Readiness Center, 552-4943.





# Attitude is contagious

Staying upbeat is good for you – and everyone else, Page B-2



# School days are here

Watch for schoolchildren and be careful of your speed, Page B-6

www.jber.af.mil/news

# COMMUNITY

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Joint Base Elmendorf-Richardson

August 17, 2012



Spc. David Collins, 164th Military Police Company, celebrates making the winning out in a dodgeball game during the 2nd Engineer Brigade's organizational week Aug. 8. (U.S. Air Force photos/Justin Connaher)

Brigade Soldiers, families celebrate summer with a week of festivities

# ARCTIC TRAILBLAZERS



TOP: Ivette Perez, wife of Sgt. 1st Class Victor Perez, Headquarters and Headquarters Company, 6th Engineer Battalion, of New York, N.Y., slides down a guide wire after exiting a jump tower. ABOVE RIGHT: Army Staff Sgt. Chrystal Downs, 9th Army Band, of Atlanta, Ga., performs for 2nd Engineer Brigade Soldiers and families Aug. 10 during the unit's organizational week festivities. ABOVE LEFT: Army Staff Sgt. Bennett Chandler, 98th Maintenance Company, of Houston, Texas; left, Pfc. Willie Craft, 40th Quartermaster Detachment, of New Orleans, La.; and Pvt. Chris Munoz, 545th Military Police Company, of Las Vegas, grill hamburgers for the picnic. LEFT: Sgt. Nicholas Dockum, 4th Quartermaster Detachment (Airborne) grins after the brigade run Aug. 7, steam rising from his head. The run kicked off the week. RIGHT: Carly Churde, 3, daughter of Sgt. Edward Churde, Forward Support Company, 6th Engineer Battalion, of San Antonio, laughs as she climbs out of a bouncy house. (U.S. Air Force photos/Justin Connaher)



Sergeant 1st Class Jeffrey Ransick, 545th Military Police Company, of El Paso, Texas, right, pulls a flag from Pfc. Randavius Balom, 40th Quartermaster Company, of Pelham, Ga., in a flag football game during the unit organization festivities Aug. 7.



Army 2nd Lt. Andrew Baughman, 56th Engineer Company (Vertical), of Artesia, N.M., catches expended shotgun shells after they eject from the breach of his shotgun on a skeet competition range during the unit organizational festivities for 2d Engineer Brigade Soldiers and their families called Arctic Trailblazer Week Aug. 9.

# There's comfort available, even when life is difficult

By Cindy Sena-Martinez  
JBER Chapel Center

Let's just face it, sometimes life is difficult.

We all face difficulties and for some, these difficulties can be ruthless, seemingly unbearable, or excruciatingly painful.

Whether it is caring for an ailing parent; meeting the demands presented by our many relationships – spouse, children, extended family, friends, employer, or enduring the separation from one's spouse during a deployment.

We face so many uncertainties and at times the load we carry is very great.

If we are in the midst of a crisis, it is not easy to see through the fog of despair and grief as we struggle to endure, losing sight of hope and ultimately becoming paralyzed spiritually and emotionally.

During these times, we fail to hear or see anyone, especially when we perceive that person as not understanding just what we are suffering through.

Our own thoughts become toxic as we deceive ourselves about reality saying things like "no one understands me," "I just can't do this anymore," or "why me?"

We find ourselves stuck in a moment, a pain filled situation, and we can be tempted to think that there is no rest, no relief in our time of despair.

Sometimes the aching and crying overwhelm us and we are reminded just how fragile we are.

The pain is real and in our humanness we become vulnerable to other stressors that would, in normal circumstances, be dismissed as small, are now enormous.

We become hopeless and

helpless when every emotion intensifies over the smallest things and we explode with anger or rage or implode with isolation and loneliness.

The fact is we have all experienced these moments, either directly or indirectly (through a family member, co-worker, spouse, or child).

The truth is that there is hope and relief will come to us.

There is a certainty, a steadfast and soothing balm that is available to us and that is through the love of our creator.

This love is with us and ever present, especially in our darkest hour.

The truth is that through perseverance and prayer we can rely on our God to lift us up, out of the fog.

By means of perseverance in the truth we can lift our heavy hearts and cloudy minds.

Even through our tears we can proclaim, "Lord, open my lips and my mouth shall proclaim your praise."

As we persevere in prayer we begin to make room, in spite of our pain; room for a new experience.

When we begin to identify hope in the smallest ways, we will eventually be led to accept the promises of God.

If you feel that you cannot do this alone, invite others to pray for you or with you; intercessory prayer is a powerful way to find faith in a community.

Choose a bible verse that is hope-filled and encouraging so when the negativity starts creeping back into your thoughts, you can immediately respond in prayer: "God, help me."

The prophet Isaiah states, "They that hope in the Lord will

renew their strength, they will soar as with eagles' wings; they will run and not grow weary, walk and not grow faint" (Is. 40:31).

Let all your pain be known to God, engage in a conversation with God, invite God to take up residence in your difficulties so that through Him, you might have the promise of complete joy, even in your grief.

Scripture tells us, "We rejoice in our sufferings because we know that suffering produces perseverance; perseverance, character; and character, hope" (Romans 5:3-4).

Just for today, just in this moment allow God's love to embrace you; then, repeat this every minute of every day.

"May the Lord direct your hearts into God's love and Christ's perseverance" (2 Thessalonians 3:5).

## Positive attitudes are contagious

Commentary by Chief Master Sgt. Brad Shirley  
Air Force News Service

After 28 years of service, I can honestly say the one factor I see making the biggest difference when it comes to the success or failure of mission or people is without question, attitude.

So what makes it so powerful? My belief is that attitudes are contagious.

The positive or negative energy we radiate is easily absorbed by those around us and can impact morale or the completion of a task or goal.

Attitude has several definitions; however, the one I feel that has game-changing impact in everything we do is from Webster's dictionary, "A state of mind or feeling."

Positive, negative, success or failure, your state of mind, or to put it another way, how you approach things, will determine the outcome of everything in your life and has monumental impact on everyone and everything involved. How many professional organizations, such as sports and military, have you seen fall from grace because of turmoil within the team?



stocky seasoned senior NCO with hands that could turn a piece of coal into a diamond and a smile and demeanor that said with a gentle touch, "Hello, my friend."

Christy would always greet me with a smile and handshake. The first few times I was leery, expecting something like an 'opportunity to excel' comment.

That was not him; he didn't have to say anything else.

His positive attitude created a culture where people asked him what they could do to help.

Turmoil usually started from the attitudes of those involved and it did not just impact the individuals, it impacted the team.

I find it interesting that many of those teams have found success and synergy by making simple yet impacting changes.

Motivation, rededication to the team or removal of a bad seed can do wonders for a team's state of mind.

What drives such attitude success?

First and foremost is the decision to have a positive attitude.

As an old adage states, "Your attitude determines your altitude." If you want to go places in your life and career, keep a positive attitude.

The next step to attitude success is ingrained in every professional no matter their

craft and was best stated by John Adams in 1761, "Practice makes perfect."

Yes, you must practice positive attitude and behavior.

Always do the best you can at what is in front of you and never quit. Remember, a positive attitude will produce positive results.

Although the results may not be what you expected, in the end, you will either conquer it or learn from it. That's success. That is making a difference.

I learned the real influence of a positive attitude as a young master sergeant stationed at Vandenberg Air Force Base, Calif.

Air Force Master Sgt. Bill Christy taught me that lesson. A short and

Christy was approachable, which led to a great work environment and people who were willing to go the extra mile.

Can we all be as upbeat as Christy?

Maybe or maybe not; however, this is for certain, you cannot get there if you don't try.

Remember your attitude impacts your performance and the attitudes of those around you.

Don't let negative attitudes infect you, your unit or ultimately your mission.

Be sure you are spreading positive energy for others to catch.

That simple smile, handshake, high-five or hello can be contagious and will not only lift the spirit of others; it will lift yours as well. Make a difference, be positively contagious.

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**JBER ELMENDORF OAP**  
**BLDG. 7301 • 552-4599**

# Community happenings

**SATURDAY**  
**Autumn Wings festival**  
 Join Bird TLC for a celebration of birds, wildlife, the outdoors and Alaska's autumn.  
 A live bird program featuring eagles, owls, falcons, hawks, corvids and songbirds, a bird-calling contest and the release of a rehabilitated eagle are just a few of the activities planned.  
 For more information, visit [birdtlc.net](http://birdtlc.net) or call 562-4852.

**TUESDAY**  
**COMPACAF All-call**  
 The commander of Pacific Air Forces speaks to all Air Force personnel at Hangar 21 at 2:45 p.m. The event will be packed, so arrive by 2:25.  
 For more information, call your first sergeant or commander.

**THURSDAY**  
**Women's Equality Day**  
 The 2nd Engineer Brigade and JBER Equal Opportunity Office host guest speaker Jane Angvik from 2 p.m. to 3 p.m. at the Frontier (Richardson-side) Theater in honor of women's suffrage.  
 For information, contact the EO office at 552-2115.

**EOSO welcome-back party**  
 The Elmendorf Officer's Spouses Organization hosts this Bunco event at the Arctic Warrior Events Center starting at 6:30 p.m.  
 All officers' spouses, regardless of branch, are welcome; appetizers will be available and no experience at Bunco is necessary.  
 For information, call 771-9098.

**THURSDAY THROUGH SEPT. 3**  
**Alaska State Fair**  
 Visit the Palmer Fairgrounds for the 76th annual state fair. As usual, agriculture, produce, food, friends and family take center stage.  
 Live music is also a hit; this year's lineup includes Styx. For information visit [alaskastate-fair.org](http://alaskastate-fair.org).

**AUGUST 28**  
**PWOC kickoff event**  
 The JBER Protestant Women of the Chapel host an open house at the Soldiers Chapel from 9:30 a.m. until 11:30. Plans for the upcoming year will be discussed.  
 For information, call 841-9425.

**AUG. 31 THROUGH SEPT. 2**  
**Girdwood Fungus Fair**  
 This celebration of edible fungus features scientists from around the Pacific Northwest as well as instructors who specialize in mushroom dyes, naturalists and mushroom cultivation.  
 Learn to identify which mushroom are edible and which are dangerous at the Alyeska Resort.  
 For information visit [www.fungusfair.com](http://www.fungusfair.com) or call 754-2348.

**SEPT. 7**  
**Mardi Gras Downtown**  
 Re-creating Bourbon Street on Fourth Avenue, this block party features local celebrity chefs with authentic Cajun cuisine, live music, street performers and much more from 5 p.m. until 10 between K and L streets on 4th Ave. in downtown Anchorage.

**SEPT. 8**  
**Survivor Outreach day**  
 The Survivor Outreach Service brings together families of military members who fell in service to the country. Any survivor is welcome to attend the Appreciation Day at Otter Lake.  
 For information or to volunteer, call 384-0188 or email [stacey.m.gilbert@us.army.mil](mailto:stacey.m.gilbert@us.army.mil).

**Vertical Challenge**  
 The 5th Annual Climb-a-Thon is an endurance event in which contestants walk, hike and run up the steep North Face Trail of Mount Alyeska and ride the tram down as many times as possible from 9 a.m. until 7 p.m.  
 Top competitors have climbed more than 20,000 vertical feet – equal to climbing Mount McKinley, but with only 10 hours in which to do it.  
 For information, visit [www.alyeskaresort.com](http://www.alyeskaresort.com).

**Glenn Beck**  
 Talk radio and television star appears at the Dena'ina Civic and Convention Center with his unique brand of political and historical discourse.  
 For more information call 263-2850 or visit [ticketmaster.com](http://ticketmaster.com).

**SEPT. 8 AND 9**  
**Great Alaska Quilt Show**  
 A large variety of quilts made

by members of the quilt guild are on show, from bed-sized to small art quilts, wearable quilt art, and playful quilts at the ConocoPhillips Auditorium.  
 A silent auction and a raffle drawing mean you can end up with a quilt of your own.  
 For information, visit [anchoragequilting.blogspot.com](http://anchoragequilting.blogspot.com).

**SEPT. 28**  
**Flogging Molly concert**  
 The Celtic-rockers play the Egan Center at 7:30 p.m. for their new album Speed of Darkness.  
 For information or tickets,

**THROUGH SEPT. 30**  
**Science on McKinley**  
 "Ascent 20,320" looks at Mount McKinley through the lens of scientific expeditions from the first successful summit in 1913 to attempts to create a high-altitude scientific camp.  
 National Geographic expeditions also feature in this Anchorage Museum display.  
 For information, call 929-9200 or visit [www.anchagemuseum.org](http://www.anchagemuseum.org).

**ONGOING**  
**Sing-along at the zoo**  
 Pre-school-aged children can explore the world of animals through music with musician Annie Reeves.  
 Children can sing along with the guitar, or play with the musical instruments for kids. Sing-alongs are at 10:30 a.m. Mondays at the coffee shop greenhouse.  
 For information email [klarson@alaskazoo.org](mailto:klarson@alaskazoo.org).

**Wired Cafe for Airmen**  
 The Wired Cafe is located at 7076 Fighter Dr., between Polaris and Yukla dormitories.  
 The cafe has wireless Internet and programs throughout the week for single Airmen living in the dorms.  
 There are free homestyle meals Fridays at 6 p.m. at the cafe.  
 For information, call 552-4422.

**Model railroading**  
 The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesdays and 1 p.m. Saturdays in basement Room 35 of Matanuska Hall, 7153 Fighter Drive.

Anyone interested in model railroading is invited.  
 For information about meetings, work days, and shows, call 552-5234, visit their site at [www.trainweb.org/msmre](http://www.trainweb.org/msmre) or email [bjorgan@alaska.net](mailto:bjorgan@alaska.net).

**Motorcycle training**  
 The Basic Rider Course, Basic Rider Course 2 and Military Sport-bike Rider Course are now accepting applications.  
 All military personnel and those civilians who use motorcycles as a duty requirement need to be certified.  
 To register, visit [www.militarysafepmv.com](http://www.militarysafepmv.com) and select Elmendorf-Richardson, or contact the safety office at 552-5092 or 552-6850.

**Experience the Aurora**  
 It's the next best thing to the Alaska winter sky – and a lot more comfortable than standing around in a parka.  
 The Anchorage Museum's planetarium provides an immersive show that explains the science behind the Aurora Borealis or Northern Lights.  
 The show projects time-lapse footage of the lights in the Arctic Circle.  
 For more information, call 929-9200 or visit [anchagemuseum.org](http://anchagemuseum.org).

**Spenard Farmer's Market**  
 Under the windmill between 25th and 26th avenues, you can find everything made, caught or grown in Alaska.  
 Fresh oysters, organic bread, vegetables, flowers and reindeer sausage are just a few of the offerings on tap every Saturday from 9 a.m. to 2 p.m. through Sept. 29.  
 For information call 563-6273 or visit [www.spenardfarmersmarket.org](http://www.spenardfarmersmarket.org).

**Anchorage Market**  
 More than 300 booths offer a host of items weekends from 10 a.m. to 6 p.m. at the 3rd Avenue and E Street parking lot.  
 With free entertainment and food vendors, the market is a family-friendly outing every weekend through the end of September, which is rapidly approaching.  
 For information, visit [www.anchagemarkets.com](http://www.anchagemarkets.com).

## Chapel services

**Catholic Mass**  
**Sunday**  
 9 a.m. – Soldiers' Chapel  
 10:30 a.m. – Elmendorf Chapel 1  
**Monday through Friday**  
 11:40 a.m. – Soldiers' Chapel  
**Monday, Tuesday, Wednesday and Friday**  
 11:30 a.m. – Elmendorf Chapel Center  
**Thursday**  
 11:30 a.m. – Hospital Chapel  
**Confession**  
**Saturday**  
 6 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  
**Traditional Service**  
 9 a.m. – Elmendorf Chapel 1  
**Contemporary Protestant Service**  
 11 a.m. – Soldiers' Chapel  
**Gospel Service**  
 Noon – Elmendorf Chapel 1  
**Contemporary Protestant Service**  
 5 p.m. – Elmendorf Chapel 1

**Buddhist**  
**Soka Gakkai Goshu**  
 7 p.m., first Friday of the month – Chapel Center (10427 Kuter Ave.)

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 For events and information, check the Road Warriors (Alaska) Facebook page or call 384-7733 or 552-1361.

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## Soldier 1 of 8 to finish Fireweed 400

By Army Staff Sgt. Matthew E. Winstead  
U.S. Army Alaska Public Affairs

For some, the idea of hopping onto a bicycle and riding almost nonstop for 400 miles of hilly road might sound like punishment, but for Army Staff Sgt. Trevor Jones, 59th Signal Battalion master resiliency trainer, there's no better way to kick off a weekend.

The Fireweed 400 is a bike race that begins at a point called Sheep Mountain Lodge about 113 miles northeast of Anchorage, with the halfway point and turnaround at the Captain Jones Gas Station 200 miles away in Valdez.

The entire ride is done in one long haul, with riders only taking breaks as absolutely needed.

"I think I mostly only stopped

to pee and stuff like that," Jones said. "I ate and drank my meals on the bike without stopping."

The Fireweed 400 is broken up into different races of varying distances.

Out of 724 racers, only eight partook in this year's full 400-mile distance, which also serves as a qualifier for the Race Across America, a 3,000 mile race spanning from Oceanside Calif., to Annapolis Md., according to George Stransky, assistant race director.

Something as strenuous as a 400-mile bike race requires careful planning, training and safety mitigation measures. Especially in a place like Alaska where local wildlife could potentially pose a threat to a lone biker on the road.

One of the safety requirements for a competitor in the Fireweed

400 is a trail or pace vehicle, according to Stransky.

The trail vehicle serves as both a mobile supply hub for the racer as well as a first responder vehicle in the event of an emergency. For the Fireweed 400, Jones's trail vehicle was manned by his wife, Sarah and friend Jacob Birkholz.

Starting July 13, Jones finished third overall in his division and successfully qualified for the Race Across America.

He even earned an unexpected award for his accomplishment, the Bobby Johnson Spirit of the Fireweed Award, named after a resident of Unalaska who died during the 2009 Fireweed 400.

"[Jones] won the award due to his determination and dedication to the race," Stransky said. "We were aware he had participated in the race last year and didn't finish due to a technicality. The fact that he came back this year and did so well, it really struck us as deserving of the award."

Jones attended the award ceremony at the Bear Tooth Theatre Pub in Anchorage.

There he was surprised to be presented the Bobby Johnson award by the master of ceremonies for the event, Bob Voris. The restaurant, which can accommodate around 400 people, was sold out for the ceremony, according to Mike Jipping, special event coordinator for the restaurant.

"I actually wasn't aware I was being given anything," Jones said. "But as soon as I learned what the award was for I was deeply honored."

With one accomplishment complete, Jones has already set his sights on additional challenges; arguably harder ones. He currently has plans to both partake in the Race Across America, and to continue rock climbing, another extreme sport he enjoys.

"I have my sights set on climbing all of the Seven Summits some day," Jones said, referring to the high mountains on each continent.



Army Staff Sgt. Trevor Jones raises his bike in victory on completing a 400-mile race across southcentral Alaska called the Fireweed 400. (Courtesy photo)



## 'Deadly quartet' doesn't have to play your song

TriWest Healthcare Alliance

You may have heard of musical quartets, some of them famous singing groups (Beatles, anyone?). But did you know one particular quartet can be harmful to your health?

It's known as the "four chronic conditions"—or the Deadly Quartet. And when this group of health issues comes together, the last thing you'll hear is music.

### High Blood Pressure

The first member of the Deadly Quartet is high blood pressure, also known as hypertension. If left untreated, high blood pressure can cause a stroke or heart disease. Strokes may lead to many other problems, including being paralyzed. And heart disease is the number one killer of men and women in the U.S. High blood pressure often has no symptoms and should be checked yearly at your routine doctor visits.

### High Cholesterol

The second member is high cholesterol. This condition, which may not trigger symptoms right away, increases "plaque" buildup in your arteries, especially in the heart. This buildup can cause a heart attack; it's also a major risk factor for heart disease. You can learn what your cholesterol numbers are through a simple blood test.

### Obesity

Next up is obesity. This bad boy will sneak up on you, tricking your mind into thinking your clothes are shrinking. However, a combination of unhealthy eating habits and lack of exercise are usu-

ally the real causes. Obesity will strain your heart, joints and bones, and can cause other diseases common in adults, such as diabetes.

Obesity has become very widespread in children, too. According to the Centers for Disease Control and Prevention, obesity now affects 17 percent of all U.S. kids and teenagers.

In addition, childhood obesity often carries into adulthood, causing high blood pressure, arthritis, sleep apnea and low self-esteem, among other problems.

### Diabetes

The last member in the Deadly Quartet is diabetes—a major result of obesity. Diabetes is a disorder that causes your body to produce an inadequate amount of insulin. It can affect your heart and blood vessels, causing a decrease in blood flow and eventually the loss of a lower extremity ... even your eyesight.

### Avoid the Deadly Quartet

Here's the good news: some simple lifestyle changes could help prevent — and even reverse — any of these conditions. Here are some changes to consider:

Eating more fruits and vegetables

Consuming smaller portions (a single serving of meat is about the size of your palm, for example)

Eating more lean meats, such as chicken and fish

Increasing regular physical activity (even just 30 minutes of walking a day, about four or five days per week, can make a huge difference)

For more tips on living a healthy life, visit [TriWest.com/HealthyLiving](http://TriWest.com/HealthyLiving).



# It's back-to-school time, so be aware and help children be safe

Commentary by David Sharrow  
ASD safety specialist

It's hard to believe school is starting already.

We've enjoyed having our children home for the summer but it's time to send them off to learn.

Classes begin Wednesday, and the Anchorage School District wants to remind you just getting to and from school can be hazardous.

We need to work together to ensure every student stays safe and healthy so they can get the most out of their education, recreation and life in general. Walking to and from the bus stop, or the school itself, can be dangerous.

Distracted drivers, lack of visibility and poor weather conditions all lead to potential safety hazards.

As a parent, you can help by outfitting them in light-colored outerwear and investing in reflective tape so they will be seen as they stand or walk alongside the road.

As a driver, you can help by being aware of pedestrians and remembering that children believe you will always stop, no matter what.

You have the ultimate responsibility for keeping your speed down in neighborhoods, around bus stops and school zones.

Please watch out for children suddenly appearing in the roadway.

Also, remember to ensure your child isn't carrying a backpack that is too heavy.

Pediatricians recommend a backpack or book bag should not weigh more than 10 to 20 percent of the child's total weight.

For more safety tips, visit ASD's website at [www.asdk12.org/parents/safety](http://www.asdk12.org/parents/safety).

I simply want to remind you that as the carefree days of summer are coming to an end, students' health and safety remain our top priority.

Let's join together to make some minor adjustments in our schedules and alert levels to make a safer environment for our children.

## Some walking and biking tips:

Most schools are designed to allow children within one and a half miles to walk.



Children around Anchorage and on JBBER return to school Wednesday – so be careful while driving in residential areas and near schools. JBBER Security Forces strictly enforce speeding policies in school zones. (Courtesy photo)

In Alaska, children will walk to school in the dark for several months of the school year.

- Choose a school route and practice walking it with your child.
- Have your child wear reflector tape on their coats and backpacks.
- Encourage students to travel in groups.
- Teach children to recognize traffic signals and pavement markings.

A walk signal does not always mean it is safe to cross; they still need to look both ways before crossing.

- Follow instructions provided by school

crossing guards.

## For those who drive:

Frequently, parents unknowingly create traffic hazards as they drop off or pick up their children.

By making simple changes, the danger can be reduced.

Try not to arrive at the school prior to the final bell at the end of the day.

- Have your vehicle seats clear so your child can easily enter the vehicle.
- Make sure a car seat is installed properly before arriving at the school.

• Drop your child off as close to the school as possible so they do not have to cross streets.

• Ensure children enter and leave the vehicle on the curb side.

• Try to get out of fire lane as quickly as possible. Try to hold conversations in the parking lot or elsewhere.

• Avoid using handicapped parking spaces to pick up your child unless you have a designated permit.

• Do not double park or stop on crosswalks.

• Carpool when possible.

## Speeding is never a good idea in school, housing areas

JBBER Staff Report

During the summer, perhaps you've started to ignore the school zone signs.

The flashing yellow lights have been off for a couple of months now.

But especially with school back in session starting Wednesday, JBBER Security Forces personnel enforce the posted speed limits around the installation.

Crossing guards may be out to ensure children can cross the streets safely.

Be extra careful in housing and residential areas, and places like parks and open fields where children might play.

After-school sports and extracurricular activities may mean children are on the sidewalks after peak hours, so don't let your attention waver just because it's 5 p.m.

The penalties for speeding on the installation are serious.

"It's important to pay attention," said Air Force Staff Sgt. Lakeithia Harding, of the 673d Security Forces Squadron. "There are small children out there, and we need to make sure they get to and from school safely."

Scofflaws who speed in school

zones are subject to fines or loss of installation driving privileges.

"We have security forces out there patrolling," Harding said.

The first offense earns a citation that carries a three-month suspension of on-post driving privileges.

A second offense is a six-month suspension.

If a service member is caught driving during the suspension, Air Force personnel can lose on-installation driving privileges for two years; Army personnel can

lose five.

Civilian personnel not subject to the Uniform Code of Military Justice ticketed for speeding in a school zone face in a stiff fine and a court appearance in Anchorage.

"Obey the posted speed limits," Harding said. "Be cognizant."

JBBER-Richardson school zones are 15 miles per hour when lights are flashing. JBBER-Elmendorf school zones with flashing lights are 20 mph.

Staying aware of where you're driving can save headaches later.







